

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 Youth preparing to depart for 4-H Summer Camp

4-H Youth Development

4-H Camp

The Estill County 4-H Camping program has seen substantial growth over the last three years with forty five youth attending 4-H camp at J.M. Feltner Memorial Camp this year. Over the course of five days youth participated in activities that range from Archery to Robotics. Youth practice important life skills in a community living experience. The shared responsibility of maintaining their cabin in a clean and orderly way helps to foster teamwork, responsibility, leadership, independence, and commitment. Youth took classes learning survival skills, basic swimming, rifle safety, engineering, coordination, and perseverance. Upon returning from camp over 80 percent of youth who attended said they would like to return to camp the following year and bring a friend with them. Over 70 percent stated that they had learned important life skills and had been given an opportunity to be a leader in their cabin and team.

Priority Program Efforts

- A total of 307 people are now involved in addressing significant community issues
- 1,000 youth made an impact in their community through service projects
- 61 local residents implemented practices that promote sustainable agriculture
- 600 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1,488 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 77 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 75 youth and adults demonstrated informed and effective decision-making skills
- 194 individuals incorporated new or additional conservation practices.

Agriculture & Natural Resources

MERCER COUNTY FARM TOUR

Estill County Cooperative Extension Service and the Estill County Cattlemen's Association collaborated to organize a farm tour to Ellis' Farms near Harrodsburg, Kentucky. Estill County Cattlemen's Association, Mercer County Extension agent for Agriculture, Mercer County Cattlemen's Association, Ellis' Farms, Estill County vocational agriculture teacher, and Estill County 4-H livestock club leader and county agent for 4-H & youth development joined to develop the farm tour and advertise to producers/youth. The tour was held April 24, 2015. The host farm covered 1260 acres. Ellis' Farms is a two-part operation including a feeder heifer feed lot and small square alfalfa hay business. They feed and market 1500-1800 heifers annually and sell 100,000 small alfalfa hay square bales. The majority of their alfalfa hay shipped to Florida, North Carolina, and South Carolina. Fifty-five participated in the tour including thirty-seven youth. The tour provided production and marketing information for both crop and livestock producers plus an opportunity for youth to receive on-farm information in the areas of agronomy, animal science, and agricultural mechanics.



MERCER COUNTY: Myron Ellis (right) shows the Estill County group his pasture subdivisions & discusses his heifer finishing operation.

FARM FIELD DAY

Farm field day tour was held at Austin & Norma Rogers' farm on Sand Hill Road. Tour topics include the tractor safety, stockpiling fescue, soil health cost share, winter feeding tips for cattle, farm waste man-

agement, and KY Industrial Hemp Pilot Program update. The weather was perfect and we had 86 people



AUSTIN ROGERS FARM: Farm field day wagon tours included a tractor safety session taught by Mark Purschwitz, UK farm safety specialist. He pointed out the importance of roll over protection structures (ROPS) and seat belt use to save lives.

attend and enjoy educational information, farm tour, and fellowship with friends. We had a good meal and nice door prizes. Thanks to our meal sponsors including Citizen's Guaranty Bank, Farm Bureau, Mountain View Veterinary Clinic, Hardy Oil, Farm Credit Services of Mount Sterling, Estill County Conservation District, and Estill County Cattlemen's Association.

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

"4-H brings out the hidden potential in our children and encourages them to be better citizens"

- Rebecca

Fair on Aging. This event targeted all people who were aging, including caregivers of the aging and



Kellie Sparks from the Irvine Nursing & Rehabilitation Center speaks about long term care benefits and what people should know at the 2015 East Central Kentucky Fair on Aging.

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, 96% of participants said they felt more informed of the services available to them than they did before they came to the event; 97% 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.

SNAP-ED Program Comes to Estill County

With 66% of Estill County's children eligible for free/reduced school lunch, 28.6% of the county's population living in poverty, and 34.7% of Estill County adults being obese – there is a huge need for nutritional programming, resource management skills, and physical activity promotions. Fortunately, this year the Estill County Cooperative Extension Service was able to hire a SNAP-Ed (Supplemental Nutrition Assistance Program Education) paraprofessional. The goal

of SNAP-Ed program is to improve the likelihood that persons eligible for the Food Benefit Program (formerly Food Stamp Program) will make healthy choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the MyPlate.gov. To do this, Estill County SNAP-Ed paraprofessional, Jessica Webb, offers free educational programming and information. Since her start in January, she has conducted healthy eating educational programs, collaborated with local community agencies on projects, and set up at local health fairs. Since January, Jessica has enrolled eight families into the program in Estill County and of those: all 8 graduated from the program, 100% of graduated families' had positive change at the exit of the program, 81% improved in resource management, 69% improved on food safety practices, and 71% improved on diet quality/nutrition.



Jessica Webb, Estill County SNAP-Ed Assistant, teaches students about eating healthy by following the MyPlate.gov guidelines

4-H Youth Development

4-H Agriculture Development Program

One of the issues that has been identified as an area that the Estill County Extension Service can address is the diversification and increased knowledge among farmers and potential farmers within the community



Youth participating in the Country Ham Project.

in an effort to improve the very important agricultural industry that helps drive the local economy. The plan that has been laid out includes improved production practices, diversification, risk management, improved efficiency, and enhanced marketing. As part of this plan a Youth Agriculture Development Program has been developed and implemented in Estill County. This plan has four parts, the growth of the Avian Bowl program, an investment in resources to jump start the Country Ham Project, cooperation with the Agriculture and Natural Resources Agent to provide youth adult partnership learning opportunities, and a focus on Livestock education among youth who apply for a youth loan from farm credit. By focusing on these programs the Country Ham Project increased by over 800% with an estimated 2,500.00 dollars worth of ham processed and cured by local youth. This project helped youth learn about the curing process as well as develop public speaking skills as they each prepared a speech to present at the State Fair on Country Ham Day. The Avian Bowl team has entered its third competitive session, all youth who receive loan money through the youth loan program enroll in the livestock club and receive guidance from a certified volunteer leader. The Extension Service is also

offering regular educational programs on relevant topics to the farming community for youth and adult audiences.

4-H Sewing Club

The 4-H sewing club was developed out of the Estill County Plan of Work. Community members expressed a need to teach youth practical skills that they would be able to use for the rest of their lives. One of those skills identified was the art of Sewing. In order to address this need the Estill County 4-H Youth Development program coordinated and offered a summer sewing day camp. This camp had 10 youth attend and lasted two days. The program was such a success that this group of young people have developed a Sewing Club that will continue to teach sewing skills from beginning to advanced in areas such as clothing, quilting, and everything in between.



Master Clothing Volunteer teaching youth at 4-H Summer Sewing Camp

COOPERATIVE
EXTENSION
SERVICE



UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

**The Estill County
Cooperative
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