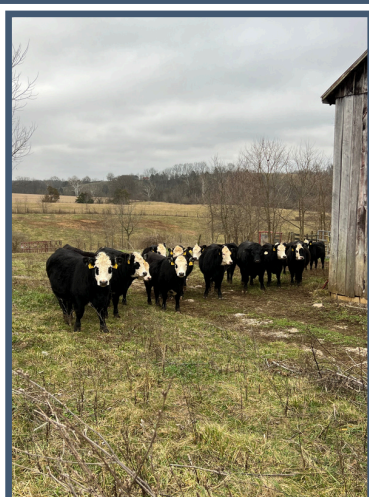


2024

REPORT TO THE PEOPLE

# MONTGOMERY COUNTY

The population of Montgomery County, Kentucky in 2024 is estimated to be 28,697



## QUICK INSIGHT OF PROGRAMS OFFERED:

4-H YOUTH  
DEVELOPMENT

AGRICULTURE AND  
NATURAL RESOURCES

FAMILY AND  
CONSUMER SCIENCES

HORTICULTURE



## 4-H YOUTH DEVELOPMENT

### Culinary Success

The career field of culinary arts in Kentucky is one that is rapidly expanding in part because of the continued growth of tourism within the state. Over the next five years, the career growth outlook is between 25-30%. This is about 18,000 openings each year for the rest of the decade (US Department of Labor).



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## 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.

## **4-H YOUTH DEVELOPMENT**

Culinary Challenge is a state-level event that ends a year's worth of work in the kitchen. As the 8th Annual Culinary Challenge wraps up it experienced another record year in attendance. Youth participation increased by 30% and has had a compound growth of 400% in the past five years. After the event, 95% of young people reported high levels of improvement in knife skills with all young people reporting some level of improvement. Youth also reported a great deal of teamwork and kitchen management skills developed because of the program. This high confidence in critical skills is a result of consistent work with 4-H agents and Volunteers. Youth reported an average of being engaged in 4-H activities for 3 hours a week. These skills have been identified as making a candidate highly qualified for positions in Culinary Arts, giving the young people who participate in Culinary Challenge programming a head start on career advancement.



4-H Culinary Team at State Fair

Of the young people who participated in the Kentucky 4-H Culinary Challenge eight were from Montgomery County. The county fielded two Junior division teams and one Senior division team in this year's contest. The 4-H Culinary Contest is only one part of the culinary experience that Montgomery County 4-H participates in. 4-H Culinary members also compete in the State 4-H Poultry Barbecue Contest: 3 Junior and 4 Senior members competing in Chicken Barbecue along with two Senior members competing in Turkey Barbecue and one Junior member competing in Egg Chef Challenge.

The Kentucky Department of Agriculture Farm to School Junior Chef Contest is the other culinary experience that Montgomery County 4-H members experience. This year Montgomery County team finished third overall in a contest that challenges teams to formulate recipes that can be incorporated into the school breakfast or lunch program. As a result of the teams' success, one member was recruited by a senior citizens home to be a member of the kitchen staff responsible for preparing nutritious meals for the home residents.



## **AGRICULTURE AND NATURAL RESOURCES**

### **Modern Homesteading**

Meeting the needs of and attracting new clientele to Extension programming is an on going task. In an effort to do so the total Montgomery County Extension staff has developed a new and very successful Extension program series entitled Modern Homesteading.

## **AGRICULTURE AND NATURAL RESOURCES**

### **Overview of Program Series**

This series, which focused on practical, hands-on skills for gardening and food production, has garnered overwhelming interest. Topics covered included Fruit Tree Grafting, Bread Making, Gardening in Small Spaces, Food Preservation, Composting, and Wild Edibles. All classes reached full capacity, prompting waiting lists and generating increased demand for future offerings

### **Key Program Highlights**

- **Fruit Tree Grafting Class:** 40 participants attended the series. Participants learned how to graft Apple and Pear trees, with a focus on hands-on demonstrations. Participants also received guidance on post-grafting care, enabling them to cultivate their own fruit-bearing trees at home.

**Gardening in Small Spaces Class:** This session covered essential gardening topics such as site selection, soil types and amendments, raised bed construction, container gardening, and vegetable variety selection. Each participant left with a potted strawberry plant, which provided them with a personal, hands-on learning experience.



### **Participant Profile**

- **First-Time Participants:** 50% of attendees were new to Extension programs.
- **New Gardeners/Fruit Producers:** 75% of participants were beginners, showing the increasing interest in starting home-based gardening and fruit production projects.

### **Impact and Feedback**

- **Knowledge Gains:** 100% of participants reported that they gained valuable knowledge from both the Fruit Tree Grafting and Gardening in Small Spaces classes.

In conclusion, this series has successfully fostered greater community involvement in sustainable gardening practices, with a particular focus on empowering individuals to start producing their own food. The demand for future classes highlights the value and relevance of these Extension offerings, and efforts to expand the program are underway.

## **FAMILY AND CONSUMER SCIENCES**

### **Automated External Defibrillators (AEDs) in Montgomery County: A Life-Saving Initiative**

In the United States alone, nearly 1,600 lives are lost each day due to the lack of readily available Automated External Defibrillators (AEDs).



## **FAMILY AND CONSUMER SCIENCES**

Sudden cardiac arrest (SCA) can affect anyone with a heart—this includes not just the elderly or those who are obese, but also young, healthy individuals who may have no apparent symptoms. While fit people are less likely to experience SCA, they are still at risk.

Recognizing this issue, the Montgomery County Extension Council reached out to the local Fire Department to inquire whether AED availability was a concern in the area. It was found that many businesses and organizations with high foot traffic in Montgomery County did not have AEDs, primarily due to their high cost. To address this, the council decided to sponsor 30 AEDs for public use.

The Family and Consumer Sciences Agent, along with the AED Committee, led the effort by creating an application process for businesses and organizations to apply for an AED. A total of 15 applicants were selected and approved by the committee. The remaining 15 AEDs were distributed throughout the county by the Fire Department Captain, who placed them in areas he identified as high need.

This initiative has made a significant impact on the survival rate for sudden cardiac arrest. With early defibrillation, the survival rate increases from around 5% to over 50%. While an AED will not treat non-shockable heart rhythms, it is the only treatment for sudden cardiac arrest. Early defibrillation is crucial—after 10 minutes without defibrillation or CPR, a victim's chances of survival decrease dramatically.

The Montgomery County community has expressed great gratitude for this life-saving initiative. Thanks to the efforts of the Extension Council and its partners, this project has provided invaluable support to public health and safety.



LEFT: Zach Adams, Committee Chair & Captain at Fire Department  
RIGHT: AED recipient at local Food Pantry



## **HORTICULTURE**

### **Meet Your New Horticulture Agent**

Hello everyone! I am Cheyenne Lamb, your new Horticulture Extension Agent. I cannot wait to meet everyone face to face, but for now I will tell you a little about me. I am from Estill County, and I graduated from Estill County High School in 2020. Growing up I was active in 4-H from ages 9-18. I started in a cooking club which led me to all the other clubs Estill County offered.

## **HORTICULTURE**

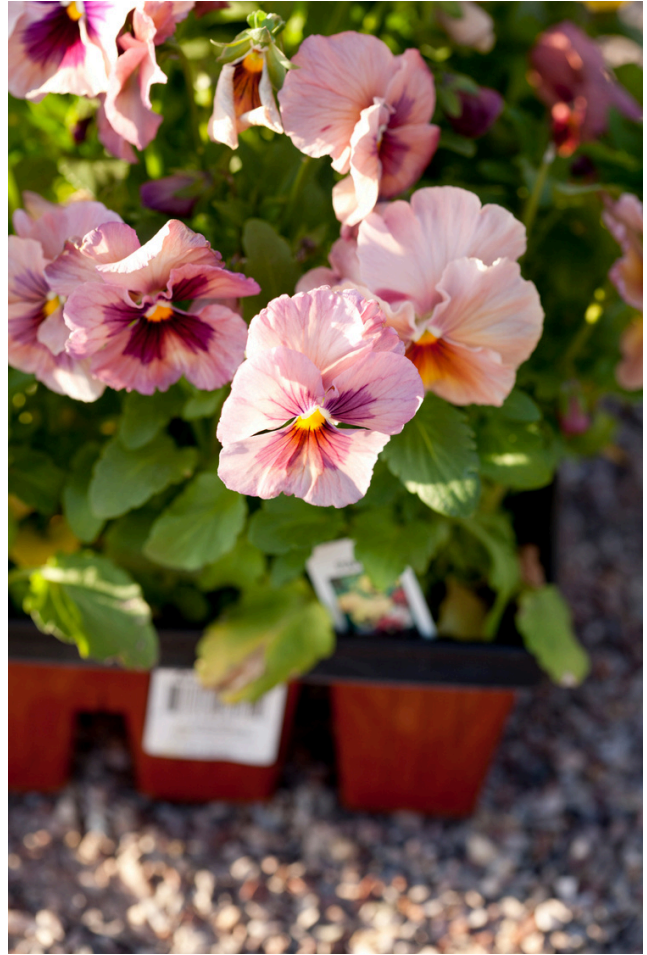
I received my bronze, silver, and gold 4-H achievement awards and my 10-year award. After I aged out of the program I served on the 4-H council as President for 2 years and I was the 4-H horticulture club leader. I have also been in homemakers for 5 years where I have served as the county treasurer for the past 2 years. In addition to homemakers, I am also a member of the Estill County Cattlemen's Association. While attending college, I was an intern at Estill County Extension Office for the summer of 2023.

I attended college at Eastern Kentucky University (EKU). My classes were in things like greenhouse, vegetable, and fruit production. I also had floral design and advanced floral design. I cannot wait to make beautiful floral arrangements with you all and answer all your questions! While there I was also in several student organizations.

I was a member of the horticulture and agriculture club. My favorite club I was a part of was Delta Tau Alpha which is the agriculture honors society.

I was the Vice President for 2 years and I loved every second of it. At the agriculture senior sendoff, I had the honor of receiving the Outstanding Horticulture Student award. I graduated from Eastern Kentucky University in May 2024. I received a bachelor's degree in Fruit, Vegetable, Nursery, and Greenhouse Production and an associate's degree in Livestock Management.

After graduation I was working in the greenhouses at ECU through the summer. I started teaching 8th grade science in August. When I saw the Montgomery County Horticulture position become available, I knew it was my dream job. I am so grateful and blessed to have this opportunity to work in your community. I cannot wait to meet all of you!



## **COMMUNITY AND LEADERSHIP DEVELOPMENT**

### **Celebrating 400+ Graduates: The Legacy of Leadership Montgomery County, KY**



Since its founding in 1993, Leadership Montgomery County has been shaping the future of our community by developing local leaders who are committed to making a difference. As we celebrate the incredible milestone of over 400 graduates, we look back at the impact this program has had on individuals, organizations, and the community as a whole.

## **COMMUNITY AND LEADERSHIP DEVELOPMENT**

### **Empowering Local Leaders**

Leadership Montgomery County was established with a clear vision: to create a strong network of informed, engaged, and forward-thinking leaders who could drive positive change across our community. Through a year-long, comprehensive leadership development program, participants are given the opportunity to grow personally and professionally while gaining a deep understanding of the critical issues facing Montgomery County.

### **A Diverse and Growing Network of Leaders**

Over the years, the program has graduated leaders from all walks of life: business owners, educators, government officials, healthcare professionals, non-profit leaders, and many others. With a focus on community engagement, collaboration, and civic responsibility, Leadership Montgomery County has produced graduates who are not only leaders in their respective fields but also advocates for positive community change.



### **Making a Tangible Impact**

The influence of Leadership Montgomery County graduates extends far beyond the program itself. Alumni have stepped into key roles within local organizations, spearheading initiatives that have improved the quality of life for Montgomery County residents.



From economic development and education to healthcare, arts, and public service, these leaders have had a lasting impact on every facet of life in the region. Graduates have played pivotal roles in shaping policies, developing new community programs, and addressing challenges faced by the county. Whether leading economic development projects, mentoring youth, or advancing sustainability efforts, Leadership Montgomery County alumni are actively making Montgomery County a better place to live, work, and thrive.

### **A Legacy of Continued Growth and Development**

The 400+ graduates represent just the beginning. As more leaders emerge from the program, the ripple effect continues to build momentum. The program itself has grown over the years, expanding its curriculum to address the evolving needs of our community while ensuring it remains a valuable resource for aspiring leaders.

## **COMMUNITY AND LEADERSHIP DEVELOPMENT**

### **Looking to the Future**

The success of Leadership Montgomery County is a testament to the power of investing in local talent.

As the program continues to evolve, it remains committed to fostering leaders who will help guide Montgomery County into a prosperous future. By offering a platform for individuals to grow and connect, LMC is transforming the county into a place where opportunity thrives for everyone. Through initiatives like Leadership Montgomery County, Montgomery County is no longer simply a community with potential. It's a community that is actively creating the leaders it needs to shape its future.



## **UK Extension**

We improve the lives of Kentuckians by:

- Strengthening Kentucky's farms, food systems and natural resources through innovative research, education and collaboration to improve profitability and sustainability.
- Building the health and well-being of Kentuckians – physically, mentally and economically – to improve quality of life and ensure bright futures for all.
- Engaging communities to build vibrant economies by connecting businesses and people with Extension.



### **FCS:**

**94 Homemaker Members:  
3 Traditional, 2 Speciality Clubs  
2 Master Clothing Volunteers**



### **4-H Youth Development:**

**5 Organized Clubs  
2 Special Interest Clubs  
154 4-H Campers  
14 School Enrichment Clubs**



### **AG & Natural Resources:**

**232 members enrolled in Cattleman's Association**



### **Community Leadership Development:**

**Over 400 graduates since the first class graduated in 1993**

## **Cooperative Extension Service**

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Disabilities accommodated with prior notification.