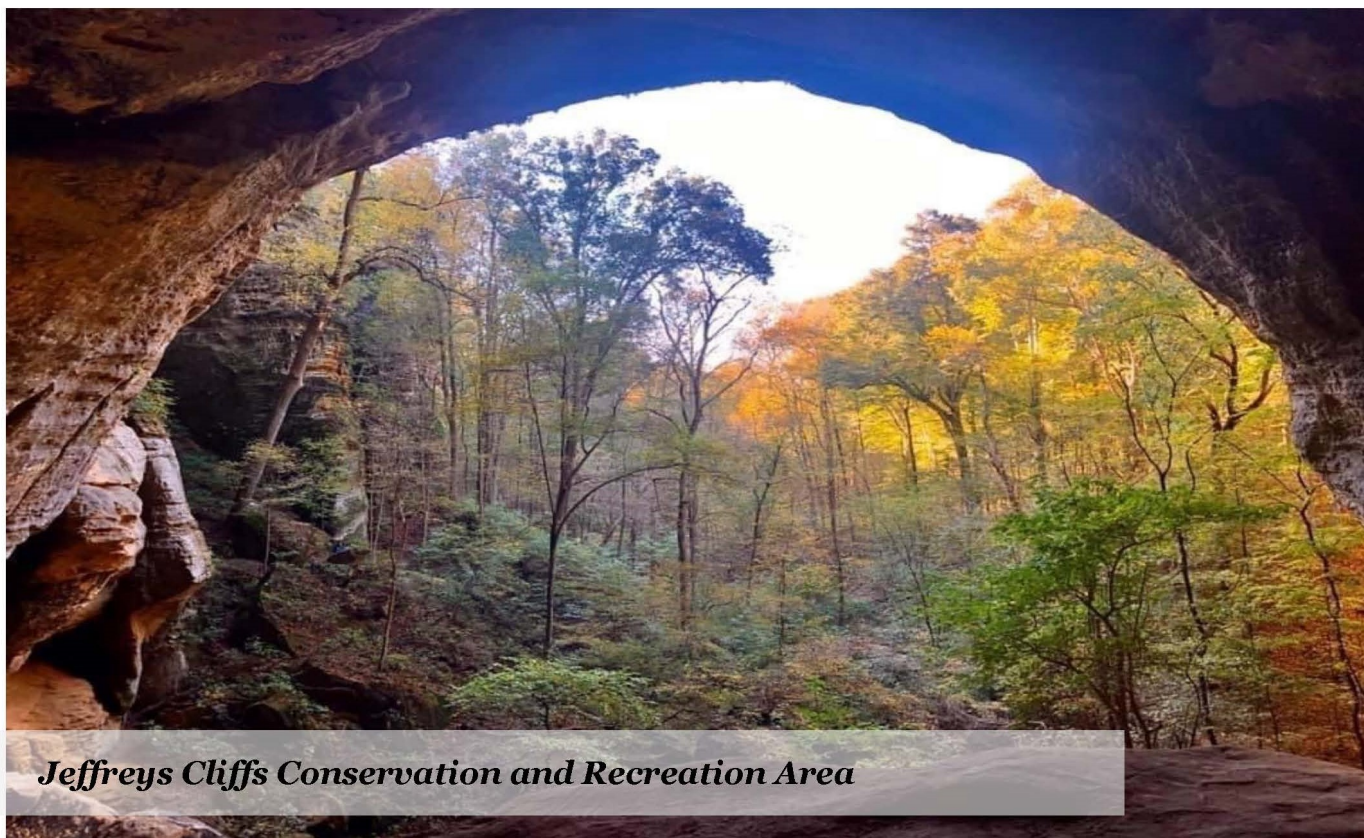


# Report to the People

## Hancock County • 2023

## COOPERATIVE EXTENSION



### ***Jeffreys Cliffs Conservation and Recreation Area***

*Jeffreys Cliffs is a 230 acre sandstone plateau formation with cliffs, rock shelters, forest, and 5 miles of* Hancock County Cooperative Extension Service provides programs in the various areas of agriculture/natural resources, family and consumer sciences, nutrition, 4-H youth development and community and economic development. We provide help in areas of crops, home lawn, gardens, pastures, hayfields, with specialization in identification and control of insects, weeds, and plant diseases. We provide nutrition education, opportunities for leadership development, civic engagement, and teach important life skills to our local youth through 4-H. Delivering programming through school clubs, community clubs, overnight camps, day camps, project workshops, and school enrichment programs.

Lisa Hagman, 4-H Youth Development Agent

Evan Tate, Agriculture and Natural Resources Agent

Angie Swihart, Family and Consumer Sciences Agent

Bethony Morris, Nutrition Education Program Assistant

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### **For More Information, Please Contact us at:**

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## Youth Explore Food from Six Countries

The Ky 4-H Passport Kitchen program provided 426 young people the opportunity to experience food cultures of different countries in a self-paced experience. Participants received six country kits with a recipe, a video, one ingredient, information about the country, and a worksheet to help them explore beyond the kit. The program allowed young people and their families to engage as part of their mealtime experience and the opportunity to explore different cultures.

The exploration of other cultures and views is a critical part of a young person's development and helps them form a prosocial orientation as well as a growth mindset. 100% of youth reported learning about another culture.

Research proves having regular meals with caring adults provides a host of benefits to the development of young people. Of the 426 young people who participated in the program, 57% reported an increase in meals eaten together as a family unit. This increase is important because studies show regular family meals foster a sense of security and togetherness and help nurture the development of young people into healthy, well-rounded adults.

Eighty-eight percent of participants reported preparing meals together as a family and 79% increased in their confidence in the kitchen. Of the 426 young people who participated, six were from Hancock County. One family said the experience was amazing and brought new foods into their kitchen and they came together as a family to prepare the dishes.



*Elijah Carrico learns about Mexico while preparing a Passport Kitchen recipe to share with his family.*

## AGRICULTURE AND NATURAL RESOURCES



*Artificial Insemination is one of the greatest tools producers have to further the genetic potential of their commercial cowherds.*

### Artificial Insemination Program

Each year Kentucky Cattle Producers strive to further their cowherd genetics. The Kentucky Cost-share program and other university programs have allowed producers the financial help to adopt new practices. Artificial Insemination is a practice that is now readily available for producers to utilize.

The Hancock County Cooperative Extension Service provides guidance and assistance to beef producers each year to conduct artificial insemination programs on their farm. This hands on program

demonstrates the practice and allows the producers to better understand procedures. They also become more aware of the tools, facilities and supplies needed to conduct artificial insemination.

Initially, producers have noted that the practice is not as hard as once thought and they have agreed that it is a practice they will continue in the future. Furthermore, producers who are returning to the practice in subsequent years are now able to follow protocols themselves without assistance and have gained knowledge of the tools and drugs used in the practice.



### Being Active



*Zoe Case, takes her turn spinning the wheel while the class learns about being physically active.*

Hancock County Cooperative Extension Expanded Food Nutrition Assistant (EFNEP) partnered with North Hancock Elementary School's PE teacher. Not only would this be a class to teach about eating healthy snacks and meals, but what better class to discuss being physically active. The class began with taking the entry survey. Only 68% of the class could identify pictures with kids being active.

Next we jumped right in and worked on learning about healthy ways of eating. Then the class got to work on the physical activity part of the lesson. The group discussed the difference in doing something and being physically active. The first graders were confused. It was explained how we can be doing something such as watching TV, playing on the computer, or reading a book, but we weren't moving our body, therefore it is not being physically active.

Once they understood, they began making suggestions on how to be physically active. We discussed doing push ups while watching TV or walking in place while reading a book. The lesson taught different options for increasing the heart rate. We then used a small wheel with different activities that the children could spin.

We all did the activities together. This insured the children knew ways of being active in case they could not go outside. This program encouraged the students to be active at least one hour a day to stay healthy along with making healthy food choices.

At the end of the program, the children took the exit survey and 95% of the children could identify kids being active!

## FAMILY & CONSUMER SCIENCE

The Hancock County Homemakers are 44 members strong! They spend many hours giving back to the community and internationally.

The New Chapel Quilters completed 48 quilts-19 to veterans and 29 for young people receiving a bed from the Build-a-Bed Program. Numerous quilts have also been given to local hospice patients.

Each month homemakers make treat bags for the local Meal on Wheels program.

Homemakers have also taught numerous elementary school students how to sew on a button.

The group is also busy sewing 100 peasant dresses to donate to Operation International.

Their dedication to service logged 2,286 volunteer hours last year.



*Hancock County Homemakers Club, New Chapel Quilters, presented 19 veterans beautiful patriotic themed quilts at the county's veteran program.*

# Extension Leadership

## Hancock County Extension District Board

Chairman: Joe Hagman  
Vice-Chairman: Carolyn McCarty  
Secretary: Steve Canepari  
Treasurer: Julie Newton

## Hancock County Extension Council

President: Justin Obenchain  
Vice President: Linda Ciccoli  
Secretary: Julie Newton

## Hancock County 4-H Council

President: Kathy Hoffman  
Vice President: Annie Blam  
Secretary: Laura Kessans  
Treasurer: Lora Johnson

## Hancock County Homemakers Council

President: Lesa Keown  
Vice President & Secretary: Paula Mason  
Treasurer: Lori Hodskins

## Agricultural Advisory Council

President: Joe Hagman  
Vice President: Shelby Emmick  
Secretary: David Winchell  
Treasurer: Justin Obenchain

## Hancock County Cooperative Extension Staff

**Lisa Hagman**  
4-H Youth Development Education

**Evan Tate**  
Agriculture and Natural Resources Education

**Angie Swihart**  
Family and Consumer Sciences

**Bethony Morris**  
Nutrition Education Program Assistant

**Mary Robbins**  
Staff Assistant



*The Hancock County Cooperative Extension staff are always ready to serve our community. Pictured from the left to right, Mary Robbins, Bethony Morris, Evan Tate, Lisa Hagman, and Angie Swihart.*



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

*Extending Knowledge,  
Changing Lives*

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Hancock County Cooperative Extension Service  
Hancock County 4-H  
Hancock County Homemakers  
Hancock County Nutrition Education Program



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