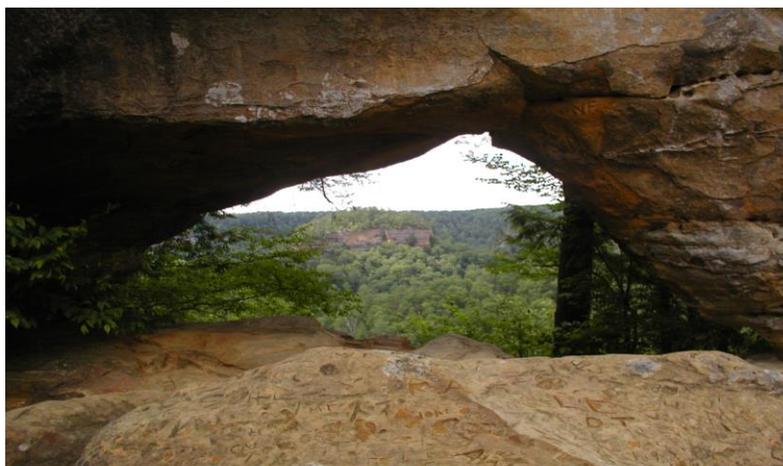


EXTENDING KNOWLEDGE *Changing Lives*

IN POWELL COUNTY

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



The beautiful landscape of Powell County has long been a magnet for tourism.

The changing needs of our clientele continues to guide the educational efforts of the Powell County Cooperative Extension Service. Bringing research-based, unbiased information from the University of Kentucky and Kentucky State University to local residents and their families continues to be our foremost mission. Our efforts encompass the interests of the entire community from those of our farm and rural residents to those who live in cities. Extension provides educational programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. Our efforts are sometimes designed to reach many and other times focus on work with individuals. We hope you enjoy our report and invite you to participate in future programs.

Priority Program Efforts

- A total of 31 people are now involved in addressing significant community issues
- 30 youth made an impact in their community through service projects
- 112 local residents implemented practices that promote sustainable agriculture
- 238 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 45 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 191 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 450 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 728 youth and adults demonstrated informed and effective decision-making skills
- 150 individuals incorporated new or additional conservation practices.

Phase I Funds Encourage Growth of County Agriculture

Across the county the Phase I Tobacco Settlement Funds have been utilized on local farms showing a positive impact on farms and the local

economy. This year Powell County received \$58,218 in Master Settlement Funds. Thirty-three farmers were allocated \$1,500 for the 50/50 cost-share programs. Through these continued efforts, Powell County farmers have improved their cattle herds through the cattle genetics program, increased acreage for pasture through additional fencing, and secured working facilities for cattle for better herd health and safer working conditions. Farmers have also constructed or improved hay storage facilities which helped prevent loss due to weathering. These funds continue to provide incentive for area farmers to improve their operation and explore various avenues of farming thus impacting county agriculture.



Herd health improvements shown through utilization of Master Settlement Funds.

Beekeepers Association Address Declining Bee Population

The Powell County Beekeeper's Association has an active membership of over 25 members. Local beekeepers met with our state Apiarist Tammy Horn about problems they had during the past year with declining bee populations. Bees, so important to crop pollination and development, have declined over 50% in the past two years. Many beekeepers who have had bees for over 40 years actually lost their hives this past year. Horn discussed different causes of bee loss, including starvation, mites and common bee diseases. Beekeepers have held workshops looking into local hives addressing problem situations on local farms.

Home Gardening Gains Popularity Among Residents

Powell County residents are seeing a resurgence in interest in home gardening. An average of 35 people attended the six week series this spring on home gardening and landscaping. Those in attendance not only received research based information through a one hour lecture each evening, but also experienced hands on activities in the learning greenhouse while sowing seeds and transplanting. An educational landscape tour was also included in the class as well as a plant sharing session. Plant sharing, sometimes referred to as passalong plants, not only offers a great opportunity to bond with neighbors within the community but also offers an inexpensive way to acquire new plants for the landscape.

Farmer Banker Field Day

Powell County Extension Service partnered with Soil Conservation Service to offer our annual Farmer-Banker Field Day. This community event is sponsored by Whitaker Bank to bring educational programs to local farm families. The Snowden families at Stone Road Angus Farm were our hosts this year. The field day brought together UK specialists, Extension Agents, and a USDA conservation planner to present information and programs on beef cattle nutrition, fall garden cleanup and how to make a hypertufa for home landscaping. Kentucky River Foothills and Marcum

Wallace Hospital were also set up to provide free health care screenings. Vendors set up displays and offered information on services and products available that would be useful



Dwain Anderson takes a moment for a health check at Field Day.

for farm and homeowners. Approximately 250 residents attended this educational event which is always a favorite of our farm families.

Supporting the Efforts of Local Caregivers

More and more people are being thrust into the role of family caregiver, finding themselves dealing with a wide range of legal issues and emotions including anxiety, anger, guilt and grief. To assist with this need, the Family and Consumer Sciences Agent partnered with Kentucky River Foothills staff to plan and present our first C.A.R.E (Caregivers Assistance and Resource Education) Seminar. Forty-one participants attended the seminar and learned about resources available to help them provide excellent care while also caring for their own needs and emotions. They learned about the journey of the caregiving role as it evolves from providing limited services to possibly temporary or full-time nursing home care including admission requirements, expenses and Medicaid qualifications.

Participants who would have been unable to attend due to caregiving responsibilities were provided with free respite care services. The participants expressed their appreciation of the wide range of information on available

resources. They also appreciated the personal experiences shared by a local physician and newspaper editor about their caregiving journey. When surveyed, the results were outstanding with 100% reporting gaining needed resource and contact information; 100% felt the program was very beneficial; and 100% would attend again.



Dr. Charles Noss addressed participants at local C.A.R.E. Seminar

“This was such a beneficial program for us in helping with the care of our parents.”

- Mike-

Heart to Heart Campaign Launched During Heart Health Month

Heart disease continues to be the number one killer of women in the United States according to data from the American Heart Association and Kentucky Heart Facts. Statistics also show that more than one in three men has some form of cardiovascular disease. Nutrition education and increased awareness of personal health practices are vital to the well-being of local residents. A heart health campaign was launched during Heart Health Month that reached across the county. A special interest program was presented that focused on healthy cooking, ways to alter recipes to make them more heart friendly, and ways to increase physical activity. Agent also partnered with local Livestock Association to present heart health information to approximately 100 guests at their annual Valentine’s Dinner. Participants were provided information on how to make meals healthier by substituting low fat dressings, sour cream and leaner cuts of meat. A program was presented to 50 participants of the local Senior Citizens Center focusing on the importance of eating a heart healthy diet by reducing sodium and fat and increasing physical activity. News articles providing information concerning heart health were published in the local newspaper.

Hidden Sugars Exhibit Featured at Reading Celebration

Participants at the county Reading Celebration learned about hidden sugars in the many foods and drinks consumed daily by viewing various displays such as *Rethink your Drink* and *Where’s the Sugar Hiding?* Handouts were distributed by SNAP Assistant showing sugar outside of foods and drinks as well as the various names of sugar products. Almost all participants were shocked to see the amount of sugar they were consuming. One said, “I had no idea that much sugar was in a sports drink.” Another stated, “I will start paying better attention to ingredients thanks to the handout provided.”

Science, Engineering & Technology

Science, Engineering and Technology permeate nearly every facet of modern life, and they also hold the key to meeting many of humanity's most pressing current and future challenges. It has become a high priority in education, both in and out of the classroom, and the Powell County 4-H Program has been able to secure more than \$14,700.00 in grant funding for S.E.T. programming in our schools from awards through the Office of Juvenile Justice & Delinquency Prevention (OJJDP) National Mentoring Programs. Afterschool programs bi-weekly in nearly all Powell County Schools exploring robotics, rocketry, life sciences, videography, programming, engineering, etc. This funding has also allowed expansion in 4-H programming for teachers and 4-H staff both in and out of the classroom in rocketry, engineering, chick incubation, S.E.T., day camps and so much more. Truly expanding the hands on experiences of the youth of our county in Science, Engineering and Technology and assisting teachers in expanding education with hands on activities.



Powell County 4-H Robotics Team at FLL Regional Competition at UK

year, nearly 100% of the third grade student population felt more comfortable giving speeches than they did at the beginning of the year and many wrote thank you notes to the Extension staff stating “it was one of the most fun activities they did all year” – PUBLIC SPEAKING – THE MOST FUN!!

Afterschool Program Expansion

With the expansion of the S.E.T. programming, grant funding, new standards on community involvement in our schools and an emphasis on afterschool programming – afterschool 4-H opportunities have greatly increased with potential for new



Clay City Elementary Cloverbud Club Meeting

opportunities always being discussed. The SET funding has created an afterschool program at each elementary school and the high school with one in the middle school beginning soon. The Cloverbud (3rd graders) Club expanded to include monthly meetings in all elementary schools this year with those youth learning everything from communications & teamwork to engineering. Some schools have started bi-weekly specialty programs such as Legos for younger youth to learn building, dexterity and even computer programming; AND sewing club for those young ladies wishing to learn a traditional skill.

Communication in Third Grade

The communications program in Kentucky 4-H is based around the concept of helping youth to explore, develop, and define their communication abilities in regards to such areas as public speaking, personal expression, interaction with others, and professional correspondence. The Cooperative Extension Service wanted to help third grade student's focus on overcoming their fear of public speaking by getting started earlier and making it more fun, not serious, not for a grade or a competition. Students prepared and gave a minimum of three speeches during the school year during their 4-H time – an introduction speech, a mystery item speech and a dream vacation speech. At the end of the school

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College of Agriculture,
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**The Powell County
Cooperative
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*Extending Knowledge,
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