

EXTENDING KNOWLEDGE *Changing Lives*

IN LEE COUNTY

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



Jackson Energy Presentation on electric and power line safety.

Lee County Students Attend Field Day

On Friday, September 28, 2018, the Lee County Extension Service held an event for the schools and community.

Approximately 735 students from the Lee County Elementary School and Lee County Middle School were able to attend the Field Day. Exhibits included a SNAP Circuit presentation, Farm Tractor Exhibit, Jackson

Energy Mobile Lab, Water Safety, Corp of Engineers, Honey Bee Demonstration, Wagon Ride, Hemp Production Presentation, Spinning Wheel Demonstration, Bowl Making, Lee County Fire Department, etc. The students also learned about tobacco safety, healthy food choices, 4-H Camp, and were served a snack prepared by the FFA Classes.

This event would not have been possible without the Lee County School teachers, Lee County Extension Council and District Board, FFA members, homemakers, Jack's IGA, Volunteers and Exhibitors.

Program Efforts

- **151** Number of producers who reported saving money or reducing cost of operation
- **76** Local residents implemented practices that promote sustainable agriculture
- **155** Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- **A total of 470 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health.**
- **784** Number of individuals reporting improved personal and interpersonal leadership skills
- **290** Number of individuals reporting an increase in knowledge, opinions, skills or aspirations in the visual arts.

AGRICULTURE & NATURAL RESOURCES EDUCATION

Lee County Extension Connects People to Nutritious Food



Raised Bed Garden Demonstrating Crop Netting Trellis Systems for green beans.

The consumption of nutritious foods are very important to one's health. The Lee County Extension Staff has made the consumption of nutritious foods a continued priority in their programming efforts. Lee County residents are learning low-cost methods they can use to improve their health through gardening.

Over 2500 people were educated on vegetable production through raised bed production from the raised bed demonstrations we have here in Lee County. We have conducted several programs educating people on how to produce their own fruit and vegetables utilizing raised beds. They have been educated on topics such as; Construction, Disease Control, Insect Control, Variety Selection, Mulching Systems, Trellis Systems, Irrigation Systems and etc.

- ***We utilized Facebook to market our education efforts with a raised bed gardening video on crop netting trellis systems for green beans which received 3,000 views.***

"It's just little gardening tips that I can use in our big garden."

Diane, Homemaker Member

Beef Cattle Mineral Program

The Lee County Extension Service offered programs on beef minerals and the importance of beef cattle consuming the correct mineral for the overall health of their herds. Twenty-five (25) beef producers received educational information on suppling their herds with the correct mineral. Topics discussed included: Overall Health; The Health of the Calf at Birth; Reproduction Health, and etc.

- ***Participants gained knowledge on minerals and their importance in overall health for the beef cattle herd.***
- ***Participants gained knowledge on minerals and their role in reproduction.***

4-H YOUTH DEVELOPMENT EDUCATION

Jacob Brandenburg, "New" Cooperative Extension Agent (CEA)

The Lee County Cooperative Extension Service continues its mission to bring research base information from both land grant institutions (the University of Kentucky and Kentucky State University) to local individuals and



families. The Lee County Extension Council and Extension District Board expressed the need for a 4-H Youth Development Agent to improve the quality of life for the youth of Lee County. 4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society.

"We are excited to have a 4-H Youth Development Agent."
Extension Council Member

4-H Camp 2018

Summertime can be an exciting time of the year. However, it can be a very expensive time for parents. With the Lee County Kentucky median family income being \$21,185.00 per household, for a family to pay \$210.00 per camper to participate in 4-H camp in many cases is not going to be affordable for many families. The Lee County Extension District Board and 4-H Council took this into consideration. The District Board paid \$153.75 per camper and the 4-H Council paid for the rest of the cost. In addition to the cost being covered, the Lee County Cooperative Extension Staff advertised 4-H Camp in the local newspaper, social media, newsletters, and went to the schools to talk with camp aged students. This year, due to these efforts, Lee County had two (2) adults, three (3) teens/teens in training, and 40 campers attend Feltner 4-H Camp.

Attending 4-H Camp is a great way for kids to make new friends, participate in new activities, and gain new experiences. We had all but one (1) bed on each side filled. For several of our campers, this was their first time ever being away from home.

- ***Our camping numbers increased more than 300% since last year.***
- ***For over 50% of them, it was their first time to attend 4-H Camp.***



Girls attending 4-H Camp from Lee County.

“I want to apply for Camp Staff after I graduate high school.”
Teen Leader

FAMILY AND CONSUMER SCIENCES EDUCATION

Food Preservation Workshop



Food Preservation Workshop participants.

Ten (female) participants attended the Lee County Food Preservation Workshop. Only a few of the participants had experience with preserving food at home. Participants expressed a desire to learn all the recommended safe ways to preserve foods. Participants canned green beans in the pressure canner, tomatoes and salsa in the boiling water canner, apples and tomatoes and fruit leathers in the dehydrator, and prepared blackberry jam for the freezer and blanched and packaged corn for the freezer.

By the end of the workshop, participants felt confident to use their newly acquired skills and were discussing recipes from the Food Preservation Workshop booklet that they planned to use to preserve foods - safe, high quality foods - for their families!

- ***44% identified themselves as occasional canners and almost half as first-time canners 44%, with only 11% as seasoned canners.***
- ***100% of the participants reported that the food preservation program fulfilled their expectations.***
- ***100% agreed that they have better skills in home preservation methods following the program, that they understand the difference between low and high acid, that they can accurately prepare foods and containers for food preservation and that they can identify spoilage in home preserved products.***

Painting Classes at Extension Service

A little over a year ago, some of the local homemakers expressed the importance of a need for art related activities in the community. To help with this need, the Lee County Extension Service held a family painting class last July and this was just the start for a growing program. Thirty-four (34) adults and children attended the first lesson. Over the past year, the Lee County Extension Service has held a variety of different types of painting classes. The office has held classes for youth, adults, families, senior citizens, homemakers, and teachers.

Participants followed step by step instructions on how to paint a variety of paintings, while adding their own uniqueness to the painting. The FCS Agent demonstrated different brush strokes, along with paint blending techniques. While not only learning to boost creativity, the painting classes were also helpful in adding a different educational spin on learning other core areas. The FCS Agent used the painting class as a way to talk about relieving stress and making smart lifestyle choices. During the lesson, the SNAP Ed assistant also added healthy SNAP Ed recipe to talk about. Another way the office incorporates healthy lifestyles, is to talk about the raised bed gardens. If there is anything growing in the raised beds, then we will take the participants, after the lesson, outside and let them pick whatever they like.

- **166 participants have attended an Extension taught painting class for the first time.**
- **290 participants attended over the course of a year.**
- **113 youth participants ages 12 and under attended over the course of a year.**
- **191 adult participants, ages 12 and up attended the lessons over the course of a year.**
- **An average of 20 participants attended each class.**

Fighting Obesity in Eastern Kentucky

In July of 2018, a six-lesson program was taught to children aged 4-10 years old, by the Lee County Extension Service, in conjunction with SNAP-Ed for SNAP or SNAP eligible individuals. The program was held during the summer break at Tiddle Town Daycare over a 6 hour lesson program that focused on healthy eating, keeping our bodies and organs healthy and what the organ functions are in our bodies as well as the importance of physical activities and limiting the spread of germs. The Organ Wise Guys lessons taught the children the different organs in the body and what the functions of each organ is and why it is so important to keep our bodies healthy to help the organs function properly. At the end of the six-lesson program, 14 children graduated.

- **55% of children in Kindergarten through 2nd grade showed improved diet quality.**
- **100% of 3rd through 5th grade students showed a positive behavior change in more than one area.**



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

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For more information,
Please contact us at:
257 Industrial Park Rd
Beattyville, KY 41311
(606) 464-2759
Fax: (606) 464-9908
www.ca.uky.edu

