

# 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.



*Perry County 4-Hers compete in the Kentucky Robo Challenge Extreme in Rupp Arena*

### Afterschool Teams

There are programs and activities that require more time than can be dedicated in the school day, participating on a robotics team is one of those programs. Two schools worked with the 4-H Program this year to support three teams in planning, designing, and competing with LEGO's NXT robots. School leaders supervised the youth as the young engineers worked on their robots, programming them to perform a myriad of challenges in the course of the competition. The 4-H'ers gain teamwork skills, problem-solving techniques, and knowledge on writing code to sequence robot reactions. Other programs include Perry County Central High School (PCCHS) and Buckhorn High School's (BHS) Envirothon Teams, the BHS and Hazard Middle School (HMS) Avian Club teams, and R. W. Combs Elementary (RWC) Afterschool Club.

### Priority Program Efforts

- A total of **20** people are now involved in addressing significant community issues
- **102** youth made an impact in their community through service projects
- **5** local residents implemented practices that promote sustainable agriculture
- **50** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **1299** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **100** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **2000** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **1329** youth and adults demonstrated informed and effective decision-making skills
- **4** individuals incorporated new or additional conservation practices.

## Food Preservation Workshops



*Participants preparing green beans to be canned in a pressure canner.*

Forty-one people participated in the series of food preservation workshops taught throughout the summer. Six sessions were taught starting with an introduction to food preservation, followed by boiling water processing, pressure canning, freezing, dehydration, and pickling. Participants actively participated by making jelly, canning green beans, freezing, drying fruits, and making bread and butter pickles. Only four participants had canned before, but all learned the latest recommendations for canning as well as learning about new food preservation equipment and appliances.

### **12<sup>th</sup> Annual Artisan Craft Sale – Extension Supporting Entrepreneurs in Perry County**

For the twelfth year, Perry County residents have had a local option to purchase locally hand-made gifts for themselves or others. This event is called Christmas at the Cabin and has been held at a senior citizen's center and is a log cabin which has ample space for vendor set-up, and ample parking for patrons.

Twenty-three local artisans, all members of Art of the Mountains – an arts council sponsored and supported by Extension - presented a wide variety of items for sale. Homemade traditional candies, hand-made quilts, goat soaps and lotions, hand-knit and crocheted items, wood items, books by local authors, personalized ornaments, lots of handmade jewelry, and prints by local artists.

Art of the Mountains members are making an economic impact in this area by selling locally to people who want quality, unique items. Research has shown that for each dollar spent locally, 2/3 of that money remains in the community and is re-spent at other establishments. These artisans are also gaining exposure as artists and expanding their sales potential.



*Super Star Chef offers three-day training in preparing new recipes and food combinations.*

### **Summer Education**

Summer Camp isn't the only 4-H opportunity in Perry County during the summer weeks! The County provides a variety of youth educational classes including many life skills topics such as needlework, food preparation, or even outdoor barbecuing! This was the third summer that Super Star Chef classes were offered to youth. They learned to use recipes, handle knives safely, and feel more at home in the kitchen preparing meals. The food labs offered led youth through a series of learning to make items such as bread, muffins, and biscuits. Youth may then enter their products for KY State Fair consideration. The BBQ Chicken Workshop offered includes competition in the KY 4-H BBQ Contest and this year Perry County's 4-H'er, Robert Bowling of Hazard Middle, earned state Junior 4-H Championship!



*Willard Elementary 4-H'ers are creating "passengers" for the Commotion car to observe their collision reactions from various track heights or various rider weights.*

### **School Enrichment**

The Perry County 4-H Program supports the 4-H National Youth Science Experiment each year by offering teacher training and support materials for the classroom hands-on activities. This past year was the 8th annual project with this year's theme Motion Commotion. Two hundred and forty-two (242) youth worked in teams to explore the science of physics using Next Generation Science Standards concepts in design, engineering, data collection and interpretation, and application to life.

In this project the youth explored the science of motion through the relationship of speed and stopping distance. The activity extends to real-world investigations on reaction time and safety, making connections to the dangers of distracted driving. "What's so exciting about 4-H NYSE is that it's a hands-on, interactive learning experience that uses cutting-edge topics from the real world to get youth excited about science, technology, engineering and mathematics (STEM)," said Jennifer Sirangelo, president and CEO, National 4-H Council. "For many kids, this experiential approach to learning ignites an interest in STEM topics that can quickly grow into a passion."

*According to the Positive Development of Youth: Findings from the 4-H Study of Positive Youth Development, a longitudinal study that began in*

2002, youth who participate in 4-H are more likely to pursue STEM careers.

### **Master Clothing Program**

The Master Clothing Volunteer Program now has seven volunteers from this area who have received extensive hours of training in construction classes in order to become Certified Master Clothing Volunteers. Each year, these volunteers offer Come Sew With Us – a sewing program for beginner sewers. This program is offered in two locations to encourage participation. Each of the seven Master Clothing Volunteers plans and prepares a beginner class to teach. Forty-one participants enrolled in three classes. For some participants, this was their first sewing experience, others had experience but wanted to learn new skills and techniques. About half of the participants reported that they planned to use this information to make gifts and for craft sales to help supplement their income.



*Master clothing volunteers discussing one of the simple sewing classes offered at Come Sew With Us.*

The Quicksand Area Certified Master Clothing Volunteers have taught 199 programs during the past year, volunteered 1128 hours to teach those classes, and have worked directly with 2746 clientele which includes both youth and adult audiences. They have taught basic sewing classes, intermediate, and advanced classes depending upon the client needs.

In addition to teaching classes, they do volunteer work in the community as well as community service projects such as sewing baby blankets, making turbans for cancer patients, alterations, and costumes for schools and community theater.

*“Our patients love receiving the handmade turbans.”*

*Doris – volunteer at the Cancer Center*



*There was lots of interest in the beekeeping workshops.*

### **Beekeeping Workshops**

The Perry, Breathitt and Knott County Agricultural and Natural Resources Agents teamed up with Kentucky State University to offer a series of basic beginning beekeeping workshops. These workshops were held through the month of March and were rotated between the three Counties. The workshops had an average attendance of 30 people and created a renewed interest in beekeeping. People are realizing that bees play a vital role in the food industry. Beekeeping can be challenging to a beginner so we offered these workshops to assist those that wanted to begin beekeeping and to encourage expansion of hives for the ones already keeping bees. Seventy-four percent (74%) of the attendees said they planned to increase the number of hives they have and 100% of the non-beekeepers said they planned to begin beekeeping.

### **Fruit and Vegetable Workshops**

The Perry County Extension Service and the Perry County Conservation District teamed up this spring to host two fruit and vegetable workshops. These workshops included intensive training in vegetable and fruit production, apple tree grafting, fruit, vegetable disease and insect management as well as training on vegetable budgets. More than 140 people attended these

workshops. One of the biggest reasons there is so much interest in these workshops is that growing your own fruit and vegetables is an excellent way to help offset the home grocery bill. With a quarter-acre garden producing more than 700 pounds of vegetables this can add up to an annual savings of well over \$2000, not to mention the health benefits.

Producers who attended these workshops were provided vegetable seed free of charge and 2 fruit trees to help offset start-up costs which can be discouraging to some beginners.



*Participants at the Fruit and Vegetable Workshop*



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PERRY County

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