

EXTENSION Today

IN MAGOFFIN COUNTY

In Magoffin 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 Magoffin 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.

Magoffin Cattle Association *Russell Sparks, Agriculture & Natural Resources*

The Magoffin County Cattle Association met 12 times for their monthly meetings with an average attendance of 12 and conducted an awards picnic attended by 16 farmers. They conducted cost share program involving \$25,000.00 spent on the Cattle Genetics, Cattle Handling Facilities and Swine Cost Share Programs. I provided certification trainings for all the farmers involved in the two rounds of applications for the cost share programs. They hosted the Highlands Beef Cattle Association meeting on Wildlife control provided by the Kentucky Fish and Wildlife Service biologist attended by 39 people.



Cattle members remember family of John D. Elam

We have also had a lot of damage to livestock by dogs that had been mistaken for wildlife damage. They invited Dave Maples to do a program at one of our meetings and 13 people joined the Kentucky Cattlemen's Association. I think we only had two members total before this meeting so our picture made the Cow County News newsletter.

They also invited Ron Stroud to provide information on the Kentucky Beef Network and hope to do work with him on the CPH 45 markets, the Heifer Project and Bred Heifer Sale.

4-H Reality Store *Ty Back, Former 4H Youth Development*

According to the website www.fedstats.gov, Magoffin County has one of the highest job unemployment rates in the state and at a rate of 10.3% is nearly double that of the state average. To increase the awareness of financial management issues and practical living skills needed to survive in the "work world", the Magoffin County Cooperative Extension Service 4-H Youth Development Agent, in collaboration with the Magoffin County School System, conducted the Reality Store program at the Herald Whitaker Middle School. Sixty-eight volunteers

Reaching Out to Magoffin County



<i>Educational Programs</i>	
Programs presented	250
Total participants	2500
<i>Educational Contacts</i>	
Clientele visits	1600
Telephone consultations	6600
Newsletters distributed	7850
<i>Volunteer Development</i>	
Volunteers	1200
Volunteer hours	10,000

gave hours of time to help man booths at the program.

The Reality Store simulates real life situations. Each student is given a job based on their current grade point average. Students received a monthly salary and from that salary each had to budget themselves while paying “real world” bills and providing for their family. Students learned decision making and money management practices and how it relates to their level of education.

Students were surveyed after the Reality Store:

- 95% now see the relationship between grades and a future salary
- 91% will now plan for the unexpected things in life
- 89% will now budget their money more effectively

Toddlers & Preschoolers, Parenting and School Readiness *Brooke Jenkins, Family & Consumer Sciences*

Magoffin County parents of preschoolers have identified the need to have positive child development educational activities for ages birth through four years. There is currently few community resources to support this effort. According to the National Academy of Sciences study, *From Neurons to Neighborhoods: the Sciences of Early Childhood Development*, there are three major factors that influence young children’s readiness for school: intellectual skills, motivation to learn, and strong socio-emotional capacities. Parents’ playing, talking, singing, and reading with children are of major importance in fostering all three of the major readiness factors above. In an effort to address this issue, the Magoffin County Extension Service worked with local leaders to develop a program for parents/caregivers and children birth through four years, called Patchwork Playdates. This program meets monthly for two hour sessions. During each session, parents/caregivers and children have an interactive activity to reinforce positive child development in a variety of subjects, then children are allowed to interact with other participants to enhance social development skills through play. Some speakers included a speech therapist to talk about language, a physical therapist to discuss physical development, a music instructor for movement and singing, etc. After a year, parents/caregivers were given a written evaluation to evaluate the effectiveness of the pro-

gram. One hundred percent of parents reported that as a direct result of participating in Patchwork Playdates they almost always or often:



- Know how their child is developing
- Know they are a play partner with their child
- Read to their child frequently
- Sing songs and recite rhymes to their child
- Understand why play is so important
- Use safety practices and know how to handle emergency situations
- Know how to promote physical and motor development
- Choose age appropriate toys and activities
- Know the importance of children interacting for social development
- Provide opportunities for child-peer interactions

Feeding the Hungry in Magoffin County

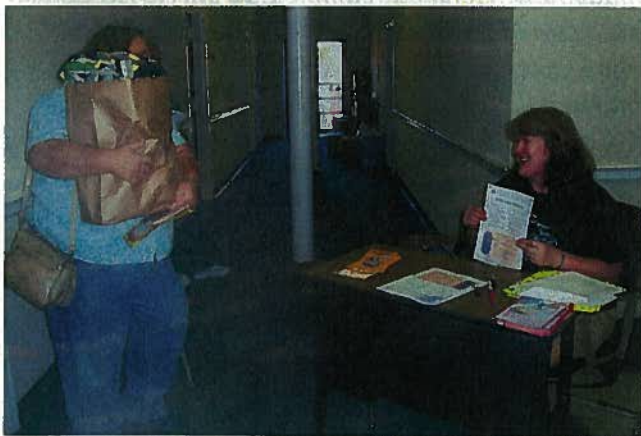
Joanna Risner, NEP Assistant

I have worked with EFNEP for the last 4 ½ years during which time I’ve worked with limited resource families and youth groups helping them understand why nutrition should be important in their daily lives. There are many things I find rewarding working with EFNEP, but the thing I enjoy most is working to encourage and try to secure food for youth and their families. According to America’s Second Harvest, children under 18 years of age are at the highest rate of poverty. In an attempt to work together to help children we have the backpack program, food drives and donations of food from churches, business and homemakers.

The backpack program has been very successful since I have been working in Magoffin. It’s used to help children have more weekend food security.

All food is donated by organizations in our county and goes only to the children on the program. The schools' Family Resource Centers, principals, cooks and teachers identify the children in need. This program is evaluated each year and at the end of the 2007 school year Family Resource Center Coordinators reported the following: 84% look healthier, 89% attend school regularly, 59% were more attentive in class, 64% hordes food less often, 50% are more alert, less sleepy, 34% grades improved and 48% were less aggressive, fewer mood swings.

Another resource we have at the Extension Service is partnering with the community to collect food for families and children. For the last few years Family Resource Centers in our county have had food drives within their schools and donated the food to our programs. Grocery stores, churches, pharmacies and businesses donate what food they can all year. In 2007 we had over 10,000 servings of food donated to our office for children and families. Poverty is another reason why we will be working with the mobile food pantry from God's Pantry through the next year. With the food insecurity in Magoffin at a high rate, this is just another resource in which to better serve the citizens of our county.



Working with the children of Magoffin I hope to make a difference in their lives if only in a small way. With the help of our community, we can help feed their bodies as well as their minds.

Home Horticulture *Russell Sparks*

The Home and Garden TV Show allows me the opportunity to provide local information to our citizens involved in growing a home vegetable garden, orchard and landscape. Brooke Jenkins and I share the weekly thirty minute TV program provided by

our local TV Cable that reached about 75 percent of the Magoffin County homes and part of Johnson County.

This year the Gardner's Toolbox series of lessons was offered in Magoffin County. Lessons on home vegetable gardening, home fruit production, grafting fruit trees and landscape plant care were attended by about 14 people.

Morgan, Lawrence and Magoffin County did a group strawberry plant order together that totaled 13,500 plants. We were able to get a reduced price of \$3.00 per 25 plants or \$12.00 per 100 plants compared to \$10.00 per 25 plants or \$24.00 per 100 plants plus shipping of 15% for the people involved. Magoffin County had the smallest order for many years of 4875 plants for 44 but our numbers are on the rise. We also ordered 150 apple grafting rootstock and 40 pear grafting rootstock for 25 people.

Family Health History *Brooke Jenkins*

District One Extension Homemakers identified Family Health History as a needed lesson. Factors such as environment, genetics and lifestyle choices all play a part in overall health. Individuals can reduce health risks by doing research on their family health history and recording it as a way to manage health care decisions. Extension Homemakers from 19 counties and approximately 200 members participated in this leader training provided by Montgomery and Magoffin County FCS Agents, where they learned risk factors, how to collect family health history and was given tools to prepare their own family health history. After attending the program, participants were asked to complete a written evaluation. Participants reported that as a direct result of the program they gained the following knowledge:

- 96% of Participants Know: Environmental factors such as things in the air, water and soil is a risk factor for disease
- 95% of Participants Know: Poor lifestyle behaviors-lack of exercise, poor diet, smoking, obesity-are risk factors for disease
- 95% of Participants Know: Genetics, environment and lifestyles interact with each other to cause disease.
- 96% of Participant's Know: Genetic history can contribute as a risk factor for disease

- 94% of Participants Know: Compiling a family health history is valuable to managing health care.

Participants also reported that they would do the following as a result of this lesson:

- 95% of Participants will: Talk with family members about family health history.
- 92% of Participants will: Record the family's health history.
- 94% of Participants will: Use the family's health history to identify healthy lifestyles and behaviors to adopt
- 93% of Participants will: Use the family's health history as a guideline for screening and immunization needs?
- 94% of Participants will: Share the family's completed and compiled health history with family members
- 81% of Participants will: Share the family's completed and compiled health history with physicians or other health providers.

4-H Camping Program *Ty Back*

According to the Kentucky 4-H Camp website, 4-H's mission is to help young people become self-directing, productive and contributing members of society. More specifically, its objectives are to help young people to:

- *Develop inquiring minds, an eagerness to learn and the ability to apply science and technology*
- *Learn practical skills, develop competencies and acquire knowledge*
- *Strengthen abilities to make intelligent decisions, solve problems, and manage their own affairs in a fast-changing world*
- *Acquire positive attitudes toward self and a feeling of self-worth*
- *Develop their potential by seeking and acquiring educational and vocational experiences*
- *Improve skills in communication and self-expression*
- *Develop effective interpersonal relationships with adults and other youth*
- *Maintain optimum physical and mental health*
- *Develop a concern for involvement in community and public affairs*
- *Increase leadership capabilities*
- *Develop socially acceptable behavior, personal standards and values for living*
- *Perform as productive, contributing citizens*

In July 2007, 32 youth from Magoffin County attended a 4 day, 3 night 4-H Camp at J.M. Feltner 4-H Camp in London, KY. While at camp 19 of those campers completed a survey developed by the State 4-H Office. The survey asked campers to respond to a series of statements concerning their camping experience on a scale of 1-5, with 1 being Strongly Agree, 2- Agree, 3- Neutral, 4- Disagree, and 5- Strongly Disagree. Based on the 19 surveys completed, the average camper ratings are reported below.



I respected others who are different than me- 1.22
I treated others fairly- 1.39
I respected other campers- 1.39
I took care of my personal belongings- 1.00
I made new friends at camp- 1.16
I made good decisions-1.22
I chose to try a new activity-1.17
I learned how to do something new at camp-1.06
I felt good about something I accomplished at camp- 1.06
I think that camp teaches things that will be useful in the future-1.06

By looking at these figures one can see that 4-H Camp fosters the development of youth.

Magoffin Extension Agents:

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Brooke Jenkins

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Russell Sparks

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