

EXTENDING KNOWLEDGE

Changing Lives

In Allen County

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



Front Row (L-R): Tammie Taylor and Brandi Berry (Staff Support),
Nancy Owen (SNAP-Ed Assistant)
Back Row (L-R): Janet H. Johnson (FCS), Steve Osborne (ANR),
Martha Arterburn (4-H Youth)

Priority Program Efforts

- A total of **1,100** people are now involved in addressing significant community issues
- **25** youth made an impact in their community through service projects
- **43** local residents implemented practices that promote sustainable agriculture
- **55** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **22** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **163** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **2,850** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **815** youth and adults demonstrated informed and effective decision-making skills
- **275** individuals incorporated new or additional conservation practices.



Serving on the State Extension Council allows me the opportunity to express the needs and concerns of the people of Allen County and the surrounding area, so the resources of the Cooperative Extension Service can best be used for the citizens of Kentucky.

- Shawn McPherson
State Extension Council Delegate

Allen County Scottsville schools

Increase use of Local Foods

Nathan & Michelle Howell, Need More Acres Farm, are now supplying



melons and a variety of fresh greens for school lunch menus as a result of contacts initiated by the Extension service. Working with Mary Hobdy, Robin Herrington, Allen County Schools Food Service, and Cyndie Story, USDA food service contract chef, further contracts have been developed for the 2016 growing season.

Junior Chef Team 4th Region Champions

The Allen County Scottsville High School Junior Chef team won the 15th District and 4th Region championships to compete at the 2015 State competition at the Kentucky State Fair. The competition featured top students from the AC-S culinary program, with the FCS Extension program sponsoring the team. Janet Johnson, Cyndie Story, Mary Hobdy and Robin Herrington were coaches and assisted students in the development of “Kickin Chicken Chiplote” Salad as the winning recipe. The recipe featured 10 locally grown Kentucky Proud products available from Need More Acres Farm, Bennett family Farms, Habbegggers Amish Market, and other local sources.



New Nutrition Education Program In Allen County

Nancy Owens is the new Nutrition Education Program Assistant for SNAP (Supplemental Nutrition Assistance Program) educational programs. As part of the Family & Consumer Sciences Extension program, Nancy is already working with Janet to helping 51 new families find value from their food purchases. She conducts seven monthly classes in the Extension marketing kitchens and on site at Briarwood Shores as well as three youth groups with Headstart program classrooms.



Financial Literacy Programs



220 Allen County High School students in family & consumer sciences classes increased savings and financial spending skills through the “Money Habitudes” curriculum activities. Each student evaluated their own ‘spending’ personality through card game questions and classroom discussions reflecting possible cautions with each spending style. As a follow-up activity, students were encouraged to design a piggybank for savings, with financial awards presented to seven different category winners. The program is sponsored locally by the UK Cooperative Extension Service and U. S. Bank. The Allen County Scottsville winner also represented the District at the Kentucky State Capitol’s ‘Kentucky Saves’ promotional display during February, 2015. Students also raised over \$100 for the Pennies for Patients (child leukemia research) charity, through penny votes for their favorite Piggy Bank design.



Kristine Gillenwater wins Emerald Award

Kristine was awarded the 4-H Emerald Award during the 4-H Teen Conference on the University of Kentucky Campus. The Emerald Award is the highest honor bestowed upon a 4-H member in the State of Kentucky with only four Emerald Awards presented each year. Kristine received a \$1000.00 Kentucky 4-H Foundation College Scholarship, a trip to the National Conference in Washington D.C., and a crystal trophy.



Pictured L-R: Paul Hall, Kentucky 4-H Foundation Board Member and Past Kentucky 4-H President; Kristine Gillenwater; Martha Arterburn, Allen County Extension Agent 4-H Youth Development

4-H Horsin' Around Club



The 4-H Horsin' Around Club has been very active this past year with the following activities; Horse Camp, Special Riders, Judging, Hippology, Horse Bowl, State Contests, Horse Shows, and many more fun and educational programs in the club. The club meets once a month at the Allen County Extension Facility. Extra meetings are held to prepare for specific contests and special education riding events.

Fun at 4-H Camp



50 adult chaperones, teen leaders, and campers enjoyed a week studying nature, sports, learning to swim, canoing, crafts, rifle skills, archery, horseback riding, team building, fishing, and many other activities. Fundraising opportunities are available through the county 4-H Programs for 4-Hers to raise money for camp fees. All Allen County Youth are welcome to participate in 4-H Camp.

4-H Sewing Club



The 4-H Sewing Club was organized this past year by Janis Steele, Master Clothing Volunteer. Club members meet once a month and learn basic sewing skills. The program is open to all Allen County Youth to learn these new skills. Adults with sewing skills are invited to volunteer to help with the youth.

Beef in the Classroom



The Allen County Extension Service, in cooperation with Allen County - Scottsville High School and the Kentucky Beef Council, provided students in Culinary Arts Class with training to understand the importance of the beef industry in Allen County and the role that beef can play in nutritious family meal plans. Students were provided with information on the different stages of the beef industry from calving to retail products available for family meals. In addition, students were introduced to different cuts of beef, their value and the recommended uses of the various cuts of beef.

Insect Monitoring to Reduce Pesticide Applications



In the production of vegetable crops, growers often face many insects threatening the profitability of the enterprise. Integrated pest management is utilized to help reduce the amount and frequency of pesticide applications. The Allen County Extension Office worked with sweet corn producers to monitor corn earworm moth flights with a heliothis trap in order to determine whether a pesticide application is needed to avoid economic damage.

UK Extension Offers Diagnostic Services to Allen County Producers



When local producers experience problems in production of any of their crop or livestock enterprises, the Allen County Cooperative Extension Service partners with specialists from the University of Kentucky to determine the cause and offer recommendations to address the issue. Dr. Ric Bessin, Extension Entomology Specialist and Dr. Shubin Saha, Extension Vegetable Specialist are shown diagnosing a watermelon wilt issue.

COOPERATIVE
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The Allen County
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