

# EXTENDING KNOWLEDGE *Changing Lives*

## IN WHITLEY COUNTY

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



*Building to provide better service to the people of Whitley County – The Extension Service office building in Goldbug is in the process of being renovated for meetings. An addition will be added to the front which will contain office space. Work is scheduled for completion by late 2016. The office has relocated to Cumberland Regional Mall, Suite 34, Williamsburg.*

## Agriculture and Natural Resources

### Beef Quality Training Class

Garrard Coffey, Whitley County Agriculture and Natural Resources Agent, conducted a chute side beef quality training class for the cattlemen of Whitley County. There were over 30 cattlemen in attendance for the program. Demonstrations on live cattle were conducted to show how to give shots, proper castration, importance of proper handling and care, as well as what kinds of vaccines and dewormers to consider for use.

Twenty-nine (29) of the producers who attended were certified for Beef Quality Assurance (BQA). Eleven (11) of the producers said they learned something new and were going to implement their new skill on their farms.

This program will continue to be offered in the future for the cattlemen of Whitley County.

## Priority Program Efforts

- A total of 10 people are now involved in addressing significant community issues
- 45 youth made an impact in their community through service projects
- 338 local residents implemented practices that promote sustainable agriculture
- 5 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 73 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 443 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 319 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 191 youth and adults demonstrated informed and effective decision-making skills
- 314 individuals incorporated new or additional conservation practices.



*Pictured are farmers attending the Beef Quality Training Class*

## 4-H Youth Development

### Bullying Program

With increasing use of cyberspace/social media, bullying has taken on a new face or "faceless" as some call it. In collaboration with the Cumberland River Comprehensive Care Center of Corbin and the utilization of a bullying program developed by the University of Illinois, a bullying program was presented by sixth grade club officers at nine 4-H club meetings. A counselor from the Cumberland River Comprehensive Care Center also presented the program to seven other sixth grade 4-H clubs along with the third through eighth grades at Williamsburg Independent School.

The officer presentation consisted of a typical school hall bullying incident with the officers' role playing various characters. The presentation was followed by a group question-and-answer session along with general discussion on how to handle/react to various types of bullying situations. The counselor from Comprehensive Care utilized a video about social media utilizing and speaking of safety procedures for students to follow to protect themselves and how to report cyber bullying.

Students were presented handouts with information on how to handle and report bullying. The counselor left bookmarks with a local, confidential hotline telephone number to call anytime to report bullying or other issues that the students feel they may need help. Handouts were also presented on the dos and don'ts of social media guidelines.

This program was offered at the request of school administrators and teachers in response to the presentation of the previous year and the need for youth to know that there are resources available to assist them in a crisis. This program was presented to approximately 650 students. As a result, the Cumberland River Comprehensive Care Center reported an increase of calls to the hotline in the month following the program presentation.

### Horticulture

#### Farmer's Market Workshops

After attending several meetings and asking the Farmer's Market vendors and board for input, the Horticulture Agent developed – with much help from these people – a series of workshops and classes and presented opportunities to get everyone involved ready for the year's upcoming market season.

## Family and Consumer Sciences

### Aging Fair

According to the United States Census Bureau, in 2013, 14.7 percent of people in Whitley County, Kentucky are age 65 and over. As we age, we need to treat our bodies differently, as well as use different services in the community. This was the purpose of the Aging Fair hosted by the Whitley County Cooperative Extension Service.

Many requests have been made by Whitley County Extension Homemakers to get information on aging. People in the community were interested in this information because it affects everyone at some point in the life cycle – even as a caregiver.

The aging fair had seven (7) different businesses represented, with each one providing informational tips on aging. Participants walked and visited each booth on their own. This gave the participant a closer look and the opportunity to talk to each representative at the booth. Businesses participating were from a variety of providers such as the Alzheimer's' Association, Horizon Adult Day Care and EFNEP.

Twelve (12) people attended and received beneficial information. An evaluation was given as each participant was finished to assess the level of learning. Overall, all participants who came in wanting to learn more about aging increased knowledge in every area evaluated. The evaluations also showed there was a significant increase in participants who felt the program helped them to prepare for aging challenges. In months to come, a long-term evaluation will be given.

The workshops offered were:

- Economics: Why More is Better – Dr. Tim Woods, Agricultural Economics Professor, University of Kentucky, talked about market economics and how vendors build the market together but are not competitive.
- Good Agricultural Practices (GAP) – This training, which teaches proper food safety techniques from field to market, was offered in partnership with the Kentucky Department of Agriculture.
- Sampling – A demonstration was presented by the Horticulture Agent on proper sampling techniques and how to implement sampling at the Farmer’s Market.
- Homebased Microprocessing Workshop – This is a great class that allows people to be able to sell higher-risk products such as canned tomatoes, pickled fruits and vegetables, barbecue sauce, pepper or herb jellies, herbal vinegars, low- and no-sugar jams and jellies and pressure-canned vegetables. This class is also for anyone who has a garden and would like to sell some of the excess to neighbors and friends!
- WIC/Senior Voucher Training – This training is a must-have for any vendor wishing to accept WIC and Senior Vouchers. WIC and Senior Vouchers are a great way to get fresh, local produce in the kitchens of people who may not be able to afford it as well as increase the profits for local farmers.
- Jackson County Regional Food Center (JCRFC) – A field trip was made to this impressive processing facility which has the capacity to produce over 1,000 jars of salsa in a day! But, it is capable of much more.
- Social Media and Invoice Creation – Kati Miller from the Kentucky Center for Agriculture and Rural Development (KCARD) offered a course on social media and general invoice creation. This was a great class that helped even the Horticulture Agent develop social media skills.
- Southeastern Kentucky Beekeeping School – This is a joint effort with beekeepers, the McCreary and Whitley County Extension offices, the Kentucky Department of Agriculture and beekeeping supply companies from all over the region which had over 144 people in attendance and was a huge success.
- Making a Living on 1.5 Acres: Techniques for small scale organic market gardening – This was a workshop in Lexington presented by the Community Farm Alliance. The presenter, J.M. Fortier, is a well-known Canadian Farmer who makes six-figures on only an acre and a half.

These classes are not only for Farmer’s Market vendors. Work has begun on next year’s workshop series, so it is hoped some new faces will be seen, especially those without any ties to the market! Class

dates and times will be posted on the webpage and Facebook pages.

## Fine Arts

### Rural Community Development

In three rural communities across the state, Fine Arts Extension Agents partnered with several organizations to create a deliberative issue guide about rural community development by and for rural citizens and residents, including those living in small towns and cities. Imagining America, Cooperative Extension, Art of the Rural, USDA and other partners, the Kettering Foundation and the National Issues Forums Institute combined to engage rural communities and encourage rural people to frame the issue in their own voices.

Through creative approaches and artistic prompts, Fine Arts agents in Greenup, Pike and Whitley Counties in Kentucky are participating in the concerns gathering process. Other states participating in this project include Georgia, Florida, Nebraska, Illinois, Wisconsin and Oregon. This issue guide is unique because it is being developed in partnership with the people who will most benefit from its use – the residents of rural communities.

Two forums were held in early May in Whitley County and moderated by Melissa Bond, Fine Arts Agent for Whitley County. Through learning wire sculpture techniques, participants created both a beautiful art project and a challenging discussion about the issues affecting Whitley County. One session engaged eighth graders and dealt with topics such as youth migration, job seeking and educational opportunities. Another session engaged a wide variety of ages in a cross-generation discussion about the natural beauty assets of the community and the role tourism could play in the future of the local economy.

As a result from the listening session, the Fine Arts Council has mobilized to engage local elected officials in cleaning up the city's riverwalk, a path along the Cumberland River that cuts through the middle of town. They are also working to organize a River Arts Festival to celebrate our city's heritage that is closely tied to our waterway identity. By using these listening sessions as a springboard, the Arts Council is addressing rural obstacles within our own community in a collaborative fashion.



*Whitley County community members create wire tree sculptures while discussing the natural assets of their communities and the role tourism could play in the future of the local economy.*

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SERVICE



**The Whitley County  
Cooperative  
Extension Service**

*Extending Knowledge,  
Changing Lives*

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