



# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN FLOYD COUNTY

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



*James Shepherd, Dorothy Harris, and Tyrone Martin*

### Floyd County Leaders Inducted into Extension Hall of Fame

Each year the Floyd County Extension Service has an annual banquet to recognize volunteers in Agriculture, Family & Consumer Sciences and 4-H Youth Development for their hard work and achievement in the Extension Programs. The 2015-2016 inductees were long time Extension volunteers, James Shepherd, Dorothy Harris, and Tyrone Martin.

James Shepherd has served on the Floyd County Extension Council since 1967. He has also been a member of the Floyd County Extension District Board for 12 years and been involved with Extension as a leader for 50 years.

Dorothy Harris served on the Floyd County Extension Council from 1981 until 2007 as well as serving as Secretary of the Floyd County Extension District Board for 25 years. She has been involved with Extension for 50 years, mainly as a Home-maker and 4-H Camp Volunteer.

Tyrone Martin has served on the Floyd County Extension Council since 1989, in addition to the 25 years he has been a member of the Floyd County Extension District Board, many of those years he was Chairman. He has been involved with Extension as a leader for 50 years and longer as a 4-H'er.

We are extremely grateful for having individuals such as these, who have given of themselves for great number of years.

### Priority Program Efforts

- A total of **185** people are now involved in addressing significant community issues
- **118** youth made an impact in their community through service projects
- **71** local residents implemented practices that promote sustainable agriculture
  - **158** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **255** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **1,067** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **2,910** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **218** youth and adults demonstrated informed and effective decision-making skills
- **63** individuals incorporated new or additional conservation practices.

## Youth Excel in Leadership

The Floyd County 4-H Adult and Teen Council has identified teen leadership as a main focus in our County. Because of this, for the past several years, the county has had a strong 4-H Teen program.

Youth who participate in leadership development activities are exposed to a variety of opportunities for personal development and growth. Leadership activities help youth develop confidence in their leadership potential and create their own sense of identity. In addition, they develop an understanding of the importance of diversity and learn group social skills. This year two of our own 4-H Teen Council



members are putting their skills to use at the state level. Dakota Collins, a senior at PHS, and Zach Akers, a junior at BLHS, represent District 1 on the Kentucky 4-H State Teen Council. Over the years, Dakota and Zach have been actively involved with our County 4-H Teen Council.

Both members have went above and beyond when it comes to exercising their leadership abilities. Dakota and Zach both regularly attend Teen Conference, counselors at 4-H Overnight Camping Program, volunteer at School Day Camps and Project Days, along with other activities held within our County, and are part of the Floyd County Early College Academy.

Zach also volunteered at Teen Summit 2015. Dakota was chosen as a representative for the Big Sandy Rural Electric Co-op and also participates in submitting 4-H Art Projects.

## Youth in Motion

Floyd County School System has indicated a need for increased physical activity programs for the youth of Floyd County. According to the Trust for America's Health Survey and the Robert Wood Johnson Foundation, Kentucky's obesity rate for children ages 10-17 has increased to over 21%. (Trust for Americas Health, 2011). With a decrease of physical education programs in the County school system, the schools are trying to find new ways to keep youth physically active. Floyd County 4-H has partnered with Adams Middle School to do a six-week Get Moving Youth Program. Adams Middle School had 107 6<sup>th</sup> grade students participate in the Get Moving program during 4-H Health month of February.



Students learned about MyPlate, the importance of stretching before exercising, fun ways to exercise, the importance of healthy eating and making time to exercise every day. The students also participated in 30 minutes of circuit training (various timed exercises). Over the course of the program, students were asked to keep up with their PAMs (Physical Activity Miles) and at the end of the program, the class with the most miles were rewarded with assorted incentives. Also one girl and one boy from each class that reached the most PAM's were rewarded.

After 6 weeks the total number of PAMs for all four classes equaled 1,060 activity miles. At the end of the program, students were asked to complete an evaluation of the program and how it affected them over the six week period. When asked if the student liked being physically active, 65% of girls and 70% of boys responded positively. The overall program received an 87% positive feedback from the students.

## Home Horticulture

Extension has been involved with home gardeners and small scale producers for many years. We strive to educate them about horticultural crops and their production.



Several educational programs were offered to those interested in home and commercial vegetable production.

Because of these efforts, twenty five individuals are producing vegetable crops for the first time this year. Most are low income producers. These individuals are producing fruits and vegetables for their families' use and marketing the excess. These producers have reported savings to their families' in the amount of \$10,500 from being able to provide fresh vegetables verses purchasing them. In addition, fourteen producers are growing small fruits (brambles, strawberries, and blueberries) for the first time this year.

The Floyd County Farmers Market officially opened in May 2015 for its fifth year. The market provides another outlet for the sale of excess produce. The market had sales in excess of \$42,000 during the 2015 season, which was a decrease from last season. Yields were down due to flooding and weather related issues. Thankfully, the market had a 30% increase in its membership this year which helped provide produce for their customers. The members hope growth will continue next session.

The Market was voted "Best in Kentucky" by the American Farmland Trust for the third year in a row. In addition, it received honors nationally this year. The market received second place in the People's Choice category this year; however, it received first place in each of the other four categories (Focus on Farmers, Healthy Food for All, Pillar of the Community, and Champion for the Environment).

These programs and activities teach the participants that many agricultural operations can be successful on small parcels of land.

## Beekeeping

Extension continues to support the newly formed Floyd County Beekeepers Association by offering programming, guidance, and assistance with promoting their efforts. The County continues to have increased interest in beekeeping and trying to preserve this tradition. Since the association officially formed last spring, their membership has grown to forty-nine individuals with attendance at some of their bi-monthly meetings having reached seventy-five. Topics covered at their meetings have been basic beekeeping skills, making honey, queen rearing, hive diseases, insect problems, wildlife damage, making equipment, and uses of bee wax. These educational programs are provided by Extension, leaders, and other related organizations.

Their annual meeting event in February was co-sponsored by the County Extension Service and the Association. The Association provided fifteen bees and nucs to members that attended a certain number of



meetings and reached participation goals as set by their by-laws. The bees were paid for by fundraising efforts of their members. This program is responsible for bringing several new hives of bees in the County and keeping beekeepers involved in the Association. At the end of the programs, participants are asked to evaluate the programs. The overall rating was a ninety percent positive with the participants stating that seventy percent of them gained new knowledge.

There continues to be an increase in the interest in beekeeping in the county and these numbers involved are expected to keep rising. One of the best outcomes is that experienced beekeepers are mentoring new beekeepers or those interested in becoming beekeepers in the near future. They are educating their own with hands-on involvement.

## Seniors Scam Awareness Education

The greatest number of the population targeted by scams are those ages 55 and up. In an effort to provide educational programming to equip seniors to avoid being victims, the Floyd County Extension Family and Consumer Sciences Program partnered with six agencies for a day-long educational program, "Senior Scam Jam" held on August 20th. Seventy seniors attended the event with educational showing knowledge gained through a feedback survey obtained at the end of program. Participants expressed to have gained beneficial information from experts in their fields who gave every day advice that can be utilized. Further, 50% of the participants indicated they would apply the written materials provided for reference and use at home. One participant explained, "I will be more aware of the many people I have to do business with and will use the tips from today's program for reinforcement to keep out of dangerous scamming situations."

One key component of the program focused upon Identity Theft Avoidance – What to Know and Do If Your Identity Is Stolen. Ninety percent of attendees reported they were made aware of the numerous number of ways that thieves use to obtain identity information and the crimes that occur. One respondent stated that "I will read my financial statements as soon as I get them, use or buy a shredder and destroy all personally identifiable information on bills, medical documents and get off of the pre-screened offers for credit." Participants attending also learned important computer preventive measures to prevent on-line identity theft and plan to implement these preventive steps.

***"I will be more aware of the many people I have to do business with and will use the tips from today's program for reinforcement to keep out of dangerous scamming situations"***

***- Participant of Senior Scam Jam***

## Family & Farm Financial Planning

As we get older, it is important to plan for the future and be prepared to make some sound financial decisions which can impact our families. Extension has been involved with educating our farm families about financial planning. A series of educational programs were provided by a joint effort of the District 1 Agriculture & Natural Resources agents and Family & Consumer Science agents. Six sessions were conducted with the assistance of Extension



Specialists and guest speakers. The series introduced the participants to estate planning, wills,

powers of attorneys, trusts, transitioning property, insurances, final expenses and related topics. The participation fluctuated over the series with the largest attendance being 200.

The participants were surveyed after each session and discussions of actions to be taken occurred. From the 25 regular attendees at our site, 25% reported having a new will written, 80% reviewed their present wills and 40% contacted an attorney for more information on power of attorneys and trusts. Several individuals have credited the efforts the Cooperative Extension Service for preparing them to take the next steps in proper financial planning.



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*Extending Knowledge,*

*Changing Lives*

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