Priority Program Efforts

- A total of 13 people are now involved in addressing significant community issues
- 37 youth made an impact in their community through service projects
- 33 local residents implemented practices that promote sustainable agriculture
- 27 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 75 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 13,106 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 35 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 410 youth and adults demonstrated informed and effective decision-making skills
- 7 individuals incorporated new or additional conservation practices.

The Grayson County Cooperative Extension Service strives to provide this county with relevant, research-based information through community programming. With the information provided by the many programs and services offered by the Extension Office, individuals have the capability to make informed decisions, that can change their lives. Farmers and local producers may utilize our services to learn how to increase their profits by practicing sustainable agricultural practices, that have proven to be effective. The 4H program targets our youth teaching them life skills such as leadership and public speaking; these programs will help our youth develop into responsible adults, that will one day give back to our community. The Family and Consumer Sciences program provides information that helps individuals, and families make healthier lifestyle choices by providing programming related to financial stability, healthy living, aging, leadership, and much more! This document highlights, just a few of, the many programs the Grayson County Extension Service has provided in the past year.
Agriculture and Natural Resources

Forage Field Day: Where it all Began

Forage field day at the Russell Hackley farm featured a story going back to the Fall of 1971 when Russell seeded a new variety of fescue, in cooperation with University of Kentucky College of Agriculture, on a farm forage trial. That trial began the many years of research that moved Russell towards a totally entophyte free grazing program. He markets all of his forage production through grazing gains on Stocker Cattle. He manages his pastures with an intense rotational grazing system that allows him to maximize pounds of beef per acre of forage. Over 75 producers attended the program sponsored by the Grayson County Cattlemen’s Association and the Grayson County Extension Service. The evening program focused on comparisons of Russell’s Stocker grazing dollars per acre and Jack’s cow/calf grazing dollars per acre, forage base and fertility program. Fescue researcher Dr. Tim Phillips discussed novel fescue types, and the value and importance as we establish new pastures. Dr. Ray Smith led a tour of the Hackly farm highlighting the pasture forage. Lastly, Dr. Gary Lacefield discussed fence and water with the producers. Feedback from producers indicated that there was a valuable information exchange created. A producer came to the Extension office and developed a plan and went into immediate action to establish a novel fescue seeding for this fall.

Grayson County Master Gardener Association

Beginning September 10, 2012, 22 new students began the 10 weekly classes to become Master Gardeners. Class sessions were taught by local professionals, Extension Specialists, as well as the Grayson County Agricultural Agent, Jack Ewing, and 4H Agent, Kindra Ewing Jones. Twenty one students completed the course work and successfully passed the final test. They are now Master Gardener Interns and are working towards completing their hours for certification. From this group has emerged energetic involvement and cooperation with the Grayson County Master Gardeners Association. This Master Gardener Class has leadership potential that will develop and strengthen the group as a whole.

In February and March of 2013, the Grayson County Master Gardener Association, along with the new Master Gardener Interns, offered a gardening series concentrated on early Spring gardens, Summer gardens, and Fall gardens. The Master Gardeners provided a brown bag lunch for participants on three consecutive Friday afternoons. The average attendance of these classes was 23, while some clients attended all three sessions, there were several individuals who only attended one or two sessions. Following these sessions, Family and Consumer Sciences Agent, Natalie Taul offered classes teaching individuals how to preserve their garden harvest. Participants of the garden sessions also attended these classes, in addition to others from the community.

Master Gardeners

In addition to providing educational sessions for the community. The Grayson County Master Gardeners Association has successfully started several community gardens including several at various elementary schools. Having these gardens at the schools helps to teach children where their fruits and vegetables come from. It teaches them how to care for a garden, and how the produce is used to prepare nutritious meals. They have discovered that children are more likely to try a new fruit or vegetable if they had a hand in growing and preparing the food.

4H Youth Development

Sixth Grade Skills Enhancement

Sixth graders at Grayson County Middle School have transitioned from being the top of the totem pole in the elementary schools to being at the bottom of the totem pole when they enter the middle school. They are meeting new classmates that may have come from one of the elementary...
schools that they didn't attend and they are trying to find their place among the 300+ other sixth graders in amongst the seventh and eighth graders.

The 4-H Agent was asked in November by one of the teachers to come for three days each month and work with her three different skills classes. The students have an hour each day to make up homework, tests, etc. This teacher wanted to better utilize that time with the students. Each month 4-H provided activities to the students that enhanced skills they already had and/or brought out skills they had never used before. They began with ice breakers and grab bag activities like Raccoon Circle which shows the kids how to learn more about each other and work together. They made leadership flags, marshmallow towers in teams, learned about speeches, and dealing with stress. One month they also did Food Pyramid Jeopardy, and most every time the agent went had a nutritional lesson for the kids to end the time with.

On the last day, the agent asked the students to tell about three things they have learned about and taken with them and have or will use outside of the classroom. 40 students took the survey, the following are the outcome: 40 said how to deal with stress and stressful situations and utilize their stress stone. 11 will utilized speech skills they learned. 13 enhanced their leadership skills. 10 have used the bully prevention methods. 12 have enhanced personal development skills 10 have used the nutritional snacks learned in class at home. 19 have increased their teamwork skills

**Clinic participant practicing infant CPR**

**Babysitting Clinic**

The 4-H Agent conducted a babysitting clinic for youth ages 10-14. Twelve registered for the class and participated. The participants learned about babysitting basics and the Community Health Educator came to do basic first aid with the youth to prepare them for injuries/accidents they may encounter while babysitting.

Upon evaluation of the participants, all twelve had babysat before, but only 2 of those had babysat for someone other than family. The youth received their babysitting manuals, learned games to play with kids, how to make kool-aid play dough, how to change a diaper (at least half had never done so before), and a babysitter's survival kit. During instruction from the community educator, they learned how to care for open wounds, properly removing soiled gloves for disposal, how to administer abdominal thrusts for babies, children and adults, and how to use an epi-pen.

After completion of the clinic, all twelve participants said they now feel confident in being responsible and caring for other people's children. Some specific things they listed they learned include: ask if there is a fire plan, how to stay calm in bad situations, how to relieve choking, and how to work with children of different ages.

**Family and Consumer Sciences**

**LEAP (Literacy, Eating, and Activity for Preschool/Primary)**

In Grayson County 71% of adults are considered overweight. In order to decrease this percentage, children must be taught at a young age about healthy eating and healthy habits. The FCS agent worked with various preschool classrooms within the county to present a program that would introduce new, healthy foods to children.

The Literacy, Eating, and Activity for Preschool/Primary (LEAP) program was implemented in 6 preschool classrooms, throughout the county, as well as 5 Headstart classrooms. A single session was implemented over a 2 day period in the Headstart classrooms while the other 6 classrooms participated in 8 LEAP sessions throughout the school year. New fruits and vegetables, low-fat dairy foods, and whole grains were introduced to 285 children, through this program. 95% of students at least tried one bite of the new food and
85% reported that they would go home and tell their families about the new food they tried. Children in the program also learned about germs and why it is important to wash your hands, and when to wash them. 100% of children were able to demonstrate proper hand washing techniques on more than one occasion throughout the program. In addition to tasting new foods, children also learned about the various foods introduced, such as, where the food comes from and different ways to enjoy the new food.

**Get It Off Grayson County**

In Grayson County 71% of adults are considered overweight, and 29% are considered obese (source: kentuckyhealthfacts.org). Extension has set out to help decrease these percentages by providing free educational classes on diet, exercise, and an overall healthy lifestyle. Get It Off Grayson County is a weight loss challenge that began in March 2013 and concluded in May 2013. The program began with 59 people, and 49 people actively participated throughout the 11 week program. At the conclusion of the program in May, 20 people participated in the final weigh in. As a group, participants shed 519.5 pounds during the challenge. Some individuals lost 40 and 50 pounds, sharing that the program motivated them to lose the weight. These same individuals also shared that since starting the challenge they were able to come off of certain medications they had been on due to their excess weight. 100% of participants reported experiencing weight loss during the program and found the nutrition lessons to be beneficial. All participants also indicated that they have increased their physical activity since beginning the program.

Extension collaborated with the Health Department and a local Zumba instructor to put this program on. The local Zumba/fitness instructor offered her class at a discounted rate for participants of the program; she reported that several participants attended her class during the 10 week period.

**Joint Programming**

**Becoming a Better Leader**

Becoming a Better Leader was a program put on at the Extension Office by the Grayson County 4H and FCS agents, using the Kentucky Extension Leadership Development (KELD) curriculum. The program was marketed to the general public; however the majority of participants came from local businesses. These local businesses heard about the program and decided to send their management teams to the 4 week, lunch and learn sessions. There were 18 participants, from 3 different businesses /organizations within the county; the majority of those participants being male.

The program was intended to help individuals build leadership skills that would help them in the workplace, the community, and their personal lives. Topics covered in the 4 sessions included motivation, essentials for good impressions, people learn with a purpose, and followership.

A pre/post evaluation was used to assess what individuals learned. 98% of participants indicated that they could and would use the information learned to implement a plan within their organization. 100% indicated that they would like to participate in another session that included different topics on leadership.