

EXTENDING KNOWLEDGE *Changing Lives*

IN PULASKI COUNTY

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



People gathering for the Longest Day of Play at Somersplash Waterpark

Family and Consumer Sciences

Families from across the region came early to Somersplash Waterpark in Somerset and stayed all day welcoming summer and celebrating “The Longest Day of Play”. Five hundred children under the age of 18 were given free passes to the park, a nutritious meal, a book about staying healthy, sunscreen lotion and sun safety tips. This event promotes physical activity, healthy living and coincides with the longest day of the year, the first day of summer. The event is hosted by the University of Kentucky Cooperative Extension Service, the City of Somerset, Lake Cumberland District Health Department, Pulaski County schools, and Eastern Kentucky Personal Responsibility in a Desirable Environment.

“Working on Wellness” is a group of community leaders who plan and promote events throughout the year on nutrition, physical activity, 5-K runs, Breast Cancer Symposium, Senior Citizen Activity Day, Heart Health Day, Diabetes Awareness, Pounds Off Pulaski County and others. These events are available to everyone. The group also works with the city and county governmental agencies promoting parks, trail walks, trail rides and other physical activities available in the county. People from as far away as Madison and Fayette counties have registered to attend some of these free events.

Priority Program Efforts

- 2700 youth made an impact in their community through service projects
- 2110 local residents implemented practices that promote sustainable agriculture
- 125 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 2700 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 3520 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1050 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 620 youth and adults demonstrated informed and effective decision-making skills
- 1500 individuals incorporated new or additional conservation practices.



Pulaski County Extension Homemakers who served food at a Holiday Tasting event.

The Pulaski County Extension Homemakers have more than 250 members, with 22 clubs. Membership is open to everyone. Educational programs of Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin. Clubs meeting monthly for an educational class and socialization.



Brenda Williamson, Edith Lovett and Allison Taylor pictured above work with the Food and Nutrition Program in Pulaski County providing educational classes to all residents. They provide information on making smart food choices, balancing your food and physical activities, getting the most nutrition out of your calories, and other daily food tips. Their classes also include information on financial management, measurement and substitution, portion control, and healthy living tips. In addition to working with adults, they also provided services to all the schools in the county.

American Private Enterprise (APES)

The American Private Enterprise Systems (APES) Program has gained momentum since its revitalization in 2013. Completing this year's program were 17 youths from the four county high schools. The program is a two-day interactive program that teaches high school juniors about the concepts of business. A new spin on the traditional program which incorporated a luncheon with a local business owner allowed students an opportunity to ask questions based on their lessons.

Our 4-H Youth Development team works in partnership with Southern States, Pulaski County Judge's Office, Somerset Community College, Sk8ter's Paradise, high school counselors, University of Kentucky CAFE Office of Diversity, and Kentucky Cooper Power Plant.



Pulaski County was awarded a \$250 APES Startup Program Scholarship on the behalf of the Kentucky Council of Cooperatives and Cooperative Extension Service to cover program expenses.

Following the local program, Pulaski County had three delegates advance to the Kentucky Youth Seminar Conference in June of 2015. In addition, there were two who received scholarships valued at \$600 and \$900.

“Thank you for taking us out of our comfort zone and challenging us; we came in as strangers and left as friends”. – American Private Enterprise (APES) participant

Pulaski County 4-H Starts New Programs in Local High School

In an effort to reach a new audience, the Pulaski County 4-H program collaborated with a Pulaski County High School FCS teacher to conduct a rotational program in which 120 high school students experienced FCS with Chaquenta Smith. During the rotation, the students learned about nutrition, knife safety, cutting techniques, sautéing, interior design, babysitting training, professional development, and interviewing skills. As a result we were able to recruit one student to join 4-H and apply to join a 4-H State Leadership Board. She was selected to serve on the 2015-16 Kentucky 4-H Fashion Leadership Board. The success of this rotational program has forged an amazing partnership with Pulaski County High School and encouraged future programming opportunities.

The Pulaski County 4-H Livestock Club



The Pulaski County 4-H Livestock Club finished their 6th annual Livestock Show and Sale. The purpose of the event is to provide those youth who are involved the opportunity to showcase their animals in the county. One main goal is to help bridge the gap between the youth involved and the local community by encouraging local organizations and businesses to help sponsor the youth involved with donations. Over the past three years the livestock club has been able to award over \$100,000 to the youth in this program.

With the support that has been received we have seen some changes in the program. The number of youth involved in the program has increased dramatically, going from just a few the first year to over 20 this past year. An increase in the quantity as well as the quality of animals has increased. Money that is awarded is being reinvested back into the program.

Community involvement has also increased with over 175 people coming out to support the program this

past year. Through local interest two years ago we were able to implement a live auction at the end of the show for those who wanted to sell their animals that night instead of having to take them to the local market, allowing youth to get a premium for their animals.

Lake Cumberland Beekeepers and the 2015 Beginner Bee School

The Lake Cumberland Beekeepers Association (LCBA) is a very active and community-minded group. With the two previous bee schools over the last five years plus this year's Beginning Bee School, the membership in the LCBA has increased to 51 members, its largest ever.

The 2015 Beginner Bee School registered 95 participants with a waiting list. The school was held February-May 2015 with over five classroom sessions and statewide experts leading each session. Eight LCBA members volunteered in all aspects of the school from assembling binders to setting up tables and chairs to manning the registration table. In addition, LCBA members led one of the five classroom sessions and the one outdoor session.



There will be approximately 17 new beekeeping operations (30 total people) in Pulaski and surrounding counties in 2015 as a result of this bee school. Twenty-two of the participants were already keeping bees for less than a year. There was a total of 52 new participants in beekeeping in 2015.

Mentors have successfully brought new beekeepers into the fray. This is a unique aspect of the Pulaski County bee school -- anybody who wants a mentor is assigned one.

In addition, UK Ag Communications interviewed the LCBA President David Gilbert and Beth Wilson, Pulaski County Horticulture Agent, in June 2015.

The story can be found at:
<http://news.ca.uky.edu/article/beekeeping-interest-soaring-pulaski-county>.



David Gilbert, right, uses a smoker to help subdue the bees so he can inspect his hives while Beth Wilson looks on. (Photo courtesy of Katie Pratt, UK Agricultural Communications, <http://news.ca.uky.edu/article/beekeeping-interest-soaring-pulaski-county>)

Home Horticulture

Gardener's Toolbox classes were held focusing on various home gardening topics. Eight Toolbox classes were held and an additional 20 home horticulture classes and events were conducted throughout the year held in various locations. This includes big days such as Earth Day, Kids Fest events, and plant and seed swaps. About 1400 people participated in all programs.

Many youth-oriented programs were conducted as well. Of course, adults end up getting a lot out of these programs as well. Programs on honeybees, container gardening, worm composting, seed starting, and others were conducted specifically for kids, reaching over 425 youth (and adults).

The Pulaski County Horticulture Agent made roughly 65 home visits to help with various problems in their landscapes. Many people ask what they owe Extension for this service. When they are told it is free, they are shocked but pleasantly surprised. Home and farm visits are a great service that Extension provides that the internet cannot compete with. Those visits are remembered and passed along through relatives and friends.

Lastly, home gardeners are using the soil analysis service that UK offers as well. During 2014-15, almost 200 soil tests were done for non-commercial sites.



Mushroom inoculation on logs was one of the Gardener's Toolbox classes this past year. Eighty percent of the participants in this class were new to Extension. In the above photo, individuals are inoculating their logs with mushroom spores.

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**The Pulaski County
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