


# 2024

 Cooperative  
Extension Service



# Logan County

# REPORT TO THE PEOPLE



**Logan County Cooperative Extension Service, 255 John Paul Ave, Russellville, KY**

**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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# Family & Consumer Sciences

## Homemakers Lend a Helping Hand

The Logan County Extension Homemakers hosted two fundraising opportunities that have significantly contributed to local and state wide charity efforts.

The Logan County Homemakers hosted a fundraiser locally to support the Isaiah 117 House that is being built in Logan County. The Isaiah 117 House provides physical and emotional support in a safe and loving home for children awaiting foster care placement. When children are removed from their homes they are usually brought to a child welfare services office to await placement. This wait can last from a few hours to several days. These children often have nothing with them. Isaiah 117 provides a comforting home where these children can be brought to wait. This space allows children to receive the comfort and care they need while the child welfare staff can identify a good placement for them. The Logan County Homemakers were able to raise a total of \$2,839 for the Isaiah 117 House in Logan County.

The Logan County Homemakers also hosted a fundraising event to support the ovarian cancer research project at the University of Kentucky. Ovarian cancer is one of the most common gynecologic malignancies in the United States. Women at highest risk to develop ovarian cancer are over the age of 50 or have a relative with ovarian cancer. One of the Kentucky Extension Homemaker Association's main health objectives has been to assist in funding ovarian cancer screening and research at the University of Kentucky.

In support of this cause, the Logan County Homemakers hosted an ovarian cancer fundraiser style show and included basic information about ovarian cancer and the screening program and research offered through the University of Kentucky. The Homemakers enlisted the help of local boutiques to provide the style show. The style show fundraiser was very well attended allowing the Logan County Homemakers to raise a total of \$1,235 to be donated to the ovarian cancer screening and research program at the University of Kentucky in hopes to help further the success of the program that is offered to women all across our great state of Kentucky.

# \$4,074 Raised in 2024 by Logan County Homemakers

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# Nutrition Education (NEP)

## Cooking with Intellectual Disability Youth

According to Kentucky, intellectual disability is defined as a mental disability which includes mild mental disability (MMD) and functional mental disability (FMD). In the 2021-2022 school year MMD decreased to 11.14% from 15.2% in the 2008-2009 school year. FMD has stayed at 3% since the 2008-2009 school year. With Kentucky students having percentages almost higher than the national average with intellectual disabilities it is important to reach this underserved population. In Logan County School district, the disabilities percentage was 19% whereas the state average was 16%. Senior Nutrition Education Program Assistant, Paige Alexander, focused on the need to reach the intellectual disability population to help with basic nutrition skills in her programs. Paige was able to teach free nutrition programs at Adairville and Chandlers Elementary Schools as well as Logan County High School to MMD and FMD students.

During the program students K-12 from each school learned about Choose MyPlate, food safety, hand washing and nutritious foods to eat. Students had hands on experience using adaptive kitchen equipment to fit their needs for cooking demonstrations. Students were encouraged to take "Hello Bites" of food to see if they liked it or not. Paige worked with students for 6-8 hours during the school year to teach the curriculums Discover MyPlate, Professor Popcorn and Teen Cuisine.

After completing the Nutrition Education Program classes with Paige, students improved their knowledge and their ability to prepare simple and nutritious meals by 88%. With childhood obesity as an epidemic, 71% improved their physical activity.



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## BBQ Sweet Potato Nachos

### Ingredients:

- 2 sweet potatoes (long and evenly round is ideal), washed and sliced into  $\frac{1}{4}$  inch rounds
- 2 tablespoons olive oil
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  red onion, diced
- 1 (15 ounce) can black beans, drained and rinsed
- $\frac{1}{2}$  bell pepper, diced
- $\frac{1}{2}$  avocado, pit removed and diced (optional)

### Dressing:

- 1  $\frac{1}{2}$  teaspoons lemon juice
- $\frac{1}{2}$  cup plain Greek yogurt
- 1  $\frac{1}{2}$  tablespoons barbeque sauce
- $\frac{1}{2}$  teaspoon chili powder



### Directions:

1. Preheat oven to 425 degrees F.
2. Spread sweet potato rounds on a large sheet pan and toss with olive oil, salt and pepper.
3. Roast potatoes for 10-15 minutes, toss and continue roasting for another
4. 10-15 minutes. Meanwhile, combine ingredients for dressing in small bowl.
5. Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper and avocado (if using) over the sweet potatoes and let cool.
6. Drizzle with dressing or use dressing to dip.

# Agriculture & Natural Resources

## Impacts of Livestock Shows

### Beyond the Ring

"We are not raising livestock, we are raising kids to be great adults, we just use livestock to do it," is the unwritten motto that echoes through show barns all across Kentucky based on a quote from Mr. Warren Beeler, Kentucky's Mr. Agriculture. This is also very true for the Logan County Youth Terminal Hog Show and Sale hosted by the Logan County Hog Show Committee, advised by Logan County Agriculture and Natural Resources' Agent, Leann Martin. The committee strives to create opportunities for educational growth as well as character growth throughout the hog project including livestock education hours, industry tours, leadership development, and civic engagement.

The hog show and sale project is a 6 month program that encourages personal growth of responsibility, commitment, record keeping, animal science, marketing and leadership while teaching the full cycle of livestock production. From understanding the responsibility of caring for and managing animals, to animal nutrition and showmanship, to carcass quality, the exhibitors and their families invest countless hours of hard work in order to be successful.

This was a record breaking year for the 8th Annual Logan County Youth Terminal Hog Show and Sale with 42 youth exhibitors, showing 42 hogs, at an average of 267 pounds. Following the show, all the hogs were then sold through an auction to an audience filled with community members and business leaders with the average sell price of \$9.75 per pound going directly to the kids, for a total contribution of \$120,434.50 from 121 sponsors. The hogs are then transported to our partnering processor for processing and distribution to the pork buyers.

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It is through the community sponsors and pork buyers that the impacts of the show and sale continue to go beyond the financial aspects of the ring, reaching deep into the community. Ten exhibitors from 4 different families, were given the great opportunity to see exactly how their hog project will now go to feed over 75 families through the holiday season as a result of a local buyer donating 505 pounds of sausage to one of the local food banks. The exhibitors were able to meet the volunteers that run the food bank and learn more about the services they provide while working as a team to fill two freezers with protein that they would normally have to have gone without. One of the younger exhibitors lifted the hearts of those volunteers saying "I was sad to hear about the people who had no food but I am happy my pig is going to feed people."

The impacts of the Logan County Youth Hog Show and Sale are seen by community members. "As a community member, the biggest impact I see from youth participating in livestock shows is social interaction. Seeing our youth communicate with judges, volunteers, and fellow participants is very encouraging. These students are developing skills that will last a lifetime. These are skills that in the last few years have not been prioritized in society as a whole. When our youth have positive (in person) social interactions it leads to stronger relationships, networking opportunities, and life-long friendships." The positive impacts this program has on the exhibitors, their families, and the community is very encouraging and contagious.



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# 4-H & Youth Development

## Youth Serving the Community

The 100th Annual Kentucky 4-H Teen Conference took place at the University of Kentucky from June 11th to 14th, 2024. The conference aimed to achieve several objectives for its participants. Those objectives included developing leadership and teamwork skills, improving communication abilities, fostering civic engagement, expanding knowledge in 4-H core content areas, and enhancing social skills through networking.

The 4-Hers at Teen Conference had the opportunity to attend a leadership workshop led by a youth-adult facilitation team that collaborated with over 25 community-serving organizations for three hours of service work. The 472 youth collectively logged 1,284 hours of service, resulting in a cost savings of \$9,309 (calculated at \$7.25 per hour) for organizations compared to using paid employees. These efforts not only supported local service organizations but also empowered 4-Hers to recognize their ability to impact change in their own community.

Logan County had five teen 4-Hers and three adults attend this conference. One of the highlights of their experience was the Day of Service. Each Logan County participant took part in a different service project. After those experiences, the 4-Hers decided that they wanted to come back to Logan County and host their own Day of Service. They planned to select three locations in Logan County that could coordinate with small groups to make a difference in their own community. They decided one group would go to the local humane society, one group would go to the local nursing home and one group would help with Isaiah 117 House office. They coordinated travel from the extension office to each location by church vans.

While visiting the humane society, 4-Hers worked to clean and organize donated items. At the nursing home, 4-Hers played Bingo with the residents. The Isaiah 117 House is a local charity that kids can go to after they have been taken into child protective services, until they are placed in foster care. Our teens were passionate about the Isaiah 117 House, so at that location, 4-Hers helped organize supplies and learned about other ways to help this local charity.

Teen conference, a Kentucky State 4-H Event, inspired leadership in the Logan County 4-H teens, and 40 other Logan County 4-H youth members to put their head to clearer thinking and their hands to larger service, to make a difference in their community.

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# A Year in Numbers

**1** New Facility  
Built

**1** Renovation  
Underway

**116.1K** Social Media  
Reach

**1,500+** Social Media  
Shares

**8300+** Social Media  
Followers

Healthy Lifestyle Education Participants	1,935
Childhood Education Contacts	6,874
Homemaker Members	59
NEP Youth Graduated	449
NEP Adults Graduated	88
FCS Programs Taught	77
Members of 4-H Clubs	121
4-H Clubs	14
Youth Entrepreneurship Projects	12
Youth Taken to 4-H Camp	121
Ag Appreciation Day Attendees	227
Youth Livestock & Meat Project Participants	110
Trained in Pesticide Handling	79
KY-TN Grain Day Attendees	190
Farmer's Market Vendors	15
Staff Members Ready to Help You!	8

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University of Kentucky, Lexington, KY 40506-0032 or  
US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
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