

EXTENDING KNOWLEDGE

Changing Lives

IN LESLIE COUNTY

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

4-H NRESci Academy

Leslie County, being located within the Southeastern Coal Field Region of Kentucky, is suffering high levels of unemployment. Coal Mining has provided many jobs for local families over the past few decades. According to the May 2, 2016 issue of "The Lexington Herald Leader", more than half the coal jobs in Eastern Kentucky have disappeared in recent years. This has drastically affected our area both economically and environmentally.



NRESci Scholars: Emily Brock, Jocelyn Clifton and Jesse Shell

The University of Kentucky Natural Resources and Environmental Science Academy (NRESci) offers opportunities for youth to learn how nature may provide additional means of employment. The academy is a three-year experience designed to help youth explore

Appalachia and their natural environment. In the program, scholars learn about the area's water, forests and wildlife. They are taught interactively about the many areas that our environment offers new educational opportunities!

Leslie County 4-H has enrolled two new NRESci Scholars. The scholars begin their adventures each fall by camping at University of Kentucky Robinson Forest for three days. We currently have four scholars enrolled who will take part in quarterly, one-day field trips throughout the year. Each year, as the program ends, 3rd year Scholars are invited to attend the annual trip to Tybee Island, Georgia. This trip was filled with educational camping adventures and explorations. There is no written test to end this three-year program, but experience is often the best teacher and is often sighted leading the way to CHANGE. New knowledge shared by our youth can open new doors for a growing community. This is an excellent example of experiential learning and making the best better with 4-H!

Priority Program Efforts

- A total of **189** people are now involved in addressing significant community issues
- Over **100** youth made an impact in their community through service projects
- Over **100** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **181** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **250** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **198** youth and adults demonstrated informed and effective decision-making skills

It'S Your Reality



Sophomores and Eighth Grader's—It'S Your Reality

Educational Program: Our annual It'S Your Reality event was held at Leslie County Cooperative Extension on October 13, 2016! Collaborative efforts with Leslie County Schools enabled Sophomores and Eighth Graders to participate in It'S Your Reality. The pre-event classroom lessons stressed that studying and making good grades is a wise decision and most often continuing post-secondary education means better paying jobs. We pretend that every student is 25 years old, and they are the “sole” providers for their families. 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, engineers and many others. Students also were assigned, by chance a family size which determined many choices they would make once arriving at the It'S Your Reality Event!

The event begins with each student visiting the “Bank” booth. They each deposit their monthly pay checks into their accounts and proceed to spend their money on needs and wants. “Housing” is one of their biggest expenses. They also must spend money on “Insurance” and a “Vehicle”. “Child Care” and “Food” are two other basic needs. They also must visit the “Chance” booth during the session -- that's where life deals them something unexpected. It could be bad such as windstorm damage to their house or good, like winning free groceries. There are many booths for them to visit during the event that help them realize that needs and wants are very different!

Results: A total of 324 attended It'S Your Reality. A total of 46 School, Business, Community and Volunteer Leaders participated. One volunteer commented that a lot of the teens have big ideas about buying a large house or a big car, but they find that they really can't afford it. Volunteers who have been community partners with Cooperative Extension

for years commented when asked to participate that “yes” they would be there because it is an excellent way to give our youth an idea of how the REAL world operates!

Evaluation: During The It'S Your Reality event, youth had the opportunity to budget and spend a monthly salary based on the careers they had chosen. A survey of the youth was completed after the event. As a result of participating in It'S Your Reality:

- Ninety-four percent (94%) of the students said they maybe or would definitely try harder in school.
- Ninety-four percent (94%) said they would likely get more education after high school.
- Over 94% said they would definitely save more money.
- Ninety-two percent (92%) said that they maybe or definitely are likely to delay having children.

It'S Your Reality truly is a dose of the real world. It's all just make-believe, but it carries a serious message that may encourage our youth to PLAN their spending and saving for shaping their futures!

Exploring My Plate with Professor Popcorn

Obesity is a problem not only nationally but also in Leslie County. The obesity epidemic threatens the quality and years of life of Kentuckians. Obese individuals are at an increased risk for many chronic health conditions, including type 2 diabetes, heart disease, stroke, and some types of cancers. 42% of Leslie County's population is considered obese and 37% of the county's population does not consider themselves physically active. Increased consumption of unhealthy food, stress, and built environments that promote physical inactivity are largely responsible for the obesity epidemic. According to the Foundation for a Healthy Kentucky, Leslie County ranks 111th out of Kentucky's 120 counties in regards to overall health.

In order to promote health and wellness for Leslie County Youth and Residents, Leslie County 4-H agent taught five My Plate Lessons using the Professor Popcorn Curriculum. 1st-4th graders in Leslie County Schools were targeted because they are young and still forming their eating habits. This curriculum will help young people develop into healthy adults by gaining an interest in eating healthy foods, using safe food-handling techniques, and making physical activity part of their lifestyle. Teacher Volunteers of these classes were also involved in emphasizing the importance of this curriculum.

Food Preservation



Raised Bed Gardening-Growing Beans on a Tripod

The consumption of fruits and vegetables is a key element in nutritional well-being of adults and children. The Center for Disease Control and Prevention ranks Kentucky in the top 10 for poor consumption of fruits and vegetables. Data from Kentucky Health Facts states that only 6% of adults in Leslie County consume five or more servings of fruits and vegetables per day. In addition to poor consumption of fruits and vegetables, data from Feeding America states that 19.1% of adults in Leslie County faced food insecurity at some point during the year. This confirms that poor nutrition and access to nutritious foods are a contributing factor for the increasing rates of obesity as well as hunger issues in Leslie County.

To help combat these issues the Leslie County Family and Consumer Sciences Agent and Agriculture Agent offered a series of raised bed gardening workshops. A variety of beds were installed to teach gardening concepts with the forethought of having maintenance provided by the participants and to use the produce in future food preservation workshops. The Family and Consumer Sciences Agent then offered a series of five food preservation workshops. These series of hands-on workshops focused on food safety, boiling water, canning, freezing and dehydration basics. Participants made and took home corn relish, canned corn, green beans, dried strawberries, fruit leather and beef jerky. A pre and post-test were given at the beginning and the end of each workshop along with a 2 month follow-up evaluation. Here are some of the results:

- Fifty percent (50%) of participants were first time canners, 17% occasional canners, and 33% seasonal canners.

- One hundred percent (100%) of participants could identify the correct method of canning low and high acid foods.
- One hundred percent (100%) of participants plan on doing more food preservation in the future.

Bees

In an effort to address the honey bee dilemma, the Leslie County Extension Office and the Leslie County Soil Conservation Service joined together to promote bees and bee keeping. A meeting was held in which the Kentucky State Apiarist, Tammy Horn updated all on the bee situation and talked about bee keeping. All participants received information from the University of Kentucky Extension, Kentucky Department of Ag and also received some bee keeping tools.

This was one of our best attended programs in a while. Since the meeting three people have inquired about obtaining bee hives. Several have sought input concerning the care of their own hives. Likewise, requests have been made to do a similar or complementary program again.

Environmental Fair for 3rd–4th Grades

Agriculture and 4-H Agents partnered with Leslie County Solid Waste, Soil Conservation and Leslie County Schools to provide exciting lessons for our YOUTH! Ray Wilson accompanied by Lorene Coots, staff assistant taught an informative hands-on lesson about planting and caring for sunflowers. Each youth got to plant their very own sunflower! Vicki Boggs accompanied by Betty Harris, 4-H volunteer shared a PHYSICS PETTING ZOO and 4-H National Experiment: MOTION COMMOTION with each class. Everyone got to interact with dozens of Physics scenarios. We also learned a lot about reaction times with a hands-on experiment and why it is important to NOT TEXT AND DRIVE!

3rd Grade Chick Incubation

Leslie County Elementary Schools together hatched over 40 CHICKS! Ag and 4-H combined their efforts to teach our youth many important facts about chickens. Each classroom had their own incubator and took part in a series of lessons. The lessons consisted of Egg Nutrition, Embryology, Candling, Marketing and finally Hatching on day 21! All student had fun learning more about chickens. Congratulations Leslie County Third Graders on your success in hatching your chickens.



Master Volunteers in Clothing Construction

Faye Couch and Betty Harris, Leslie County Extension Homemakers, were pinned Certified Master Volunteers in Clothing Construction at a banquet held at Jabez, Kentucky.



Faye Couch & Betty Harris

Thanks to both ladies for their service to Extension and the community for giving their time to teach sewing skills to adults and youth.

Appalachian Heritage Day Program

Leslie County Schools 5th Graders explored Appalachian culture along with traditional foods at Leslie County Cooperative Extension Service on October 27th.

Appalachian culture is a real and functioning culture revealed through arts and crafts, traditional music and foods, customs, and its somewhat common language. Being native to Leslie County allows us to be a part of this culture. Leslie, Letcher and Perry County Cooperative Extension Agents collaborated along with Staff Assistants and Volunteers. They hosted a day of several programs for our Leslie County youth to experience an important part of their heritage. They experienced playing dulcimers, storytelling, making corn shuck dolls, journey cakes and food preservation. They also attended lessons on fibers and quilt making. Each group returned to their schools with their very own quilt designs.

Approximately 111 students, five teachers and five volunteers participated in this 4-H event and as a result:

- **111** learned at least one new thing about Appalachian history or culture.
- **109** stated that they understood the types of food that Appalachians ate.
- **86** learned to play the Appalachian dulcimer.
- **108** enjoyed learning about Appalachian history and culture and they appreciated their Appalachian heritage!



Elaine Brewer—Storyteller

4-H Teens Form a RELAY FOR LIFE TEAM

4-H had their first ever RELAY FOR LIFE TEAM! Our Relay event was kicked-off with teen participation in the 5K/10K walk/run on May 7th, 2016. Teens also participated in a car wash to raise money for Relay For Life. Six of our Teen Leaders hosted a tent for 4-H during a down town event here in Hyden sharing food to receive donations from our community. Teen efforts are continuing to raise money for Relay For Life to help fight cancer!



Leslie County Extension Staff
Front: Lorene Coots-Secretary, Corene Trent-Maintenance
Back: Donna Napier-Secretary; Ray Wilson-Agriculture Agent; Vicki Boggs-4-H Agent; Jace Peters-4-H Assistant



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Leslie County
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