

Extending Knowledge. *Changing Lives.*

Located in far Western Kentucky bordered by Tennessee, Missouri, and the Mississippi River, Hickman County has a unique quality of rural beauty and rich history.

Hickman County Extension reached 7492 people through county extension programming in 2023.

Program Efforts

194 Number of producers that increased knowledge of production, fertility management, varieties, insect control, disease or pests and/or sustainable practices.

296 Number of individuals who gained increased knowledge of how to respond to mental health concerns.

150 Number of individuals who reported they utilized delivery systems/access points (e.g. farmers' markets, CSAs, WIC, food pantries) that offer healthy foods.

355 Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming.

150 Number of hours of 4-H volunteer community service contributed.

237 Number of youth who were educated on health and well-being through 4-H programs.

Family and Consumer Sciences

BINGOCIZE



Hickman County seniors are engaging in activity through Bingocize.

Hickman County seniors noted fear of falling or additional injury when out and about or during exercise as a reason for neglecting to exercise. 6 of the 7 seniors who attended the initial information session listed this fear of injury or falling as the primary reason not to exercise or be more active, which 7 of 7 all agreed has affected them due to lower levels of energy and an increased level of depression, ranging from mild to more serious.

329 James H Phillips Drive | Clinton, KY 42031-1245 | P: 270-653-2231 | F: 270-6534754 | hickman.ca.uky.edu

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Bingocize is a program that seeks to introduce realistic levels of exercise to the senior population. Roughly 75% (estimated based on questions and/or comments of the participants) were familiar to the participants, and the newer ones were able to be done with minimal adjusting for the older audience, age ranges of 67 to 88. The program material was presented in a way that facilitated discussion, and that discussion fed into fun conversation, laughing, and inside jokes, increasing the enjoyment and decreasing feelings of depression.

This workshop was held in partnership with the Hickman County Senior Center at their facility, with the target being those who come to the senior center, but it was open to anyone to come.

A total of 15 participants showed up to at least 2 sessions, and a complete total of 18 showed up to at least one. Of the 7 participants who completed the pre-and post-assessments, 100% recorded an improvement in the sit-to-stand test, with all noting less use of pushing off a chair or table to stand. 71% noted feeling more confident in exercising more. 86% listed having fewer feelings of depression after exercising during the sessions and throughout the program. 42% felt more secure in improving their knowledge to avoid illness by social distancing or using a face covering.

PARENTING WORKSHOPS

During the fall of 2023, several sessions were held in conjunction with the KAPS Family Resource Youth Service Center to discuss the importance of meaningful interaction with your children as a parent and why it is so crucial to create a safe space. Throughout these sessions, 57 people attended, with 35% stating they found it challenging to make time for themselves when finding a balance. In the workshops, ways to take time for yourself to reduce self-stress were discussed, and a connection was made between taking care of oneself and how it impacts the environment a child is raised in.

Agriculture and Natural Resources

WOMEN IN AGRICULTURE SEMINAR



Dr. Guffey presents on Women's leadership capacity in agriculture.

Three of the four river counties have over 38 million in crop sales, while Hickman County sells almost 57 million in crop sales. In all four river counties, there is an average of 29.75% female farm producers. Our program this year for the Women in Ag Conference was to concentrate on Women's Leadership in Agriculture-presented by Dr. Kristie Guffey, associate professor at Murray State University and a past Women in Ag state board member.

54 Farm owners or professional organization members (48 female and 6 males) attended the program, 6 of whom have attended more than 15 years of WIA programs. Matt Moss from the Kentucky Soybean Board was also invited to discuss KY Soybeans and his trip to Turkey to learn about soybeans and aquaculture. Jennifer Rogers discussed tax and economic issues affecting women and farm families. Melissa Meyers discussed FSA agency updates.

100 % stated they would practice at least one thing they learned from the Women's Leadership in Ag presentation. 92% stated they learned one thing new about Aquaculture and KY Soybeans. 88% of stated they were very capable of dealing with taxes and financial planning. 100% stated they will use at least one resource from the Farm Service Agency. 78% of those attending felt they would use information in the food demonstration. 98% were satisfied overall with the educational value of the seminar.

WILD TURKEY AND TRAPPING IN THE RIVER COUNTIES OF WESTERN KENTUCKY



Local wildlife enthusiasts gather for the Wild Turkey update from three Mississippi River counties.

Crop production uses 85% of the land in the river counties in far Western Kentucky. There are over 11,000 acres of Wildlife Management Areas in Carlisle, Hickman, and Fulton Counties (Public Land Search on KDFWR website). Most landowners want a balance of wildlife with minimum damage to crops. Due to a decline in harvest numbers of wild turkeys and increasing problems with predator animals, agriculture agents in Carlisle, Hickman, and Fulton County decided to host a wildlife meeting to address these concerns.

Zak Danks, wild turkey program coordinator with

the Kentucky Department of Fish and Wildlife Resources, along with Micah Seavers, owner of a local pest control company, were contacted to discuss the problems.

Twenty-one (17 male and 4 female) wildlife enthusiasts attended the Wild Turkey update and predator trapping program. 100 % of the clients said they were very satisfied with both speakers. 87% of those attending said they were very capable of making good choices, being accountable, and using the information presented. 67% said the meeting was great, while 33% said they were very satisfied with the meeting.

4-H Youth Development

4-H CAMP BENEFITS YOUTH AND ADULTS



Hickman County camping delegation experienced camp magic.

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 is the equivalent of a family sitting down at the dinner table for 30 minutes, 192 days of the year. 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, and to practice group decision-making.

A first-time camper parent reached out to me to say, "It was my daughter's first time away from home. I can tell a difference in her level of independence after 4-H camp. She made friends and kept talking about the experience. Thanks for giving her the opportunity to belong and gain independence. She cannot wait for next summer."

Hickman County 4-H had twenty-eight youth, including 2 who served as counselors-in-training, 2 teen volunteers who served as teen counselors, 2 adult volunteers who served as adult counselors, and 2 extension staff who participated at West Kentucky 4-H camp during the week of July 10-14. Hickman County 4-H Council supported the camping program by fundraising over \$4,620 in scholarship support. 2 Kentucky 4-H Foundation scholarships were granted to support diversity within the county camping program. 15 campers were supported with a full scholarship. 84 percent of the youth surveyed responded that 4-H is a place where you get to figure out things for yourself. 92 percent of the youth surveyed responded that 4-H is a place where you get to teach others what you've learned and a place where it's okay for you to make mistakes. 96 percent of the youth surveyed responded that 4-H is a place where adults care about you and a place where you feel safe.

4-H RALLY DAY EXHIBITS HELP YOUTH FIND THEIR SPARK

According to the Program Leader's Working Group Task Force on Positive Youth Development, everyone has something they are passionate about, whether it's a skill, talent, interest, or unique quality. In fact, youth thriving research refers to these things as "sparks" (2024 4-H PLWG Standing Committee on Positive Youth Development).

Hickman County 4-H'ers showed off at this year's inaugural county rally day and the Kentucky State Fair. The newly enacted 4-H County Rally Day gives 4-H'ers, ages 9-18, the opportunity to showcase all the hard work they have completed in

4-H throughout the program year in the seven curriculum areas of 4-H programming.



Leeyah Peyton began sewing in the fall of 2022. She entered multiple sewing projects on the 2023 county rally day, leading to state fair participation.

During the summer of 2023, several day camps and project days were offered in the seven curriculum areas, with over 60 youths participating. The culminating event for much 4-H project work is the 4-H County Rally Day. In August 2023, Hickman County 4-H'ers submitted 150 exhibits to the county rally day and 53 exhibits to the state fair. Exhibits included crops, horticulture, foods, sewing, arts & crafts, home environment, photography, and more. This trend of increase in 4-H project work is expected to continue with the sustainable growth of the local 4-H program based on the 4-H Thriving Model.

Extending Knowledge, Changing Lives.

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

 @HCCES

 @hickmancountycooperativeex9993