

EXTENDING KNOWLEDGE

Changing Lives

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.



McCreary County hikers crossing Lick Creek.

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.

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. Kathy Brannon Craft Days was planned by the Kathy Brannon Craft Days Committee. The event was a two-day program that offered 15 classes. A silent auction was also held to raise funds to train Master Clothing Volunteers. Fifty-five (55) people enrolled in the two-day event and \$1,160.00 was raised through the silent auction. One hundred percent of the attendees reported that the day

Priority Program Efforts

- A total of 25 people are now involved in addressing significant community issues
- 50 youth made an impact in their community through service projects
- 30 local residents implemented practices that promote sustainable agriculture
- 15 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 30 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- A total of 150 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 225 youth and adults demonstrated informed and effective decision-making skills
- 50 individuals incorporated new or additional conservation practices.

increased their knowledge and skill level. Ninety six percent reported that they learned a new skill. Sixty two percent reported that they planned on teaching their newly learned skill to others.

South East Kentucky Bee School

The South East Kentucky Bee School was held to assist beekeepers in South Eastern Kentucky and Tennessee with needed information to make beekeeping efforts more successful. An all-day program was held that offered 25 different educational classes that beekeepers could attend, from beginning to advance. A trade show was also held during the school. The McCreary and Whitley Cooperative Extension Services sponsored the event along with the Whitley County and Big South Fork Beekeepers, the McCreary Central FFA. The ANR Agents helped plan the program along with a committee from both counties, recruited speakers, publicized the event, taught two sessions and worked the event that day. One hundred five (105) people from three states attended the event. Participants gave the overall program a 4.55 rating out of 5.0. One hundred percent reported that their knowledge and skill level increased. Ninety two percent reported that they learned a new skill.

McCreary County Middle School Reality Store

The major goal of Reality Store was to show youth that educational attainment is directly related to their financial success in life. Another goal was to show them how choices they make in life also effects their financial future. Two hundred two (202) seventh and eighth grade students participated. Students were assigned an occupation and salary based upon their GPA then randomly drew a number representing the number of children they were responsible for. They visited 16 booths that included housing, taxes, transportation, insurance, groceries, utilities, childcare, etc. Extension served on the planning committee, recruited volunteers, manned some of the booths, assisted

volunteers, and evaluated the program. Seventy four percent (74%) of the participants stated that their understanding of budgeting their money had increased. Seventy four percent (74%) stated that their understanding of how to make wise financial choices had increased. Seventy three percent (73%) stated that their understanding of credit card debt impacted their financial future increased. Seventy one percent (71%) stated that their understanding of how student loan debt impacted their financial future increased. Seventy nine percent (79%) stated that their understanding of the link between career choice and lifestyle impacted their financial future had increased.

Leadership McCreary County



As most small rural counties McCreary County lacks trained leaders. The Leadership McCreary County Committee has now conducted seven Leadership McCreary County programs. Eleven (11) local participants from various backgrounds and professions were recruited for the 2015-2016 program. Ten (10) of them completed the class. The Extension Agent served on the planning committee as well as Chair for three of the nine sessions. Cooperative Extension Service Specialist conducted two of the sessions and an Extension Agent presented another session. The Extension 4-H Assistant was one of the participants this year. Seventy five percent (75%) of the participants rated the program as outstanding. One hundred percent (100%) reported that the program

was worth their time and that they increased their personal leadership skill by 55%.

Master Gardener Program

The Master Gardener Program is an intensive 13-week educational program focusing on various aspects of Horticulture. The McCreary and Pulaski County Cooperative Extension Service planned the program. The McCreary County Agent contacted and scheduled all speakers. Speakers were Extension Agents and Specialists. Both McCreary County and Pulaski County Agents taught sessions. Of the 25 participants enrolled, 20 completed the course. One hundred percent said that they were now confident they could find answers to most gardening questions. Participants reported that the program increased their knowledge up to 56%.

SNAP Program

Nutrition Education Programs reach children and parents in McCreary County leading to healthy choices at home. The SNAP Program provides hands-on nutrition education to SNAP recipients and limited-resource audiences. Adults as well as children learn how to make healthy behavior changes. We work with preschool thru high school students, senior citizens, community centers, the public library, and public housing. The children learn from the Super Star Chef Curriculum provided by the University of Kentucky, Nutrition Education Program Recipe Calendar, LEAP and Organ Annie Programs. Adults are taught nutrition lesson

from the NEP Adult Curriculum. We have reached 1,941 youth and 552 adults with these nutrition programs.

The McCreary County Extension Office has reached 13,644 direct contacts and 83,857 indirect contacts for 2015-2016 program year. A total of 1,131 McCreary County youth have participated in 4-H programs.

Other Extension Programs:

Community:

- Chamber of Commerce
- McCreary County Educational Development Foundation
- Heritage Trail Days
- Job Corp Community Relations
- Get Healthy McCreary County Coalition
- County Fair Board
- McCreary County Development Association
- McCreary County ASAP/UNITE
- Leadership McCreary County
- McCreary County Schools FRC/YSC

4-H:

- 5th Grade Woodworking
- American Private Enterprise Seminar
- PKI and WCE After School Art Club
- PKI Garden Club
- 4-H Project Week
- 4-H Projects Displayed at County Exhibit Hall and State Fair
- Kentucky Youth Seminar
- High School Leadership Program
- 4-H Cooking Club
- 4-H Bee Club
- 4-H Camp
- Environmental Education Camp
- Nutrition Lessons in Schools
- Book Cook Program at the Library

Ag and Natural Resources:

- Big South Fork Beekeepers Club
- Bee Field Day
- Bee Program at PKP and WCE 1st Grade
- McCreary County Cattleman's Association
- Beef Field Day
- McCreary County Farmers Market



- Grow Appalachia Gardening Program
- Apple and Pear Rootstock Orders
- Strawberry/Blackberry/Blueberry/Raspberry Plant Orders
- Fruit Pruning Workshops
- Home Fruit and Vegetable Production Series
- Pesticide Certifications
- Soil Testing
- Plant Disease Identification
- Insect Identification

Family and Consumer Science:

- Basket Guild
- Sewing Group
- Homemakers Club
- McCreary County Explorers (7th Grade Outdoor Program)
- Adult Hiking Program

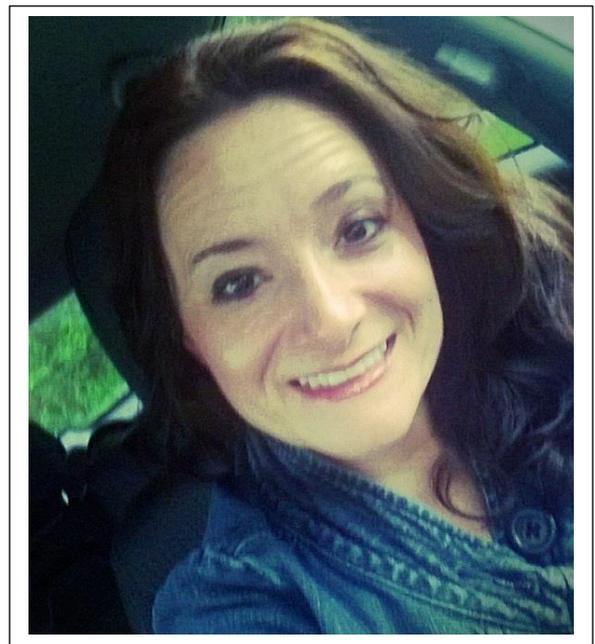
SNAP Program:

- McCreary County Home School Program
- Book Cook Program
- Super Star Chef Program
- Cook Together Eat Together Program
- McCreary County Senior Citizens Program
- McCreary County Housing Authority Program
- Stearns Residence Program
- Eagle Community Center Program
- Heritage Community Center Program
- McCreary County Adult Education Program



Welcome to our new Family and Consumer Science Agent Amy Fugate.

Amy is a resident of Somerset and has lived in the area for 12 years. She grew up in Liberty, KY. She attended ECU with undergraduate and graduate degrees in Dietetics and University of the Cumberlands with a graduate degree in Teaching. Her work experience in nutrition includes the areas of serving adults with disabilities, the First Steps Early Intervention program, and public health. She enjoys hiking, yoga, and bluegrass music.



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

*Extending Knowledge,
 Changing Lives*

For more information,
 Please contact us at:
 P.O. Box 278
 Whitley City, KY 42653
 (606) 376-2524
 Fax: (606) 376-2524
www.ca.uky.edu



College of Agriculture,
 Food Science, and
 Sustainable Systems