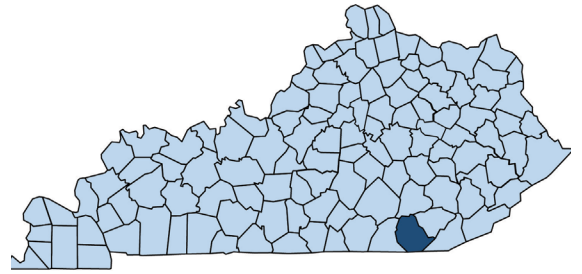


# REPORT TO THE PEOPLE



## Whitley County 2021



**DID YOU KNOW...** The Whitley County Farmer's Market has over 30 vendors.



**Website:** [whitley.ca.uky.edu](http://whitley.ca.uky.edu)



**Facebook:** @WhitleyExtension



**Instagram:** @whitley.county4h



**YouTube:** Whitley County FCS Extension

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

Whitley County Extension Office • 6065491430 • [whitley.ext@uky.edu](mailto:whitley.ext@uky.edu)  
4275 N Hwy 25W P.O. Box 328, Williamsburg, KY 40769

## 4-H Youth Development



Chelsie Adkins, holding her blue ribbon in photography from the 2021 KY State Fair

364

Project packs have been a great way to reach new individuals in Whitley County and over 3,000 projects were distributed from three

25

Number of youth who used the skills and knowledge learned in 4-H to conserve natural resources.

## Agriculture and Natural Resources

The average quality of hay produced in Whitley County most years is quite poor. Weak stands and bad timing of harvest are two of the major contributing factors to this reduced quality. A farmer and his son who noticed this problem came in and asked what they could do to improve their hay quality. After much discussion they decided to get back to basics and stop just throwing 19-19-19 on their fields and hoping for the best. Soil tests were done and amendments were made accordingly. After finishing their first cutting this season they are seeing a significant difference. They cut 3-4 weeks earlier than last season and have a much higher yield. They are doing quality samples on the hay to better know how to determine rations for their beef cattle. One made the comment “We’re not there yet, but we’re learning”.

Project packs have been a great way to reach new individuals in Whitley County and over 3,000 projects were distributed from three different sites. One of our projects was to make a home terrarium out of recycled materials, including instructions, soil, seeds and recycled bottles. Youth learned about the water cycle and how materials can be reduced, reused and recycled. They also learned about watersheds and grew beautiful flowers in their terrariums. Project packs ranged from natural resources, environment, wildlife, pollinators, food & nutrition, and much more. Members met at Ballard Ford River Access to learn about watersheds. Youth participated in KY Stream Team studies that consisted of conducting chemical testing, collecting and identifying insects, and stream exploration. Using the KY Water Health Portal, we identified the streams in our county, collect stream samples and reported the data to the Watershed Watch website.



Adding seed to hayfields can improve yield.

205

Number of soil tests completed.

357

Number of people who used Extension information to make decisions on site selection, varieties, and/or maintenance.



## Family and Consumer Sciences



Family and Consumer Sciences Program Assistant, Reagan Weedman, gives a participant

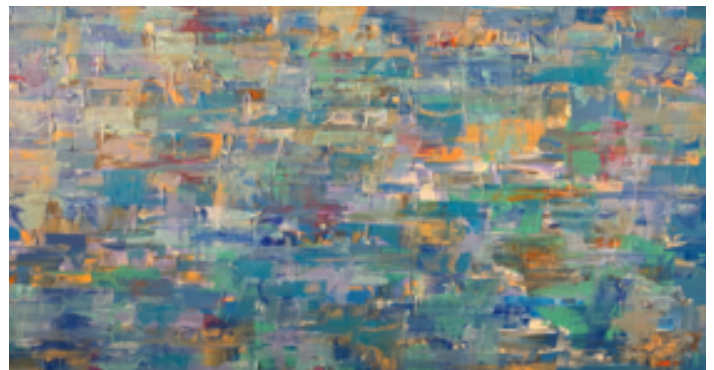
- 186 Number of individuals who implemented at least one strategy to reduce expenses or manage money
- 211 Number of individuals who gained knowledge related to financial management

In 2020, Whitley County Family and Consumer Sciences Extension found a way to help families through tough economic times, as result of the pandemic. A Use Less, Spend Wise challenge program was used to help participants to recycle, reduce and reuse, as well as budget smarter. Fifty program bags were provided to local families and an after-school parent group. Those bags provided items that would make them successful at budgeting and recycling, like coupon organizers and publications. Of those surveyed, 35% told us they shop early throughout the year to relieve spending stress. Twenty-five percent said they use coupons or grocery store apps to help with food costs. When asked if reducing waste was something they felt like they can do every day, 86% said yes. Participants said they saved about \$300 per year using tips from this program. Overall, this program improved the way families felt about spending and recycling in Whitley County.

## Community Economic Development

The Fine Arts program has provided for local artists to exhibit and sell their work. Due to the pandemic, artists faced many challenges. During isolation, they had few outlets for income or community connection. The Fine Arts program provided an Online Art Exhibit. This exhibit provided exposure for our local artists to Whitley County residents.

Bryan Hinkle, resident painter, was contacted by the Director of Marketing and Communications of Lake Cumberland Regional Hospital in Somerset, Ky., Mandy Prather. She saw Bryan's work via the Online Art Exhibit. She was seeking local art for a new office location. The hospital commissioned two original abstracts paintings. "The exhibit was a great way to reach viewers in the middle of a pandemic. Being able to have your art viewed and having the support of the Cooperative Extension has been crucial in the confidence that the arts are still alive and loved in Kentucky." Bryan Hinkle



One example of the commissioned paintings titled "The Journey"

- 120 Number of individuals reporting an increase knowledge, opinion, and/or aspirations in visual arts.
- 151 Number of participants involved in community art projects.

## Nutrition Education

As Extension Program Assistants, one never knows what hurdles they may have to cross. At one facility the Nutrition Education Program (NEP) Assistant partners with, the hurdle for the year was getting used to and working with three different directors and wanting each transition to go as smooth as possible for both the clients and director. The only way to achieve this would be to teach clients patience during changes, and to take ownership of the nutrition classes she teaches them from the Healthy Choices for Every Body curriculum.



Zoom Class for Eating Better on a Budget

24

Number of participants that showed improvement in one or more food safety practices

25

Number of graduates that showed a positive change in any food group

*... 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



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