

REPORT TO THE PEOPLE

# TODD COUNTY



## Todd County Extension Office Coming Soon



# 2023

## COOPERATIVE EXTENSION

 University of  
**Kentucky**  
*College of Agriculture,  
Food and Environment*



**DID YOU KNOW...** The Todd County Extension Office is moving in the spring of 2023 to 240 Pond River Road at the corner of Highway 68/80. The new building will host 5 new offices, a meeting room for up to 150 people, a conference room and a demonstration kitchen.

### Todd County Extension Office

**Phone:** (270)265-5659

**Email:** [todd.ext@uky.edu](mailto:todd.ext@uky.edu)

**Website:** [todd.ca.uky.edu](http://todd.ca.uky.edu)

### Extension Staff

Jill Harris, County Extension Agent for Family & Consumer Sciences

Curt Judy, County Extension Agent for Agriculture & Natural Resources

Lee Ann McCuiston, County Extension Agent for 4-H Youth Development

Becky Chandler, County Extension Staff Assistant

Amy Stooksbury, County Extension Nutrition Assistant

## SOYBEAN CYST NEMOTODES STUDY ON FIELDS REVEALS MODERATE TO HIGH RISKS

Forty-six Todd County soybean fields were sampled to determine the level of soybean cyst nematode (SCN) activity. Based upon the number of SCN eggs in the samples, the fields were evaluated for the odds of SCN related yield reductions. The 46 fields sampled belonged to 33 different producers. Of the 46 sampled, 5 were considered at low risk for SCN related yield reductions; 18 at moderate risk and 22 at high risk. One field was rated as “Over Threshold” meaning that it was at a very high risk level. There are 2 basic production practices for dealing with soybean cyst nematode: crop rotation and use of SCN resistant soybean varieties. There is currently only one source of SCN resistance available in all commercial soybean varieties and the effectiveness may decline over time. Growers should look for an opportunity to utilize different resistance sources if they become available in high-yielding soybean varieties. A fact sheet created by the Agriculture & Natural Resources Agent titled, “Understanding Your Soybean Cyst Nematode (SCN) Egg County Numbers” is available at the Extension Office to help producers understand how the samples were collected and the production practices needed to minimize SCN yield losses.



***18 fields were considered at moderate risk for soybean cyst nematode activity.***

***22 fields were considered at high risk for SCN activity .***

*The Todd County Extension Office works with farmers to study fields and understand production practices.*

**530**

Adults received training in FCS life skills & leadership classes

**450**

4th - 12th graders are involved in 4-H camps & programs

**466**

Farmers received information on Ag Production

**142**

Limited resource families & 97 youth graduated from Nutrition Education Programs

**102**

Adults serve on Extension Councils, boards and/or serve as volunteer leaders for clubs in Todd County

## SUMMER 4-H CAMP PROVIDES A PLACE FOR KIDS TO BELONG & GAIN INDEPENDENCE

A total of 131 campers, 14 teen leaders and 17 adults attended residential summer camp with Todd County 4-H last summer. The campers attended four 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 group revealed:

- 100% said 4-H is a place with caring adults;
- 99% said they learned a new skill while taking classes at 4-H camp.
- 88% said camp encouraged them to plan for their future;
- 97% made a new friend at 4-H Camp.

In addition, Todd County 4-H provided 54 campers financial scholarships totaling over \$5,600.00 to attend summer 4-H camp. Camp magic happens at West Kentucky 4-H Camp due to the amazing volunteers and donors!



*Todd County 4-H members enjoyed canoeing class at the summer 4-H camp located in Dawson Springs, Kentucky.*

## EXTENSION HOMEMAKERS LEARNED HOW TO USE LESS, SPEND LESS & STRESS LESS



During the COVID-19 pandemic, the Todd County Extension Agent for Family & Consumer Sciences taught Use Less, Spend Less, Stress Less to Extension Homemaker members.

The goal of the program was to encourage participants to become more mindful consumers and stretch their resources, finances, and relationships. Extension Homemakers were given a Use Less, Spend Wise Challenge and asked to complete activities designed to help them reduce useless consumption, become mindful spenders, and discover safe ways to connect with others despite COVID-19 restrictions or hardships.

- 94% reported ditching disposable products;
- 94% decluttered spaces;
- 94% used reusable bottles;
- 78% used pantry items before buying new;
- 83% treated themselves with no-cost TLC;
- 78% challenged themselves to a no-spend day;
- 83% went for a hike on a free trail;
- 89% unplugged from technology/read a book;
- 72% made a homemade gift.

**When Homemakers were asked their biggest takeaway from the challenge, participants said: “cut costs and pay attention to spending; make lists; buy sale items only if needed; reusable items instead of disposable products; think of ways to save—make a conscious effort to see costs and question need; and giving time is more valuable than material objects.”**



## HEALTHY CHOICES FOR EVERYBODY CURRICULUM ASSISTS IN RECOVERY

The Todd County Nutrition Education Program (NEP) Assistant led a program titled, “Healthy Choices for Everybody” to three substance abuse recovery programs during the KYNEP 2022 program year. Participants learned how to plan nutritious meals on a limited budget, improve food preparation skills, safe food handling practices and to include daily physical activity in their lives. Upon completion of the program, each participant received a Certificate of Achievement, budget friendly recipes and kitchen tools to use at home.

Using the Web-Based Nutrition Education Evaluation and reporting System (WebNEERS) each participant completed a pre- and post-survey. Results for the 2022 year, yielded the following impacts:

- 90% improvement in Food Resource Management
- 98% increased physical activity
- 87% improvement in diet quality
- 81% gained skills in food safety practices



**“I am excited to prepare these recipes for my family members”; “I am looking forward to using my new meat thermometer”; “I will show my case worker my certificate, then she will know, I have knowledge to prepare healthy meals for my children.”**

**Participant of the NEP program**

**85** Members gained skills through the Kentucky Extension Homemakers Association

**350** Youth were involved in 4-H creative arts, shooting sports, leadership, horse & cooking clubs.



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



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