

**EXTENDING KNOWLEDGE**

*Changing Lives*

IN ALLEN COUNTY

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

*Did you know...*

Allen County is the home to the current Kentucky 4-H State 4-H Vice President, Ty Jones.



Office Staff (left to right): Anna Meador (4-H Agent), Nancy Owens (Sr. NEP Assistant), Nan Montgomery (FCS Agent), Patty Brown (Support Staff), Shannon Emery (Support Staff)



2024 Farm to Fork Event at Peach Tree Farms

**Program Efforts**

- **1,200** Number of youth involved in 4-H Youth Development Programs in After-School & School Enrichment Programs
- **70** Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate It Up! Kentucky Proud recipe card or sampling
- **53** Number of people who applied Extension recommendations for soil fertility
- **316,843** Number of homes reached on WPMB Family Life Styles TV Segments
- **54** Number of growers who gained knowledge in commercial horticulture
- **64** Number of Youth (5-18) engaged in 4-H Summer Camping
- **5,933** Number of hours that KEHA Homemaker members volunteered in community activities and events
- **92** Number of families who received Cook Wild recipe cards

**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**

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## Developing Future Business Leaders through the American Private Enterprise Systems Program (A.P.E.S.)

Allen County 4-H Youth Development Program has one of the longest running American Private Enterprise Systems Programs in the state of Kentucky, having just celebrated their 53<sup>rd</sup> year of the program. The mission of the American Private Enterprise Sys-

tems Program is “Developing Business and Community Leaders for Tomorrow.”

The 2024 fall program impacted 33 youth, 30 of which were Junior students from ACSHS and 3 of which were returning Senior Leaders. Over the course of three days, participants heard from speakers about numerous aspects of business.

Not only did the participants get to network and learn from local leaders, they also had the opportunity to explore both small and large businesses in the Allen County Area. Through the implementation of business tours, guest speakers and small business meet and greets, the 2024 A.P.E.S. Program connected our 33 youth participants with over 40 community business leaders, local government officials & business owners in Allen County.

In a culminating team task, youth presented their newly developed business plans, business name, marketing and growth plans, logos, and business strategies to compete for the “battle of the businesses” competition where one team was selected as the champion business plan.

Finally in conclusion of the program, youth were awarded for their participation with a certificate, each received a complementary savings account certificate at a local bank, in addition to scholarship and prize money. In total, over \$3,000.00 in scholarships and prizes were distributed to participants to use for future college and career plans.

## Learning How to be Prepared In Face of Disaster

Kentuckians have experienced firsthand how natural disasters can occur any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. Because there is no “one-size-fits-all” disaster model, planning community outreach can be challenging, and Cooperative Extension is often involved in disaster preparation and response at the local level.

In response to local needs, the County Extension Agent for Family and Consumer Sciences in Allen County hosted a workshop to provide essential information. The event focused on protecting families and homes, ensuring food and water safety, managing family finances and resources, addressing trauma, and accommodating aging individuals and those with special needs. Participants were recruited through social media posts, flyers, and newsletters, resulting in 17 individuals attending the program, including three newcomers to Kentucky and Allen County.

After the event, participants completed evaluations, revealing that all participants gained a better understanding of steps they could take to prepare for natural disasters. Furthermore, 100% of participants reported an increase in their knowledge of how to find reliable resources related to disaster preparation and response. All participants were able to identify items to include in a disaster kit, and they all indicated plans to assemble a disaster kit tailored to their needs. Additionally, 100% of participants expressed their intention to create a disaster response plan.

Participants highlighted their most significant takeaways from the event, which included learning about emergency management systems in Allen County and available mental health resources. One participant noted that, as a newcomer to Kentucky, they appreciated discovering the various resources offered in Allen County.







## Farm to Fork Program Connects Community to Allen County Farms through a Locally Sourced Meal & Good Cause

Eating local isn't just a fashionable trend. By eating local farm produce and animal products, consumers may just find a positive correlation for improved health, nutrition, personal finances and even a positive impact in your community by financially supporting local farms. For a second year, Allen County Cooperative Extension Service partnered with local farmers, Extension Volunteers and the 4-H Program to host our Annual Farm to Fork Event. "The Kentucky Proud Farm to Fork program aims to increase awareness of farm to table benefits and the Commonwealth's local food movement by teaming up with organizations to raise money for community charities. Host organizations organize events that highlight local farms, farmers, producers and Kentucky Proud farm products." - Kentucky Department of Agriculture, Farm to Fork Program

On August 28, 2024, the Allen County Cooperative Extension Service and the Farm to Fork Committee co-hosted the second Annual Farm to Fork Fundraising Dinner. The event aimed to promote Kentucky Proud foods from local farms, as well as provide support to the Allen County 4-H Program from the proceeds of the event. The dinner featured a delicious Kentucky Proud meal by a local caterer, Allen County Homemakers and 4-H Members. This provided an opportunity to enjoy local food while contributing to a good cause. The dinner, was held at Peach Tree Farm and Green House, and showcased dishes made with locally sourced ingredients from 19 producers in Allen County. The menu included a choice of brisket, chicken, or pork chop, along with sides such as green beans, potatoes, watermelon salad, cheesy corn casserole, and sourdough rolls.

The event was attended by approximately 160 guests and raised over \$1,000 for the Allen County 4-H Pro-

gram. The dinner was made even more special with the presence of esteemed guest speakers, including Commissioner of Agriculture Jonathon Shell, Executive Director of Kentucky Office of Agricultural Policy Brandon Reed, and Kentucky 4-H Vice President Ty Jones, who delivered insightful speeches. Overall, the event was a great success, bringing together the community to support local agriculture and the 4-H Program.

## Food Box Program Provides Invaluable Food Resources to Community

A local philanthropic organization dedicated to Allen County has partnered with Cedar Springs Fire Department, Senior Nutrition Education Program Assistant, and the Allen County Cooperative Extension Office to continue a successful free nutritional program for senior citizens in need.

Dana Spencer, director of the Elizabeth Turner Campbell Foundation (ETCF), presented a \$24,000 grant check from the charitable foundation, which was established by the late Elizabeth Turner Campbell—known by many as "Miss Betty." She also founded the Center for Courageous Kids ([courageouskids.org](http://courageouskids.org)). This grant will benefit the Senior Food Box Program. The Senior Food Box Program is managed by Nancy

Owens, the Senior Nutrition Program Assistant, in collaboration with the Allen County Extension Homemakers and local farmers Nathan and Michelle Howell, who operate "Needmore Acres." Initially funded by a Medicaid grant, the program uses fresh produce and other local agricultural products sourced from Needmore Acres. Located on Hickory Lane in northwestern Allen County, Needmore Acres features tunnel greenhouses, allowing for year-round fresh produce availability.

To qualify for a food box, individuals must be 60 years or older and recipients of either Medicaid or Medicare. Owens noted that the program serves 120 seniors from Allen County or Scottsville each month.





prise nearly 9% of the 46 awards given to date, making these accomplishments even more unique considering Kentucky has 120 County 4-H Programs.

*“4-H has illuminated my life by providing a vast array of experiences during my most formidable years. The skills attained through my 4-H involvement are vital both personally and for me future profession. Achieving the Emerald 4-H Award has been a capstone of my remarkable 4-H career.”*

- Ty Jones, 2024 Emerald 4-H Honors Award Recipient

We would be remorse not to mention Ty Jones role as the 2024—2025 State 4-H Vice-President. Ty uses the 4-H skills he has developed in 4-H in his role on the state level, proudly representing Allen County.

## 4-H’s Impact Paves Way for Prestigious State 4-H Emerald Honors Award

The Kentucky 4-H Achievement Program seeks to recognize 4-H youth for their county, area, state and national 4-H involvement through continued record-keeping that spans over the entire 4-H career of a member. Members are encouraged to become well-rounded leaders in their communities through their participation in five key 4-H focus areas: leadership, civic engagement, communications, community action and participation. Members are awarded during their senior membership years, with hopes to achieve the prized Gold and Emerald 4-H Honor Awards.

“One of the most pressing issues facing youth-serving organizations such as 4-H is how to best support youth in becoming productive, contributing individuals of society” (Fox, Lodi, Schroeder (2023)). The mission of Kentucky 4-H is to provide “positive youth development experiences that provide opportunities for all youth to experience belonging, mastery, independence, and generosity” (Kentucky 4-H, 2023). It is our hope that our 4-H members are prepared for bright successful futures after engaging in programs designed to build leadership, skill development, career exploration and civic minded young leaders.

The Allen County 4-H Program is thrilled to announce that Senior 4-H'er Member, Ty Jones, is one of the newest 4-H Members to receive the coveted Kentucky 4-H Emerald Honor Awards. Mr. Jones joins three other Allen County 4-H Alumni - Kristina Gillenwater (2015), Kierra Owens (2019) and Daphnica Wood (2023) in this unique recognition from Kentucky 4-H Program. The Emerald 4-H Award is the most prestigious award granted to a Kentucky 4-H Member.

Ty Jones is now the 4th 4-H Emerald Recipient from Allen County since the inception of the special Emerald Awards established 12 years ago in 2012. Allen County’s four 4-H Emerald Award Recipients com-



## KENTUCKY COOPERATIVE EXTENSION

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