

EXTENDING KNOWLEDGE *Changing Lives*

IN GREENUP COUNTY

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



Area students learn about the importance of Agriculture at the annual Greenup County Great Agriculture Adventure.

GREENUP COUNTY YOUTH LEARN ABOUT THE SIMPLE LIFE OF AGRICULTURE

At least one or more generations is removed from the family farm in Greenup County. Today's children go to the grocery store with their parents to purchase food, and the connection of how the food is grown or produced is lost. This need is why Greenup County Extension Service and Farm Bureau believes it is necessary for individuals, both young and old, to understand the importance of Agriculture. Education is the key to bridging the gap between farmer and consumer.

Greenup County Extension Service and Farm Bureau have collaborated annually for more than ten years to host the Great Agriculture Adventure. The adventure is a day-long activity to educate school teachers and their students about all aspects of agriculture. It targets all schools in Greenup County, which includes one county and two independent systems. Fourth graders and teachers rotate among 21-25 different educational stations in 12-15 minute increments. Following the Greenup Agriculture Adventure each student can also participate in a poster or essay contest.

This year's adventure hosted 326 students, 28 teachers/aides, and 33 adults. One grandfather attending as a chaperon said that "this is the greatest thing anyone has done for these children."

Priority Program Efforts

- A total of 83 people are now involved in addressing significant community issues.
- 77 youth made an impact in their community through service projects
- 96 local residents implemented practices that promote sustainable agriculture.
- 192 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations.
- 1,945 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs.
- 2,626 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming.
- A total of 359 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health.
- A total of 393 youth and adults demonstrated informed and effective decision-making skills.
- 150 individuals incorporated new or additional conservation practices.

GREENUP COUNTY FCS AND AG AGENTS OFFER HERB CLASS

There is an alarming rate of diabetes and obesity among adults and children in Greenup County. According to the CDC Behavioral Risk Factor Surveillance System, ten percent of adults in Kentucky and 12 percent of adults in Greenup County have diabetes.

The Greenup County Extension Service conducted a class on how to grow and use culinary herbs. Culinary herbs is a great way to add flavor to foods without adding a lot of extra calories. Also, there is the added benefit of growing your own plants, and gardening is a wonderful way to exercise.

The class was taught by the Greenup County Family and Consumer Sciences Agent and the Agriculture and Natural Resources Agent along with help from Greenup County Master Gardeners.

Participants of the class learned to grow herbs, build their own planter from recycled wooden pallets and prepare meals using herbs. As a result of the series, twenty adults indicated that they realized health benefits of growing, preparing and eating healthier foods through cooking and food preservation. One hundred percent of participants stated that they learned how diet is linked to diabetes and obesity through the educational session.

GREENUP COUNTY FCS AND 4-H AGENTS PARTNER TO HOLD TRUTH AND CONSEQUENCES PROGRAM

Substance abuse is becoming an overwhelming epidemic in Greenup County.

As part of the Truth and Consequences Program, the Greenup County Cooperative Extension Agents for 4H and Family and Consumer Sciences (FCS) partnered with the Raceland-Worthington School District, Greenup County Health Department, Our Lady of Bellefonte Hospital, Pathways, Kentucky State Police, and various Community Officials to hold the substance abuse prevention program at Raceland-Worthington High School with freshman students.

In the program emphasis is placed on understanding the long term effects of substance abuse on your health as well as how the legal consequences can negatively affect the students' future. Seventy-four students participated in the program, and were surveyed following the program. Ninety-four percent indicated

they had a better understanding of the legal and health consequences of substance abuse.

Due to the interest of students and community partners, the program will be a requirement for all incoming freshman in the Raceland-Worthington School District, as well as being offered for the first time to the Russell Independent School District in the 2015-2016 school year.



Mike Wilson, Greenup County Attorney, advises RWHS students on legal consequences of substance abuse.

FOOD, FAMILY & FUN (SNAP-ED PROGRAM)

According to the most recent Census studies, Greenup County has 50.8% of families with children who are living below poverty level. Of those, 45.1% are single guardians with children in the household.

In collaboration with the Greenup County Extension service, the Nutrition Education Assistant, Morgan King, Family and Consumer Science Agent, Lora Pullin, and the Helping Hands Organization, twenty plus families attended an eight week nutrition series that focused on budgeting food dollars, learning to coupon, basic nutritional needs and the importance of being a positive role model for children.

Through educational lessons, marketing materials, and hands-on activities these families reached a common goal of learning to eat healthy without breaking the bank.

Eighty-two percent of the families showed an improvement in two or more resource management practices which included meal planning and a decrease in the number of families who ran out of food by the end of the month.

GREENUP COUNTY STUDENTS PARTICIPATE IN AMERICAN PRIVATE ENTERPRISE SYSTEMS

In the complex world that we live in it is necessary for youth to develop basic life skills and knowledge that will help them become productive members of society. The job market is ever-changing, but some skills will always be desired by employers. How America and businesses operate is something that students need to understand in order to be competitive when applying for jobs. This is why the Greenup County 4-H Council has identified enhancing life skills as a priority for youth.

Greenup County 4-H hosted a business “short course” entitled American Private Enterprise Systems (A.P.E.S.). The program is for high school juniors and seniors who are interested in going into business. This course is designed to give students the opportunity to hear from actual employers in the community to see what they desire in an employee, and learn about how business is conducted. This year’s program reached 26 participants from two school districts in the county. Students met at the Greenup County Extension Office three times during the month of October where they heard from business leaders in the area. On the last day participants took a field trip to local businesses to learn about how they operate. The students toured Drop Box, a local factory that retrofit shipping containers for buyers’ needs, and the AT&T Call Center in Grayson, KY. They then returned to the Extension Office for an awards ceremony.

The A.P.E.S. program covered several different business topics, and students were quizzed on each lesson. They performed excellent on the exams with 85% of the student’s scoring 70% or higher. The students also took a final exam, and the top five students who scored the highest on their quizzes and test were granted the opportunity to attend a state conference in June, 2016, at the University of Kentucky. At this conference the youth have a chance to obtain scholarships for college.



Greenup County participants at 2015 District Communications Day.

COMMUNICATION DAYS IN GREENUP COUNTY

Proficient communication is a skill that everyone needs to develop. Whether it’s giving a speech in elementary, high school or college, interviewing for a job, or giving a presentation, you need to know how to confidently speak in front of people. Public speaking is a problem for many people in the nation. Using the 4-H curriculum for communications, we have greatly increased the number of participants in our County Demonstrations Contest and given them the opportunity to prepare for a future of skilled communications and public speaking.

We conducted Communication Days in all six elementary schools and two middle schools in the county with 100% of 4th- 8th graders participating, giving a total of approximately 2,000 presentations/speeches. We took the top two speakers in each category to the county level which was held at the Ashland Community and Technical College Technical Drive Campus. We had an excellent turnout at the county competition with more than 150 youth present, including siblings of speakers. At the district level, Greenup County was well represented and 12 contestants moved on to the state level. We enlisted the help of Greenup County High School who allowed 10-15 Honors English Students to assist at each School Communication Day in the judging of the speakers.

Some of our volunteers who judged the same children at each level reported a great improvement in the quality of their speeches given from the school to the county and district levels. It is our hope that in the upcoming year we expand our public speaking contest to all elementary schools and middle schools in the county.



Greenup County APES participants at awards ceremony in October, 2015.

**GREENBO SUMMER MUSIC SERIES
CELEBRATES ITS 8TH YEAR**

Residents of Greenup County have expressed concern though community discussions that local cultural heritage education is needed in order to enhance and sustain community pride. Cross-cultural and cross-generational experiences that are based in local art forms were identified as programming that can be used to impact community development and economic growth.

This is the purpose of Greenup Arts' Greenbo Summer Music Series (GSMS). Now in its eighth year, the program has grown from one event to a series of three events that utilize the only outdoor music venue in our county, Greenbo Lake State Resort Park's amphitheater.

Forty-one musicians and technicians reported that GSMS provided income for them in 2015; the park reported that the lodge and campground were booked at capacity; the park restaurant and concession stand reported profitable revenue; and Greenup Arts volunteers reported 197 hours which equates to \$3,997.13 in local impact. Other in-kind contributions were valued at \$2,353.00.

Greenup County Tourism Director, Bobby Allen states, "GSMS is an important showing of community cooperation and the power of our local talent." A concert audience member stated on a survey that they would continue to attend the events at Greenbo because they are "family friendly and showcase different styles of music that you don't get to hear every day in Greenup County." A volunteer stated that they are proud to be part of GSMS, because it gives them an "outlet to work with musicians and use my own experience and love of music to help my community."

People of multiple races and ages attended the festivals in 2015, and reported that they like that they are free of any admission charge.

The 2015 Cultural Heritage Award recipient was Mrs. Ann Mullins, retired teacher. Greenup Arts members had a wonderful evening with Ann and her family at Greenbo Lodge! The ceremony is archived at www.greenupbeacon.com for viewing anytime. We are proud to honor our community members who have positively impacted the arts in Greenup County.



Visitors relax while enjoying one of the 2015 Greenbo Summer Music Series events.



Ann Mullins receiving the 2015 Cultural Heritage Award.

"GSMS is an important showing of community cooperation and the power of our local talent."

-- Greenup County Tourism Director, Bobby Allen

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**The Greenup County
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*Extending Knowledge,
Changing Lives*

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