

EXTENDING KNOWLEDGE *Changing Lives*

IN WOLFE 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 **340** people are now involved in addressing significant community issues
- **20** youth made an impact in their community through service projects
- **10** local residents implemented practices that promote sustainable agriculture
- **13** producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **25** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **15** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **26** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **0** youth and adults demonstrated informed and effective decision-making skills
- **72** individuals incorporated new or additional conservation practices.

Meet the Wolfe County Cooperative Extension Staff

Ann Hollon- Family and Consumer Sciences Agent

Stacy Johnson- Supplemental Nutrition Assistance Program Education
(SNAP-ED) Assistant

Esther Miller- Extension Program Assistant

Daniel Wilson- Agricultural and Natural Resources Agent

Wanda Denniston- Extension Staff Assistant

Jessica Morris- 4-H Youth Development Agent

Joy Rose- Children, Youth and Families at Risk (CYFAR) Program Assistant

Shirley Halcomb- Extension Bookkeeper (Not pictured)

If you need assistance with any programs please contact any of the individuals listed above in their respected fields. Our office is open Monday-Friday 8:00 AM to 4:30 PM.

4-H YOUTH DEVELOPMENT

Project: SALSA

Wolfe County 4-H partnered with our Ag & Natural Resource Agent, Daniel Wilson as well as the SOAR VISTA Grow Appalachia Program Coordinator, Yvonne Scott to complete a project with our Wolfe County Teen Council at the Jackson County Regional Food Center (JCRFC). 12 Teen Council Members, along with Daniel Wilson, Yvonne Scott and Jessica Morris, 4-H Youth Development Agent, spent an entire day the JCRFC where 500 jars of salsa were made. This project however took many months of planning, design and preparation to get us to the finished product. We had to formulate our own recipe for the salsa and send it through the appropriate organizations to get the recipe approved for production at the JCRFC. The Teen Council had to design their logo for the salsa and get that approved as well. One everything was approved we had to increase ingredients to a commercial processing level to make 500 pint jars. We then ordered all supplies, from produce to the jars and lids which had to meet certain standards and regulations. On the day of production, the students unloaded the produce, washed, cut and prepared accordingly then measured each ingredient to make sure we were using correct amounts. They used the large 100 gallon steam kettle to heat the salsa to temperature and then filled the jars with the commercial filler machine which had to be calibrated to the correct fill amount. Finally, they used the laser date coding machine to place the "must be used by date" and then we placed our label on the jar. The kids learned a lot about the process in which most of our food comes to us by as we followed the same steps that a commercial vendor would use. By following all the steps, the salsa that the 4-H Teen Council made is now eligible to be sold in any store in the state of Kentucky. They are currently selling their product at events in the community and at the Extension Office.

No Farms. No Food!

All 4TH Grade students and two 3rd Grade classrooms in Wolfe County participated in the 3 lesson series that taught about the importance of agriculture and knowing where your food comes from. Each classroom was equipped with an incubator where they hatched chicks and had a lesson about embryology and all the products that chickens provide us with. The next lesson was on the dairy industry and the kids were able to make butter. The final lesson was on beef and pork products and what cuts of meat come from each animal. We also covered commercial vegetable production at this time. At the end of the series, all those students went to spend the day at Eastern Kentucky University's Meadowbrook farm where they took part in a field day that tied

up all we had talked about in the classroom. The kids toured the farm, visited with all the animal species, made ice-cream, and talked with college students about things that were going on at the farm. They rotated through stations to teach them about commodities and where they are used at. For a large majority of the students it was the only time they had been on farm where they could see all different forms of livestock and large scale farm equipment. Teachers and students really enjoyed themselves and many would like to participate in this program again!

FAMILY AND CONSUMER SCIENCES

Truth or Consequences: The Choice is Yours

The Family and Consumer Science Agent, 4-H Youth Development Agent partnered with the Wolfe County School System, Elected Officials, and committed community leaders and volunteers to present the University of Kentucky program "Truth or Consequences: The Choice is Yours" program to all high school seniors. The number of diverted prescription and illegal drugs, overdoses, thefts, arrests, court cases, and medical/financial consequences of drug abuse continue to negatively impact a large number of families in our community. Truth or Consequence is an enrichment activity designed to show students the impact of getting involved with illicit and legal substances. Based upon the format of the 4-H Reality Store program, students roleplay scenarios including possession of prescription drugs, driving under the influence, sniffing, possession of alcohol, drug paraphernalia, or illegal drugs, trafficking, stealing drugs, etc. During this activity, students were randomly given a scenario. Depending upon the scenario, students visited appropriate officials and or agencies to experience the consequences of the behavior of that scenario. At the end of the role playing, a graduate of drug court, our circuit judge, state policeman, school superintendent and the principal spoke to the group as a whole. This year's event was possible with a wide variety of community partners and Extension homemakers who served as "parents" to the youth. Seventy-eight ninth grade students participated in this year's Truth and Consequences program. Twenty community partners and thirteen adult volunteers volunteered in the event. After the program the community leaders and adult volunteers felt that they have gained awareness of the problem and impacts of substance abuse in their community and would be willing to participate in this program again. Plans are to make this an annual program including not only the seniors but also including the freshmen class as there is a strong need for continue substance abuse prevention and intervention programs in Wolfe County. The students were very attentive and took the role playing were serious: lots of questions were asked at the various community booths.

God's Pantry in Wolfe County

For the last several years Extension has partnered with God's Pantry to provide nutritious food boxes to the elderly in Wolfe County who fall within the program's income guidelines. God's Pantry truck delivers the food in boxes on pallets; the county judge secures volunteers to assist in unloading the truck and boxing up the food for participants. The number of participants has increased from 24 to 288. Some months the program receives 24 to 48 additional boxes, thus enabling the program to assist more senior citizens with basic food needs. (There is a waiting list for inclusion in the program.) With the combination effort of God's Pantry, Extension, and community leaders and volunteers, 90% of the time 288 boxes are distributed in one day. The basic food boxes have a monetary value of \$50.00, with some months the boxes having additional fresh vegetables and fruits. This program has assisted the senior citizens financially with their food budget since most are struggling with a limited income. By partnering with God's Pantry to provide the food boxes, it has provided Extension with the opportunity to put research based education resources in the hands of many of our senior citizens with whom we would otherwise have limited or no contact.

SNAP-Ed

My name is Stacy Johnson and I have been the Nutrition Education Program Assistant since April 2015. The Nutrition Education Program (NEP) is a free service of the University of Kentucky Cooperative Extension Service and is available to families raising young children, pregnant or parenting teens, and senior citizens. One of the community agencies that I have partnered with is the Senior Citizens, during the last several months I have taught a variety of lessons with the seniors including My Plate, food groups from My Plate, etc. We currently have 22 seniors participating. I am available to teach lessons to groups on topics such as My Plate, nutrients needed for good health, food safety, feeding your children well, gardening, food preparation, and budgeting your food dollars. Also, I can help you locate resources you may need. Please feel free to call me at the Wolfe County Extension Service Office at 606-668-3712. I look forward to hearing from you!

AGRICULTURE

Horse College

A regional Horse College was held at the Wolfe County Extension Service and horse owners from 5 different counties attended the 3 night course. Attendees from the following counties (Wolfe, Breathitt, Morgan, Menifee and Jackson) made up a total course listing of 30 people and an average attendance of 20 each night. The total number of horses represented among participants was 183 spread out over 416 group acres. Almost every attendee used their horses for recreational purposes and with only 2 attendees using their horses for business. Horses are an eco-

nomie staple to Eastern Kentucky and their impact cannot be measured. These attendees listed the following practice changes after attending this course: parasite control, proper nutrition, horse behavior management, tack selection, using body condition scoring to manage horses, horse grazing habits, vaccines, feed selection, planned breeding programs and soil testing utilization. A follow up evaluation will garner information on measurable economic impact the course had with clientele.

Wolfe County Rain Barrel Program

Kentuckians use nearly 70 gallons of water per person per day. By reducing the amount of water we each use, we can conserve energy, save money, and better prepare for water shortages and drought situations. Rain barrels are an inexpensive means of conserving water by collecting and storing rainwater from rooftops. According to the U.S. Environmental Protection Agency, roughly 1,300 gallons of water can be saved during peak summer months by using a rain barrel. The *Rain Barrel* program equips participants with the information needed to obtain, install, use and maintain a rain barrel. Wolfe County presented the *Rain Barrel* program to 18 participants. As a result of this program, 100% of participants stated that they will install a rain barrel at their home within the next 3 months, and 100% of participants reported that they will learn more about and adopt other landscaping best management practices that protect and/or conserve water resources.

2015 Winner of National Forage and Grassland Council Spokesperson Contest

Heather Graham won the National Forage and Grassland Council Spokesperson Competition on January 13th, 2015 in St. Louis, MO at the American Forage and Grasslands Council Conference. Heather presented on the forage, hay and pasture work that she and her husband Reed have been doing on their farm. Heather won the state competition back in September 2014 and earned the right to present at the National Level. This is the first time that anyone from Wolfe County has ever won this award. Please join me in recognizing and congratulating Heather on her accomplishments.



Heather celebrating her win with husband Reed Graham, Wolfe County ANR Agent-Daniel Wilson and UK Agronomy Specialist-Tom Keene.

Wolfe County Grow Appalachia

This is the first year for this program which is funded through the Jean Paul DeJorio foundation and coordinated by David Cooke at Berea College, Berea, Kentucky. Wolfe County Grow Appalachia—under the supervision of Daniel Wilson, Agriculture Extension Agent, and Yvonne Scott, AmericorpsVISTA—received approval for their grant in late December, 2014, for \$11,000. By late January, we had recruited 10 families for this year. Demographically the program touched families ranging in age from 2 years to 80+, with 26 adults and 10 children under 18. The grant provided over \$2000 of equipment, \$1514 of consumable items such as seeds, transplants, row covers, canning equipment and jars, straw for mulch, organic compost and nearly \$900 for our kids program, books and assorted instructional items for individual requests. Donations and in-kind services added another \$4,470 to our program. The grant provided nearly \$2500 in part-time employment for one of our local college students and for 83 hours of greenhouse maintenance for a local high school student.

Since March and our first orientation meeting, GA has conducted 10 workshops or 22 hours of instruction and hands on opportunities to learn or improve gardening and food preservation skills. Classes from Basic Gardening to fruit tree grafting, rain barrel construction, mulch and compost, canning and preserving, extending the gardening season and seed saving are just some of the topics covered. By visiting the sites at least every couple of weeks, we were able to stay connected and give ongoing support. In spite of persistent precipitation during July, two failed gardens suffering overwhelming flooding and insect infestations, the remaining 8 families have collectively produced over 2,080 lbs. of produce through the end of September and of that, about 50 lbs. have been shared or given away. We hope to renew the grant for 2016 and many of our first-year families are eager to participate. Well done, Wolfe County!

Children, Youth and Families-Project Strong Fathers

Strong Families

Our program was granted funding to cover pay lake fees and fishing supplies to provide a day of fishing for fathers and their children. We were grateful for a sunny day and 26 participants. Our children caught a few fish, but most importantly the activity provided them with memories of a day with dad, that will last a lifetime.

Our Father-Child Project that most engaged the children was the “Bricks for Kidz” program. This was a Science, Technology, Engineering and Math (STEM) inspired activity; the children and their Dads successfully used Lego bricks, pulleys and motors to build moving-working machines. The class was so much fun, the children did not realize it was also educational. We were very fortunate to be able to provide access to a program that is usually available only to metropolitan areas.

CYFAR Coordinator Joy Rose



Building Lego Machines



Fishing with Dad



Canning Salsa



Preparing a raised bed

COOPERATIVE
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UK
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KENTUCKY
College of Agriculture,
Food and Environment

**The Wolfe County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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