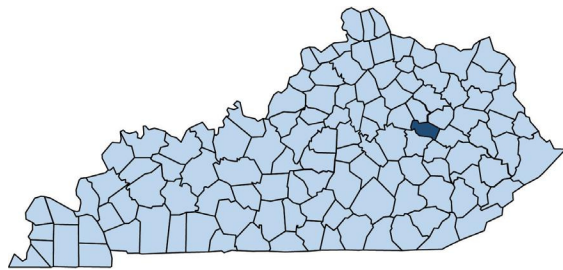


# REPORT TO THE PEOPLE



## Powell County 2023



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## Family and Consumer Sciences

### Recipes for Life

The Powell County Family and Consumer Sciences Extension Agent recently offered Recipes for Life, a nutrition and cooking program designed to instill the love of cooking in the young people of Powell County.

During the program, 28 fifth grade students from Bowen Elementary School learned kitchen safety and food preparation and selection. These skills will allow them to better help their families prepare meals. Research shows that children who regularly eat with their families are healthier, perform better at school and have stronger social and emotional health.

During the program, students cooked and ate bruschetta, meatballs, honey butter corn, chopped salad with homemade ranch dressing, and fruit salsa with help from several of our community partners. The students received their own recipes book that included the recipes they prepared plus more to take home to their families.

By participating in Recipes for Life, many of the students were able to overcome fears, gain confidence in new skills, and develop an eagerness to learn more.



5th grade student, Lico, practicing his knife skills with the help of Ashley, a volunteer from Raven Rock Health and Wellness.

As a result of the program, more students are realizing the benefits of family mealtime thanks to the help of our partners and volunteers who have helped make Recipes for Life possible.

Extension values the community leaders, school administration and teachers for their partnership in providing this learning opportunity for our youth.

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### Girls on the Run

Girls on the Run is a national physical activity-based positive youth development program for girls. Powell County Family and Consumers Sciences Agent worked to bring Girls on the Run to Powell County in 2019 starting with Bowen Elementary. The program has since expanded to the other elementary schools with Clay City Elementary joining in 2023 and Stanton Elementary planned to begin in 2024.

Each season, girls will gain a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships and how they can have a positive impact on the world. The Girls on the Run curriculum is designed to help girls build confidence, character, and connections to become caring and competent individuals who will contribute to their communities.



Girls on the Run participant, Brenleigh, completing the 5K Celebration with her Dad.



Girls on the Run team with their coaches.

Girls also make a meaningful contribution to their community through a team-organized Community Impact Project. Physical activity is woven into the program to inspire an appreciation for fitness and healthy habits and teach life skills including treating others with care, practicing gratitude, and managing emotions.

Each season culminates with a Girls on the Run 5K event. This celebratory, non-competitive event provides girls with a sense of accomplishment and instills the value of goal setting at a young age. Since beginning in 2019, 38 girls have completed the Girls on the Run program.

## Hook & Cook

Kentucky offers prime fishing spots that can be found year-round across the state. These streams and lakes are home to bass, catfish, trout, sunfish, and more. Many people rely on local game to feed their families and save money on their grocery bill. Fish is part of a healthy diet. It is a great source of protein and is low in saturated fat.

The Powell County Extension Agents (FCS, ANR, and 4-H) partnered with Kentucky Fish and Wildlife and Red River pay lake to host a Hook and Cook event for families.

Kentucky Fish and Wildlife provided fishing gear for the program and fishing guides/information for participants to take home. Families met at the Extension Office for a basic fishing course, learn how to filet a fresh fish, and watch a demonstration of the Cook Wild catfish burgers. Participants then went to Red River Pay Lake, located down the street, to practice their own fishing skills. Participants were able to keep up to 10 fish to take home.

The Family and Consumer Sciences Agent was able to arrange for the Powell County High School Bass Fishing team to volunteer as mentors for those that needed assistance with their fishing poles and demonstrate techniques.

- 24 participants joined in conversation over how to prepare wild game and demonstration of cooking the meat.
- 100% stated that they had learned a new recipe and a new way to prepare their meat.
- 80% stated that they would use information gained from the program to try a new recipe.



## 4-H Youth Development

### Powell County Health Rocks Middle School Program

In Fall 2022, Powell County 4-H received a grant to fund the Health Rocks! curriculum with the help of 4-H specialist, Dr. Isaac Hilpp. This program is designed to be taught to middle school students by teen leaders. After receiving the grant, Powell County 4-H was able to work in partnership with the Powell County High School Student Council and the Powell County Middle School Health Teacher. These partnerships assisted targeting the program audience as well as recruiting the teen facilitators.

The health program at PCMS is six weeks long. This allowed for a new group of students to rotate for each grading period. Health Rocks! is designed to include ten hours of education on topics such as drug use, alcohol consumption, and vaping abuse. Twelve teen facilitators took turns visiting each group to conduct the Health Rocks! program. At the end of the program, the teens became certified Health Rocks! facilitators and plan to continue teaching the program to new groups.

Feedback from the middle school students and teachers has been overly positive. Students feel included during the lessons and enjoy learning from their high school peers (much more than they would other teachers or adults).



Teen Facilitator Caleb completing our impairment simulation with students.

Teachers were impressed at the amount the students shared their personal stories throughout the program. By the end of the school year, Health Rocks! will have served all 6th, 7th, and 8th students at Powell County Middle School totaling around 250 students. The proposed outcome of Health Rocks! is to see a decrease in underage drug, alcohol, and vaping use in the school system and community.



Teen Facilitators presenting their work with the Health Rocks program at 2023 KYSCA

Summer Cloverbud Day Camp – Cloverbud Club

On July 18th, 2022, Powell County 4-H and the Powell County Extension Office hosted the first Cloverbud Day Camp for youth 5-8 years old. In attendance, were 40 youth participants, two teen leaders, one adult volunteer, and Extension office staff. Throughout the day, Cloverbuds were able to participate in a variety of different events centered around the core areas of 4-H. Activities included: learning the 4-H pledge and motto, painting and crafting, hands-on STEM lessons, and agriculture education. Participants also prepared their own healthy snack, led by the Nutrition Education Program Assistant. The School Nutrition Department provided lunch for the kids.

Cloverbud Day Camp allowed potential new 4-Hers a chance to learn about the programs offered in Powell County, as well as a chance to collaborate with peers of their own age during summer break. Teen volunteers were given the opportunity to practice their leadership skills with pre-school aged youth.

Following this one-day event, a monthly Cloverbud project club was created. The goal of this club is to continue to show Cloverbuds all areas of 4-H to help them find their "spark" when they become nine years old and are able to pick a more individualized club experience.

Powell County Cloverbud Club continues to meet on the 4th Tuesday of each month, with 16-18 members in attendance.



- 21 Number of youth who participated in project, activity, or event for science, engineering, and technology projects
- 220 Number of individuals who reported an increased knowledge of substance use prevention, addiction, and/or recovery (or related subject matter)
- 198 Number of individuals who reported an increased knowledge of substance use prevention, addiction, and/or recovery (or related subject matter)

## Ag and Natural Resources

### Beekeepers Learn Integrated Pest Management Techniques

The Varroa mite is the most serious pest of beehives worldwide. In recent years, both hobby and commercial beekeepers have sustained significant hive losses in Powell County due to mite infestation. The University of Kentucky Cooperative Extension Service recommends an integrated pest management strategy for the control of the varroa mite. Integrated Pest Management (IPM) is an effective and environmentally sensitive approach to pest management that relies on a combination of common-sense practices.

The Powell County Cooperative Extension office partnered with the Powell/Clark Beekeepers Association to demonstrate a key component of controlling mites. Effective IPM relies on accurately knowing how many pests are present and the threshold of mites where damage occurs. Beehives were transported to the extension office parking lot. Attendees got to participate in a hands-on demonstration of the most common mite monitoring process, an alcohol wash. Twenty-four beginner and intermediate beekeepers attended the demonstration. Surveys concluded that twenty-one attendees planned to implement the practice in their bee yards.



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### Powell County Safety Day

The responsibility of keeping kids safe is a community effort. In recent years, multiple accidents have involved kids in the community. The Powell County Extension Office partnered with agencies to address the need for safety education. The Powell County Safety Day was an outdoor event held at the Lion's Club Fairgrounds. Third and fourth grade classes from each school in the county attended totaling 325 kids. The extension office relied on community partners with expertise in specific subjects to deliver education. Thirteen stations were set up and 28 volunteers helped to make the program a success.





The Police Department, Health Department, Emergency Management Services, Search and Rescue, University of Kentucky Entomology, Department of Forestry, Kentucky Department of Agriculture, Clark Energy, and the Stanton Fire Department were all represented at the event.

According to surveys, 98% reported they would be safer after attending the event.

## Nutrition Education

### Making a Difference with Goodwill RISE Education

The Powell County Supplemental Nutrition Assistance Program Education (SNAP-Ed) Assistant Senior was granted the opportunity to provide continuous nutrition education classes via zoom to Goodwill Industries of Kentucky's RISE (Reintegrating Individuals Successful Everyday) program participants. The RISE program provides second chance opportunities to individuals who have been incarcerated, are in recovery, halfway houses, etc. RISE participants complete the RISE two-week program that covers various topics that pertain to basic life necessities: banking, technology, health and nutrition, and interviewing skills to name a few.

During the two-week RISE program, participants completed four nutrition education Zoom classes which covered the Healthy Choices for Every Body seven core lessons: MyPlate for Everybody, Know the Limits, Meal Planning, Reading Labels, Eating Better on a Budget, Keep Foods Safe, and Breakfast for Everybody.

Participants also had nutrition homework that coincided, and reinforced, the lessons. One hundred percent of the 32 participants reported a positive change in any food group, and 63% saw an improvement in diet quality. Seventy percent improved their food resource management skills while 55% reported improvement in food safety knowledge.



During one of the Zoom classes, one Goodwill RISE participants commented, "I didn't realize that different fruits and vegetables supplied different vitamins and nutrients for our bodies and that is why we need to have a variety each day." She also stated, "I have become more aware of the nutrition facts label listed on food when grocery shopping" and that "the lessons taught us a lot about storing our food, cleaning foods, and eating the right amounts from each of the five food groups."

# Powell County Extension

## Staff



**Front row left to right:** Emilee Hager, 4-H Youth Development Agent; Alanna Carroll, Staff Assistant; Kendyl Redding, Family & Consumer Sciences Agent  
**Back row left to right:** Jason Vaughn, Ag & Natural Resources Agent; Wendy Mason, 4-H Assistant; April Tipton, Snap-ed Assistant;

## Leadership

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