

EXTENSION Today

of tobacco in 2011. The majority of the project funds have been used in forage and livestock related areas of farm production. We now have one group in the county taking applications for all eleven different project areas available for funding.



The new system has helped farmers other than livestock producers apply for funds needed for honeybees, greenhouses and other programs. No matter what type farming you are involved in the new cost share system should have something you can apply for funds to improve your farm income.

Food Preservation for Limited Resource Families

Joanna Risner, EFNEP Assistant

According to the 2010 Census there are 4,503 households in Magoffin County. Of the residents, 31.7% live below poverty with a per capita income of \$12,449.

When deciding on what part of my program to write about this year, I wanted to focus on how limited our families are and what have I taught them to be better prepared for the future. One of the things that came to mind was my food preservation class.

In the last year I have taught several food preservation classes. The one I have enjoyed the most was working at the Learning Center with women and men trying to get their GED. The people



are trying to improve their lives and the lives of their children. One young lady had never canned or raised a garden. She had given birth to her first child at 14 years, married at age 16 and was now trying to get her GED. I taught several different food preservation classes with this group and she was so excited to learn how to do this. She would come to class and talk about how her kids love the food she took home from the class. She wanted to continue with food preservation because it not only helped with having food but how much healthier it was for her kids.

I know this lady will continue to preserve food-if only on a small scale. I was and still am happy to have been a small part of that success.

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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.

Trends in Kitchens & Bathrooms

Brooke Jenkins-Howard, Family & Consumer Sciences

“Top Trends in Kitchens and Baths: Kentucky Choices for 2010” is a consumer education class which addresses the interior design choices in Kentucky’s housing market. It was selected by District One Extension Homemakers as a topic of study for the year. Updated kitchens and bathrooms add value to a home for selling purposes; and, for meeting the changing needs of the family. Agents Brooke Jenkins-Howard & Debra Cotterill developed an educational publication, power point presentation, evaluation, and marketing materials for the program. Over 200 leaders were trained using lesson materials. Following the training, leaders taught this lesson in their communities, resulting in 3,095 educated consumers. Data was collected from the trained leaders. Results include the percentage of people answering yes to learning the following concepts from the lesson:

- 61% Universal Design and Aging in Place for the Kitchen and Bathroom
- 72% The Relationship of Degrees of Kelvin to Lighting Needs
- 46% Ways to Invest Money for High Impact with Lower Costs

As a result of the program, participants were asked to evaluate design changes in their home. The following percent of participants report having done or are planning to do these home improvements:

- 61% Utilize Green Produces, Energy Star Appliances, and Water Conservation Appliances
- 36% Incorporate Universal Design Elements in Design
- 68% Evaluate the Degrees of Kelvin on Lighting Purchases



Following the success of this program, the educational publication was made available for other Ex-

Reaching Out to Magoffin County

UKAg EXTENSION	
<i>Educational Programs</i>	
Programs presented	315
Total participants	3225
<i>Educational Contacts</i>	
Clientele visits	2350
Telephone consultations	5300
Newsletters distributed	5100
<i>Volunteer Development</i>	
Volunteers	465
Volunteer hours	7750



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tension agents in the state to use with their consumer education efforts. The developed marketing and educational leaflets will be used with numerous individuals and families. This program was selected for several national awards and regional awards in NEAFCS.

4-H Leadership Program *Dora Parker, 4H Youth Development*

Why is it important for young people to learn about leadership? How does it apply to life? Leadership is one of the core areas of focus for the Kentucky 4-H program, and as such, there are a wide variety of activities associated with leadership development in youth, appropriate for youth pre-4-H aged and up. The activities involved with leadership development vary greatly, but are all focused on improving the quality aspects of a young leader through reflection, explanation of leadership principle, and personal experiences. Events for leadership and youth development range from the local to national level, and cover both specific areas of concern and general leadership skills.

Extension relies heavily on its leaders. Leaders must be trained and allowed to lead. The Magoffin County CEC identified leader training as a need in our county. Future leaders can be found with the youth in our community. One of the most important skills good leaders must develop is the ability to communicate effectively. In 2000—2001, Kentucky Child Now conducted a survey with over 12,000 young people from various Kentucky communities that evaluated the status of 40 developmental assets (Search Institute) – key characteristics that help young people make wise decisions, choose positive paths and grow up competent, caring and responsible. On average, Kentucky’s youth had only 19 assets, falling short on 21 others. Only 27% of the youth indicated they were given useful roles (i.e.: recognized as leaders) in their community. Kentucky Child Now also conducted a statewide youth policy assessment which revealed gaps in youth services and proposed recommendations for more adequate programming and resources. A majority of the suggestions centered on young people having opportunities to develop leadership skills and providing the opportunity to put them into practice as engaged citizens.

Addressing this need, there has been a year-long 4H Leadership program at the HWMS. The first

part of the program included a lesson on how valuable an education is to your future and how to prepare for college. The second part of the program included the Night of Notables (aka 4H Voices from the Past) where the 57 students chose a leader and dedicated 6 weeks to research and reports to truly learn about their admired leader. After they completed all of the research, they dressed the part and gave a presentation at the parent night program over the leader they had chosen. The presentation was also video recorded and shown on the schools TV channel. The third part of the Leadership program was a Leadership Day. On February 22, HWMS students participated in this 4H Leadership day. There were numerous team building activities that focused on the importance of working in a team as well as leading one. There were 50 students to attend the Leadership day and participate in all of the activities.



To reach this many students and perform so many activities, it was essential to have wonderful county partners. We would like to thank Mary Jane McDaniel, Magoffin Co. Gifted and Talented Coordinator, Debbie Swiney, Magoffin Co. Parent Liaison, Mary Gibson, HWMS Gear-Up Coordinator, Principal Johnnie Johnson for supporting the program, and all of the staff at the HWMS who helped us with equipment and set-up for our event. Thanks to the Knott Co. Sportsplex for the use of their facility and staff for our leadership field day.

The students who have participated in the Leadership program rated the value and quality of the program:
-90 % of the students felt the program helped them grow personally and become a better leader.
-84% of the participants who took part the Night of Notables (aka 4H Voices from the Past) program reported it to be beneficial to their own leadership

development.

Here are some student quotes:

“The program and activities have helped me understand my responsibilities.”

“I have learned to become a better leader by seeing the examples of great leaders.”

“It has made me more responsible as well as having better actions.”

“I was shy and couldn’t speak out and after the Night of Notables I can.”

“This program enabled my leadership skills to reach their full whole-hearted potential. It’s helped me realize there is a leader in all of us.”

A Senior Success Story *Amanda F. Howard, SNAP-Ed Assistant*

What a year this has been for me! I am happy to have made it through year two. My success story starts in the place that I spend most of my time at the Senior Citizens Center. The director of the center had mentioned a chair exercise class she had been trying to get going. She had been exercising with those who were interested a few days during the week, but found herself unable to do it every day. So, I asked if I could help out with the class by bringing a lesson related to physical activity and joining the participants during the chair exercise video. I was given a green light by the director to join in.

I began the next week. I took the lesson on physical activity. We went over the lesson and began the chair exercise video. This video was extremely challenging and I struggled with some of the exercises, but the ladies cheered me on and I cheered



them on as well. This helped them to see that I was human just like they were and from this we formed a bond. I then began to bring in lessons like, Know Your Limits, Discretionary Calories, and Lighten Up, etc. I brought in food samples of healthier alternatives; and with this, I found myself exchanging lots of recipes.

After four months, the center’s director began to tell me how much weight the ladies had been losing. One lady had lost over thirty pounds from exercising and watching what she was eating. Most all of the ladies were receiving better results during their doctors’ appointments, like lower blood pressure and one lady was even able to decrease the amount of diabetes medicine she was taking.

This class is my success story for this year. We can go to these places and teach the lessons, tell them that watching what you eat and exercise is what they need to do, but when you are given the opportunity to show them, that is where you find success.

Agriculture Cost-share Funds *Russell Sparks, Agriculture & Natural Resources*

The Magoffin County Agriculture Investment Program Inc. is in the process of spending about \$201, 457.42 in Magoffin County for farmer 50/50 cost share projects in 2011. The 9 member MCAIP board is made up of members from the Cattle Association, Horse Association, Honeybee Association and the Magoffin County Conservation District Board. We had 57 applicants and could not fund 20 of them with the \$108,014.42 in the original application for funds to Kentucky Agriculture Policy. The MCAIP members amended the application to get the additional \$93,443.00 in the Magoffin County account to fund the 20 applicants plus 17 new applicants. We now have 18 on a waiting list just in case those funded don’t spend the funds they were allocated.

The cost share project for this year is to end in December. New funds will be available in April 2012 for more cost share projects. New applicants definitely get priority with the new state scoring system each county must now use to select funded applicants.

The Kentucky Tobacco Settlement Funds have been used by Magoffin County farmers to help them grow something other than tobacco. Magoffin County has gone from about 350 tobacco farmers growing about 1300 acres of tobacco in the 1980’s to about 5 tobacco farmers growing less than 50 acres