Extending Knowledge
Changing Lives

IN KNOX 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 _75_ people are now involved in addressing significant community issues
- _70_ youth made an impact in their community through service projects
- _64_ local residents implemented practices that promote sustainable agriculture
- _120_ Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- _400_ youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- _1260_ citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- _49_ individuals incorporated new or additional conservation practices.

Establishment of Farmer’s Market

With the interest shown by the county to purchase locally grown produce and crafts and producers looking for ways to supplement incomes, the Knox County Farmers Market was established. With support from local businesses, farmers, the community and an elected farmer’s market board, the Market was a great success.

The excitement about access to quality produce grown locally was evident when the people of Knox County showed up to support the newly established market. With twenty sale dates and fifty-seven vendors, the market sold over $33,000 of fresh produce, crafts, flowers and baked goods and donated 2000 pounds of local produce to local shelters. Plans are underway for next year to establish a permanent location and increase productivity.
Beyond Robotics

Technology is a growing field in the job market and it touches most every part of our daily lives. Statistics show that there is a shortage of people to fill this field. In 2010, Knox County 4-H was awarded $10,000 in grant funding to establish a Robotics Club. In 2014, Kentucky Wildbots Robotics Club completed its fifth year as competitors. During the year, 15 4-Hers were introduced to the field of robotics and challenged to build and program a robot to perform specific tasks. Students used skills in technology, math, computer programming and science to complete their initiative. The Kentucky Wildbots received a NASA grant and went on to participate in the First® Robotics Competition in Knoxville where they partnered with teams from across the nation for competition and cooperation.

This year, the Kentucky Wildbots club carried their skills a step further by mentoring elementary teams, opening its doors to include other schools and organizing their own competition. The club not only brought together students from other schools but were directly involved in the promotion and set up of the event at The Arena in Corbin, KY which in turn brought tourism to the area.

Student, teachers & parents expressed gratitude that the program was offered here in the county stating that it was “once in a lifetime experience”. 100% of students reported they gained knowledge in areas of robotics, computer programming, technology and also leadership.

Health Rocks – Taking Control of Our County

Kentucky has one of the highest rates of drug and alcohol abuse among youth in the country. The U.S. Department of Health & Human Services reports that approximately 21% of Kentucky youth began drinking alcohol before age 13, 37% of have smoked marijuana, and 8% of have used pain relievers for non-medical reasons. The Knox County Extension Council and Knox County Health Coalition identified substance and alcohol abuse among youth as one of the major concerns in our community.

As a result, Knox County 4-H participated with two elementary schools to pilot Health Rocks, a program focusing on the use of alcohol, drugs and tobacco. Through the program, students learned about legal and illegal drugs and their effect on their health. They participated in hands-on learning simulations and also learned about peer influence, goal setting, long-term and short-term consequences and problem-solving strategies. This eye-opening program reached 98 youth. Post-evaluation data revealed...

...96% of youth reported increased understanding of the health risks associated with substance abuse.
...95% of youth reported they are less likely to use drugs or other illegal substances as a result of the program
...92% of youth reported they are less likely to participate in underage drinking as a result of the program
...98% of youth reported they learned about at least one way to say no and/or avoid situations where alcohol, drugs and tobacco could be a problem
Combating Poverty through Financial Literacy

Census data reveals that approximately 36% of Knox County families live in poverty. With limited job opportunities, many people are struggling to manage the little money they do have. “Where Does Your Money Go” is a program that helps clientele identify where their money is being spent each month. It teaches participants to think differently about managing their money and also to identify spending leaks, or money wasted. Participants of the program estimated that they spend an average of $4,000.00 per year on spending leaks. Approximately 87% of participants stated that they could use money from spending leaks to pay off bills, start savings or purchase a need. As a result of the program 85% of the participants plan to begin to track expenses, reduce spending leaks, develop a spending/savings plan, and spend on needs before wants.

Combating Poverty through Access to Food

According to the United States Department of Agriculture (2004), approximately 13 million children in the United States live in households that experience hunger. In 2004, 12 percent of Kentucky’s population suffered from food insecurity, a significant increase since 2001. And, in Knox County, nearly 40 percent fall below the poverty income level. In its 10th year, the Backpack 4-Hunger Campaign is focused on providing information on eating healthy while providing foods easily accessible by children. Through the program, foods such as soups, fruit cups, oatmeal and granola bars were placed in bags that would serve a hungry child. Nutritional information highlighting dietary guidelines were also placed in the backpacks by the Supplemental Nutrition Assistance Program (SNAP). The program served over 200 children during the 2013-2014 school year and was supported by local businesses, the Town and Country Homemakers, 4-H and local FRYSC programs. Backpacks were filled by the 4-H Teen Club and distributed by local school personnel.

Commercial Horticulture

With the Tobacco buyout leaving farmers with machinery, greenhouses and the need to ease their dependency on tobacco, several Knox County farmers have chosen Commercial Horticulture. Through the Knox County Extension Service and resources from the University of KY such as newsletters on farm demonstrations, variety trials, farm visits, field trips, educational programming and farm visits from University Specialist producers have met their production needs and supplementing their farm incomes. Farmers with greenhouses are growing produce, vegetable plants and flowers to take advantage of early season profit margins while others elect to grow produce during regular growing season. Almost all farmers have benefited from shared use machinery that was purchased with Phase I County Development funds. Producers report a wide range of profits from $1200-$50,000 net profit from commercial Horticulture.