

# Grant County Cooperative Extension

# REPORT TO THE PEOPLE

## COUNTY IMPACTS

- 35 Number of people who used Extension diagnostics services to identify plants /weeds
- 75 Number of people who attended training on food safety, food handling, food processing, liability, and/or marketing
- 68 Number for people who gained information on beef nutrition, animal health, genetics, reproduction, and/ or facilities and equipment
- 13 Number of participants in the workshops who passed the Home-Based Microprocessor test
- 37 Number of people who have taken on leadership roles as a result of participating in Extension leadership programs
- 25 Based on observation, how many children improved their gross motor skills? (i.e., body, automation, cross lateral movement, locomotor, and stability)
- 63 Number of Recipe for Life participants
- 212 Number of LEAP participants
- 52 Number of participants who reported intentions to improve healthy lifestyles and behaviors
- 2,387 Number of hours KEHA members volunteered in COMMUNITY activities and events

## WE'RE EXPANDING!

We broke ground for our expansion on December 12, 2023. While our new office is under construction, we are temporarily located in Midway Plaza, 1212 N. Main St., Ste F, Williamstown



Our Temporary Office

Expansion Plans

The gray area on the plans represents the old building. We'll be renovating that area and adding on the tan area.

# SCAMMER AWARENESS & FRAUD PREVENTION

Chris Ammerman, ANR Agent  
Asa Conkwright, FCS Agent

Anyone with a telephone number receives a daily constant barrage of attempts to gain access to personal information and extort money to the tune of 5.8 billion dollars annually. This program was offered to all of Northern Kentucky through a partnership with Grant County Chamber of Commerce, Forcht Bank, Federal Bureau of Investigations, FCS agent, Asa Conkwright, and ANR agent Chris Ammerman. The program offered personal protective training and awareness on how to recognize attempts for fraud awareness. This successful program reached 65 participants while FBI agent Chris Hubbuch presented the most recent trends in fraud impacting Kentuckians. Speakers illustrated how to recognize and respond if you found yourself in one of these scam situations.

Participants learned how to spot potential red flags, identify popular scams, and were educated on common phishing scams on many different platforms. Participants received training on how to utilize settings to protect themselves and personal data to avoid being exploited. A follow up survey of the participants reveals that 100% of the respondents understood that fraud occurs through multiple outlets including email, calls/texts, social media, and mail and felt more confident identifying “red flags” for common scams.

Ninety-six percent reported that they know at least two ways to protect themselves from fraud.



Scams come in all shapes and sizes and on all platforms now.

# HOME BASED MICROPROCESSING

Asa Conkwright III, FCS Agent

Kentucky’s Homebased Microprocessing Program (HBM) contributes to the variety of foods offered at local farmer’s markets. It is a unique collaboration with the UK Cooperative Extension Service, Department of Agriculture, and Department for Public Health - Food Safety Branch. The program allows Kentucky farmers to produce certain acidified and low acid canned foods in their home kitchens. Participants must grow the main ingredient in the products they process, and recipes must be approved by a food preservation specialist at the University of Kentucky to ensure product safety. Products can then be sold from their farm, a farmers market registered with the Kentucky Department of Agriculture, or a KY Farm Bureau Certified Roadside Market which ultimately increases access to local food sources for customers and profits for the farmer.



Having the ability to sell home grown vegetables provides additional income to local farmers.

Program participants must complete a five-hour training workshop focused on canning principles where they learn to differentiate

between low acid and high acid foods and to safely can fruits and vegetables. Participants also learn general food safety and sanitation principles. The Grant County FCS agent, Asa Conkwright, held an in-person workshop with 13 participants. With a pass rate of 100%, 13 new vendors can begin providing their communities with quality home processed products.

# SUPERSTAR CHEFS AT HOME

Lorie Dunn, Senior SNAP Assist.

In an effort to address the 23.8% obesity rate of Kentucky children, a local elementary school offered a cooking club, but some parents were low income and did not have transportation to pick their children up after school. As an alternative, the Super Star Chef curriculum was offered virtually to students and their parents through Zoom. The Grant County SNAP Nutrition Education Senior Assistant and Family Resource Center Director from Sherman Elementary School offered a series of seven classes to families.

*Continued on Page 3*

## SUPERSTAR

*Continued from page 2*

By offering classes virtually, parents who did not have transportation were able to participate. The curriculum included learning knife skills, kitchen and food safety, how to read a recipe, and measuring. As a result of the classes, 100% of the students improved in food safety practices, safe food handling activities, and improved physical activity. The students used their knife skills and measuring skills to prepare seven recipes which their families had for their evening meal. According to one parent, “my daughter helps me cook dinner every night”.



Children often learn by doing, so helping in the kitchen is important.

## NKY COW/CALF COLLEGE

Chris Ammerman, ANR Agent

Extension has noticed a significant number of individuals relocating into northern Kentucky that have an interest in sustainable homesteading. The topography of northern Kentucky is well suited to produce forage & livestock, so many of these individuals seek to add cattle production for their own use. Northern Kentucky Agricultural Agents developed and conducted the program through a collaboration with the University of Kentucky Beef Integrated Resource Management Program, the Kentucky Beef Network, and industry professionals about the basics of beef cattle production. It is designed to provide cattlemen with vital, cutting-edge information that will allow them to maintain profitability in the very competitive cattle industry. This six-session series was attended by 40 cattlemen, both new and experienced cattle producers.

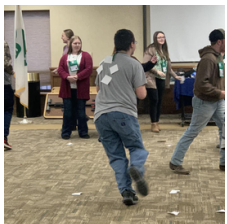
A survey at the conclusion of the series revealed over 70% plan to implement a recordkeeping system in their herd. One third plan to update facilities and increase hay yields to help offset grain cost. Fifteen percent (15%) indicated that herd health and introducing better genetics into their herd was a long term change they were going to implement on their farms. All agents agreed the success of this series indicates we need to offer more intense and “next level” classroom and field day programs for all our cattle producers. Plans are underway to offer these educational programs soon.



A farmer evaluates his livestock and needed changes.

## LEADERSHIP BOOTCAMP

Grant County 4-H



The Kentucky 4-H program provides opportunities for youth to grow their leadership skills in a safe and welcoming environment. Youth are encouraged to step out of their comfort zone and experience new things. One opportunity for youth to gain necessary skills is 4-H Leadership Boot Camp.

The Kentucky 4-H Leadership Boot Camp was held February 2-3, 2023 at Lake Cumberland 4-H Camp. This two-day, state level event allowed youth ages 13-18 develop their leadership skills and take back new ideas and techniques to their counties and areas. Fifty three (53) youth members from 26 Kentucky counties completed the experience in 2023. Grant County sent two students.

4-H Leadership Boot Camp offered a way to learn and practice skills related to communication, interviewing, conflict resolution, etiquette and teambuilding. Youth were able to meet with 4-H agents, state 4-H specialists, and past Kentucky 4-H officers who helped teach workshops and answer questions. During the event, youth were split up into teams for various competitions. This helped youth gain valuable teamwork skills and allowed them to get to know youth from around the state.



Qualities of a leader includes being able to work alone or with a group.



# GRANT COUNTY EXTENSION SERVICE

## AGRICULTURE AND NATURAL RESOURCES

**Chris Ammerman, Agent;**  
ammerman@uky.edu

## FAMILY & CONSUMER SCIENCES

**Asa Conkwright, Agent;**  
asa.conkwright@uky.edu

**Judy Jackson, FCS Program Assistant**  
judy\_jackson@uky.edu

## 4-H DEVELOPMENT

**Haley McFarland, Agent;**  
haley.mcfarland@uky.edu

**Karley Luber, 4-H Program Assistant**  
karley.luber@uky.edu

## SUPPORT STAFF:

**Stephanie Conrad** stephanie.conrad@uky.edu  
**Michelle Jenkins** michelle.jenkins@uky.edu

# DISTRICT BOARD

## MEMBERS:

Judge Executive,  
Chuck Dills  
Carolyn Thompson  
Treasurer, Shella Martin  
Stanley Riley  
David Sponcil  
Mike Drysdale  
Dorothy Altman  
Patsy Kinman

Mailing Address:  
105 Baton Rouge Road  
Williamstown, KY 41097  
859-824-3355

Grant.ca.uky.edu  
Hours: 8 am -4:30 pm  
Monday - Friday



We want to offer a huge  
“Thank You” to our extension  
volunteers, leaders, & partners  
who help make what we do  
exciting and possible for all of  
Grant County.



 GrantCoKYCES

 GCCESANR

 GrantCounty4H

 HomeMakersGrantCoKy

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.