

EXTENSION Today

IN ESTILL COUNTY

In Estill County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Estill County Cooperative Extension Office is your connection to the University of Kentucky and the world.

You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.

OFFICE OPEN HOUSE & FARM FIELD DAY

What a year of positive change for your Cooperative Extension Service! With the leadership and support of our District Board and Extension Council, we were able to purchase a 7,584 square foot building and acre lot off Stacy Lane, move into the facility on April 9, and complete building renovations by June 6. The facility is such an asset for our programs and community. We hosted an open house event combined with our farm field day on September 30, 2010.



Pictured: Estill County Cooperative Extension Office, 76 Golden Court, Irvine. KY 40336

The event began with an agriculture tour of Green Earth Biofuels Plant off Kirkland Avenue. Company president Montie Parks led groups on a tour of the facility. When operational, the plant has

the capacity to produce 25 million gallons of biofuel annually and could expand to 75 million gallons annually. UK Ag Engineering Specialist Mike Montross presented information on renewable fuels and demonstrated a biomass pellet machine. In addition, youth who came participated in a 4-H program called 4-H₂O.



Pictured: Greearth Biofuels Plant, Kirkland Avenue, Irvine.

After the tour, everyone met at our office for a sponsored meal and open house ceremony. Earl Brandenburg, Extension District Board Chair emceed the event. Guest speakers included County Judge-Executive Wallace Taylor, UK Extension Director Jimmy Henning, Representative Ted Edmonds, and Extension District 4 Director Roger Sparrow. As part of the ceremony, Representative Ted Edmonds presented a dedication plaque to Extension District Board Chair Earl Brandenburg.



Pictured above: Meeting rooms showcase tables decorated by Estill County Homemakers.

Pictured below: Extension District Board Chair Earl Brandenburg receives the dedication plaque from State Representative Ted Edmonds and County Judge-Executive Wallace Taylor.



We had a great attendance with 140 people signed in and gave away many door prizes donated by local businesses. We were pleased with the ability to have such a large meeting at our facility. Thanks to all who helped make this event a success! All event photos credited to Phyllis Alcorn.

Vegetable Disease Management Seminar

Many Estill County residents enjoy gardening. Some growers are members of our local farmer's market and produce vegetables on a commercial scale. In the summer of 2009, cool conditions favored disease development on many vegetable and fruit plantings. Extension received numerous vegetable disease samples and client requests for diagnosis and control information.

Since growers were interested in avoiding the disease losses in the new crop year, we organized a

Vegetable Disease Management Seminar on March 11, 2010. University of Kentucky Extension Plant Pathologist Kenny Seebold presented a program that covered common vegetable and fruit diseases and their controls. Eighteen growers attended the seminar. A survey was given to participant revealing 56 percent were home gardeners and 44 percent were commercial producers. Over 83 percent learned a lot with knowledge gained in disease identification, practicing sanitation and crop rotation, common pathogens and how they affect crops, and how plant resistance is a useful tool but not always effective.



Picture of late blight in tomato transplants.

When asked if growers would use the information presented this season, 100 percent answered yes. Participants expressed their appreciation for this educational seminar.

2010 Bluegrass Area Extension Homemakers Annual Meeting

This year Estill County Homemakers were honored to host the Bluegrass Area Extension Homemakers 2010 Annual Meeting. The event was held at the Estill County High School and included morning refreshments by Estill County Homemaker's and a catered lunch by "Creative Cooking" owned by Gladys White. Much planning went into this event which served nine counties and over 230 participants. Estill County Homemakers joined in and divided into committees to make this big event successful. Though Estill County Homemakers are few in number, they gave an outstanding program representing Estill County in a most favorable light. Some of the guest speakers included County Judge-Executive Wallace Taylor, City of Irvine Mayor Ernest Farmer, City of Ravenna Mayor Charles Crowe, William Hardy of Carhartt and Dave Shuffett, host of Kentucky Life.



Glynda Noland, Ora Lee Thomas, Onna Lee Brinegar and Teresa Dixon auction off a basket for Ovarian Cancer Research

Also, Francine Bonny of the Estill County Quilt Trail committee shared with us the exhibit and history of the quilt trail. This event included an Area Cultural Arts Contest with a 170 entries and blue ribbon winners will go onto KEHA State Cultural Arts Contest in Bowling Green this May. Estill County businesses donated items for door prizes and \$368 was made from the Ovarian Cancer gift basket donations.

Second Sunday



In an effort to fight Kentucky's obesity problem, UK Cooperative Extension Service coordinated a highly visible and effective community collaboration program. The goals, objectives and strategies of 2nd Sunday are intended to help create environments that promote physically active lifestyles. As a statewide initiative, 2nd Sunday is positioned to remove barriers in the "built environment" to improving the level of and the quality of physical activity in one of the nation's least healthy states. Estill County is among the 115 counties and 30,000 citizens that participated in the 2010 2nd Sunday initiative. On the second Sunday of October 2010, Extension agents across the state teamed with local, district and state partners to close a roadway or area for 4 hours of physical activity.

Eighty-five participants attended this year's event. The city of Irvine closed off Court and Laurel Streets from 2 – 5 p.m.

Thanks to the 2nd Sunday coalition: City of Irvine Mayor Farmer and his wife, Irvine City Council, Marcum & Wallace Memorial Hospital, White House Clinic, Estill County Health Department, Irvine Health and Rehabilitation, Estill County Senior Citizens Center and Fire Department along with CSX Transportation and River Drive

Christian Church, for making Estill County 2nd Sunday event prosperous.



Pictured above: Bicycle Rodeo at Second Sunday, Court & Laurel Streets in Irvine.

EFNEP Program Participates in Farmer's Market

In 2010 the Estill County Farmers Market ran June 1 - Oct. 19 at the Estill County Fair Grounds. It was open on Tuesdays and Fridays from 3:00 pm-7:00 pm. On the second Monday of each month was a Senior Discount Day from 10:00 am until 2:00 pm. Estill County residents were introduced to food preservation techniques brought to them by the Expanded Food & Nutrition Education Program. Information was handed out about home freezing basics and the importance of foods being frozen at peak quality for higher vitamin content. In addition, Kentucky Proud recipes were handed out along with samples of the recipe to aim at motivating Estill County citizens to choose more nutritious foods.



Clarice Wolfinbarger distributes samples of recipes to Carol and Phyllis Alcorn at the Farmers Market

4-H Country Ham Project

This was the first year that the Estill County 4-H Program has participated in the 4-H Country Ham project. This project allowed 4-Hers to develop applicable real world skills in two ways.

First the participants got an opportunity to learn about food preservation by curing two hams. Then to complete the project the participants had to give a speech on a predetermined topic at the Kentucky State Fair in August. Junior 4-Hers had to give a speech about How to Cure a Country Ham, while the senior 4-Hers' speech topic was Marketing Country Hams.

The participant receives scores that are calculated using 40% of their ham score and 60% from their speech. Those members that completed the project scored exceptionally well in both areas. Mary Eldridge won the overall best ham in the 18 year old division. This year, four members completed the project and interest is growing for the 2010-2011 project year.



Pictured: 4-H Country Ham Participants with their hams at the Kentucky State Fair.

Water Quality Education

Water quality, both surface water and ground water, is an important topic of interest in Estill County.

That is why Estill County 4-H is engaging youth in water education activities. The goals of the program aim to decrease water pollution and to educate the community about where their water comes from. In July, the Estill County 4-H Council received a grant from Bluegrass PRIDE for \$747.00 to purchase tool kits to engage 4-Hers in conducting water quality assessments. Water education is currently being provided to 4th grade students through school enrichment programs and to the 4-H Teen Club during afterschool club meetings. Teens perform on site assessments of water sources around the county after school.



Courtney McCoy and Nicole Fox catch macroinvertebrates to assess water quality at Station Camp Creek

The Cooperative Extension Service is also partnering with the Estill County School System in the Wetland Restoration Project. 4-Hers will use this site to learn about different aquatic organisms, and how wetlands benefit water quality. Every 4th grader has learned about and practiced identifying sources of water pollution. One hundred percent of the participants said they would practice proper waste disposal to keep our water clean.

The Estill County Cooperative Extension Service

We deliver information, education, solutions.

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