EXTENDING KNOWLEDGE
Changing Lives
IN ESTILL COUNTY

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

Estill County Environmental Camp

A large part of Estill County is covered in forest with the Daniel Boone National Forest making up a substantial part of this. This natural resource is a key industry that helps to fuel the local economy. Due to this, local leadership identified the management of these natural resources as an area of concern for the future of the county. In order to meet this need the Estill County Extension Service worked to create an Environmental Camp targeting youth in the fifth grade. During this camp youth collected insects, measured water quality, identified animal tracts, and studied native trees. Post camp surveys indicate that of the 200 youth that attended environmental camp 90% of them learned more about managing forests. Teacher surveys reflect that the event was an interactive way of teaching important concepts outside the classroom.

Priority Program Efforts

200 youth made an impact in their community through service projects

110 local residents implemented practices that promote sustainable agriculture

66 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

450 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

489 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 216 youth and adults demonstrated informed and effective decision-making skills

245 individuals incorporated new or additional conservation practices.
Family & Consumer Sciences

East Central Kentucky Fair on Aging

In order to address the needs of the increasing population of people 65 years old and older in Estill County, the Estill County Family & Consumer Sciences program in conjunction with local community partners organized an event called the East Central Kentucky Fair on Aging. This event targeted all people who were aging, including caregivers of the aging and grandparents raising grandchildren, to inform them of the multitude of local services that are available to them. Over 20 community service organizations set up booths to showcase what services were available to the community. Those services ranged from the Grandparents United Support group to adult day care programs to substance abuse programs and many more in between.

According to the post-evaluation surveys, 94% of participants said they felt more informed of the services available to them than they did before they came to the event; 98% of the participants said they planned to follow up with at least one agency they had come into contact with that day; and 100% of them stated that the event should be held every year and that they would come back.

Food Preservation Classes

With 37.6% of Estill County’s population being families with children under the poverty rate, 43.3% of families being low income and living more than a mile from a grocery store, and 34.7% of adults becoming obese; it is clear that many Estill Countians could benefit from classes on how to save money, how to preserve food on their own, and how to obtain a healthier diet. Keeping those statistics in mind, the Estill County FCS program partnered with local community agencies - WestCare, St. Timothy’s Episcopal Outreach Center, and the Housing Authority of Irvine - to educate the community about safely preserving food at home by canning and freezing. In total, there were 33 people who participated in the classes. 100% of the participants stated that they learned valuable information from the classes and 75% stated that they planned to start preserving their own food as a result of the classes.

Agriculture and Natural Resources

CATTLE HANDLING AND CARE CERTIFICATION

As a result of the 2012 Kentucky Beef Leadership Conference, several issues affecting beef cattle producers and the industry as a whole were identified. One of the issues identified was proper care of cattle. The University of Kentucky College of Agriculture, Food,
and Environment and several other agencies developed a training program named Cattle Handling and Care (CH&C) program. With input and support from the Estill County Cattlemen’s Association and cattle producers, Estill County UK Cooperative Extension agent for agriculture and natural resources conducted the first Cattle Handling & Care program on October 9, 2014.

Producers learned about 1) genetic influence on handling and care, 2) proper handling techniques, 3) proper nutrition, 4) best management practices including health, 5) cattle disorders, and 6) management in weather. By completing the CH&C certification process, producers showed their commitment to their cattle and the beef industry.

Twenty-four producers were certified and received a barn sign, laminated chute-side aid, and hauling capacity trailer bumper sticker. In addition, eighteen producers were trained and received a Beef Quality Assurance certification, which must be renewed every three years.

University of Kentucky Extension specialists presenting production information on various topics including grain nitrogen use and how to boost yields, the season’s growing conditions and effect on corn and soybeans, plant growth stages and impact, and preventing storage losses from insects. Dr. Chad Lee (pictured above) describes corn growth stages and yield potential.

“The agents ability to connect with clients at every level makes them true assets to the Estill County Community. They are reaching the sometimes unreachable and leaving a profound impact”

- Teresa, Extension Client

4-H Youth Development

4-H Teen Council

During the process of identifying needs within Estill County, the need for leadership development was listed by many community members. The community felt that the extension service should address this issue by developing programs and taking advantage of existing programs that work toward that goal.
Estill County 4-H Teen Council is the result of these efforts. This is a growing program that works with middle and high school aged youth to develop strong leadership, communication, and critical thinking skills, as well as a desire to help the community they live in. In the last three years this council has tripled in the size of its active members as well as become a much more active group.

Over the last year great strides have been made in the development of these young leaders. In the last year Estill County has had the opportunity to celebrate many firsts with this program. Some of these include; having a Gold, Silver, and Bronze Award winner in the same year. These are some of the highest honors that a 4-H’er can receive, attending Issues Conference, and working to secure grant funding to implement programs in Estill County.

This council has also worked to raise over 500 dollars to help send underprivileged youth to camp, raised over 700 dollars to support cancer research. They have also provided 6 care packages to youth in need from Estill County, as well as packaged and distributed 1200 trees to be planted locally to promote wise forestry management. The Council has collected 400 sets of gloves to give to other youth and created over 300 valentines cards to deliver to veterans in the hospital. They have attended six leadership conferences, spoken with legislators about issues facing Estill County, and meet twice a month to discuss and implement programs.

“I just LOVE 4-H and have ever since the day I started! I will always love 4-H”
- Travis, 4-H Member

4-H Camp

The 4-H Camping program is one that provides a great many opportunities for the growth and development of youth in Estill County. Not only has the 4-H Program worked to provide a camp that is appealing to youth but also one that provides that outlet for developing personal skills under the guidance of positive adult role models. Over the past year the number of campers who have attended camp has increased by 55% and the number of return campers has increased by over 100%. Of the youth who attended 4-H camp this summer 90% said they planed on coming back next year and 40% said they would bring a friend with them.