

# 2019 Report to the People

## Whitley County

COOPERATIVE EXTENSION



Participant studies local artist, Bryan Hinkle's work entitled 'War Paint' at the Artist of the Month reception, Extension Community Art Center downtown Williamsburg.

### Fine Arts - 'Artist of the Month'

Whitley County has many talented visual artists. With so much art in Whitley County there has been an issue of a lack of venues. Because of this, the Fine Arts Agent created the 'Artist of the Month' program to provide a much needed space to showcase art while providing conversation and economic opportunity. Through this program, artists learned skills such as pricing, displaying their art, and articulating their creative process during the reception event held for them. Increasing opportunities for the public to witness visual arts has also resulted in art sales of over \$1,800.00. Since the art center does not take a commission, which is often 40%, an artist was able to donate 20% of their sales to a local homeless shelter. The 'Artist of the Month' program has not only contributed to the vibrancy of downtown Williamsburg, but has also increased the appreciation for local arts.

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**For More Information, Please Contact us at:**

Whitley County Extension Office • 606-549-1430 • <https://whitley.ca.uky.edu>  
4275 N Hwy 25W, P.O. Box 328, Williamsburg, KY 40769

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## Agriculture & Natural Resources Kentucky Furbearer Program

In his 1893 essay, historian Frederick Jackson Turner famously wrote: “Stand at Cumberland Gap and watch the procession of civilization, marching single file—the buffalo following the trail to the salt springs, the Indian, the fur-trader and hunter, the cattle-raiser, the pioneer farmer—and the frontier has passed by.” Wildlife, especially furbearers, have played a crucial role in the opening of the western frontier into Kentucky and on westward across the Mississippi River. In today’s high-tech world of smart phones and wireless internet, many have lost touch with the natural world that surrounds them. Most of the general population, especially youth, know little about Kentucky’s native animals. In an attempt to mitigate this lack of knowledge, the Agriculture and Natural Resources Agent developed an educational program several years ago focused on Kentucky’s native furbearing animals. The program focuses on identification of various species and their biology. The UK Forestry Department has realized the importance of this program and has joined in presenting programs focused on furbearers. At the 2019 Kentucky Wood Expo a UK Forestry graduate student used a display of pelts and skulls to educate hundreds of people on the importance of furbearing animals to Kentucky's environment.



ANR agent discusses furbearer habitat



Black Swallowtail in WCES wildflower garden

### 4-H Youth Development Raising Awareness for Pollinators

Whitley County Cooperative Extension Office is educating the community about the importance and need for conservation of pollinators and their habitats. Pollinator numbers are declining but most importantly the bee population has declined. In order to increase awareness, 4-H and the Whitley County Beekeepers Association participated in an educational session with Whitley North Elementary School at the Extension Office.

Students, volunteers, and Whitley County Beekeepers attended sessions on pollination. After completion of the sessions, students gained knowledge on: what types of foods must have pollination to produce seeds for continuing growth, bee safety, parts of the bee hives, how honey is extracted, and different types of bees that are seen locally.

Whitley County Beekeepers Association has installed two bee hives and a honey extractor at the Extension Office which has counted towards points for becoming a Kentucky 4-H Bee Ambassador Program Certified County. Activities are taught throughout the year during school enrichment programs educating children and adults on pollination, conservation and reconstruction of habitats.



## Supplemental Nutrition Assistance Program Education - Cooking with the New Generation

This summer the Kentucky State University SNAP-Ed program assistant met with a girl that attended the Rookie Cooking Camp last year. She asked when there would be another program happening in her school. Because of her participation in the camp, her family now cooks at home more frequently, they cook together, and they eat healthier food. They expressed how much they appreciated the utensils they received as well. By living in a county with high rate of childhood obesity, overweight adults, and chronic diseases, this is more important than ever. This program teaches hands-on cooking skills and it is amazing how much it impacts people's lives.

The Rookie Cooking Camp is one of Kentucky State University's signature programs. It is a 3 to 5 day program that goes into the community and teaches children knife skills, meal planning, label reading, meal etiquette, shopping skills, and how to utilize farmer's markets. The last activity includes hosting a guest, usually a caregiver, and cooking a complete meal for them. While the kids show off their new skills, the adults are encouraged to help them with their skills after they leave the camp. Speaking with this girl and her father proves that by teaching one child a whole family is able to change their dynamic when comes to preparing food. That is one big step.

Each day of camp participants prepare their own meals and take a field trip. Trips included Kroger, Moonlight Meat Processing, and IGA. This program also included guest speakers like local chefs, business owners, food safety specialists, and personal trainers. This program requires partnership and collaboration with community leaders, local schools, Health Corps, and Berea College Partners for Education.

Participants learned about Estate Planning

Family & Consumer Science  
Estate Planning

According to a study by BMO Wealth Management, 52 percent of Americans do not have a will. Only 28 percent knew their parent's "legacy wishes." A request was made by a community member to learn more about estate planning and how to prepare better for any situation.

The Whitley County FCS agent partnered with a local investment company and law firm to present information. Ten people participated and learned the difference between a power of attorney, advance directive, and living will. They received information about how to begin the process of starting a will and also some tips on what not to do. Great insight was given on real life situations about property, banking accounts, and recommendations on beneficiaries. UK publications of estate planning terms were distributed. Participants were motivated to have these conversations with their families.

## Expanded Food & Nutrition Education Program (EFNEP)- Family Fitness Night

The Whitley County Cooperative Extension Office through the EFNEP Assistant, the Whitley County School system, and other community partners were conducting "Family Fitness Nights" at one of the primary schools. This particular "Family Night" is done once a year in hopes of promoting physical activity and healthy snack alternatives.

The EFNEP Assistant chose to promote "Family Fitness Night" through the LEAP (Literacy, Eating, and Activity for Primary, "Youth Health") curriculum. Using the activities and book, *Golden Delicious: A Cinderella Apple Story*, the youth and their families were exposed to literacy and physical activity components while tying in the importance of good nutrition in a different way. After a Family Reading Night program a few weeks later, a parent said, "I just want you to know, my daughter hasn't looked at apples the same way since your class a few weeks ago..." Her daughter stated, "I am going to eat apples like this from now on."

According to a survey conducted by the CDC, Kentucky is the least active state in the nation. On any given day, less than 15% of school age children eat the recommended servings of fruit; less than 20% eat the recommended servings of vegetables. The reason the LEAP curriculum uses children's books is because there is a natural link between nutrition, physical activity, and reading. Any time you have a positive impact like this, it becomes a "win-win" situation.

"My daughter hasn't looked at apples the same way since your class a few weeks ago..."

After you did the story and the other activities with the youth, she has had me keep apples and cream cheese ever since."

-Class Participant

## Extension At a Glance

165 Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc) for the purpose of improving their health.

17 Number of individuals who implemented at least one strategy in regard to estate planning.

326 Number of individuals who made a sound financial decision (regarding credit, budgeting, savings, and debt).

451 Number of hours volunteered to Extension arts activities in artistic skills development.

68 Number of participants reporting an increase in community pride through participation in Extension Arts programming.

127 Number of youth who are more aware of local farmers markets and community gardens.

702 Number of youth who apply skills learned in 4H and in other activities at home, school, or in the community.

702 Number of youth who use their skills to conserve natural resources.

167 Number of people who set and accomplished at least one goal they set for themselves in the last month.

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