
MARTIN COUNTY COOPERATIVE EXTENSION

REPORT TO THE PEOPLE 2023



MINING FOR APPLES

DID YOU KNOW...IN AN AREA OF THE STATE KNOWN FOR ITS COAL
INDUSTRY, A GROUP OF FORMER COAL MINERS HAVE TAKEN A RECLAIMED
SURFACE MINE AND TURNED IT INTO THE LARGEST APPLE ORCHARD IN
KENTUCKY

4-H YOUTH DEVELOPMENT

ACCORDING TO CITY-DATA.COM ONLY 54% OF MARTIN COUNTY CITIZENS HAVE A HIGH SCHOOL DIPLOMA, 37% LIVE IN POVERTY AND ONLY 25% HOLD JOBS. OF THE PEOPLE EMPLOYED, THE MEDIAN HOUSEHOLD INCOME IS ONLY \$21,859 COMPARED TO \$40,267 FOR THE STATE OF KENTUCKY. ALL SCHOOLS IN MARTIN COUNTY QUALIFY FOR THE NATIONAL FREE LUNCH PROGRAM. WHEN PROBLEMS WITH INFRASTRUCTURE, CLEAN WATER, AND DRUG ABUSE ARE ADDED THESE BARRIERS REACH NEW HEIGHTS. ONE OF THE BEST PROGRAMS TO PROVIDE A POSITIVE IMPACT FOR STRUGGLING YOUTH IS 4-H CAMP. YOUTH GAIN MULTIPLE BENEFITS FROM 4-H CAMP EXPERIENCES IN THE AREAS OF LEADERSHIP,

CHARACTER DEVELOPMENT, SELF-ESTEEM, DECISION-MAKING SKILLS, INDEPENDENT LIVING SKILLS, AND CITIZENSHIP. THIS YEAR WAS A REBUILDING YEAR POST PANDEMIC. WE WERE ABLE TO RAISE OUR NUMBERS TO 45 IN 2023 A 50% INCREASE FROM 2022. WITH HELP FROM THE DISTRICT BOARD, MARTIN COUNTY YOUTH SERVICE CENTERS, AND FUNDRAISING EFFORTS, WE REDUCED THE COST, AND PROVIDES SCHOLARSHIPS FOR ALL MARTIN COUNTY CAMPERS.



4-H Camp

4-H YOUTH DEVELOPMENT



Martin County 4-H Pet Show

CARING FOR A PET HAS MANY POSITIVE EFFECTS ON YOUTH COGNITIVE, EMOTIONAL, AND SOCIAL HEALTH, AS DESCRIBED OFTEN IN SCHOLARLY RESEARCH SUCH "AS THE ROLE OF PETS IN ENHANCING HUMAN WELL-BEING: EFFECTS ON CHILD DEVELOPMENT" BY N. ENDENBURG. MARTIN COUNTY 4-H COLLABORATED WITH THE KIWANIS CLUB OF GREATER MARTIN COUNTY TO BRING THE SECOND ANNUAL 4-H PET SHOW TO THE HARVEST FESTIVAL ON SEPTEMBER 15TH, 2023. FOURTEEN PARTICIPANTS REGISTERED, SHOWCASING A VARIETY OF ANIMALS INCLUDING DOGS, TURTLES, RABBITS, GOATS, AND A GUINEA PIG. THE PARTICIPANTS SHOWCASED THEIR KNOWLEDGE OF PET CARE, INTERVIEW SKILLS, PUBLIC SPEAKING, AND DISPLAY BOARD DESIGN. AN ONLINE PORTION WAS CREATED TO HIGHLIGHT SOCIAL MEDIA MARKETING SKILLS. THE SHOW WAS EXECUTED BY SEVEN COMMUNITY YOUTH VOLUNTEERS FROM MARTIN COUNTY HIGH SCHOOL AND MARTIN COUNTY MIDDLE SCHOOL FILING THE ROLES OF EMCEES, INTERVIEWERS, JUDGES, AND REGISTRATION TABLE. EACH WINNER RECEIVED A TROPHY AND GIFT CARD; HOWEVER, SKILL BUILDING WAS THE MOST VALUABLE PRIZE.

FAMILY CONSUMER SCIENCES



Charcuterie Class

ALTHOUGH CLOSELY TRANSLATED TO MEAN "COOKED MEAT", CHARCUTERIE BOARDS ARE A TREND THAT HAVE GAINED POPULARITY IN THE UNITED STATES IN THE LAST FEW YEARS. IN THE U.S. CHARCUTERIE BOARDS ARE SIMPLY ARTISTIC DISPLAYS OF MEATS, VEGETABLES, FRUITS, CHEESES, NUTS, AND DIPS. IN OCTOBER, PIKE COUNTY FCS AGENT CHELSEA WORKMAN TRAVELED TO MARTIN COUNTY TO DEMONSTRATE HOW TO CREATE A CHARCUTERIE BOARD USING SEVERAL MEATS AND CHEESES, MANY OF WHICH THE PARTICIPANTS HADN'T TRIED BEFORE. THE DEMONSTRATION BEGAN WITH FOOD SAFETY BEFORE SHIFTING TO HOW TO DETERMINE THE "RIGHT" FOODS FOR YOUR BOARDS. CHELSEA ALSO DEMONSTRATED HOW TO CREATE A PEPPERONI ROSE AND MADE A HUMMUS DIP FOR THE GROUP. ONCE THE DEMONSTRATIONS WERE COMPLETE, EACH PARTICIPANT CREATED THEIR OWN BOARDS TO TAKE HOME AND ENJOY. THE SKILLS EACH PARTICIPANT GAINED IN THIS PROGRAM CREATED A NEW AND FUN WAY TO SHOWCASE FOOD FOR FUTURE EVENTS.

FAMILY CONSUMER SCIENCES



Macrame Class

MACRAME HAS BEEN LINKED TO 13TH CENTURY ARABIC TAPESTRIES AND 14TH CENTURY SAILORS WHO USED IT AS A TOOL ON THEIR SHIPS AND AS A BARTERING CRAFT AT PORT. MUCH LATER MACRAME BECAME A TRENDY CLOTHING AND HOME DÉCOR PRACTICE IN THE 1970'S. RECENTLY, THE ART OF MACRAME HAS GAINED STATUS AS A TREND ONCE AGAIN. IN DECEMBER PARTICIPANTS ENJOYED LEARNING A SIMPLE KNOTTING TECHNIQUE TO CREATE A MACRAME GNOME HOLIDAY ORNAMENT. NOT ONLY IS MACRAME AN ART, BUT IT CAN ALSO BE BENEFICIAL TO YOUR HEALTH. TACTILE STIMULATION CAN REDUCE ANXIETY AND THE REPETITIVE ACTION OF KNOT TYING CAN CHALLENGE THE BRAIN, IMPROVE FINE MOTOR SKILLS, AND STRENGTHEN YOUR CONCENTRATION SKILLS. THIS SKILL CAN BE UTILIZED AS AN AT HOME PROJECT, FOR PROFIT PRODUCTS, OR AS A CULTURAL ART PROJECT FOR EXTENSION HOMEMAKER GROUPS.

AGRICULTURE AND NATURAL RESOURCES



MEET DAVID PELPHREY; I AM A 1985 GRADUATE OF THE UK COLLEGE OF AGRICULTURE, FOOD, AND ENVIRONMENT, AS WELL AS A MASTER'S DEGREE IN EDUCATION ALSO FROM THE UNIVERSITY OF KENTUCKY. I AM ENROLLED IN A DOCTORAL PROGRAM THROUGH SPALDING UNIVERSITY, WHERE I WILL EARN MY DOCTOR OF EDUCATIONAL LEADERSHIP. I LIVE IN PAINTSVILLE WITH MY MOTHER, DORIS, AND MY DAUGHTER, SUMMER, WHO LIVES WITH US PART-TIME. I LOVE BEING AN AGRICULTURE AND NATURAL RESOURCES AGENT HERE IN MARTIN COUNTY AND AM THRILLED THAT I CAN WORK WITH ALL OUR CITIZENS. I AM LEARNING ABOUT BEEKEEPING, WHICH IS POPULAR HERE. ALTHOUGH I AM PRETTY WELL VERSED IN GARDENING, CATTLE, HORSES, GOATS, PLANTS, TREES, SHRUBS, TIMBER, FISH, PONDS, AND SOIL, THERE IS ALWAYS SOMETHING THAT ARISES THAT I AM UNSURE HOW TO SOLVE.

AGRICULTURE AND NATURAL RESOURCES



GROW APPALACHIA PROGRAM- THIS YEAR, WE APPLIED FOR AND WERE SUCCESSFUL IN BEING AWARDED A GARDENING GRANT FROM THE GROW APPALACHIA PROGRAM. THIS GRANT WILL PROVIDE GARDENING MATERIALS AND TECHNICAL ADVICE IN GROWING, TENDING, AND PRESERVING THE PRODUCE THAT THE FAMILIES PRODUCE. THIS YEAR, WE WILL BE WORKING WITH 10-15 FAMILIES THAT MAY BE FOOD INSECURE OR COULD BENEFIT FROM A PROGRAM OF THIS NATURE. THERE WAS AN INITIAL MEETING LAST WEEK; ANOTHER WILL FOLLOW IN MID-FEBRUARY. SELECTIONS WILL BE MADE, AND THEN THERE WILL BE 6-8 EDUCATION MEETINGS THAT PARTICIPANTS MUST ATTEND.



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PROGRAM INDICATORS

71 NUMBER OF INDIVIDUALS WHO REPORTED IMPROVED KNOWLEDGE, OPINIONS, SKILLS, OR ASPIRATIONS REGARDING THE SAFE STORAGE, HANDLING, PREPARATION AND/OR PRESERVATION OF FOOD

40 NUMBER OF YOUTH AND ADULTS WHO HAVE PARTICIPATED IN A COMMUNITY-BASED SERVICE PROJECT (KOSA)

100 NUMBER OF YOUTH WHO RECEIVED THE 4-H/UK CAFE MARKETING MATERIALS

20 NUMBER OF INDIVIDUALS REPORTING A NEW SKILL TO PREPARE THEMSELVES FOR THE WORKFORCE

180 NUMBER OF YOUTH WHO DEMONSTRATED A SKILL THAT WAS LEARNED OR IMPROVED BY PARTICIPATING IN 4-H AGRICULTURE PROGRAMMING (PRACTICE)

250 NUMBER OF YOUTH WHO DEMONSTRATED A SKILL THAT WAS LEARNED OR IMPROVED BY PARTICIPATING IN 4-H NATURAL RESOURCE PROGRAMMING (PRACTICE)

350 NUMBER OF YOUTH WHO PARTICIPATED IN EDUCATION RELATED TO FAMILY AND CONSUMER SCIENCES (KOSA)

100 NUMBER OF YOUTH WHO SERVED AS GROUP LEADERS OR OFFICERS (PRACTICE)

60 NUMBER OF YOUTH WHO INDICATED THEY MADE HEALTHY LIFESTYLE CHOICES AS A RESULT OF WHAT THEY LEARNED THROUGH 4-H PROGRAMMING (PRACTICE)

45 THE NUMBER OF YOUTH WHO PARTICIPATED IN OVERNIGHT, 4-H SUMMER CAMP(S) (PRACTICE)

17 BASED ON OBSERVATION AND/OR FEEDBACK FROM CAREGIVERS AND/OR TEACHERS, HOW MANY CHILDREN DEMONSTRATED IMPROVED EARLY LITERACY SKILLS? (I.E., PHONOLOGICAL AWARENESS, PRINT AWARENESS, NARRATIVE SKILLS, VOCABULARY)

FUN TIMES WITH EXTENSION!



TO JOIN IN ON THE FUN BE SURE TO FOLLOW US HERE OR CONTACT US

MARTIN COUNTY COOPERATIVE EXTENSION OFFICE

9 HOLY STREET

INEZ, KY. 41224

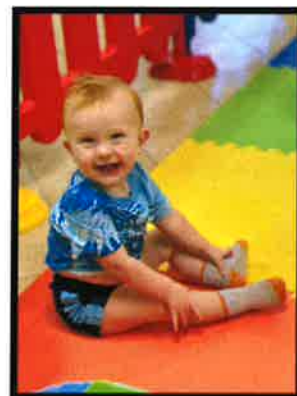
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EMAIL: MARTIN.EXT.UKY.EDU

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Lexington, KY 40506



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with prior notification.