EXTENDING KNOWLEDGE
Changing Lives
IN PERRY COUNTY

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

Priority Program Efforts

- A total of 96 people are now involved in addressing significant community issues
- 45 youth made an impact in their community through service projects
- 65 local residents implemented practices that promote sustainable agriculture
- 27 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 100 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 181 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 823 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 457 youth and adults demonstrated informed and effective decision-making skills
- 878 individuals incorporated new or additional conservation practices.

Appreciating Our Appalachian Heritage

For third year now the Perry County Extension program has offered the multi-county effort of the 4-H Appalachian Heritage Day to 4th graders. The students are reminded of their agrarian roots in the production, utilization, and preservation of food and fiber. At one time many families here were producing most of their own food – growing gardens and orchards, raising hogs and chickens. A taste of some traditional foods is offered which could include country ham, dried apples, hominy, or pickled beans. The natural fibers of wool and cotton are examined with the traditional quilt in mind...maybe one of the first recycling projects! They are introduced to the arts of shuck or rag dolls, the music of the Mountain dulcimer and the entertainment of the storyteller. Teachers appreciate the reinforcement of the topics in the KY history as the youth get to experience these hands-on activities.
Fruit and Vegetable Producer Workshops
The Perry County Extension Service and the Perry County Conservation District teamed up to host a series of fruit and vegetable workshops. These workshops included intensive training in vegetable and fruit production, apple tree grafting, fruit, vegetable disease management and vegetable budgets. More than 100 people attended these workshops. Producers who attended these workshops were provided free of charge vegetable seed and fruit trees to help offset start-up cost which can be discouraging to some beginners.

Job Hunting Skills Workshop
With the economy being down and many people without jobs, Cooperative Extension Family and Consumer Sciences Agents developed a Job Hunting Skills Workshop. Classes were taught on Resume Writing, What Not to Wear, Applications and Interviews, and Social Media. Fourteen of the twenty-two in attendance reported that they were not comfortable writing a resume before the workshop. Three months later, eight reported that they had written a resume. Before the workshop, 12 reported that they were comfortable with making clothing selections for job interviews, but all later reported that they had made changes to their wardrobes as a result of the workshop. During the workshop, participants were asked to think about their response to “Tell us about yourself” during an interview. Five reported that they had the opportunity to actually use this “speech” in an interview. All 22 felt they had benefitted greatly from the workshop, even though none had yet secured jobs.

Learning to Lead
The Perry County 4-H Program encourages youth to learn to lead. Trained youth are encouraged to teach others what they know. This helps promote self-confidence, good communication skills, and self-esteem. Fifty young teens were trained in the conflict resolution program "Talking with TJ" in order to implement the program in their own school with 2nd, 3rd or 4th graders. They worked with each class in six different sessions, 415 elementary students in total. The young teens served as resources for the school's program of character ed. As role models they were also actively engaged in learning to solve problems and identify sources of trouble. Twenty six eighth graders were formed in teams to implement the science based 4-H Physics Zoo for youth and parents attending Open House. Each of their booths let the participant manipulate the project to demonstrate motion, forces, optics, magnetism, or currents. Eight teens participated in the KY Summit Conference with four returning to actively assist in presenting classes in the Viper Leadership Retreat. ‘Learning by doing’, the 4-H Talk Meet had 144 youth improve their public speaking skills.

4-H Teen Leaders lead the fourth graders through several activities in preventing bullying and finding solutions to problems.

4-H Reality Store Completes 17th Year
Thank you for putting this together. I know how many hours it takes in preparation to make something like this run so smoothly. As always, it is one of the most beneficial units I teach all year. So a huge THANK YOU to you and all of the community volunteers. Both of my boys' and my students' lives are better as a result of their involvement with 4-H events.
Eastern Kentucky Winter Bee School

More than 125 participants attended the fourth Perry County Extension sponsored Eastern Kentucky Winter Bee School. This one day event offered a wide range of classes. This school has generated a lot of local interest in beekeeping. 10 people have taken up beekeeping with 50 new hives as a result of this school.

Accessing Nutritious Food

Perry County currently has a high jobless rate which means more families are challenged with providing nutritious meals for their families. The Nutrition Education Program assistants worked with 142 limited resource families in Perry County to help them maximize their food dollars. Program families learned about selecting, preparing, and preserving foods at home, selecting fresh fruits and vegetables, food preparation skills, and purchasing food grown locally. Program participants indicated through a follow-up survey that 96% had made positive changes in their diets. 45% were now doing better with stretching their food dollars. Slightly over 40% reported positive changes in food safety practices – most reported not leaving meat on the counter to thaw throughout the day.

Cooperative Extension Service Homemaker Leadership

Members of Perry County Extension Homemaker clubs participate in many community service projects sponsored by the Perry County Extension Homemakers Association. One group meets monthly to sew baby blankets for newborns at the local hospital. Others knit baby hats to be matched up with the blankets before they are given to the mothers. Homemakers have made over 400 baby blankets, knitted over 400 baby hats, stitched 52 turbans for cancer patients, and made 33 fleece berets for cancer patients. Members have volunteered over 3000 hours just to these projects alone. Homemakers feel that it is important for them to give back to their communities and they show that through the value of their volunteering at $17.15 per hour. This amounts to $51,450 given back to the community. Not only are these homemakers active in their homemaker clubs, most are also very active in their churches, while others volunteer many hours at the local hospital or elementary schools. They also actively support global projects such as the Kentucky Academy in Ghana, where they have donated schools supplies, money for a cafeteria so the youth can have a hot lunch, and clothing for the students.

East Kentucky Heifer Development Program

The Perry County Extension Service sponsored East Kentucky Heifer Development program completed its 15th season and sale on September 21, 2013. There were 43 consignors that participated in the program with 319 heifers consigned. Heifers were consigned from 16 east Kentucky Counties and 3 States other than Kentucky. This year’s sale had an average of $1493 per head with a top selling heifer of $1900. To date there have been 4882 heifers developed through this program with an estimated return to the consignors of more than $1,000,000. Not only has this program had a significant financial impact, it has also led to an improvement in the overall health and quality of eastern Kentucky beef herds. Several consignors have reported that all their heifers and cows came from this program.
Bed Bugs
With the growing public concern over bed bugs and the increasing number of calls coming into the Extension Office about bed bugs, Agriculture Agents from Perry, Letcher, Knott and Harlan Counties organized a one day bed bug conference. More than 70 people attended the conference, which included Hotel managers, Pest Control firms, District Health Department employees, Public Housing Officials, School Administrators and Homeowners. The main focus of the conference was on prevention, detection and how infestations occur. Employees with the Bluegrass Pest Control Company in Hazard commented that they would like to have more training like this one because it was very beneficial. They said bed bugs are something they deal with on a daily basis.

What’s Cooking? We are!
Whether youth plan on going to college or work after graduating, they need to know how to feed themselves and their families. Youth can learn these basic lifeskills in the 4-H Program each year. Workshops include food safety, food handling and food preservation skills and evaluation skills. In addition to the food related workshops there are Needlework and Sewing classes of embroidery, knitting, tatting, weaving, crochet, and quilting. This past year 21 Perry County 4-H’ers entered 39 projects or programs at the KY State Fair. Three teens turned their treasured tee shirts into useful quilts. For two of them it was the first time they had used a sewing machine. Preparing food at home or dorm and experience with a needle and thread adds to the skill set of youth as they prepare for their futures.

“I have virtually eliminated calving problems on my farm by screening replacement heifers using pelvic measurements and retaining heifers that have gone through this program.”

- Consignor, East Kentucky Heifer Development Program

The 4-H is invaluable in helping our school provide opportunities for our students that will enable them to succeed and be productive and independent citizens. The Reality Store, Avian Team, Health and Wellness activities, conflict resolution skills through Talking with TJ, environmental awareness, horticultural activities, leadership development, guest speakers, etc. are just a few of the programs utilized at HMS through 4-H. – HMS principal

The Perry County Cooperative Extension Service
Extending Knowledge, Changing Lives

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