ADVENTURES *with Grant*

ISO assistants to join my team for around the clock care!

My team and I are regularly traveling and adventuring! We're based out of Caneyville, KY. We're looking for anyone who is able to physically assist persons with cerebral palsy and who are not afraid to try new things (like Thai food or hiking in the mountains with someone in a wheelchair). I love living life to the fullest and I'm thankful for a team that helps me do just that. Can't wait to expand the team.

Scheduling may be flexible, background checks and drug tests are required.

To join the team or learn more about the position please email me at:
grantlogsdon.82@gmail.com

Breckinridge, Butler, Edmonson, Grayson, Hancock, & Ohio Counties

College of Agriculture, Food and Environment
Cooperative Extension Service

REGIONAL BEEF FIELD DAY

Saturday, September 21, 2019

Vendors & Registration: 3:00 p.m. - 4:00 p.m.
Educational Sessions (4 total): 4:00 p.m. - 6:00 p.m.
Dinner: 6:00 p.m. - 7:00 p.m.

Hosted by St. Clair Farms
Falls of Rough, Kentucky

Qualifies for CAIP

Contact your local Extension Office to register. Must RSVP by September 6th. *

Individual county phone numbers on reverse side

Grayson County, Kentucky

4-H LIVESTOCK CLUB

Are you interested in learning about animal agriculture, the livestock industry, participating in a livestock animal project, country hams, livestock judging, skillathon, and much more?

If so, the Grayson County 4-H Livestock Club is for YOU! No, it's not "just about cows"!

4-H provides many opportunities for youth to showcase their skills and talents in competitions, but it also provides an environment for hands-on learning. We have regular meetings with fellowship, food, and fun! We will prepare for competitions, travel to events, and hear from industry experts.

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LEAD WITH EXTENSION

Leadership and Development Exploration

January 7th | February 4th | March 3rd | April 14th | May 5th

FREE Classes offered to CHAMBER MEMBERS ONLY, January through May 2020, FIRST Tuesday of each month except April, due to Spring Break, from 12:00 – 1:00 PM. Participants are able to bring their lunch. All classes held at the Centre on Main.

1 THE POWER OF MOTIVATION

Why are we driven to exert effort toward accomplishing one thing but not another? Motivation, as a concept, explains why people think and behave the way they do.

2 UNDERSTANDING LEARNING STYLES

Understanding why and how you – or your learners, if you are leading a group - learn best is the key to a positive learning experience.

3 SIGNIFICANT LEADERSHIP CHARACTERISTICS

Everyone has the opportunity to be a leader at some time, so it is important that every person have a strong understanding of what leadership is, what good leadership looks like, and how it can vary between genders. Learning about leadership will make you much more effective the next time it is your turn to lead.

4 UNDERSTANDING GENERATIONAL DIFFERENCES

Followers, co-workers, or family members who have shared the same experiences can view the same situations or recall specific events so differently. These differences in perspective can often be attributed to generational differences. Each generation has marked strengths as well as challenges, which both contribute to their leadership style.

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5 COMMUNICATION ESSENTIALS FOR GOOD IMPRESSIONS

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

Grayson County Chamber of Commerce

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

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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

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honeyfest

5K WALK & RUN

Wednesday, September 25

6:00 p.m.

Registration begins at: 5:00 p.m.

The Clarkson City Park

Adult Pre-Registration: $20.00 | **Adult Race-Day Registration:** $30
Pre-K thru HS Student Athletes: $10

Pre-Registration Deadline: Tuesday, September 24, @ 4:00 p.m.

Early Pick-Up: Tuesday, September 24 from 4:00 p.m. - 6:00 p.m.
Extension Office | 123 Commerce Drive, Leitchfield, KY 42754
(270)259-3492

Benefits Grayson County 4-H

Register today!!!

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GET MOVING GRAYSON COUNTY

KICK OFF EVENT

THURSDAY, JUNE 27, 2019

4:30 PM - 6:30 PM

Leitchfield City Park Pavilion
E Lake Drive Leitchfield, KY 42754

Learn more about the new program structure and kick start your moving by enjoying a walk through the city park!

Participants will learn how to use the NEW FitBlue app for the Get Moving GC program. There will also be a recorded app training available on our Facebook Page on July 3rd for those interested, but unable to attend.

Kids are welcome to attend! Come for the whole event, or come check it out when it best fits your schedule!

JOIN US FOR:

Training on the NEW Fitblue app
Health & Wellness Booths
Snacks
Door Prizes
& Much More!

FAMILY AND CONSUMER SCIENCES

Building strong families.
Building Kentucky. It starts with us.

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GET MOVING GRAYSON COUNTY

Register for the FitBlue Challenge:

1. Download the app, links below.

CHALLENGE OFFICIALLY BEGINS JULY 8TH

2. Click on GameMode (Dice on the bottom of the screen)
3. Click on Challenge (Middle of screen)
4. Select Join Challenge (Bottom of screen)
5. Under Search Challenge, type in Grayson County
6. Invitation Code: yruzYS

REGISTER BY MIDNIGHT ON JULY 7TH

FitBlueKY

Download our FREE FitBlue app

Get physical activity and meal suggestions, track your movement and eating, and improve your mindfulness all while participating!

Download on the App Store
http://bit.ly/FitBlueApple

GET IT ON Google Play
http://bit.lyFitBlueAndroid

If you have any questions please contact:

Natalie Taul
Extension Agent for FCS , Grayson County

123 Commerce Drive, Leitchfield, KY 42754
Phone: (270)259-3492 | Natalie.taul@uky.edu

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GRAYSON COUNTY

FARMERS' MARKET

NOW THRU OCT. 2019

SENIOR & WIC VOUCHERS ACCEPTED

All Farmers' Market vendors have completed PBPT (Produce Best Practice Training). All vendor farms are inspected for cleanliness, proper handling of foods, and other good agricultural practices.

WEDNESDAYS & SATURDAYS

6:30 A.M. - 12:00 P.M.

INDIAN HILLS SHOPPING CENTER

On Mill St. in Leitchfield, KY
off of HWY 62

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COMMUNITY GARDEN CLASS

GRAYSON COUNTY, KENTUCKY

THURSDAY, APRIL 9TH

12:00 p.m. - 1:00 p.m.

GRAYSON COUNTY EXTENSION SERVICE

123 commerce drive | leitchfield, ky 42754

CLASS TOPIC

PREPPING YOUR BED FOR PLANTING

RULES AND REGULATIONS OF THE WALLACE AVE. COMMUNITY GARDEN

MUST HAVE 5 PARTICIPANTS TO HAVE THE PROGRAM. PLEASE R.S.V.P. TO THE GRAYSON COUNTY EXTENSION OFFICE @ (270)259-3492

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Faithful FAMILIES

Tuesday, October 29, 2019

10:00 a.m. - 11:00 a.m.

Grayson County Extension Service | 123 Commerce Drive Leitchfield, KY 42754

College of Agriculture, Food and Environment
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Faithful Families: *Thriving Communities* works directly with faith communities to promote health for individuals, families and local communities. This practice-tested health promotion intervention is open to all faith and religious traditions.

Over the course of the program the facilitator will engage the faith based community in healthy eating and physical activity education, chronic disease prevention, environmental changes to support health, and community-wide health initiatives.

Promoting the connection between faith and health is important to the success of Faithful Families. Families begin to consider how their physical health is connected to the faith they live out daily. Participants and lay leaders, in promoting the adoption of policy and environmental changes, will lead the faith community to promote nutrition and physical activity through its practices.

Join ***Natalie Taul***, Family and Consumer Sciences Extension Agent, to learn more about this program and how it can be implemented within your organization. ***Sign up today!***
270.259.3492

Your attendance at this program does NOT commit you to anything; you will simply learn how the program is implemented and participate in a brief lesson from the program.

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Sewing Club

FIRST MEETING

Saturday
AUGUST
24
10:30 a.m. - 12:00 p.m.
GRAYSON COUNTY EXTENSION OFFICE

Join us for our first meeting! Our first meeting will be an informational session. Parents please plan on attending this first meeting with your child. **Open to youth ages 9-18.** Join us as we:

- Teach members basic sewing techniques. Members start off at a low skill level and gradually increase in skill based on their learning ability.
- Provide members with expert guidance.
- Provide youth the opportunity to sew projects they can use in everyday life.

This club meets every Saturday , August through May from 10:30 a.m. - 12:00 p.m..

Parents are not required to attend during regular meetings. ONLY for the informational meeting.

We do..."challenging and fun sewing projects."

- Molly W., Sewing Club Participant

CONTACT THE GRAYSON COUNTY EXTENSION OFFICE TO SIGN UP TODAY!

123 Commerce Dr. | Leitchfield, KY 42754
(270)259-3492

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