

EXTENSION Today

and speaks now with a voice of confidence in the knowledge I have learned in my first year as a SNAP -Ed assistant in Magoffin County.

Cooking in the Kitchen *Joanna Risner, EFNEP Assistant*

When trying to decide on what to write my success story on this year, I thought long and hard. I wasn't sure what I wanted to tell and what I wanted this year's success story to say about participants in the EFNEP program for Magoffin County. Then I thought about what I like about the job I am doing, and it became easy to know who I wanted to focus on this year.

When I first met this lady, her children were on the Backpack Program. She was nervous and a little leery about what the nutrition program was all about. She started attending meetings at the Extension service and after a while began to open up. She was like a sponge taking everything in and I knew she listened to the information because she would ask me questions about what was said in previous visits.

During one of the visits we talked about how important it is for children to know how to cook. Through this and with the budget of the 4-H agent, I started a parent-child cooking class. Families have cooked homemade, easy to prepare foods. They have had cutting and food safety lessons; they have compared low fat and high fat foods and many other things throughout the year. Through this program, not only has the mother opened up, but her son as well. Both attended every cooking class but one and they both came to Day Camp this year. She became a



member of our Relay for Life team and even though she has graduated the program she is still hoping to continue with the cooking classes.

This is the type of success I want my entire clientele to feel after finishing the program.

Magoffin County Cooperative

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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.

4-H Reality Store *Dora Parker, 4-H Youth Development*

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 exercise introduces youth to the "realities" associated with adulthood--provision of food, clothing, shelter, etc. for a family and how these relate to career choices. Upon arrival at the simulation, students receive the equivalent of one month's salary for the career they have chosen. Participants go through the "store" purchasing housing, transportation, child care, etc. By the end of the simulation, students usually see a relationship between career, lifestyle, and education

The "Reality Store" is gaining popularity

as an introductory exercise in helping youth understand some of the "realities" involved in preparing for an employable future. The word "exercise" is used intentionally to make the point that the "Reality Store" when used only as an event or activity that might take place on one day is not considered a "program" in the sense that it would be expected to have long-term developmental impact on those who participate. Hopefully, the exercise can be a tool to get young people's attention so they will choose to involve themselves in a more substantive "curriculum" oriented workforce preparation.

The Reality store gives the students insight as to how their attitudes and actions they have now

Reaching Out to Magoffin County



<i>Educational Programs</i>	
Programs presented	275
Total participants	3025
<i>Educational Contacts</i>	
Clientele visits	1900
Telephone consultations	5250
Newsletters distributed	4850
<i>Volunteer Development</i>	
Volunteers	450
Volunteer hours	7650



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

about 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.



- 87% of students said they now wanted to try harder in school
- 93% said they would now pursue more education after high school
- 65% of students want to delay having children
- 92% will now make wise financial decisions
- 90% are planning to save more money

25 Years of Local TV Cable Programs

Russell Sparks, Agriculture & Natural Resources

The Magoffin County Extension Service has used our local TV cable to provide announcements about meetings and provide an educational TV program for over 25 years. Our local TV cable channel covers about 3,000 households, or about two thirds of our population in Magoffin County and a small section of Johnson County.

The “In the Garden” TV program started in 1985 as a 30 minute weekly landscape program with myself and Tom Call. In 1986 I began doing it solo. The program started on April 1st and ran until November 1st each year until 2005. The thirty minute weekly program was used to provide information on gardening, landscaping, fruit production and many other timely topics. New UK recommended practices were demonstrated locally to show how they worked

here in our county. The big problem was to always have something in the home garden, landscape or orchard to show on TV every week, especially in the winter!

In 2005, the opportunity to tape the program all year was offered by the local TV cable manager. Brooke Jenkins-Howard, Extension Agent for Family & Consumer Sciences, agreed to share the taping of “The Home and Garden Show” TV programs. We changed the name to include both program areas.

We get a lot of requests for additional information after we do a program on a particular topic. The local TV program also allows us the opportunity to announce upcoming activities and programs and provide more information during the program than what you can do in a spot announcement on the radio, TV or in the newspaper.

The showing of a recommended practice locally on TV has brought about many changes in gardening, landscaping and fruit production in Magoffin County over the past 25 years. Just getting to see local extension agents on their home TV makes us more known in the county. They also know who to contact locally for information on other agriculture or family consumer sciences topics. We are truly local TV stars!

Leadership Development in Magoffin County

Brooke Jenkins-Howard, Family & Consumer Sciences

There are few opportunities in our community to belong to organized groups and learn leadership skills. Magoffin County Extension Homemakers are the major volunteer and leadership base for Magoffin County Extension Service and provide many services for the community. Magoffin County Extension Homemakers have three purposes: community service, leadership development, and lifelong learning. During the past year, the local organization provided a \$500 scholarship to a local student going to college, offered a 4-H camp scholarship, contributed supplies to the VA hospital, and donated items to Camp Courageous and the local rescue squad.

Members donated time to educational efforts including 4-H Sewing, Second Sunday, and one group

donates several hours weekly to the local nursing home providing social support to residents. There are 35 trained officers and chairmen, in five clubs and the county organization; with clubs setting their own agenda, conducting their own agenda, conducting their own activities, and leading meetings. Members participated in monthly club lessons on subjects provided by District One FCS agents or arranged for their own programs. Members also organized a variety of educational excursions including, quilt trail tours, tour of New York City, Broke Leg Falls and other places.



Members organized specialty clubs including the book club and quilt guild. Members have contributed over 8,000 hours to the community this year. The Independent Sector valued the volunteer contribution at \$20.85 per hour in 2009. Magoffin County Extension Homemakers have given \$166,800 of time toward improving the community.

A Success Story *Amanda F. Howard, NEP Assistant*

When I sat down and began to think about what I would write my very first success story about, a lot of experiences from my first year as Magoffin County SNAP-Ed assistant ran through my mind. I have run across several things over the year that I thought I might write about, however, as I began I thought why not do my success story about all the things I have conquered this past year.

When I was given the opportunity to work as the SNAP-Ed assistant in this county I was so pleased. “Wow”, I thought, “a chance to get out into the com-

munity and teach new skills”. Then when I realized I would be working with Seniors Citizens on health and nutrition, I was a little scared. I thought how was I, a lady half their age, going to go in and show them things, and give them information about the right way to eat, preserve or save money. All I could think about was how they are going to run me out of that building. I could hear it now just as my grandmother always said, “*I have lived a lot longer than you have*”. I was sure they would laugh and say they did not need me telling them what to do. However, after I went and spent some time with them and as they got to know me I began to take lessons and information to them and I was accepted into their group as if I were a part of them. As my face got to be known, several of the ladies began to ask me questions about potassium, sodium and cholesterol, so I brought these lessons in and information about the foods and minerals they needed to look for in their foods, along with a recipe and a sample of something easy and good they could fix at home. Now I feel as if I am able to go to the center, have them know who I am, listen to what I have to say and feel free to ask me questions.



I have learned so much during my first year with SNAP-ED. I have learned to preserve food for myself and I can help people with their food preservation questions. I can teach proper cutting, and above all things, I have learned to feel comfortable about what I know and have the confidence in delivering a good lesson that my groups can understand and use in the future. So my success story is how a quiet, back-row kind of girl has come out of her shell