EXTENDING KNOWLEDGE
Changing Lives

IN FLEMING COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Priority Program Efforts

- A total of 250 people are now involved in addressing significant community issues.
- 65 youth demonstrated skills learned from participation in 4-H science projects (related to natural resource and the environment).
- 450 local residents reported utilizing delivery systems/access points (e.g. farmer’s markets, CSA’s, WIC, Food Pantry) that offer healthy foods.
- 250 local residents adopted resource management technologies (IRM, IPM, soil testing, soil fertility management).
- 255 youth indicated utilizing improved skills in communication, problem solving or group process in addressing community issues and needs as a result of Extension programming.
- 225 citizens (youth & adults) acknowledged they made lifestyle changes (diet, exercise, etc.) for the purpose of improving their health.
- A total of 450 individuals reported making informed and effective decision-making.
- A total of 1,265 youth and adults implemented the recommended practices for the safe storage, handling, or preparation of food.
- 175 youth increased their knowledge, opinions, skills, or aspirations related to personal financial budgeting/management.

Farm Safety Day

Serving in a rural community such as Flemingsburg, KY, you are reminded of days gone by when youth had daily chores to attend to as well as assist in the family farming operation. In a community that clings to its agricultural and farming heritage our youth are very active in the family farming operations. Approximately 80% of the youth attending reported they lived on a farm, worked on a farm, or visited one frequently. With that high of a percentage it is imperative that as a community we provide an educational experience to help the local youth how to understand the dangers related to farm jobs and activities. The Annual 4-H Progressive Agriculture Farm Safety Day was hosted on May 30, 2014. The entire 4th grade of Fleming County met at the Fleming County High School Ag Barn to learn about farm safety. In order for this event to be successful, there were approximately 50 adult and teen volunteers to lead sessions and groups. The Farm Safety Day addressed various safety issues such as fire safety, electric safety, ATV safety, tractor safety, gun safety, kitchen safety, and animal safety. 60% of the youth in attendance reported that they intend to follow safety rules at home closer after attending Farm Safety Day 2014. In a follow up evaluation, 75% of youth reported making a family plan for emergencies when they got home after “Farm Safety Day 2014”.

The Fleming County 4-H Program partnered with other community entities in Fleming County to help make this program a success: Fleming-Mason Energy, Soil Conservation, Ewing Fire Department, Rose Farm Supply, Kentucky State Police, Fleming County FFA, Big Blue Outdoor, Applegate Welding, Cahall Brothers Inc., and Dairy Queen.

Ewing 4th Graders learn “Proper Hand Washing Techniques and Why” from Donna Fryman, FCS Agent
Welcome to Reality

The Fleming County 4-H Program annually hosts the “Welcome to Reality” Reality Store for the entire 5th and 7th grades in the community. In 2014, these 5th and 6th grade students felt reality when they participated in the elaborate reality store involving more than 15 real life stations. It takes the support of the entire community of Flemingsburg to successfully complete this endeavor having nearly 30 community volunteers and around 15 local businesses represented in their specialties this program was able to come together nicely. Upon conclusion of the event, students commented that “they didn’t realize how much money it took to survive”, and “child care is expensive”. With nearly 300 youth participating in 2013-2014 school year approximately 65% of the students expressed that they “now understood the importance of their parent’s monthly budget”. The volunteers in attendance stated “this is a great opportunity for the youth to understand financial management” and “this is important information as these youth get older to understand how expensive everything is”. This feedback helps the 4-H Council to evaluate the program to continue to improve and make the program even better for next year.

Team members of the “Happy Walking Talking Team” receive their award packages as the Week 4 Winners, at A Raymond Tinnerman.
Proclamation – Signing by Co. Judge Executive, Larry Foxworthy

Singing by Fleming County State Fair Talent Winner, Makenzie Thomas

Jessica Conn, Fleming County 4-H member, a Junior at FCHS, makes her Youth Speech on immediate and past 100 Years of Extension.

The Country Neighbor Homemakers recently were awarded a grant from the Kentucky Extension Homemakers Association. This grant will allow the homemakers to put a flag pole on the grounds of the Fleming County Extension office. This club had a flag flown over the US Capital in honor of 100 Years of Cooperative Extension. State Representative Mike Denham presented a Kentucky flag to the club during the open house to be flown along with the American flag.

The late Pete McNeil was honored by a tree planting at the Fleming County Extension Service. Pete was a former extension agent and volunteer leader that represented Fleming County and the Licking River Area on the state extension council. Pete was instrumental in the building of the office facilities. To celebrate his honor a sweet gum tree was planted on the grounds. Present to dedicate the tree were District Board members, Sue McIntire, Jeannie Rarden, Pete’s wife Anna Lou McNeil and daughter, Marsha McCartney and John Vise.

Extension Homemakers prepared a “skit” demonstrating Homemaking tasks - Now and Then. Debbie Young makes today's brewed tea and Kathy Carpenter makes brewed tea of yesteryear.

Staff Assistant displays her banner for the 100 Years of Extension Celebration featuring banners throughout the length of Main Cross Street in Flemingsburg.
**Smart Shopping Choices for Healthy Living: Focusing on Diabetes**

Diabetes is a chronic illness that requires continuous medical care and patient self-management to prevent acute complications and reduce the risk of long-term complications (American Diabetes Association 2008). Poorly controlled diabetes increases the risk of heart disease, stroke, high blood pressure, blindness, kidney disease, nervous system disease, dental disease, amputations and other problems.

The Fleming County FCS program offered a 4 week program on Smart Shopping Choices for Healthy Living: Focusing on Diabetes in the evening. Many of the diabetes programs offered locally are held during the workday.

18 participants registered for the program.

90% of participants were diagnosed 4-8 years or more living with diabetes.

All participants stated they have set at least one goal following this program. Participants discussed all food groups and the best choices for each situation. All participants really gained a great deal from listening and discussing over the counter medications and other issues with a local hospital pharmacist. The pharmacist was able to relate to the participants since he too is a diabetic.