

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.

Veggies Make Cents: Lexie McKibben and Sadie Litzler select from the many fresh, locally grown vegetables offered for sale at the Fleming County Farmer's Market stalls by using their "Veggie Vouchers."



Veggies Make Cents

According to the KSNPA&OP produced by the National Center for Chronic Disease Prevention and Health Promotion in September 2012 89.1% of Kentucky youth ate vegetables less than three times per day during the seven days before the survey. In collaboration with the FCS program and Farmers Market, Fleming County 4-H was able to offer a "Veggies Make Cents" program. Youth met at the Extension Office to learn about different types of locally grown fruits and vegetables and received "veggie

Priority Program Efforts

- A total of 500 individuals now have knowledge to address the impact of public policies on agriculture and the environment.
- 600 producers adopted resource management technologies (IRM, IPM, soil testing, soil fertility management) as a result of Extension programs.
- 150 local residents implemented practices that promote sustainable agriculture
- 400 individuals reported understanding the benefits of spending time together in physical activity.
- 1,500 total children and youth reached through Extension programming related to eating healthy foods
- 700 individuals implemented the recommended practices for the safe storage, handling, or preparation of food.
- 702 youth and adults now demonstrate informed and effective decision-making.
- 300 youth reported an increase in knowledge, opinions, skills, or aspirations related to personal financial budgeting/management.
- 85 individuals adopting practices recommended by Extension that ensure safe water.

vouchers” to purchase fruits and vegetables at the Fleming County Farmers Market. The youth learned food safety procedures and different ways to prepare vegetables and fruit. They practiced cooking techniques such as grilling and baking. They received recipes to take home to their families.

The goal of the program was to introduce youth to the Farmer’s Market, and to teach youth that farmers can make profits by providing nutritious foods to the public. Plus it gives the youth opportunity to learn how to prepare their own food that can increase their quality of life at home. One participant stated they “enjoyed getting to try new vegetables and new ways to prepare them.”



4-H Robotics Team: Team Members Cooper Schwartz, Gracie Hamilton, Kaylee Graham, and Lauren McGinnis build and program their robot while competing at the Kentucky State Fair 4-H Robotics Challenge.

4-H Robotics

The Fleming County 4-H Program was approached by the Fleming County School System about offering Robotics to the students of Fleming County, particularly Simons Middle School. A grant opportunity through the Kentucky Department of Agriculture allowed for the Fleming County 4-H Program to purchase a classroom kit of EV3

Lego Robotics kits and a matching set of iPads. The Fleming County 4-H Council felt since this request was from Simons Middle School that we offer this program to SMS students first, so one teacher volunteered to become a 4-H leader to offer this particular opportunity in his classroom to students during a 4-H Robotics specific enrichment class each day to 28 students. Of those 28 students 80% expressed an interest in continuing their “Robotics” education. Four students went on to compete at the Kentucky State Fair 4-H Robotics Competition in August of 2016.

100% of those students indicated they were able to apply the concepts of building and programming a robot from their class work to the competition. The program continues into the 2016-2017 school year with approximately 50 students working in two different classes to learn and develop their critical thinking skills through the 4-H Robotics program.

4-H Capitol Experience

The Kentucky 4-H Capitol Experience is an opportunity for not only legislature and law to impact the Kentucky 4-H program, but for the Kentucky 4-H program to impact the leaders of the Commonwealth of Kentucky.

This program gives our youth an up close and personal look at the leadership, a more in depth knowledge of the inner workings of politics, and everything it encompasses. In spring of 2016, the entire 4th grade class from Fleming County participated in the 4-H Capitol Experience. This experience began with a tour of the Kentucky History Museum, followed by the presentation in the Rotunda at the Capitol Building, and rounded out with a tour of the Capitol building itself.

This was a great opportunity for Fleming County 4-H to be represented at the 4-H Capitol Experience and for the youth in the program to get a quality educational experience. 85% of the youth reported feeling important because the Representative from our area came specifically to speak with them. 72% of the youth expressed an interest in learning more about government and politics in the future. 86% of the youth that attended

felt they understood their classroom material better after seeing the Capitol in person. This program is a great example of enhancing the classroom education with 4-H educational opportunities. Fleming County had a total of 160 youth and adults attend the Kentucky 4-H Capitol Experience in 2016.

Estate Planning

Regardless of net worth, estate planning is important to protect, and help ensure, your personal and financial goals are realized after death. Unfortunately many people fail to properly plan for transfer of their possessions and property at the time of death. A properly executed estate plan can reduce family stress, reduce federal and state tax obligations, and allow the estate to be settled in an expedient fashion saving both time and money.

Many individuals perceive estate planning as complicated, costly, and unpleasant; thereby, leaving possibly their family, farming operation, or small business at risk. To address this need, the Fleming County Extension Service along with 14 other District 1 counties hosted an Estate Planning workshop for local farm and community clientele. Emphasis was on the estate planning process, including steps to develop an estate plan, establishing goals for an estate plan, specific estate planning tools (Power of Attorney, Trusts, and Wills), the probate process, insurance, funeral planning and gift and estate tax laws. Over 20 consumers participated in at least one of the six workshops offered. Participants were surveyed following the classes and over 85% of respondents indicated they had increased their ability to manage/address current estate planning issues.

Additionally, most participants planned to create at least one specific estate planning goal. In the words of one program participant, "I have been discussing with my parents (85 and 83) the need for them to collect this info. I will copy this form and prod them to help me by completing the form. I am their executor and know nothing about their affairs. Grateful for this form."

Healthier Grandchildren

Grandparents Raising Grandchildren is just

one of the programs that meet at the Fleming County Cooperative Extension Office. Each month when this group meets, the SNAP-Ed Assistant presents a class to the participants. One class was "Know the Limits for Every Body: Salt and Sodium," taken from the *Healthy Choices for Every Body* curriculum. After showing them the sodium intake on several boxes and cans the participants were concerned with the amount of sodium that is in everything we consume on a daily basis.

One grandmother went on to say that although she tries to fix a good dinner each night her granddaughter refuses to eat what she and her husband eats. So she has been buying the processed foods that her granddaughter likes because she doesn't want her to be hungry. Unfortunately some of the foods she was allowing her granddaughter to eat were the ones that were loaded with the salt and fats.

The discussion then turned to how the grandmother and the rest of the participants could get their grandchildren to eat less salt and to get healthier. The assistant then went on to discuss how teaching the grandchildren about reading the food labels and letting them help do the shopping along with asking them to make better choices would improve their overall health.

Since the class, the SNAP-Ed assistant has talked with the grandmother several times and she has reported that her granddaughter now loves to go grocery shopping with her. The child has lost a few pounds and has even started playing on the basketball team at her school.

Improved Forages in Fleming County

The Fleming County Extension Service offered classes on both improving the overall quality of forages and producing high quality feed. Fleming County farmers had the opportunity to attend a meeting on weed identification and control. The class focused on weeds commonly found in hay and pasture fields in Fleming County such as Hemlock, Tall Ironweed, Foxtail, and others. Cultural and chemical methods of control were discussed, and many questions were answered. As a result of the participants came away with a

heightened awareness of weeds present on their farms and what they can do to control them.

Another class that was offered was on the production of round bale silage. When properly produced, round bale silage can be very good feed to cattle. Farmers who attended this class learned what conditions were necessary in order to make round bale silage. They also learned various methods of making silage and the benefits of feeding round bale silage vs conventional grass hay. There was discussion amongst the farmers in attendance that provided a great learning opportunity.

Farmers who were able to implement changes in their operations both in weed control and by producing round bale silage increased the efficiency of their pasture and feed and the productivity of their beef animals.

ANR Stats:

116 individuals - BQA certified
78 individuals - Private Pesticide Applicator Licenses
Over 500 - Soil Tests performed

Master Marketer Program: Kevin Laurent, UK Beef Specialist, speaking to the Buffalo Trace Area counties producers.



Master Marketer Program

The Fleming County Extension Service joined with the Buffalo Trace area counties to offer a five week program on livestock marketing. The program was created with the goal of helping beef farmers become better marketers of their animals. This goal was achieved by offering sessions that highlighted different types of market for beef animals and different options the beef producer has when looking to market his or her animals. The topics of the sessions were Session 1: Feeder Cattle Quality, Price Discovery, and Sale Day

Considerations, Session 2: Decision Making for Stocker Operations, Session 3: Using Futures and Options to Manage Price Risk for Feeder Cattle, Session 4: Advanced Futures and Options Strategies, Session 5: Meat Marketing.

To coincide with the Master Marketer Program, a more visual program was held at the Bluegrass Maysville Stockyards. This particular program was given with the intent to literally show what specific animal traits are desirable at the stockyards and illustrate to farmers how to group and market their animals to see the highest return possible.

Stepping Out 2016 Walking Program Participant:

Kim stated what motivated her to walk during this six week walking program: "My family! Since the beginning of this challenge my family as gone from giggling while watching me pace around the house like a maniac to taking long walks with me while we talk about our day and pushing ourselves to go a little further. This extra time I get to spend with them each day is priceless. We have even started our own challenges within the family that have gone onto include my sister and her family. I love hearing that my five year old niece is running around the playground with a pedometer saying I have to beat Aunt K."



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

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For more information,
Please contact us at:
PO Box 192
Flemingsburg, KY 41041-0192
(606) 845-4641
Fax: (606) 845-6311
www.ca.ukv.edu



College of Agriculture,
Food Science, and
Sustainable Systems