

EXTENDING KNOWLEDGE *Changing Lives*



IN HARLAN COUNTY

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

"Dashing into Reading"
Book Give-Away...
Book Club Members
and County Extension
Staff



Harlan County Extension Homemakers

Women are known as leaders in their communities. They are important to their family and their community and influence both. In Harlan County, Extension Homemakers are the largest county-wide organization. There are 199 extension homemakers in 12 clubs. Five clubs are specialty clubs—book, cooking, 2 quilting and scrapbooking. Seven clubs are community-based. Also, there are 61 Members-At-Large. All of these ladies are important supporters of all extension programs and activities.

Homemakers help to sponsor several projects such as Homemakers Holiday Bazaar, UK Halloween Boo Bash, Quilters' Day Out, Spring and Fall Scrap Fest, Ice Cream Social, 4-H Kids Fun Day, 4-H Reality Store, Book Give-Away for Adults and Children and Poke Sallet Festival competitions. Homemaker leaders also teach workshops such as Jewelry Workshops. 133 attended the County Homemakers Annual Meeting which was "Homemakers Hawaiian Luau". 443 Homemakers Newsletters are mailed to people bi-monthly.

Priority Program Efforts

A total of **325** people are now involved in addressing significant community issues
75 local residents implemented practices that promote sustainable agriculture
1400 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
1320 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
A total of **90** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
A total of **1122** youth and adults demonstrated informed and effective decision-making skills
10 individuals incorporated new or additional conversation practices.

Mini Reality Store for Adults

31 males completed a four-week class on budgeting, money management, credit and credit cards and debt. It culminated into a fifth meeting that was a mini “Reality Store”. These 31 males were in the SAP (Substance Abuse Program) and inmates in our county correctional facility.

After completion of 5 weeks of classes, 26 out of 31 males had a good to excellent understanding of “what it costs to maintain a household” after participating in our “It’s Your Reality”.



Homemaker member with “Reality Store” participant

Got Zucchini?

During garden season, most people have zucchini coming out their ears. They say that the only time people in the countryside lock their cars is during zucchini season. So, a workshop called “Got Zucchini?” provided 22 people with a variety of ways that they could use zucchini in their family meals. A leaflet prepared by the family and consumer sciences agent gave the participants many types of recipes using zucchini from zucchini jam to zucchini cornbread to zucchini cobbler. The discussion included all the characteristics of zucchini—size, length, color, storage, use, freezing, etc. Samples were prepared and tasted by all. All 22 participants said that they

would try some of the recipes at home. Several commented that this program was one of the best programs that we have ever had in the Harlan County. One homemaker made lots of zucchini jam and even entered a jar in the jams and jellies contest at the annual Swappin’ Meetin’ on the campus of Southeast Community and Technical School and took first place. Another participant said she made enough zucchini jam to give it as food gifts this Christmas.

Cost Saving Programs

With a continued increase in expenses, community members and County Extension volunteers suggested ideas for programming that featured cost saving measures. Therefore, the Harlan County Extension office put together several programs to help citizens save money, sustain home agriculture practices and provide nutritious food for their families while reducing costs. Programs provided during these sessions included Basic Gardening, Poultry Production, Maple Syrup Production, Good Agriculture Practices Training, Organic Gardening and Shiitake Mushroom Production. During the workshops provided, more than 150 people attended, that included gardeners, homeowners, and small farmers. These programs allowed attendees to offset their costs by using the information provided.

Trail Town Brings Hope

Since June 2012, the Harlan County Extension Agent for Agriculture and Natural Resources has worked with the Tri-Cities Trail Town Task Force to help create tourism opportunities and improve the health of locals by creating a trail system in the area. Since 2012, the group has received a \$150,000 feasibility study and applied for three grants to fund trail development in the area. The ANR Agent also worked with the group to acquire one and one half miles of

abandoned railroad bed to be converted to a multi-purpose, non-motorized trail.

In September 2014, the ANR Agent working with the Task Force, a consultant, and a local municipality applied for a federal transportation alternative program grant. The grant is to be used to rehabilitate the abandoned railroad bed, as well as add parking, signage, etc. In June 2015, the \$826,000 grant was awarded to the municipality at Task Force.

When this project is completed, there will be more than five miles of rail trail that will connect with other trails in the area. This project has brought about hope for a community that has been seeking to enhance their area as well as bring about potential tourism. Several people and businesses have come on board to make a dream a reality. The Tri-Cities Trail Town Task Force was certified a Kentucky Trail Town Certified in November 2015.

Harlan County Beekeepers

The Harlan County Beekeepers have been meeting monthly since 2009 and the group has helped each other become better beekeepers along the way. In the last couple of years, the beekeepers have been concerned that the number of beekeepers in Harlan County have declined in number. To attract new beekeepers, the Harlan County Agriculture and Natural Resources Agent and a Kentucky State University Area Agent, worked with the Harlan County Beekeepers to hold a beginning beekeeping course during one of the Beekeepers monthly meetings. Advertisements were posted and the course yielded 30 participants. Of the 30 in attendance, 12 people did not own bees. After the beginning beekeeping presentation, the veteran beekeepers in attendance offered to help the non-beekeepers in getting started. Some even offered to provide swarms and queens free of charge. Currently, beekeepers have

been holding educational sessions each month to keep all beekeepers updated on changes and new ideas.



Proper car seat installation by Kentucky State Troopers

Car Seat Safety

In a collaboration effort, the Harlan County 4-H Extension Service and Kentucky State Police worked together to ensure those who needed car seats for their children had the opportunity to get one and have it properly installed during a recent event held at the Harlan County Extension Depot in Harlan.

Raymond Cox, HCES 4-H Agent, applied for a “Buckle Up For Life” grant from Toyota and Children’s Hospital, in Cincinnati, Ohio, to provide car seats for Harlan County residents. The grant was funded for 65 Evenflo car seats. Upon completion of the original distribution of the 65 car seats, Harlan County 4-H was sent an additional 200 booster seats. A total of 265 car seats were distributed from the original grant.

Three different types of seats were received: rear-facing recommended for children aged birth to 12 months, forward-facing recommended for children aged 1-3 years of age and booster seat recommended for children aged 4-7 years of age. The seats don’t necessarily go by age, but should be determined by the weight of the child. Names were submitted by the Harlan County Health Department and Family

Resource Centers across the county of those who might need a car seat for their children. Kentucky State Police installed the seats.

Those receiving a car seat were required to watch a safety video presented by Dreama Wright, with the Cumberland Valley Area Development District, which taught child passenger safety to those receiving car seats. Recipients were also required to have Kentucky State Police Post 10 and Post 11 volunteer troopers properly install the seats in their vehicles. According to Sgt. Greg Reams from Post 11 this event is a free service to the community to make sure the child's car seat and restraint are installed correctly. Nationwide and even in the Commonwealth of Kentucky there is about a 95 percent misuse rate. Reams said all officers volunteering for this event have had an extra 32-hour training course to properly install different types of car seats.

Fitness Fair

Harlan County 4-H has partnered with Harlan ARH Hospital, Harlan County Schools, School Family Resource Centers, community volunteers, and others to deliver a fitness assessment program to children in grades 3-5 throughout the service area for the past seven years. Harlan County 4-H agent, Raymond Cox, speaks with each group of students about eating healthy, amounts of fats in foods, exercising at least one hour each day, sweets in colas and candies and amounts of water recommended for daily consumption. The events are designed to measure upper and lower body strength, endurance, flexibility and coordination. Data collected during the event is compiled and shared with the school nurse, teachers, and health professionals. Harlan County Schools will have the data available for participation in the annual President's Challenge Physical Activity and Fitness Awards Program. The school system also plans to use the data to evaluate the need

for expanding physical education and activity programs at the schools. Beginning as a pilot program in 2008, Fitness Fairs are annual events in all schools in Harlan County and Harlan Independent.

During the Fitness Fair, students are measured for the following: Height, Weight, Body Mass Index (BMI), Grip Strength in the left and right hands, Pull-ups performed overhand and under-hand, Sit-ups completed per minute, Sit & Reach (how far they can reach from a sitting position), Time it takes for them to complete one mile (running, jogging or walking), Other activities are organized just for fun like jump ropes, hula hoops, and a climbing wall.



*Raymond Cox
with students
at Wallins
Elementary
Fitness Fair*

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