

EXTENDING KNOWLEDGE

Changing Lives

IN WAYNE COUNTY

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



MEET THE EXTENSION STAFF

Sitting (l-r): Toni Humble, County Extension Agent for 4-H Youth Development; Jody Paver, County Extension Agent for Family and Consumer Sciences; Judi Bates, Staff Assistant; Cassie Munsey, FCS Program Assistant; Sherry Coffey, 4-H Program Assistant. Standing (l-r): Alta Gaye Hutchison, NEP Program Assistant; Glen Roberts, County Extension Agent for Agriculture and Natural Resources; Seth Hart, Fine Arts Program Assistant; Ashley DeBord, ANR Program Assistant; Danny Adams, KSU Small Farm Assistant; and Joy McGinnis, Staff Assistant.

Priority Program Efforts

153 youth made an impact in their community through service projects.

120 residents implemented practices that promote sustainable agriculture.

150 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations.

452 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs.

A total of 1,817 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health.

GLEN ROBERTS RECEIVES KENTUCKY COLONEL CERTIFICATE

In honor of his hard work and dedication to the school garden project, Glen Roberts, Wayne Co. Extension agent for Agriculture and Natural Resources, was presented with a Kentucky Colonel certificate from Kentucky Governor Steve Beshear. Glen was praised for his efforts which “started with a seed, a piece of land, plenty of hard work and ended up in the school lunch rooms.”



FARM TO SCHOOL GARDEN



As today's school cafeterias struggle to provide affordable fresh and nutritious vegetables for their youth, the Wayne County Cooperative Extension Service has teamed up with the Wayne County High School's FFA and FCS departments to address this issue. Broccoli, grape and slicing tomatoes, cantaloupes, cucumbers, peppers, cauliflower, eggplant, sweet corn, watermelons, potatoes and cabbage are all grown on the school's campus to be used in the food service program.

2015 marks the fifth year that Wayne County Extension has jointly conducted vegetable growing demonstrations on the local school campus. The Wayne County school garden, which initially started out on a 1/2 acre plot, has now grown to a substantial 3 acre garden, all within walking distance of the classrooms.

Timing is critical in coordinating the harvest and school year. Forty years of commercial vegetable growing experience has provided Glen Roberts, ANR agent, the knowledge to grow transplants



and get them planted in the garden so that these fruits and vegetables would be ready for harvest when the semester began.

A garden this size requires a considerable amount of labor during growing season and at harvest. Justin Horton, VoAg teacher, secured the availability of FFA/VoAg students when needed, providing them valuable hands on experience. While the FFA/VoAg students helped harvest produce, the FCS students helped process sweet corn for the cafeteria.



In addition, Glen taught a classroom lesson as to the process of growing vegetables, from preplanting through harvesting. A pre and post test revealed a 30% increase in students' knowledge and understanding of the process.



Small 5 lb. pumpkins are grown as an FFA service project to allow each preschool-second grade student select their own pumpkin. Vo-ag students are paired with one of these students to assist them pick out their very own 'perfect pumpkin'. Often times it is the high school student who receives the biggest



bleeding from this experience. Using these pumpkins each student created their favorite storybook character as an initiative to encourage reading. They were taught a lesson about the life cycle of a pumpkin and were given a Plate-It-Up Kentucky Proud recipe to use when ready to eat their pumpkin. With an abundance of vegetables available, they are never wasted. In the summer of 2015, over 200 lbs. of slicing tomatoes were donated to low income families, 700 eggplants and 150 lbs. of grape tomatoes were donated to the local detention center, 50 dozen ears of corn went to volunteers (who helped harvest corn) and to low income families, 12 dozen ears of corn were donated to the local armory to be served on Military Family Day. In addition, FFA students were able to do a one day sale at the local Farmers' Market. With the proceeds they were able to apply \$589 towards their National FFA convention fees.

The success of this effort was featured in the national publication "Farm World" magazine (11/15/12 edition). It is also going to be a topic at the 2016 National SNAP (Supplemental Nutrition Assistance Program) meeting as a good example of an effort that is making a difference.

WAYNE COUNTY 4-H AMBASSADORS



The Ambassadors are taking their leadership skills to a whole new level. Ten Wayne County ambassadors attended Kentucky's 4-H Teen Conference, held on the University of Kentucky campus. Teen Conference is a state level leadership conference for senior 4-H members to develop leadership and citizenship skills, inspire them to continue their 4-H involvement with our land grant university, the University of Kentucky. During this 4 day conference, teens develop valuable life skills, leadership competencies and communication abilities by taking part in over 75 one and two day educational hands-on and fun classes. Delegates had the opportunity to stay on the U.K. campus while visiting dorms, food services and buildings that allow them to see how a real college student lives. Delegates are encouraged to explore their future education and degree plans by exploring what U.K. College of Agriculture, Food and Environment has to offer.

LOCAL YOUTH SELECTED FOR KENTUCKY 4-H PERFORMING ARTS TROUPE AND LEADERSHIP BOARD

Natalie Humble was selected to serve on the 2014-2015 Kentucky 4-H Performing Arts Troupe and Leadership Board. The Troupe and Board are a group of talented high school teens who love to sing and perform. Throughout 2014-2015 Humble, along with other Troupe members, attended a music camp, performed at various 4-H State level events, learned about careers related to the performing arts and led a Performing Arts workshop for middle school 4-H members. The troupe is made of twelve performers and four Technical Staff (Stage, Sound & Lighting).



"It was a great experience meeting new people and being able to do something I love with those people", Humble stated. "One of the best opportunities I've had through 4-H."

EXTENSION NUTRITION PROGRAM



Gaye Hutchison, Expanded Food & Nutrition Education program assistant, reaches an average of 75 limited resource families and 25+ classes of school children per month with nutrition education classes. In October she presented pumpkin themed classes with her younger and older clients in order to

get them to try pumpkin in different ways. Pictured above, Gaye dressed as a pumpkin for the “Safe Night” Trick or Treat Halloween Event as a culmination of her “Healthy Pumpkin” or orange vegetables, theme for the month.

FINE ARTS

Seth Hart, Extension Program assistant, continues to add a variety of exciting art classes to our Extension programs. Along with the success of his barn quilt and pottery classes, Seth has also added a well received Art Homemakers club and a 4-H Art club, reaching adults and youth alike.



TRUTH & CONSEQUENCES PROGRAM

After lengthy planning and preparation, spearheaded by Jody Paver, FCS agent, community partners, agencies and volunteers held the first ever Truth and Consequences event at the National Guard Armory.

Wayne County High School freshmen, residents of the Lake Cumberland Youth Development Center, Otter Creek Academy and Foothills

Academy participated in the role playing scenario based drug and alcohol awareness program.

Students had the opportunity to hear guest speakers including a survivor of a drunk driving accident, a retired Kentucky State Police officer who taught a session of impaired driving and the Kentucky National Guard Drug Task force who shared information on the dangers of drugs.

Approximately 85 volunteers, agencies, businesses and community partners participated in this drug awareness program created to educate youth on the consequences of drug use and abuse.

The results were overwhelming. 83% of the participants said that after this event they had a better understanding of the legal, health, emotional and financial consequences of substance abuse.

EXTENSION HOMEMAKERS

Wayne County Extension Homemakers have completed their 65th year of successful programs. Along with the mailbox club, six regular clubs, and four specialty clubs, a Junior Homemakers club has been created under the supervision of Cassie Munsey, FCS program assistant.

The 185 County Homemakers are proud to have turned in a total of 23,234 volunteer service hours for the 2015-2016 program year.



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**The Wayne County
Cooperative Extension Service**
*Extending Knowledge,
Changing Lives*

For more information, contact us at:

255 Rolling Hills Blvd.

Monticello, Kentucky 42633

(606) 348-8453 Fax: (606) 348-8460

www.ca.uky.edu