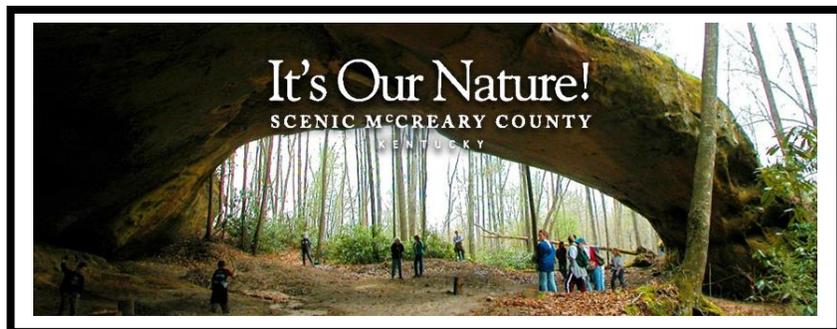


EXTENDING KNOWLEDGE *Changing Lives*

IN MCCREARY COUNTY

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



The University of Kentucky Cooperative Extension Service in McCreary County strives to improve the lives of all McCreary County residents by providing research-based information and educational programming to meet the needs of the community. Over the past year, Extension has engaged community members of all ages and backgrounds, providing quality programming to strengthen Kentucky families. This report serves to highlight these efforts and display how Extension is making a difference here in McCreary County.

McCreary County Farmers Market



Bradley Powell and Alyssa Keith selling produce at market.

The McCreary County Farmers Market was established through joint efforts of McCreary County Extension, County Judge Executive's Office, McCreary County Office for Economic Development, McCreary County Soil Conservation District, and Grow Appalachia. The market was open on Saturday's and had 15 vendors per week, and an average of 60 customers per week. Most vendors were sold out by lunch.

Priority Program Efforts

- A total of 15 people are now involved in addressing significant community issues
- 40 youth made an impact in their community through service projects
- 30 local residents implemented practices that promote sustainable agriculture
- 10 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 25 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 125 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 75 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 15 youth and adults demonstrated informed and effective decision-making skills
- 65 individuals incorporated new or additional conservation practices.

Financial Workshops

The Financial Workshops series included topics based on variable expenses with course titles such as Couponing 101, Celebrating for Less, and Spending Less at the Grocery Store. Fifty-two total participants attended the Financial Workshop Series, 9 males, and 43 females (three of the females were youths). Participants that attended the workshops contributed some helpful information regarding outcomes of attending the series; those that attended the couponing workshop reported that the class will help them save money and helped them learn how to use coupons properly by checking expiration dates and determining whether the coupon is a “manufacturer’s coupon” and what that means at point of sale. 100% of participants reported that they will use meal planning to help them save money in the future. Participants in the grocery tour reported a greater understanding of finding price per unit and how to compare prices at stores to save money, one of the greatest misconceptions that we were able to address in this course was the price per unit variable and things may be less expensive in terms of up-front cost but the price per unit may be higher in the less expensive product. Participants in the celebrating for less course learned how to decorate cakes for celebratory events and each participant was able to decorate their own cake during the course. Participants learned how to make decorators icing, create shell and rosette decorations as well as simple writing techniques for their creations. 100% of participants expressed that this course was helpful in terms of financial savings and it was a fun and innovative way to save money, participants anecdotally elaborated that they would use this information and new found techniques in their own celebrations.

Grow Appalachia Gardening Program

Grow Appalachia Gardening Program is a non-profit program funded by a private donation to train people in Appalachia how to garden and preserve their produce. It is not an income based program, they recruit experienced and inexperienced gardeners alike. Experienced gardeners act as mentors to the inexperienced gardeners. Numerous studies show that citizens in Appalachia suffer health issues due to lack of fresh fruits and vegetables in their diets. There is also a sizable expense to start gardening if an individual has not grown one before. The program provided funds to: prepare the soil, soil test, plants, seeds, equipment, and pressure canners. The program also encourages sharing and selling any extra produce. Monthly educational programs were held from February through October for participants. Some of the topics were: site selection, soil testing, pruning, grafting fruit trees, early/late season crops, cover crops, seed saving, food preservation, raised beds, high tunnels, insect and disease control, selling at the Farmers Market and irrigation. Forty five gardens were established, from small raised beds to approximately three fourths acre. 75,000 pounds of produce were grown. Approximately 9,000 pounds were shared and approximately 3,500 pounds were preserved.



Andy Powell demonstrating pruning.

Environmental Camp

McCreary County seventh grade Science teachers identified the need for environmental education of youth. The program presented was a three day, two night program held at Feltner 4-H Camp. There were a total of ten day time programs and 2 night programs that each child participated in. The first afternoon and night was spent with hands on Science Decathlon for participants. Youth also visited a Landfill and a Recycling Center.

65 youth, 10 adult leaders and 4 teen leaders attended the program.

97% reported that Environmental Education Camp had increased their knowledge and awareness of their environment

78% of participants rated the camp as “a lot” of fun

The following questions were asked:

On a scale of 1-5 with 1 being none and 5 being a lot how much did you learn from the Camp? The average was 4.34

Please rate your knowledge on the topics taught prior to attending camp and your knowledge after attending camp on a scale of 1 –3, with 1 being very little and 3 being a lot

Pre - averaged 2.20 Post – averaged 2.89



Recycling Center Tour

Nutrition with Professor Popcorn

McCreary County Extension provided nutrition education classes; serving Pine Knot Intermediate School in select classes for grades 4-6. The 6 hour curriculum designed for grades 1-6 provides nutrition and health information, and the opportunity to practice new skills in nutrition so that young people will understand that good health is about the food and physical activities we chose on a daily basis. The fourfold curriculum consists of choosing healthy options consistent with MyPlate and choosing food based on current dietary guidelines. Topics covered during this 6 hour course include MyPlate, healthy snacking, and food safety. Each class consists of 28-30 students. Lessons consist of interactive activities; take home materials and handouts about MyPlate, as well as food sampling, and letters to parents and guardians to bridge the gap between classroom and home.

McCreary Homemaker Cultural Arts

The McCreary County Extension Service has, over the last 4 years, developed the Kentucky Extension Homemaker Association with the first club beginning in fall of 2011. This spring the Family and Consumer Sciences Extension Agent and the County Homemakers organized the first Cultural Arts Exhibit in McCreary County with 51 total entries; from this 30 entries went on to the Area Cultural Arts Exhibit where McCreary County Homemakers were awarded 13 first place blue ribbons. These 13 entries went on to the State Kentucky Extension Homemaker Association Cultural Arts Exhibit and were awarded 6 first place blue ribbons. The events at the Cultural Arts Exhibit are important to the culture of not only McCreary County but for the Commonwealth of Kentucky. These exhibits revive traditional art forms and encourage Homemaker leaders to continue teaching heritage skills such as; basketry, knitting, crocheting, embroidery, quilting, doll making, painting, jewelry making etc. These endeavors not only promote heritage skills but also provide an avenue for self-expression and capitalize on interest in handmade arts and crafts to establish a home-based business for our county homemakers.

Fit for '15

The Fit for 15' program was an eight week health improvement challenge that began on 3/17/2015 and finishing on 5/5/2015. The course offered such topics as "Where to start? Setting Measureable and Achievable Goals," "Portion Control/Reducing Processed Foods in Your Diet," and "Physical Activity for a Healthy Lifestyle." Participants in the course lost a total of 45.4lbs in the eight week period, and the participant with the most weight loss lost a total of 8.23% of their body weight. Participants reported learning new recipes, how to count calories, how to read a nutrition label, how to portion control, different ways to lose weight, the importance of reading food labels, the importance of sleep, and the consequences of skipping meals and its hindrance to a healthy metabolism level. Information that participants felt was pertinent and they would use in the future was as follows: 92% reported that they would use the recipes that they learned in class, participants reported they would eat more vegetables, participants reported that the information on counting calories was helpful and they would use it, participants reported they would increase their exercise level, and participants reported that they would keep a food journal.

The class was a great success.

Kid's Hike

The goal of Hike McCreary County is to get the 7th grade Gifted and Talented in Science youth physically active and explore the great outdoors of McCreary County, report after report states that our youth do not participate in enough physical activity. 40 youth were enrolled in the program. There were a total of 8 hikes for a total of 32 miles with an average of 24 students per hike. Educational programs presented along with the hikes were, healthy snacks, food for the trail, trail survival, what your backpack should contain, history, folk lore of certain areas, careers in Forestry, GPS, and Archaeology.



Hiking at Cumberland Falls.

Kathy Brannon Craft Days

Handmade Crafts and Heritage Skills have been an important part of Extension Programming for the McCreary County Extension Service since the 1950's. In 2010 the McCreary County Extension Council identified Heritage Crafts as one of the top priorities for Extension Programming needs. Kathy was the Family and Consumer Sciences Agent in McCreary County from 1976 till 2009. 2014 was the fourth year for this event. Kathy Brannon Craft Days 2014 was planned by the Kathy Brannon Craft Days Committee. The event was a two day program and offered 11 classes. A silent auction was also held to raise funds to train Master Clothing Volunteers.



Page and Bryson Bryant working on their acrylic artwork.

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**The McCreary County
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