

EXTENDING KNOWLEDGE

Changing Lives

IN PIKE COUNTY

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



4-H members are learning skills to prepare them for the work world.

4-H Grows Here

4-H grows in the Pike County 4-H Program. Did you know that there are 4,066 youth building their workforce skills through participating in the 4-H Program? Nutrition education classes are keeping our youth healthy; the youth are learning this through skits and educational programs that they present. Listed below are some of the accomplishments of this “learn by doing” organization. There are 174 clubs with sponsors leading the way for our youth. Eighteen-hundred (1800) youth showed the skills learned through 4-H projects and activities. Fifty-six (56) projects represented our county during the great Kentucky State Fair. Seven (7) youth won state championships at the Kentucky State Fair; one (1) youth won a reserve championship. Five (5) youth won college scholarship money in the amount of \$2,800 during business seminars. One (1) youth won the Kentucky and National Title of National Young Leader at a multi-state business competition. One-hundred three (103) youth learned teamwork and self-reliance through 4-H camp. Thirty (30) youth and adults provided leadership for the week of 4-H Camp. Five (5) youth gained in leadership training through the 4-H Teen Conference held at the University of Kentucky. Ten (10) junior high students received leadership and skills training at the 4-H Teen Summit held at the KY

Priority Program Efforts

- A total of **208** people are now involved in addressing significant community issues
- **2,123** youth made an impact in their community through service projects
- **496** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **363** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **2,413** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **2,218** youth and adults demonstrated informed and effective decision-making skills
- A total of **56** farmers self-reported an increase in profits as a result of adopting one or more practices recommended by Extension
- **57** producers adopted resource management technologies (IRM, IPM, soil testing, soil fertility management) as a result of Extension programs

Leadership Center. One-hundred (100) youth gained skills in workforce training through the 4-H Reality Store. Twenty-five (25) adult leaders provide information on the real world and budgeting. Youth learned about service learning through the “Feed a Pig, Send a Child to Camp” Project. The youth helped their fellow 4-H members attend 4-H camp in the amount of \$2,050. Young leaders were instrumental in raising money during the Tractor Supply 4-H Days. The Saving Bank Program encourages youth to learn to budget and plan for the future. Seventy-five (75) youth participated in this program. One (1) competed in the District Contest and was one of the winners in the competition. The bank was exhibited at the Kentucky State Capitol and the youth was honored during the “Kentucky Saves” Program. Over three-hundred (300) hours were spent in teaching healthy living through educational programs. Over 8,000 youth learned about nutrition and had hands-on activities to teach wellness. Two (2) youth represented our state and competed during the National Livestock Show in Louisville.



In 4-H, you may catch more than a big fish! At 4-H Camp, youth learn life skills and how to be a member of a team, they also learn new skills and experience the outdoors!

Artists Collaborative Theatre

Artists Collaborative Theatre (ACT) held eight (8) productions this year, with 16 performances per show. Season pass subscriptions numbered 121. School outreach programs in Fine Arts served over 2,800 students in theatre production field trips and educational programming from 16 schools all across Pike County and into Virginia. This year, the children’s acting troupe performed Appalachian Folk Tales and Seussical the Musical. Elementary and high school students trained in technical theatre and 46 students were involved in completely tuition-free after school theatre classes and productions. Five (5) high school students were the primary educators for tuition-free after school youth classes and directed the youth productions. One-



Artists Collaborative Theatre’s kids company performs “Seussical the Musical.”

hundred percent (100%) of Pike County Fine Arts high school leaders have been placed in post-secondary education programs. Graduating seniors are awarded \$500 scholarships from ACT. Seven (7) students now attend the University of Kentucky.

Women of Theatre Technology

The Women of Theatre Technology Program had 32 students and seven (7) adults participated in the Women of Theatre Technology this year. These females learn light and sound design and operation, stage management, and scenic and costume design and construction, areas of the profession which are highly dominated by men. In the past, this unique program has received the University of Kentucky Diversity Award as well a NaCo Award for advancing Appalachian females in the areas of science and technology.

Hatfield and McCoy Arts Council

Pike County Extension for Fine Arts Program and the Hatfield and McCoy Arts Council collaborated to bring an original depiction of the Hatfield and McCoy feud to life. Each summer, productions of Blood Song: The Story of the Hatfields and the McCoy are performed to approximately 1,000 people on the banks of the Tug River at McCarr, KY where the actual events of the feud took place. This year marked the NaCo award winning production’s fourth summer. Each year, volunteers with the Hatfield and McCoy Arts Council log over \$350,000 worth of volunteer service hours.

Appalachian Symphony

Last year, Pike County Extension Fine Arts began Appalachian Symphony. This program meets two nights a week on Tuesdays and Saturdays and teaches anyone in attendance how to play musical instruments. The meetings and use of the instruments are completely free. There are instructors for everything from the ukulele to a huge upright bass!

Fine Arts Marketplace

Pike County Extension Fine Arts Marketplace is an online store representing local artists. Artisans can list their products completely free on the website. We direct customers to them through marketing, they take care of the packing and shipping.

Shelby Valley Arts Council

The Shelby Valley Arts Council is a new program focused on the Shelbiana/Virgie areas of Pike County. The council, comprised of teachers and artisans, is concentrated on bringing art opportunities to that area.

Stone Heritage Theatre

The Stone Heritage Theatre is located at Stone, KY. In the early 1900s, prominent American industrialist Henry Ford, founder of the Ford Motor Company, established a coal business there, employing over 1500 men. During that time, a beautiful theatre was constructed where live shows and productions took place. Pike County Extension Fine Arts is working to renovate the grand theatre and bring live productions back to the area.

Cooking With Confidence

It is not uncommon for household kitchens in America to go virtually unused. Families are more than one generation removed from a regular sit-down mealtime. Work, school and extra-curricular schedules have many families convinced there is no time to cook and without basic kitchen knowledge, families are intimidated at how to begin cooking at home. Under the direction of the Pike County Extension Council, the Pike County Family & Consumer Sciences program utilized a 4-part beginner's bread making series and advanced bread making courses to help today's families return to their kitchens. The skills learned in bread making transfer to all other areas of meal preparation: proper measuring techniques, understanding and using basic equipment, reading and following recipe instructions, and evaluating the finished product. This hands-on series proved to help families break out of the cycle and start cooking more at home. Baking together is a fun, family sharing activity that everyone can enjoy. Approximately 200 families have taken part in bread making classes and they in-turn have shared that knowledge with hundreds other families. Students stated the most valuable skills learned in the series were: confidence in cooking, feeling encouraged to try recipes they would not have before and how to make good ingredient choices. Class participants reported making over 225 specialty baked good recipes with their families that they would not have

made without first taking the course. Students reported feeling more self-assured, able to correct problems on their own, and learning to relax and enjoy the process of baking/cooking without being in a hurry. They also reported learning confidence in baking failure – that is, being able to evaluate what went wrong in the process and correct mistakes for future success. One series participant reported, “I now know the success in baking comes from using the right ingredients and following the instructions.”



Participants measure and cut cinnamon rolls before proofing and baking during a beginner's bread making class.

Nutrition Education Programs

Nutrition Education Programs help families gain access to food and stretch food dollars, communities to decrease hunger, and local food assistance programs to educate recipients on healthy and safe food preparation methods. The Pike County Nutrition Education Program paraprofessionals taught over 200 limited resource families how to serve more nutritious meals, to keep food safe, and to utilize local food resources effectively. All 100% of program graduate families made an improvement in the nutritional quality of their diet. Planning meals using My Plate, considering healthy choices and using the “Nutrition Facts” label led 83% of NEP graduating families to consume a diet of higher quality than before entering the program. Over 65% of families demonstrated an improvement in safe food handling practices and hand washing behavior. Utilizing 100 program volunteers, the paraprofessionals taught a series of lessons on eating fruits and vegetables, whole grains, dairy, resource management and food safety. Over 70% of program families learned to use food resources more wisely, to plan meals ahead and to use a grocery list to guide food selections.

Pikeville Farmers Market

One of our proudest accomplishments has been the leadership of the Pikeville Farmers Market. During the last year the Pikeville Farmers Market has applied for



Sale Day at Pikeville Farmers Market.

and received grant money for building a Pikeville Farmers Market Pavilion. During the year enough farmers were recruited to outgrow our parking lot at the Extension Office. The membership of the Farmers Market came together to incorporate, elect officers, and jointly apply for grants from the GOAP, SOAR, KDA (\$250,000 for construction of Phase 1) and developed a relationship with the city for the property to build the facility. They attended multiple training to learn about and how to write grants. Our progress is almost unbelievable. To date we have exceeded attendance goals of 6,250 with over 7,200 local buyers attending. We have surpassed the vendor goals, with participating vendors from Floyd, Knott, Johnson, Martin, Perry, and Pike Counties. Five (5) of our farmers have attained personal KSU grants for various value added items. One-hundred percent (100%) of farmers have GAP Certification. One-hundred percent (100%) of the value added participants have attended and are certified as Home Based Micro-Processing, and several have their commercial license. Members have attended the USDA/FSA listening sessions along with the summer listening sessions with the Kentucky Grant Writers. Members have done presentations for the Kentucky Master Gardeners, Pikeville and Johns Creek Schools, Rotary Club, University Women's Club, Kentucky Fruit & Vegetable Conference, Appalachian Heritage Seed Swap, Kentucky Oak (organic association), and Ohio

“We are the Pikeville Farmers Market, where friends gather. We have a vision for the future and we will not disappoint your confidence in us.”

- Joyce Pinson, Vice President of Pikeville Farmers Market

Organic Growers Association. They have maintained a relationship and coverage by reporters and presentation by members at three (3) radio stations and two (2) TV stations, with the TV stations regularly giving coverage for activities such as dedication and grand opening projects with the Pikeville Medical Center's Health Fair, Pike County Health Department, elementary school garden project, and helped to sponsor the Pikeville Jr. Chefs.

Agri-Tourism in Pike County

Pike County Extension has also hosted multiple Agri-Tourism groups. Extension has brought into the area over \$100,000 for Agri-Tourism through actual conference expenses, plus shopping and meals not covered in registration. Our first group was the state leadership from the USDA. We hosted the State Director for the USDA and the State Leadership Committee and set up tours in which they could see two local beef operations, a CSA/local vegetable farmer, and had dinner at a local restaurant that uses local produce. Secondly, we hosted the State Horticulture Agents by providing all arrangements for the meeting and tours. Horticulture Agent's tours included Mountain Comprehensive Care's Greenhouse to view their work with special populations of adult students and their work to gain skills and local farmers' bio-intensive gardens. It's been a busy year for ANR, our farmers, and especially our leadership.



Pike County Hemp Project.



University of Kentucky
College of Agriculture,
Food and Environment
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Pike County

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Changing Lives

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