

# EXTENDING KNOWLEDGE *Changing Lives*



## IN LESLE COUNTY

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

### Horses and Hope Program

Horses and Hope program is a breast cancer initiative of the Office of the First Lady of Kentucky and the Kentucky Cancer Program. The goal of this program is to provide breast cancer awareness, education, early detection through screening and treatment referral, as well as to raise funds to sustain programs into the future.



*Horses and Hope Participants Enjoying Lunch*

According to Kentucky Health Facts, Leslie County cancer deaths are 229 deaths per 100,000 individuals with Kentucky being 212. To help educate the residents of Leslie County about breast cancer detection through screening and self-exams the Leslie County Cooperative Extension Service partnered with the Kentucky Cancer Program to offer the Horses and Hope Breast Cancer Awareness Luncheon. This luncheon is one of several luncheons that have been offered over the past several years to help raise awareness of chronic diseases that affect our community. The Horses and Hope program evaluation showed the following results:

- 95% of the participants learned new information about breast cancer screening
- 98% of the participants learned one or more resources for getting screened for breast cancer
- 93% of the participants plan to use the information given to them

Some comments made about the program include “the brave woman that went through and survived and the help they can give others through story’s”, the important information given, and the speakers.

### Priority Program Efforts

- A total of **198** people are now involved in addressing significant community issues
- Over **100** youth made an impact in their community through service projects
- **100** plus youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **1453** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **243** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **190** youth and adults demonstrated informed and effective decision-making skills

## Reality Store...Its Your Reality!

**Educational Program:** The Leslie Cooperative Extension Service collaborated with Leslie County School's Youth Service Center Directors to include Sophomores and Eighth Graders to participate in Reality Store. Thanks to transportation provided by Leslie County Schools we held our first Reality Store ever at Leslie County Cooperative Extension on October 16, 2015!. Students were prepared ahead of time for the event through classroom lessons lead by 4-H Youth Development Agent, Vicki Boggs. "We make it as real as possible," says 4-H Agent Vicki R. Boggs. During the classroom lessons it is stressed that studying and making good grades is a wise decision and most often continuing your education means better jobs". These lessons allowed each student to choose a career based on their aspirations, goals and grades! Careers varied from construction workers, mechanics, teachers on to health care professionals. Students also were assigned, by chance a family size which determined many choices they would make once arriving at The Reality Store (or It's Your Reality as it has evolved into a newly named program!)

We pretend that every student is 25 years old, and they are the "Sole" providers for their families. Child care is one of their biggest expenses. They also must visit the 'chance' store during the session

-- that's where life deals them something unexpected. It could be good, like winning free groceries, or bad such as windstorm damage to their house."

**Results:** A total of 285 attended the Reality Store. A total of 49 Business, Community Leaders and Volunteers participated. "A lot of the teens have big ideas about buying a large house or a big car, but they really can't afford it," said Steve, a community volunteer helping out with our Fall 2015 Reality Store here at Leslie County Extension Service. "They can hear about making these choices from adults, but seeing it on paper themselves makes a big impact," said another volunteer.

**Evaluation :** During the Reality Store, youth had the opportunity to budget and spend a monthly salary based on the career they had chosen. A survey of the youth was completed after the event. 86% of the students said they would definitely try harder in school as a result of visiting Reality Store. 88% said they would definitely save more of their own money and 84% said they would get more education after high school. Reality Store truly is a dose of the real world. It's all just make-believe, but it carries a serious message that may make our youth PLAN their futures!



*Reality Store Participants getting a taste of what it is like in the real world.*



*Leslie County Homemakers Making Lap Quilts for Nursing Home*

For the first time in over ten years Leslie County now has two Master Clothing Volunteers that will be volunteering their time and knowledge in the county as well as in the Quicksand Area. Leslie County has one homemaker that serves as the Quicksand Area Vice-President and two homemakers that are Area Chairs. Leslie County also has been recognized for contributing 100% to the Ovarian Cancer Research Fund.

## **Leslie County Extension Homemakers**

The Cooperative Extension Service is dedicated to engaging and educating community members to consider issues and make responsible decisions. The Extension Service is also known for its use of and service to volunteers within their communities as well as the development of leadership skills. The Family and Consumer Sciences program is dependent upon volunteers to help teach, reach and impact county clientele. Strong leaders are fundamental to the future of our communities and to the organizations in which Cooperative Extension serves. Community service projects strengthen and promote leadership development within the Extension Homemaker organization.

There are currently 94 Extension Homemaker members in Leslie County with 4 organized clubs.

The Leslie County Extension Homemakers have been involved in several community service projects which include a food drive to help Hospice of the Bluegrass Mountain Community provide food and drinks for the families of patients, a food drive for the Leslie County Food Pantry, participated in a food drive with the Kentucky State Police Cram the Cruiser in which they brought in over 1,000 pounds of non-perishable food items, 94 lap blankets for every resident at the Hyden Health and Rehabilitation Center and have made over 50 chemotherapy turbans for the Cancer Center.

## **Fruit Trees**

There is a tidal wave of concern about cleanliness of our food. Conversations about pesticides and outbreaks of food contamination are alarming the public. People are looking toward organic foods and endeavoring home horticulture.

In an effort to address these concerns the Leslie County Soil Conservation Office and Leslie County Extension Office joined together in a program built around Fruit Trees. A joint program included education and an apple tree give away.

The Extension Office did programs at the high school science classes teaching about tree grafting. It addresses the why and how and culminates in the students to grafting a tree to take home. The high school tree grafting has been going on for several years and as a result it is always exciting to have former students stop an agent from the office and report that the tree that they grafted in school is now bearing fruit and/or they just moved it to their own new home. This is food that nobody can doubt or worry about! This same program was offered to the public at the office.

In addition, the Extension Office started a demonstration plot that can be used in the future for pruning education, grafting material and even used for cooking demonstrations.



*Appalachian Heritage Day - Students Listen to a Heritage Lesson*

## Appalachian Heritage Day

***Appalachian culture is a real and functioning culture that is revealed through its arts and crafts, traditional music, traditional foods, its customs, its traditions and its somewhat common language.***

*Being native to Leslie County allows us to be a part of this **Appalachian Culture**. Leslie, Letcher and Perry County Cooperative Extension Agents collaborated along with staff assistants and volunteers.*

*They hosted several programs for our Leslie County Youth to experience an important part of their heritage. Our youth experienced playing dulcimers, learning about apples, Johnny cakes and country hams. They also attended sessions on fabric and quilt making. Each group returned to their schools with samples of their quilt making. Corn shuck dolls were also taught by Letcher County.*

***Leslie County Schools 5th Graders explored Appalachian culture along with traditional foods at Leslie County Cooperative Extension Service on October 29th. Approximately 87 students along with 6 teachers attended this 4-H event!***

**After taking part in the 2015 4-H Appalachian Heritage Program...**

***87 students learned at least one new thing about Appalachian history or culture***

***85 stated that they understood the types of food that Appalachians ate***

***82 learned to play the Appalachian dulcimer***

***87 enjoyed learning about Appalachian history and culture***

***85 better appreciate their Appalachian heritage***

Additional comments from the students included they enjoyed making corn shuck dolls, learning about apples and learning that you can cure meat with salt and brown sugar!

## County Ham Project

This year, we expanded the program to include adults. The project generated a great deal of interest. Each participant cured a ham for their own use. Also, a second ham was cured to be sold to produce income for next years program. The skills learned have already been put to use as some went own to produce additional hams for their own use and to sell to produce additional income. One participant went on to expand to additional products to preserve. This is producing better food sources and income. The enthusiasm is contagious and others are already asking about participating next year.

## County Extension Staff

Nanette Banks, Family & Consumer Sciences Agent; Vicki R. Boggs, 4-H Youth Development Agent; Ray Wilson, Agriculture & Natural Resources Agent; Pearlie Eversole, EFNEP Assistant, Lorene Coots, Staff Assistant; Donna Napier, Staff Assistant; Corene Trent, Custodian

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**KENTUCKY**  
College of Agriculture,  
Food and Environment

**The Leslie County  
Cooperative  
Extension Service**

*Extending Knowledge,  
Changing Lives*

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