

Report to the People

Perry County • 2019

COOPERATIVE EXTENSION



Walking the Talk

Several years ago, the county communications committee suggested modifying the county talk meet program to include those with learning disabilities. With discussion from special education teachers, the district director, and other agents in the district, these modifications were launched.

Not all counties compete in the district event so the only difference was that there was more than one contestant in an age category from this county. As a result, youth have been recognized at the county contest as having achieved a milestone in their lives. Leaders who worked with these youth reported that many times the youth in the modified categories worked harder on their speech than the others. We have had champs from the modified categories score higher than their counterparts at the district event.

The success of the program isn't just the color of the ribbon, it is the enthusiasm of the participant to do their best, and sometimes it is simply their personal best. The success is hearing the contestants cheer on their competitor's achievements and having the youth and leaders look forward to next year's event.

For More Information, Please Contact us at:

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Pumpkin Days

Children in Perry and surrounding counties served by UK's Robinson Center (RCARS) rank very low in overall health outcomes. Perry County ranks #116 from 2018 data. The CDC lists childhood obesity as a contributing factor to many health issues. The CDC states that one way to combat childhood obesity is to consume a diet high in vegetables and fruits.

2019 Pumpkin Days provided many educational stations that allowed students and their families an opportunity to discover how pumpkins grow as well as opportunities to sample healthy recipes prepared with pumpkin. The event culminated with students experiencing agriculture first hand as they walked into a pumpkin patch and selected their very own pumpkin.

Over the span of 2 days, 925 youth, 432 teachers and family members experienced this popular fall vegetable from seed to field to fork, at educational stations staffed by 81 employees and community partners. Of the teachers that completed post event surveys, over 50% stated that they connected the Pumpkin Day event to other activities in their classroom, with health, agriculture, and community. Teachers also reported that 71% of their students sampled the healthy foods made with pumpkin.



2019 Pumpkin Days



Sour Dough Bread Workshops

Due to an increasing interest in heritage skills, the Perry County Cooperative Extension Service set out to address one of these needs by offering sour dough bread workshops.

The FCS agent taught the first workshop in June in Perry County with 24 participants, again in August with 24 participants, and in Letcher County with 24 participants. Each of the classes were filled to capacity.

Each participant left the workshops with one cup of starter, directions for specifically feeding the starter, and recipes to make with the starter. The workshops taught participants from feeding the starter to mixing the dough, proofing the dough, creating rolls, loaves, pizzas, calzones, cinnamon rolls, and stuffed breads. There were sourdough bread samples for all to taste.

Approximately 75% of the class participants have reported making the sourdough rolls many times, and approximately 50% have tried several other recipes. One participant reported that she was excited about learning to make her own bread as she had been buying a loaf each week at Farmer's Market but wished that she could make her own. Several participants indicated that they planned to make bread to sell.



Teen Leadership

The entire 7th grade in one school became the targeted audience for the KY Issues Grant program supported by the Kentucky 4-H Foundation. The program included a field trip to the EKY Raptor Rehabilitation Center at the Letcher County Extension Service. The program was planned from the 4-H natural resources core content to include a workshop for the youth to both learn and to teach others.

This created the opportunity for teens in the grant to support the communication building skills of the younger students as well as increase experience with delivery and interpretation of messages with others. Two of the teens were using the skills they acquired during KY Issues Conference '18 and one other teen joined the committee.

Youth were able to understand more about the careers and the need for careers in wildlife management, forestry and woodlands management. They were made aware of things they can do right now to help wildlife species co-exist with humans in the environment.

Summer Sausage Workshop

Over the past decade, people have taken more interest in where their food comes from and what is in their food. This is very much the case in Perry and surrounding counties. Interest in heritage skills has increased as a way to preserve skills of grandparents as well as extending their food dollar and taking pride in creating food for their family.

The Perry County Agriculture and Natural Resources Agent partnered with Breathitt and Wolfe County ANR agents to educate participants in the art of making summer sausage using recipes provided by Dr. Gregg Rentfrow, University of Kentucky Animal Science/Meat Specialist.

A two hour workshop was conducted in each of the three counties. Over 60 people from 4 counties participated, including 5 youth. Most had never processed meat prior to the workshop. Each participant made their own roll of summer sausage after demonstrations by the ANR agents. Participants labeled their roll of sausage in order to claim it after being cooked by ANR agents.

Comments from participants included, "I had no idea the process is this easy" and "I plan to do this with my family as a educational activity over the holidays," and "I have never had summer sausage and did not realize it would taste this good."



America's Healthiest Schools Award

Hazard Middle and High Schools are a small school system in eastern Kentucky where statistics show low health levels. This school system partnered with University of Kentucky's Perry County SNAP-Ed program to implement Healthy Choices for Every Body and Farm 2 School program curriculum.

A six week program was presented to eighth grade students to teach them how to make healthier choices in fruits, vegetables, grains, protein, dairy foods and food safety. Students had the opportunity to try new foods and new recipes. They also learned to Eat Smart and Play Hard understanding that to be healthy they need both good nutrition and physical activity.

Surveys were given at the beginning and again at the end of the 6 week program resulting in:

- 85% of youth showing improvement in directions in following a recipe
- 85% of youth were more confident using measuring cups and measuring spoons
- 76% of youth made healthier food choices more often when eating out
- 71% of youth washed their hands more often before eating
- 69% of youth eating vegetables more frequently

As a result of this partnership, the Hazard Independent School system received a 2019 bronze award from the Alliance for a Healthier Generation for making changes that promoted healthier eating and more physical activity for students and staff.

"Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."

Author unknown

Extension At a Glance

- 92 Number of producers who reported saving money or reducing cost of operation
- 123 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 351 Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- 89 Number of participants gaining access to Extension programming at local farmers markets
- 981 Number of individuals reporting improved personal and interpersonal leadership skills
- 63 Number of individuals reporting an increase in knowledge, opinions, skills or aspirations in the visual arts.
- 95 Number of producers who improved spray application record keeping, including posting signage
- 106 Number of youth who use knowledge and skills developed from 4-H science, engineering and technology programs in daily life
- 2006 Number of hours KEHA Members volunteered for Extension activities/events
- 92 Number of producers who reported saving money or reducing cost of operation

It Starts With Us.
Healthy Families. Healthy Homes.
Healthy Communities.