



EXTENDING KNOWLEDGE

Changing Lives

IN HICKMAN COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



Cindy, Melissa, Mike and John David make up the Hickman County Extension office team.

Hickman County Extension Update

The Hickman County Extension Office is excited to have all staff and agent positions filled in 2022. In this Report to the People, we will present team members who have brought new ideas and skills to the county. Cindy Anderson comes to us in September 2022 from Carlisle County Extension where she served as the support staff assistant for the past five years. Melissa Goodman returns to Extension in August 2022 as the 4-H Youth Development Extension Agent. Mike Keller began in June 2022 as the Family and Consumer Sciences Extension Agent. He comes to us from the restaurant and hospitality industry bringing a fresh perspective. John David Tucker joined in November 2021 from a career in poultry production and animal sciences as the Agriculture and Natural Resources Extension Agent.

Program Efforts

- 65** Number of people reporting increased confidence in their leadership abilities
- 350** Number of youth who participated in education related to family and consumer sciences
- 30** Number of youth who participated in overnight, 4-H summer camp
- 85** Number of individuals who demonstrated safe handling and preparation and/or preservation of food
- 300** Number of Cook Wild Kentucky recipe cards distributed
- 330** Number of individuals reporting improved personal knowledge of family development
- 500** Number of individuals who reported they utilized delivery systems/access points that offer healthy food
- 30** Number of people who collected soil samples for testing

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Wildlife Management and Chronic Wasting Disease 2022

On August 25, 2022, Hickman, Fulton, and Carlisle Counties came together to host a Wildlife Management and Chronic Wasting Disease Update at the Hickman County Extension office in Clinton, KY. Hickman and Fulton Counties are currently 2 of 5 Kentucky counties in Western Kentucky in a surveillance zone for (CWD) because of 2 confirmed cases across the state border in Tennessee.



CWD Update participants learn from Dr. Matt Springer

The average total farmland used for production in each county is around 85% of the land. In 2021, the number of acres of land used for hunting was 225,343 acres. That same year 19,093 deer were harvested in the Purchase area region. One main goal of this meeting was to offer landowners and farmers a better way to manage their land for wildlife with minimum impact to their farm. Dr. Matt Springer presented topics on food plot selection and placement, along with deer management and weed control in food plots.

The second half of the meeting was to inform hunters and landowners about Chronic Wasting Disease and deer checking procedures for each county. Noelle Thompson who is the Kentucky Fish and Wildlife's Deer and Chronic Wasting Disease Coordinator presented on the almost certainty of a Chronic Wasting Disease outbreak in Kentucky stemming from 2 confirmed cases in TN as close as 8 miles from the Kentucky boarder. After the presentation she was able to

answer many questions participants had concerning Chronic Wasting Disease and what the future will hold.

Eighty-six percent of those in attendance expressed that they gained information they could use to improve both wildlife habitats and their deer check-in methods. Ninety-nine percent said the meeting was relevant and useful. All in attendance were served supper sponsored by a local bank from each of the 3 counties. At the conclusion of the meeting, there was a drawing for door prizes presented by local hunting and agriculture businesses. Cook Wild recipes cards were handed out and on display to take home for quick/healthy wildlife cooking ideas.

Tree Giveaway after December 10th Tornado

After the December 10th, 2021 tornado left a path of devastation and destruction through Hickman County and much of the state of Kentucky, the Extension office was there to lend support and a helping hand. After the initial recovery was assessed and completed, a long-term plan was needed. The Long-Term Recovery Organization was formed with the Extension office having a place on that board. Through this organization, we learned that we had 107 people in Hickman County register for help.



Community members pick out trees to plant.

In collaboration with Kelly Jackson, Horticulture Agent in Christian County and donations from Highlandbrook Nursery in Todd County (donated over 4,000 native trees to 20 affected counties), a free tree giveaway program was planned for Hickman County residence who had damage from the tornado.

On October 14, 2022 we were able to have a free tree giveaway program with over 20 community members receiving free trees to replace trees that were lost during the tornado. Information was also given out on proper procedures for planting and caring for the new trees. Though work continues to be done by the Long-Term Recovery Organization as Hickman County recovers from this tornado, we hope these trees can symbolize new beginnings and that we see our own growth and prosperity as they too grow.

4-H Camp

A typical 5-day 4-H Camp session offers upwards of 96 hours of direct, uninterrupted contact between youth and their cabin leaders/counselors. That's the equivalent of a family sitting down at the dinner table for 30-minutes, 196 days of the year. The interactions offered in a residential camp/group living setting is so important to youth, especially considering the isolation brought on by the COVID-19 pandemic. The time we spend with youth in the camp setting offers opportunities for those youth to feel a sense of belonging, to have meaningful conversations with caring adults, to practice generosity, group decision-making, they experience new activities they typically do not have access to at home, and they gain independence by taking on the responsibility in keeping track of their belongings and keeping to the camp schedule.

A total of 25 campers, 2 teen leaders and 3 adults attended residential summer camp with Hickman County 4-H. The campers attend 4 classes for three days to master new skills in canoeing, rifle, cooking, wood working, sports, communications, drama, swimming,

nature, challenge courses and so much more.

An end of camp focus was conducted by the counselors with their cabin of campers. The results were as follows:

- 100% said 4-H is a place with caring adults
- 85% felt 4-H camp was a place they could teach others what they learned.
- 80% said 4-H camp encouraged them to plan for their future
- 55% said 4-H camp gave them a chance to be a leader
- 94% said 4-H camp was a place they felt they belonged
- 99% said they learned a new skill while taking classes at 4-H camp.

In addition, Hickman County 4-H provided 9 campers financial scholarships totaling over \$1645.00 to attend summer 4-H camp. Without these scholarships, these campers may not have been able to afford to attend summer 4-H Camp.

The vision of Kentucky 4-H Camping is to serve the citizens of Kentucky and beyond by providing a safe environment for experiential learning opportunities. The mission of Kentucky 4-H Camping is to improve people through intentional life skill development.



Hickman County 4-H Group at the West Kentucky 4-H Camp mural.

Story Walk increase literacy and local food awareness

In 2013-2015, 31.9% of adults in Hickman County age 20 and over reported no leisure-time physical activity (Hickman County Data Profile, CES Community Assessment 2019).

Simultaneously, only 76.1% of children entering kindergarten are ready to learn (2020 Early Childhood Profile). Physical activity, healthy local food choices, and early community literacy opportunities were strategically combined through the Story Walk experience.



Baylor Boaz reading through the Story Walk Trail.

The Hickman County Extension collaborated with the Family Resource Youth Service Center, Four River Counties Early Childhood Council, Farmer's Market Vendors, and Local Businesses/Organizations for the fourth year to hold a Story Walk Event. This event is held at the Hickman County Rotary Park/Farmers Market. The Story Walk is based on parent/caregiver and child involvement. They read a story page by page around the walking trail, practice social skills by interacting with community businesses and visit vendors under the Farmers Market. Developmentally appropriate experiential learning activities were offered on-site to enable youth the opportunity to learn and play with their families.

The event was attended by 80 families. Of those families, 102 youth ranging in ages from 7 months- age 16 were present. Fifty-seven of the youth were in school, 47 were either in-home care or in preschool/childcare. Twenty-five volunteers supported Story Walk.

After attending Story Walk, 86% planned on completing the at-home learning kits with their family. 100% said they planned on visiting the Farmers Market and Walking Path after the event. 70% said that they would try recipes with pumpkin or other locally-grown produce. 85% said that this event helped them to gain skills to use in home literacy activities. As a result of this event, 82% said they planned to increase time spent reading and playing with their child.



The Murphy family sampling Plate It Up Ky Proud recipes.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

*Extending Knowledge,
Changing Lives*

For more information,
Please contact us at:
329 James H. Phillips Drive
Clinton, KY 42031
(270) 653-2231
Fax: (270) 653-4754
www.ca.uky.edu

