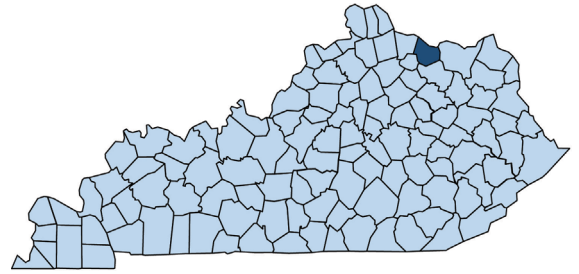


REPORT TO THE PEOPLE



Mason County 2021



DID YOU KNOW... Since 2012 Mason County Master Gardeners have volunteered almost 8000 hours in Extension.



Website: <https://mason.ca.uky.edu/>

For More Information, Please Contact us at:
Mason County Extension Office • 606-564-6808 • mason.EXT@uky.edu
800 US HIGHWAY 68, MAYSVILLE, KY 41056

Horticulture



Macy Fawns, Horticulture Agent & Dr. Owen, Assistant Professor, and Extension Specialist

250

Gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis, and proper maintenance

150

People who used Extension resources in making decisions or employing best practices related to pollinators, and /or their habitats

4-H Youth Development

The Equine Mini-Series was offered at the state level led by the 4-H agent and another county agent and Extension Equine Specialist. The program boasted educational topics ranging from farrier demos and diseases to forage and pasture health. Specialists in these fields presented over the span of two weeks, with 120 youth & certified volunteers registered. The audience enhanced their knowledge and engaged with presenters throughout the series. This showed an intermediate outcome for sustaining certified volunteers through recertification continuing education hours and provided educational hours for 4-H members to count towards their 4-H horse project. The evaluations were conducted through Qualtrics surveys and show a 22.7% increase of correct answers from Part 1 in differentiating from pre and post-evaluation. In Part 2, we saw a 33.3% increase in correct answers compared to pre and post-evaluations.



44

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

48

Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

Buffalo Trace agents from hosted the Farm School for Women program virtually through Zoom for four sessions and had 28 participate. The first session covered mum production; we decided to make the program a virtual field day. One participant said, "I already grow mums, but I plan to make my mum production better in 2021 and understand disease management better" Additionally, a second attendee mentioned planning to grow mums in 2021. The Second session covered land management, 60% of survey responses planned to make changes on their farm to improve feeding systems. The third session covered rotational grazing systems. One participant said, "I currently utilize rotational grazing; however, after attending the Grazing Systems session, I plan to make improvements." The last session covered livestock health and, 80 % of survey responses said they planned to improve their livestock health.

Family and Consumer Sciences



Items made & donated for auction (additional items not shown)

- 5 Number of program participants reporting adoption of physical activity practices
- 5 Number of program participants who demonstrated an increase in physical activity levels

Over the past 43 years, the Kentucky Extension Homemakers Association has raised money to help support the Ovarian Cancer Research program at the University of Kentucky. The Mason County Extension Homemakers host at least three fundraisers to support their financial contribution to the Ovarian Cancer Research program every year. Unfortunately, in 2020, they could not hold any of their usual fundraisers due to the Covid-19 pandemic. The idea of an online silent auction came up; it was decided to hold it over Facebook. It was agreed that the items would be posted on their homemaker page for a set number of days, and people would comment their bids on the picture of each item. The auction was promoted on Facebook, the radio, the local cable station, and word of mouth. Extension Homemaker members and clubs donated items. At the end of the auction, Mason County Extension Homemakers had raised \$1,359 for Ovarian Cancer Research.

Agriculture and Natural

The District 1 ANR Agents hosted a virtual Master Haymaker program series for seven weeks in February of 2021. Due to COVID-19 restrictions and the need to continue programming that would enhance the lives of agriculture producers in Eastern Kentucky, the Agriculture/Natural Resource Agents in District 1 planned and implemented the virtual program to help area producers have the resources to produce high-quality hay for livestock. Due to varying internet capabilities in the region, the option was given to either attend sessions via ZOOM or watch recordings via DVDs. 95% of the 124 registrants opted to join via ZOOM with approximately 70% of the ZOOM registrants attending all seven sessions. The seven sessions covered topics such as weed control in forages, producing quality hay, warm and cool-season forages, soil fertility, marketing hay, machinery options for hay production, and the production of baleage.



Overhead look of small grain field for straw production

- 20 Number of people who improved or maintained record keeping practices
- 110 Number of people who collected soil samples for testing

Nutrition Education

The excess foods that the holiday season brings can take a toll on your health. According to HealthLine Health News, “The average American gains between 1 & 10 pounds between Thanksgiving and Christmas”. Considering that 42% of people in the US are obese and 32% are overweight this is a serious health issue. To help combat that problem, the Mason County Nutrition Education Assistant along with all NEP Assistants from District 1 decided to make food demonstration videos of healthier options of the “traditional” foods consumed during the holidays. Videos were released each week from Oct. to Dec. on Facebook and included the recipe for the healthier option. The response was awesome!



Holiday Overhaul

10

Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily

16

Number of individuals who reported increased knowledge, skills, or intentions related to using the nutrition facts label

... just a few ways Extension supports Kentucky

- **23,971** Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- **4,890** Kentucky producers adopting new technologies in agriculture production.
- **3,898** Kentucky families who supplemented their diets with foods they grew or preserved.
- **4,161** Kentuckians participating in community trail projects.

COOPERATIVE EXTENSION



**University of Kentucky
Cooperative Extension
S-107 Ag Science Center North
Lexington, Kentucky 40546-0091
(859) 257-4302**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.