

# Anderson recognized at national extension conference

**Grace Sowards**  
**University of Kentucky**  
**Extension**

Several members of the University of Kentucky Cooperative Extension team, including Mercer County Extension Agent Dana Anderson, were honored at the 2025 Epsilon Sigma Phi (ESP) National Conference, held in Fort Worth, Texas. ESP, established in 1927, is one of the oldest and largest organizations of Extension professionals.

Those recognized from UK include Natasha Lucas (central region Extension director) for administrative leadership, Paula Jerrel (4-H Extension agent) for distinguished service, Dana Anderson (4-H Extension agent) for continued excellence and Nichole Huff's (assistant Extension professor) team for the Promoting Recovery Online through Financial Instruction and Addiction Training (PROFIT program).  
"After 34 years of posi-



**Mercer County Extension Agent Dana Anderson, was honored at the 2-25 Epsilon Sigma Phi National Conference held in Fort Worth, Texas.**

tively impacting youth and my community, this recognition stands out as one of my greatest achievements," Anderson said. "I strive to keep a positive attitude, which I believe is essential for continuing to make a difference in the lives of the youth I work with and in my community. I have witnessed firsthand the significant impact of 4-H and Cooperative Extension,

which fills me with great pride." The PROFIT Program, funded by a two-year \$350,000 award from the National Institute of Food and Agriculture, is a state-level scaling-up effort to address the opioid epidemic in Kentucky. Utilizing Cooperative Extension as a mode of program outreach and delivery, the project focuses on improving the

professional capacity of community-based educators and healthcare providers.

"We are honored to receive the 2025 ESP Distinguished Team award," said Huff, PI on the project. "The PROFIT program represents an interdisciplinary approach to substance use recovery efforts, as we use financial literacy education to mitigate stressors often

associated with return to use. With over 140 professional partners spanning national Extension programs including Kentucky, Maryland, Ohio, Pennsylvania and Virginia, we hope to continue program expansion as we work together to combat the overdose epidemic."

The PROFIT team also includes Omolola Adedokun, assistant professor in the Department of Community and Leadership Development; Alexander Elswick, assistant extension professor in the School of Human Environmental Sciences; and UK Associate Dean for Extension, Jennifer Hunter.

"Kentucky's Extension system is among the best in the nation, and these national

awards reflect the innovation, commitment, and excellence of our staff, agents, specialists and administrators," Hunter said. "Their leadership continues to elevate the work we do for the Commonwealth."

For more information on Kentucky Extension, visit <https://extension.mgcafe.uky.edu/>.

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## Tough



**Players from the 1972 Boyle County High School football team.**

son 1-6 and finished 4-6. The book changed me as a coach and was a huge boost to my mental health. I realized there were many things under my control, and it was up to me to do them as well as I could, with my best effort.

One area that continues to grow as a positive is I love football, kids and coaching more every day. ACHS is a lot like Boyle County High School, in September 1970. If I were to mix old Boyle, old Mercer, old Paris and old Mason County, it would be the building I walk into each morning. Of the four, it feels most like old Boyle, but each school has things that remind me of it. I am thankful to coach in a great place with wonderful people. I still cannot imagine a day when I will NOT want to coach football. I am hoping my body and mind can hold out until I reach that day.

The daily mission to help others be the best they can be still gets me fired up. One of my favorite challenges is honest conversations, that most people don't like to have, but are necessary for growth. How can I have those conversations in the best way possible? In the most Christ-like manner? The more I have those conversations, the better I get at doing them well. And, the feedback of a young man, looking you in the eye, accepting the constructive feedback with a true desire to be their best, is one of the greatest moments a coach can have.

A huge benefit from the tough times of the last three seasons has been a more proactive mind set about what I anticipate each day. When I was a young head football coach, I used to HOPE we would have a good day and get mad when we did not. Now, I KNOW we will have issues and problems to address. I know that is true for every high school football program across the country. The separator will be how we handle our problems. Now, I try to anticipate the problems we will have and how to address them in a calm, cool, productive manner. When something comes up that surprises me, that is an obstacle that can make me better, even at 60 years old. It has become a challenge that sometimes I will even enjoy. And, I am committed to handling our issues better than anyone else can handle theirs.

The podcast with Chuck

Smith has helped me be a much better coach and has continued to help me grow and improve. It gives me access to excellent coaches. The tough topics hold me accountable for how I run our program and force me to think through what the BEST way is, not just "this is how we have always done it."

One practical change from the 2025 season I copied from my good friend, former EKU Offensive Coach and Ashland Tomcat Head Football Coach Leon Hart. I use our video and Hudl to take notes on the defense we just played while it is fresh on my mind. I save those thoughts in a playlist and add them to the next season. I created the 2026 season on Hudl in August and added that game for next season, each week. This past season, all of those were completed by the following Monday. Previously, I did those in December. Now, I can move on to other tasks in December. And the content is much better when prepared so soon after we played. I have also found that what I need to remember is much simpler than what I had been preparing in the past.

Our November followed a similar format from the past two seasons, but with an important tweak. We took one week to clean up. The next two weeks were devoted to SQR or stacking quality reps. I sent the assistants home. They needed a break and we will hit it hard in January. Some of our players who lead their position and I were in charge. In those two weeks, we were able to stack over 18,600 quality reps. All voluntary. We are better now than when the season ended. That number, 18,600, actually helps me sleep a little better. I can't handle a November moping around and putting because we are not in the playoffs. The response to unsatisfactory results is to develop a better plan and deliver higher-quality work. We answered the bell and are well on our way to having a better football team in 2026. It was also great on the structure part that our guys needed. They had to do the same reps, fundamentals, over and over, and do them well or it did not count. It is OK for young people to learn that they don't have to be entertained to do what they need to do and do it well. The SQR sessions were four of

the best days I've ever had as a football coach.

The best way for struggling programs to close the gap with the top programs is continuity with quality and consistent hard work. Most powerhouses had a stretch with the same coach or coaching tree for an extended period of time. The more quality days we can stack at Anderson County High School, the greater our chances of extraordinary success in the future. I hope when I am 70, 80 years old, I am still coaching football. Selfishly, my best chance of success, ceteris paribus, is that I am still at Anderson County and we are still on the same page, working together.

Each day possesses a duality that makes moments more meaningful and bigger as I experience them. Even if I am fortunate to coach until I am 80 (a big and TOUGH goal), I know the end is near, and that is not good. But knowing that makes me appreciate what I am doing now and enjoy it more than I might otherwise. That duality makes a day on this earth at 60 more of an "event" than each day might have seemed when I was younger. I walk in each day with the sensation, "This is incredible! I still get to do this!"

This summer, I was working on the podcast and went digging through some old pictures. I found this one, by Larry Vaught, and remembered a bunch of these guys.

They were good to me and I am thankful they played for my dad at Boyle County. As I am trying to figure out what music to put with this picture, I keep going back to "Let It Rain" by Eric Clapton. A great song, but not one that I listened to often. Since that time, I have enjoyed listening to that song over and over. It makes me feel like it is an August day in central Kentucky, on a grass field, practicing football. Sort of weird, I have not been able to get that song out of my head all fall. Finally, after weeks of this tune playing between my ears, I looked up when that song was released. It was August 1972. The photo is from August 1972. Crazy to me that the picture and song were connected somewhere in my brain from 53 years ago, yet they were still there. And, I am glad they were. One of those moments that makes me feel connected to so many people I love from these past six decades. And, of all those people, the connection with my dad is the best part. Good grief, I miss him. And, I think that connection is one reason I don't want to walk away from this incredible experience called high school football. When I am at that high school locker room, field, or coach's office, with my players or coaches, it sure does feel like he is close by.

It may not have the same effect for you, but give it a listen: "Let It Rain" by

Eric Clapton. Hopefully, it works for you. I know this, a hot August day on grass, practicing football in Central Kentucky is a great place to be. I have had a lifetime of days on those fields. And, I am not ready to see them come to an end. Not even close.

from 1B



### ABSOLUTE REAL ESTATE AUCTION

**With Live & On-Line Bidding**  
**505 Ohara Drive, Danville, KY**

**Live Sale Saturday, December 6th @ 2:00 PM**  
**On-Line Bidding Nov. 22nd thru Dec. 6th @VipAuctionKy.HiBid.com**



**We have been authorized to offer at PUBLIC OUTCRY by the Mr. & Mrs. Robert Burnley Living Estate this Real Estate which includes:**

This 3 level Bedford Stone home consisting of 3 Bedrooms & 3 Baths, Nearly 1900 Sq Ft. The Primary Bedroom and 2nd bedroom, Kitchen, Living Room w/12 Ft Ceiling & Fireplace, Dining Room, Large Deck, all on the main level. The lower level has the possibility to be an In-Law Suite and consists of a Knotty Pine Den w/Fireplace, Ensuite Bedroom & Bath, Concrete Back Patio, 1 Car Attached Garage, and a Storage/Laundry/Utility Room. 3rd Floor Playroom & Full Bath. This home has Hard Wood Floors, Central Heating & Air, Natural Gas, City Water & Sewer, and sits on a large lot in one of Danville's most desirable and established neighborhoods with mature trees and great neighbors.

**All being Sold at ABSOLUTE AUCTION - So Come - Bid Last - Buy at YOUR Price.**  
**From Lexington Road in Danville, Turn Right on Parkview Dr. Follow Parkview around to the Right as it becomes Ohara Dr. Continue on Ohara Dr. The house will be on the Left, look for the sign!**

**Open House - Sunday, Nov. 30th, 2:00 - 4:00 PM**

**VipAuctionKY.HiBid.com**

NOTICE: Announcements made at the sale will take precedence over any prior oral or written statements. Not responsible for accidents. Sold AS IS-WHERE IS with no warranties expressed or implied.  
TERMS: 10% down at auction, balance and possession with deed on or before January 16th, 2026. TAXES: The 2026 real estate taxes will be prorated to the day of closing. There will be a 10% Buyers Premium added to the winning bid to determine the final sale price.

**REMEMBER: TIME - 2:00 PM  
DATE - Saturday, December 6th, 2025.  
PLACE - 505 Ohara Drive, Danville, KY 40422**



**V.I.P. AUCTION CO.**  
317 West Main • Danville, KY • (859) 236-1852  
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### ABSOLUTE REAL ESTATE AUCTION

**101 Colonial Way Danville, KY 40422**  
**(Rolling Meadows Subdivision)**

**Live Sale Saturday, December 6th @ 10:00 AM**  
**LIVE ONLINE NOW VipAuctionKY.HiBid.com**

**We have been authorized by Sewell Management, LLC to offer at PUBLIC OUTCRY this Real Estate which includes:**



This property known as 101 Colonial Way, Lot 17, Section 6, Rolling Meadows Subdivision & 5 Acres.

The ideal location to build your dream house with plenty of property to spare. Located in this desirable and well established neighborhood. Ideally located in the quiet cul-de-sac of Colonial Way and convenient to the Danville Country Club. Enjoy the attached wooded acreage for its natural beauty or perhaps subdivide as permitted. This acreage is currently split zoned as R-1A and RM-3, Please consult Danville Boyle County Planning and Zoning for the currently permitted possibilities.

**All being Sold at ABSOLUTE AUCTION - So Come - Bid Last - Buy at YOUR Price.**  
**Directions: From Downtown Danville, take Lexington Road, turn Right onto Grabruck St and follow it as it turns into Colonial Way. The property will be on the Right at the end of Colonial Way. Look for the signs!**

**Open House - Sunday, November 30th, 2 - 4 PM**

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NOTICE: Announcements made at the sale will take precedence over any prior oral or written statements. Not responsible for accidents. Sold AS IS-WHERE IS with no warranties expressed or implied.  
TERMS: 10% down upon conclusion of the auction, balance and possession with deed on or before January 23rd, 2026. TAXES: The 2026 real estate taxes will be prorated to the day of closing. There will be a 10% Buyers Premium added to the winning bid to determine the final sale price.

**REMEMBER: 10:00 AM, Saturday, December 6th, 2025  
101 Colonial Way, Danville, KY 40422 (Rolling Meadows Subdivision)**



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