



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.



Ribbon cutting ceremony for the Whitley County Extension open house on October 27th.

The new Whitley County Cooperative Extension Service building has expanded from two meeting rooms and four offices to five meeting rooms and nine offices, a laboratory, and a library/publications room. Not to mention the new kitchen and food preparation area that offers increased opportunities for teaching classes on cooking and food preservation.

The Extension staff look forward to actualizing what this expansion means for the program areas and how they can better serve the community using research-based information, as well as providing a place to build community and increase economic opportunity. Our second location in downtown Williamsburg, the Extension Community Arts Center, will continue to be in operation and provides opportunities in art education, community events, and is a convenient location for certain programming efforts to all areas of extension.

Priority Program Efforts

- A total of **90** people are now involved in addressing significant community issues
- **24** youth made an impact in their community through service projects
- **5** local residents implemented practices that promote sustainable agriculture
- **14** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **512** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **683** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **167** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **697** youth and adults demonstrated informed and effective decision-making skills
- **63** individuals incorporated new or additional conservation practices.

Fine Arts

Art in the Garden Workshop Series

Whitley County is a place with a rich tradition in gardening and craft. In the past, people had to be very resourceful, rely on their talents, and hard work to take care of their families. Today, we continue to see a need for these self-sufficiency skills of the past. Through the "Art in the Garden Workshop Series," our goal was to create a hands-on learning environment where participants could learn daily life skills, produce a product, and empower them to create a space to improve well-being, all while enhancing opinions towards gardening and art.

Extension Fine Arts and Horticulture teamed up to create a three part series that included the classes "Mosaic Stepping Stones," "Vertical Succulent Frames," and "Hypertufa Pots." We felt these were great classes to offer because they provided a wide range of skill sets and they met at the intersection of gardening and art. The workshops were held in the evening during the summer and were open to anyone ages 10 and up.

Technical application skills are vital to the creation process. During the art portion of the classes, Fine Arts agent Cortney Moses taught students daily life skills. As a result of Moses's instruction, students were able to demonstrate the proper safety precautions to take while mixing concrete and other hazardous materials and practiced the proper usage of safety glasses, gloves, and particulate masks. Students operated hand tools such as a power drill and drill bits, clamps, tile pinchers, cutters, notched trowels, and hammers. Students were taught to be able to identify various mediums such as, Portland cement, perlite, peat moss, synthetic reinforcing fibers, thin set mortar, and grout. Using this newfound knowledge they practiced calculating proportions and application times. These skills are very practical for use in and around the home.

To gauge impact of the "Art in the Garden Workshop Series" we created a Qualtrics survey and distributed it to all of the workshop participants.

-60% of respondents plan to use the skills gained from these workshops in their daily life.

-100% of respondents plan to create a space to improve their well-being.

-75% of respondents say that the workshop

positively improved their opinions and attitudes towards art and gardening.

An empowering moment came from this workshop when a participant in their 70's, whose father was a carpenter, shared that it was the first time she ever used a drill! Other comments were "Classes were fun and relaxing. Good job!!!" and another participant said they would save money by utilizing these skills. "I will use the skills I learned to make more garden art which will save money. Fun workshops!"



Fine Arts agent, Cortney Moses, assisting student with the construction of a Vertical Succulent Frame

Because of this great feedback we plan to continue the "Art in the Garden Workshop Series" for future programming and will expand on the development of skill sets and provide opportunities to a greater audience.

Horticulture

Mobile Farmer's Market increases access to fresh fruits and veggies

In 2015, the Whitley County Farmer's Market (WCFM) began a mobile Farmer's Market program, setting up at hospitals, health departments and various other locations throughout the county. The mobile market reached limited-resource populations, raised awareness of the market and increased local food sales. When the WCFM was unable to replicate the mobile market this year, the Whitley County Cooperative Extension Office set up a mobile Farmer's Market with a goal to build on last

year's success while increasing WIC voucher redemption rates and advertising UK Cooperative Extension resources to health department clientele.

Keeping the goal in mind, the market was set up two days per month in the months of June, July and August at the Whitley County Health Department. Farmers dropped off their produce or set up alongside the Extension Office and the Health Department personnel distributed the WIC Vouchers. After leaving the health department, the WIC recipients would redeem their vouchers for fresh, locally-grown produce. This is a high traffic area, attracting other residents and health department employees as well. Shoppers learn about programs offered by the Whitley County Extension office while at the market.

4-H Youth Development

4-H Camp Experience



4-H'ers raising the American flag for the morning ceremony

4-H camp has been a large part of the Whitley County 4-H program. Ninety (90) campers were registered for the 2016 summer 4-H camp and 100% of the campers, along with a parent or guardian, attended the mandatory camper orientation which was offered six different times over a four-day period to accommodate most schedules. This orientation included program

expectations of campers, the camp philosophy, camp safety rules, code of conduct, camp schedule, what to pack, emergency procedures, counselor selection and training requirements, and was followed by a question and answer session.

As a result of this orientation, there were only two incidents of homesickness of which one camper remained the entire camp period, less parent anxiety noticed, less confusion at loading and unloading of campers in county, and less clothing articles left. Parents and campers alike after camp reported a more positive camp experience with over 90% reporting they plan to return in the future! The returning camper rate the previous two-years has been at 65%.

Agriculture and Natural Resources

East Kentucky Integrated Reproductive Management



Ag and Natural Resources Agent demonstrating proper handling and beef quality assurance program.

In 2015 the East Kentucky Integrated reproductive management program was started in eastern Kentucky. In Whitley County three farms originally started in the program with 55 brood cows involved. The Spring of 2016 an additional farm was added to the program bringing the total to four farms and 158 brood cows. The program has been very successful in Whitley county so far with producers already seeing decreased calving seasons and better overall management of cattle herd. On-site demonstrations on how to effectively use reproductive management tools to increase profits has taken place on the farms listed. Also, proper health and nutrition plans have been put in place on the farms. The farm owners are

very receptive to the management changes that have taken place and are striving to better their cattle herd through all phases of management. The program will continue for another three years with the farms to help show the profitability of the practices implemented.

Family and Consumer Sciences

Whitley County Walking Program

According to the Kentucky County Healthcare profile created by CEDIK, only 34.9% of Whitley County residents are physically active and 33% of adults are obese. The county also has a need for recreational facilities due to there only being three facilities (per 100,000 population).

The Whitley County Cooperative Extension Office has a temporary location in the Cumberland Regional Mall due to construction of a new building. Many people from the community come to the mall to shop, but they also come to walk laps for physical activity. The facility is environmentally controlled, well lit, and safe for residents.

The Whitley County Cooperative Extension FCS Agent used the curriculum for Get Moving Kentucky to initiate a walking program at the mall. In addition to physical activity the program included nutrition and food safety information. The six-week walking program had 23 adults who wanted to make positive change in their health habits. At the end of the six weeks, participants reported feeling better overall and improved breathing. All are committed to continuing the walking program. A new session will begin in the Spring.



Participants of the walking program taking advantage of the comfortable mall facilities to get physically active

Whitley County Extension Staff

County Agents

Family and Consumer Sciences–Matti Daniels

4-H Youth Development–Natasha Robinson

Fine Arts–Cortney Moses

Horticulture–Paul Dengel

Agriculture & Natural Resources–Garrard Coffey

Staff Support:

Staff Assistant–Kenneth R. Hayes

EFNEP Assistant–Cheryl Ownes

Custodian–Andrew Modica

"It was an interesting program; I met people, and it got people out. I'm a walker and it motivated me every week. I heard other people saying they enjoyed this program too!"

***-Patsy Lawson,
Participant***



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Whitley County

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