

2024 - 2025 Report to the People Christian County



Website:
www.christian.ca.uky.edu



Facebook:
Christian County CES



Instagram:
@thechristianco4h



YouTube:
Christian County 4-H



Podcast:
lifesimplifiedpodcast

Did You Know ...

According to the 2020 US Census there are 72,032 people who call Christian County home.

There are 1,095 Farms operating in Christian County that cover nearly 345,000 acres.

Christian County is the second largest wheat producing county in the state of Kentucky.

For More Information Contact Us At:

Christian County Extension Office
2850 Pembroke Road, Hopkinsville, KY 42240
270-886-6328
dl_ces_christian@uky.edu

4-H Youth Development

On November 8, 16 middle school students from Christian and Trigg counties took part in the 4-H Middle School Retreat, an event designed to enhance leadership skills, encourage community involvement, and emphasize the importance of local service. Through engaging, hands-on activities, these young participants laid a strong foundation for future growth both within 4-H and in their broader community.

A key focus of the retreat was a community service project in partnership with Wonderfully Made, a local organization that provides meaningful work opportunities for individuals with special needs. The 4-H members played a vital role in organizing donated costume jewelry, which will be creatively repurposed by individuals with special needs into unique works of art. This collaborative project not only supported a local cause but also provided the students with valuable lessons in empathy, inclusion, and the impact of service—qualities that are essential for effective leadership.

The retreat also featured an exclusive behind-the-scenes tour of the Hopkinsville Museum, where students had the opportunity to explore the rich history of their town and learn about influential figures who shaped its development. One notable figure was Edgar Cayce, the “Sleeping Prophet,” who lived in Hopkinsville and contributed significantly to the fields of holistic health and psychic research. Students were given special access to archival materials, allowing them to delve deeper into the historical and cultural milestones of the community. This exploration helped them connect with the town’s heritage and understand how history plays a crucial role in shaping today’s leaders. By reflecting on their community’s past, the students gained a deeper understanding of leadership as a practice rooted in history, empathy, and a commitment to serving others.

In conclusion, the 4-H Middle School Retreat provided a valuable opportunity for students to develop essential leadership skills, foster a sense of community, and engage in meaningful service. By participating in hands-on activities, collaborating on a community project, and exploring the rich history of Hopkinsville, the students gained a deeper understanding of the qualities that make effective leaders—empathy, inclusion, and a strong connection to one's roots. This retreat not only equipped them with tools for future success within 4-H, but also inspired them to continue making a positive impact in their communities. As they move forward, these young leaders are better prepared to lead with purpose and a deeper sense of responsibility.



Students got an
exclusive behind
the scenes view
of the history of
Hopkinsville!



Agriculture and Natural Resources

The Covid 19 pandemic showed us that food security could easily become an issue in the United States. With layoffs and shutdowns, we rapidly saw the grocery store shelves become bare. This was increasingly true at the meat counter. More often than not when approaching the meat counter at your local grocer you would find empty shelves. This led to an increased demand for local meat products. The result of the heightened demand for local meat products has led to more and more producers offering farm fresh meats. As more producers offered farm fresh meats, we saw an increased demand for educational opportunities related to the production of farm fresh meats.

In the September 2024 the Christian, Todd, and Logan County extension offices partnered to offer a program called Raising the Steaks. The Raising the Steaks program was a two-hour educational class each Thursday in September where the participants learned more about feeding and finishing livestock. The first week included livestock facilities and feeding. The second week taught producers about food preparation and economics. The third week was about marketing and a producer panel. The final class they were able to tour Hampton's Meats and learn about the meat cutting process. The average nightly attendance was 13 producers over the 4-week period. The surveys show 12 out of 13 producers learned more about animal nutrition and feeding and indicated they would change their feeding program. All participants stated they had an increased knowledge of feeding and finishing livestock and they would make changes to their farm fresh meat program.

Since the Covid 19 pandemic we have seen the demand for farm fresh meats to stay strong. All that attended the Raising the Steaks program will have a great opportunity to support their local community through healthy local foods. Not only do the consumers have the opportunity to locate local fresh meats, but it allows the producers to have an added value product that increases their bottom line. All producers that attended enjoy "Raising the Steaks."



Cooperative Extension Service

RAISING THE STEAKS

6:00 – 8:00 pm
Supper Provided Each Session

Join us for a 4-part series to learn more about raising, processing & marketing beef (and a little pork). There will be lessons on finishing facilities, proper nutrition, beef marketing as well as marketing opportunities, direct-to-customer sales training, and beef grading & processing. There is also a great opportunity to hear from other producers with finishing experience about their successes and challenges.

Registration Fee: \$50 per person

Register with Your Local Extension Office

Logan County Extension Office - Leann Martin
270-726-6323 255 John Paul Ave Russellville, 42276

Todd County Extension Office - Trent Johnson
270-240-5409 240 Pond River Rd. Ellettsville, KY 42220

Christian County Extension Office - Matt Fattrell
270-884-6326 2850 Pembroke Rd. Hopkinsville, KY 42240

September 5 Christian Co. Extension Office
Facilities & Finishing Nutrition
Dr. Shere Higgins, University of KY
Dr. Katie VanValk, University of KY

September 12 Todd Co. Extension Office
Cattle Marketing & Beef Solutions
Dr. Kenny Burdine, University of Kentucky
Dan Miller, KY Beef Solutions

September 19 Logan Co. Extension Office
Producer Panel & Direct Sales Marketing
Area Finish Cattle Producers
Joanna Coles, Warren County ANR Agent

September 26 Hampton Premium Meats
Grading & Processing
2890 Pembroke Rd.
Hopkinsville, KY 42240
Dr. Gregg Reestrow, University of KY
Chris Milam, Hampton Premium Meats

Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

As of 2017, Christian County producers have 26,479 head of cows and calves

Family and Consumer Sciences

The Hopkinsville Housing Authority reached out to the Christian County Agent for Family Consumer Sciences (FCS) to assist with their 2024 Kids Summer Day Camp. A need to improve understanding of the importance and benefits of proper nutrition was identified as a need for the children participating in the summer camp and thus, Nutrition Superhero Camp was developed. Nutrition Superhero Camp met once a week for five weeks during June and July 2024 with an average attendance of 15 kids. The FCS Agent utilized Nutrition Education Program resources such as the Eat Smart, Play Hard toolkit and Professor Popcorn to develop lesson plans. Each week a different food group was discussed including; where the food comes from, the benefits of consuming each food group (including how it contributes to building super powers such as strength, eye sight, muscle tone, speed, immune system and so on), food experiments to help understand food growth and safety, games combining nutrition education and physical activity, and healthy snacks which gave the kids a chance to try new foods. Each week campers also received items to take home such as water changing cups, nutrition themed coloring books, Wally Cat masks, stickers, and upon completion of the 5-week program, Nutrition Superhero Camp Graduates received a cooking apron with attached cape.

The Nutrition Superhero Camp was a tremendous success. The campers had fun playing games and doing food science experiments while learning the importance of good nutrition. Each week 100 percent of the campers reported having learned something new. More than 86 percent of the campers looked forward to trying new foods during snack time and 75 percent reported asking their parents or guardians to purchase more fruits and vegetables when grocery shopping. As a result, of this collaboration with the Hopkinsville Housing Authority the Christian Co. Agent for FCS has been invited to lead monthly after school classes for the kids, as well as monthly adult education classes.



**The Housing
Authority
provides housing
to 10% of
Hopkinsville's
population.**

Horticulture

Vegetable gardening is making a comeback. Over the past two years, a dedicated team of Master Gardeners has taught more than 400 individuals how to prepare, plant, and maintain thriving gardens. This movement started with the popular Beer Garden-ing Series at the Hopkinsville Brewing Company, where six informative and relaxed gardening programs are offered annually.

Participants have also explored innovative techniques like growing herbs with the Kratky Method and learned from each other during a lively garden panel that shared real stories of lessons from 2024 growing season.

The Hello Garden newsletter, is now reaching 237 subscribers each month with practical tips and community updates.

This year, the team took their mission even further, partnering with 4-H to inspire the next generation through the Junior Master Gardener program, engaging 20 young participants. Additionally—28 elementary classrooms, representing over 650 students, received Grow Lab Kits (valued at \$150 each). These kits brought hands-on learning, helping students understand seed germination and the joy of growing their own food. In collaboration with Christian County FFA, the Master Gardeners also produced an engaging video resource on using the Grow Lab Kits for teachers.

Partnering with the Hopkinsville-Christian County Public Library Seed Bank and the Garden EXPO, we have distributed garden seeds to countless community members, ensuring everyone has the opportunity to get growing.



**Our Hello Garden
newsletter is
booming with
over 225
subscribers!**

**Scan here to sign
up for Hello
Garden!**



NEP Program Assistant Family and Consumer Sciences

According to the Centers for Disease Control, one in 6 Americans report experiencing a substance use disorder (SUD).

Thankfully many who suffer with SUD seek help to overcome addiction and get healthy. Long-term data shows that healthy behaviors including good nutrition and physical activity are beneficial for long-term recovery results. They improve both health and mood and this in turn makes a person feel better and less likely to return to substance abuse.

The Christian County Senior Nutrition Education Program Assistant taught the Healthy Choices for Your Recovering Body (HCYRB) curriculum at a recovery center. Healthy snacks and meal ideas were prepared and some of the topics discussed were nutrition, physical activity, cooking skills, food safety and budgeting.

According to pre and post questionnaires, all 100% of participants agreed to use self-care strategies to improve their recovery and 96% agreed that the HCYRB classes increased their knowledge of recovery. Over 96% of the participants reported intentions to choose healthy foods including eating more fruit and 98% agreed to eating high fiber foods. 100% agreed to drink more water. In addition, 85% improved their physical activity behaviors.

