

Family and Consumer Sciences

Diabetes affects over 38 million Americans of varying life stages. This led the Henderson County FCS Agent and Program Assistant to partner with the Henderson County Diabetes Coalition (HCDC) to create Cool Kids Cook. This four-week program worked with children at the Henderson County Housing Authority after-school program to learn healthy eating habits.

Each week's class began with a set of exercises that coordinated with the word "THANKS." For example, "T" for twists and "H" for hops. The children also worked with FCS staff and HCDC volunteers learning proper manners and focusing on what they were thankful for.

A large part of the program was preparing a recipe with FCS staff and volunteers while focusing on healthy and nutritious ingredients. Participants learned about nutrition, as well as kitchen utensils and tools.

At the conclusion of the four-week program, each participant received a tote bag filled with an apron, cookbook, apple slicer, measuring cups, t-shirt, and other kitchen items. The kids loved the program, and the adults had a lot of fun as well!



4358

**Number of hours
KEHA members
volunteered
in community
activities and events.**

Henderson County Cooperative Extension Office Staff



Front Row from left to right- Amber Adair, Staff Assistant, Brianna Hill, 4-H Agent, Christina Johnson, 4-H Program Assistant, Rohdene Rollins, Family and Consumer Sciences Assistant, and Annie Gish, Staff Assistant.

Back Row from left to right- Ron Melton, Facilities Coordinator, Jessica James, ANR Agent, Allie Brasher, 4-H Agent, Angie Melton, Staff Assistant, and Tracie Ettensohn, Family & Consumer Sciences Agent.

Report to the People



Did You Know?

According to the latest USDA Census of Agriculture, Henderson County has 438 farms that cover 180,679 acres.

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The 4-H four-leaf clover symbol was adopted for use across the country in 1911.

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KEHA members have donated over \$1.58 million to the Markey Cancer Center's Ovarian Cancer Research and Screening program.



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Horticulture

Extension is not just agriculture. With an office in every county, Extension is part of the county framework. Residents depend on Extension for information, youth development, and community involvement. We are here to make our communities better.

For the past several years, Henderson County has been fortunate to have several projects that will change our footprint. A new \$18 million dollar sports complex was a direct result of a community visional process that took place with the help of Extension in 2019. Throughout the process, Extension expertise was called upon to help with community input, project budgeting, grass selections for the playing surfaces, and maintenance plans.

In 2014, a group of local women collaborated to create the Women's Honor Court, a small park in downtown Henderson. The purpose was to honor local female leaders. Although well designed, a long-term maintenance plan was needed. The Henderson County Judge Executive called on Extension to help. With the assistance of the Master Gardeners, we developed a maintenance plan, in partnership with the county, to oversee the park's upkeep.

These projects are just some examples of how Extension has been involved in our community. Good relationships with community leaders and the ambition to get involved will help a community grow.

Number of Master Gardener hours completed in the county

1958



Agriculture & Natural Resources



50

Number of people who collected soil samples for testing

In February, Henderson County and Daviess County agents partnered to offer the Annie's Project Program. This is a program for any woman involved in the agriculture field. They might run their own business, could be married to a farmer, or might work in the agriculture industry. It spanned over six weeks, and we had speakers present different topics weekly. Some of the topics included working with family and employees on a farm, production risk management, grain marketing, financial terminology and mental health. The educational program response was great. Participants got to network with other women to share ideas and any previous knowledge that they had in the agriculture industry. We had attendees from both Henderson, Union, and Daviess County, with many participants complimenting the program. Participants stated that they felt they had learned a lot and were glad that they participated. Many mentioned how they were planning to take what they learned through the program and apply it to their own farm.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

4-H Youth Development



63

Number of youth who participated in our county livestock shows

The Henderson County Livestock Scholarship Auction is held on the Saturday night of fair week. This auction highlights the 4-H and FFA youth who have spent the year preparing their animals for the livestock shows, and the money earned goes back to the youth involved. Each youth may select two animals to enter in the auction, whether on their achievements or personal preference.

In the weeks leading up to the fair, it is the responsibility of the youth to engage with community members, inviting them to attend the auction and encourage bidding on their animals. Many families prepare thoughtful gifts to present to their buyers as a gesture of gratitude. Later, in November, we host a Buyers' Dinner to express our appreciation for all the buyers of that year. During the event, each youth presents their buyer with a card and a photo as a token of thanks.

We have had several larger businesses each donate one large amount of money and request it be split between all the youth. This year our fair treasurer wrote over \$90,000 in checks back to 63 4-H and FFA members. This would not be possible without our community and their amazing support.

Family Magazine reports that 76% of middle school age youth are babysitting either family members or others' children. According to an American Red Cross poll, parents stated that good babysitters are hard to find and they want to entrust their children to babysitters trained in first aid, CPR, and childcare skills. Henderson County 4-H hosted a two-day babysitting clinic the first day of summer break in May.

Twelve middle school youth learned about child development and milestones, toys and activities for children, basic care of infants, toddlers and children, and the business basics of being a self-employed babysitter. They were also CPR and First Aid certified by local health professionals.

Evaluation included written pre-tests and post-tests and daily discussion on lessons from the previous day. A comparison of the pre-post test scores showed an overall average increase of 10% in scores, indicating that knowledge was gained by participants during the clinic.

111

Number of youth who participated in a service activity (community service, service learning, personal service to others)

