

EXTENSION Today

- 86% of students said they now wanted to try harder in school
- 83% said they would now pursue more education after high school
- 60% of students want to delay having children
- 95% will now make wise financial decisions
- 87% are planning to save more money

sessions. During each session, parents/caregivers and children have an interactive activity to reinforce positive child development in a variety of subjects, and then children are allowed to interact with other participants to enhance social development skills through play. Speakers included a preschool teacher, the recycling coordinator, and others.

Toddlers & Preschoolers, Parenting & School Readiness *Brooke Jenkins*

Magoffin County parents of preschoolers have identified the need to have positive child development educational activities for ages birth through four years. There are 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.



The LEAP curriculum was implemented this year to reinforce literacy skills for preschool aged children. The program also received a \$300 award from the local CECC to purchase supplies focused on literacy development. After two years of involvement, parents/caregivers were given a written evaluation to evaluate the effectiveness of the program. Parents have reported increased social skills of the youth including helping with shyness, sharing, and cooperating. Children have also learned how to participate in story time through structured activities and reading. Parents report learning new techniques and ideas for playing with children.

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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.

Win With Wood *Dora Parker, 4-H Youth Development*

Win with Wood program encourages youth to learn more about our forests as well as the related industries. According to the state 4-H website the WWW program more specifically achieves the following objectives:

- Youth will be able to identify major tree species that grow in Kentucky.
- Youth will be able to identify equipment and tools used in the forestry and woodworking professions.
- Youth will be able to use a compass and figure the length of their pace.
- Youth will be able to measure a standing tree for board feet of lumber it contains.
- Youth will be able to identify major wood species that grow in Kentucky.
- Youth will be able to use woodworking tools and be recognized for their skills.
- Youth will meet and become acquainted with forestry and woodworking professionals.
- Forestry and woodworking professionals will become familiar with the UK College of Agriculture and Extension's efforts to advance forestry and woodworking career opportunities to the youth of Kentucky.
- Youth will be exposed to educational opportunities offered by the UK College of Ag

Magoffin County 4-H had 9 participants in the contest that had a total of 103 participants from 7 school systems. In the junior division Magoffin County's youth placed 2nd and 3rd overall and in the senior division 1st, 2nd, and 5th place. To further promote the forestry industry and the UK College of Agriculture the 1st place senior participant receives a \$500 scholarship towards their college tuition.



Reaching Out to Magoffin County

UKAg EXTENSION	
<i>Educational Programs</i>	
Programs presented	225
Total participants	2750
<i>Educational Contacts</i>	
Clientele Visits	1700
Telephone consultations	5000
Newsletters distributed	4560
<i>Volunteer Development</i>	
Volunteers	375
Volunteer hours	6750

In an effort 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

Home Horticulture *Russell Sparks, Agriculture & Natural Resources*

Home horticulture becomes more a part of every agriculture agent's program every year as we get more homes and fewer farms. This year a larger number of our 44 soil tests were for lawns and gardens than ever before. We have a lot of new folks involved in gardening because of the economy and more folks retiring to get back on the farm. Our local 30 minute weekly TV program provided 22 educational programs mostly on gardening, taped predominantly at my home garden, landscape and orchard.

We ordered 200 apple and 30 pear rootstock for 29 people and conducted two local grafting classes involving 16 people. I collected scion wood and helped graft many of the trees. We ordered 9775 strawberry plants for 99 people in our county at a cost of less than half what they would have paid if they ordered themselves from the same company. Four of the people ordering this year or previously are now selling strawberries. Our Extension Council has offered our property in town and at our office for local farmers to set up to sell vegetables. We hope this will be a start for an organized farmers market some day.



Interested Parent *Joanna Risner, EFNEP*

There are many things I have enjoyed about my job over the last few years. I enjoy working in the schools with the children teaching them how to make better choices when selecting food to eat. I believe children can influence what parents purchase at the grocery. But, the one thing I enjoy the most is

working with a parent who wants to learn.

I have had that experience this year with some of my limited resource families. One lady in particular, a backpack parent, is one of these parents. She listens and asks questions about everything I teach. She lets me know if she laid her meat on the counter to thaw, and would ask what is the right way to thaw meat. We discuss how to save money at the grocery store, such as watching the sale papers and using coupons and going to the grocery on double coupon day. She has absorbed the information like a sponge and has used it to enhance the resources she and her family have.

I feel very proud to be a part of her success and hope it will be continued throughout her life.

Healthy Lifestyles Through Diet & Exercise *Brooke Jenkins, Family & Consumer Sciences*

The Magoffin County Cooperative Extension Council identified preventing and managing health through diet and exercise as an issue. According to the Center for Disease Control and Prevention, regular physical activity and weight loss can reduce premature death and prevent and/or improve life-threatening illnesses such as, coronary heart disease, diabetes, bone fractures, obesity and high blood pressure. In Magoffin County, forty-five percent of the population does not get any regular physical activity and thirty-three percent of the population is overweight. There are few opportunities to participate in regular physical activity and weight loss programs in this community.

In an effort to increase physical activity and increase weight loss, the Magoffin County Cooperative Extensive Service offered the opportunity for participation in regular exercise and weight management programs called, Get Moving Kentucky and Weight the Reality Series. Open to everyone, the programs reached 100 men, women, and children during the program year and received a large amount

of media coverage. Participants who enrolled in Get Moving Kentucky attended information sessions where they learned the benefits of regular physical activity and ways to include it daily; with the Weight the Reality Series participants



attending a ten week program learned techniques for losing weight healthfully. Following the program, participants reported being more physically active and having positive health gains as a result of the programs. Collectively the group logged approximately 4,030 physical activity miles during Get Moving Kentucky. The Weight the Reality Series group reported approximately 525 pound weight lost. Four participants lost more than 30 pounds as part of the program. Further, 100% of participants reported an improvement in health indicators such as cholesterol, blood pressure, blood glucose, weight loss etc.

Leadership Development for Livestock Associations *Russell Sparks*

The Magoffin County Horse and Cattle Association members have managed the cost share programs involving about \$40,000.00 each and taken more leadership in running their clubs than ever before. The cattle association has selected topics and gotten speakers for four of their 14 meetings this year. They had local vets do two meetings on herd health, got two speakers for a meeting on a regional heifer sale and got ABS to do a program on AI supplies. An *In Memory* plaque was also presented to the family of one of our members who died. They set up new awards for members attending the awards picnic and got door prizes valued at a total of over \$500.00. They helped host the HBCA meeting on hay and pasture management by Dr. David Ditch attended by 28 area cattle producers. Thirteen of them were

members of the Kentucky Cattlemen's Association last year and eight of them rejoined this year.

The horse association has involved new people and given them work to do. They have worked on several area trail rides and the area Horse College. One member is working on a business plan for opening a business for people wanting to trail ride in our county. The Horse and Cattle Association members have agreed to work together to be the required one county group to manage the new Tobacco Settlement Cost Share funds for our county this next year.

4-H Reality Store *Dora Parker*

According to the Kentucky Office of Employment and Training, an agency of the Kentucky Education and Workforce Development Cabinet, Magoffin County recorded the state's highest unemployment rate of 18% between May 2008 and May 2009. Increasing personal financial management practices and general financial awareness for practical living skills is a countywide need that was met by Magoffin County Cooperative Extension Service 4-H Youth Development Agent along with the Magoffin County School System while conducting the Reality Store Program at Herald Whitaker Middle School.

The Reality store gives the students insight as to how their attitudes and actions they have now towards their education directly effects their lifestyle later. Each student is assigned a career and given a monthly salary based on their current GPA. They then had to budget enough for monthly expenses and purchases for themselves and their assigned families in a "Real World" simulation. Students learned quickly how to make smart spending decisions in order to make it in the real world.

