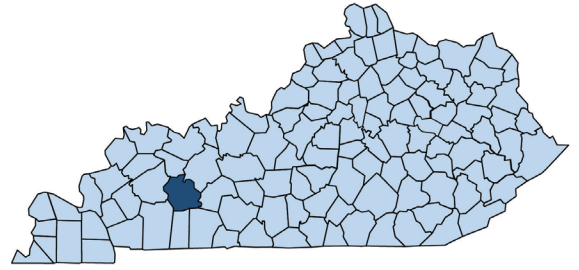


# REPORT TO THE PEOPLE



## Muhlenberg County 2021



**DID YOU KNOW...** Muhlenberg County had three Kentucky State Champions in the 4-H Communications Contest in 2021.



**Website:** [muhlenberg.ca.uky.edu](http://muhlenberg.ca.uky.edu)



**Facebook:** @MuhlenbergCES



**YouTube:** Muhlenberg County 4-H

**For More Information, Please Contact us at:**

Muhlenberg County Extension Office • 270-338-3124 • [muhlenberg.ext@uky.edu](mailto:muhlenberg.ext@uky.edu)  
3690 State Route 1380, Central City, KY 42330-5512

## 4-H Youth Development



4-H Teen Club members ready to distribute 150 Patriot Packs to the community.

98

Number of youth who were educated on health and well-being through 4-H programs.

117

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming.

## Agriculture and Natural Resources

The COVID-19 pandemic brought to light the fragile nature of the United States food supply chain. The meat processing industry was one area that was specifically affected. A local client contacted Agriculture and Natural Resources Extension Agent, Darrell Simpson in the summer of 2020 regarding assistance in starting a meat processing plant.

With the assistance of agents in surrounding counties, the hard work of the client resulted in the business venture receiving a \$250,000 Kentucky Agriculture Development Fund Grant. A retail meat shop opened in May 2021 and the processing floor will open soon. The business will have up to 25 employees when it is fully operational. The owner said his goal was not only to provide Muhlenberg and surrounding counties a custom harvest plant, but also a place to purchase locally sourced meats. This project highlights how local Extension agents make a difference in the lives of the citizens of Kentucky.

The Flag of the United States of America is a symbol of freedom and liberty to which Americans pledge their allegiance. Over time, flags become worn and in need of replacing. The Muhlenberg County 4-H Teen Club recently secured grant funding in the amount of \$5,068 to purchase new flags to distribute in our community.

Club members distributed new flags and literature to 150 residents. Materials covering parts of the flag, how to properly display the flag, and the history of the flag were included in a booklet we titled "The American Patriots Quick Reference Guide." The club set a goal to increase patriotism and educate others on the U.S. flag and its values of liberty, justice, and equality. Members provided a service to our community, showcasing how to properly display and fold the American Flag.



Farmstead Butcher Block in Muhlenberg County.

7235

Number of clientele increasing agriculture awareness due to Extension programming.

974

Number of people who gained information on beef nutrition, animal health, genetics, reproduction, and/or facilities and equipment.

## Family and Consumer Sciences



Loretta Grace and Tammy Dozer attend an event at the University of Kentucky highlighting the Ovarian Cancer Screening Program.

3000

Number of hours KEHA members volunteered in community activities and events.

100

Number of hours KEHA members volunteered for Extension activities and events.

## Nutrition Education

Dehydration is a health concern for everyone, especially mentally challenged adults. Clients at the Opportunity Center (an adult day center and job training site for mentally challenged adults) often fail to recognize the early signs of dehydration. The Supplemental Nutrition Assistance Program (SNAP) Assistant from Muhlenberg County offers classes to groups at the Opportunity Center. A problem identified by the director of the center was how much soda clients and client service advocates were drinking during the day.

At her request, the SNAP assistant began classes with the Better Beverage Choices, Drink Water First lesson. At the conclusion of the lesson, a challenge was offered to clients to replace at least one of their sodas per day with water. When the assistant returned two weeks later, 24 of the 32 class members stated they had completed their goal. Two weeks later six more participants had completed the challenge.

Ovarian cancer does not stop just because of a pandemic. This disease ranks fifth in cancer deaths among women according to the American Cancer Society. The UK Markey Cancer Center Ovarian Cancer Screening Program has been in existence since 1987 and works to combat this silent killer. The screening program provides free annual sonographic screenings to women across Kentucky with the goal of detecting cancer early.

Members of the Muhlenberg County Homemakers Association have been involved in raising funds for this program since the late 1990s. The current treasurer of the Homemakers Association reported that they have given \$27,262.50 in donations since 2012. Due to their efforts and level of financial support, members of the Muhlenberg County Homemakers Association were recognized at the University of Kentucky during an event proclaiming September 2021 as Ovarian Cancer Awareness Month.



Muhlenberg County Opportunity Center clientele.

470

Number of businesses reached through Extension programming.

128

Number of participants reporting new leadership roles and leadership opportunities.

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



**Website:** [extension.ca.uky.edu](http://extension.ca.uky.edu)



**Facebook:** @UKCooperativeExtension



**Twitter:** @UKExtension



**YouTube:** @UKAgriculture

*... just a few ways Extension supports Kentucky*

- *23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.*
- *4,890 Kentucky producers adopting new technologies in agriculture production.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *3,898 Kentucky families who supplemented their diets with foods they grew or preserved.*
- *4,161 Kentuckians participating in community trail projects.*

COOPERATIVE EXTENSION



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