

Estill County Report to the People

2023

Estill County was the 50th county formed in the state of Kentucky. It was named after explorer and frontiersman Captain James Estill. Estill County contains 254 square miles with 4,816 acres in the Daniel Boone National Forest and 53,107 acres of farmland per the 2017 US Census of Agriculture.

About Us

The Estill County Cooperative Extension Office provides educational outreach to the community. Our three program areas – 4-H Youth Development, Agriculture and Natural Resources, and Family and Consumer Sciences – provide valuable information and services that are designed to strengthen families and improve communities.



For More Information, Please
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Find us on Facebook@
Estill County Cooperative
Extension

Our Vision

2023 ESTILL COUNTY REPORT TO THE PEOPLE

Kentucky Cooperative Extension is the educational resource for all Kentuckians that serves as a catalyst to build better communities and improve quality of life.

Our Mission

Kentucky Cooperative Extension serves as a link between the counties of the Commonwealth and the state's land grant universities to help people improve their lives through an educational process focusing on their issues and needs. We emphasize:

- Valuing diversity and capitalizing on its potential to strengthen programs;
- Being locally-driven, flexible, and responsive;
- Identifying and supporting high priority statewide programming thrusts;
- Educating people to solve problems, make decisions, and embrace change;
- Applying knowledge and research-based information;
- Accomplishing work through collaboration, volunteerism, and leadership development;
- Fostering an empowered and contributing people;
- Developing youth, adults, families, and communities;
- Fostering effective lifelong use of personal and natural resources.



Our Team

The University of Kentucky Cooperative Extension Service provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future.



Tracy Blevins
Extension Staff
Assistant



LaDonna Dawes
Extension Assistant,
4-H Youth Development



Erin Leach
Extension Agent,
4-H Youth Development



Emma Lee
Extension Agent,
Agriculture
and Natural Resources



Megan Blevins
Extension Staff
Assistant



**James
Retherford**
Extension Facilities
Manager



Judy Vaughn
Extension Agent,
Family and Consumer
Sciences



Jessica Webb
Nutrition Education
Program Assistance



4-H Kids Day Camp - Spend a Day in Nature

LaDonna Dawes, 4-H Extension Staff Assistant, planned the 2023 4-H Day Camp that was held at West Irvine Elementary, in collaboration with the Family Resource Centers at both Estill Springs and West Irvine. The camp was for youth that had completed grades K-5. Eighty-five youth participated in the program. The youth were divided into four groups and rotated through 8 different sessions. The sessions were Geology, taught by a volunteer from The Southeast Kentucky Gem, Mineral, and Fossil Club, Tracks and Furs, Tree Cookies, Soil and Sunflower planting, Hiking and Healthy Trail Mix, taught by FCS Extension Agent Judy Vaughn and NEP Assistant Jessica Webb, and Wildflowers and Entomology, taught by ANR Extension Agent Emma Lee. The Family Resource Centers had the Kentucky Reptile Zoo for the participants as well. The event was possible with the help of 15 volunteers as well as the help of the Family Resource Centers. One child is quoted as saying, “Best day ever.”

What is 4-H?

4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better. <https://4-h.org/about/>

Estill County Extension 4-H Clubs

- Teen Club
- Teen Cooking
- Cloverbuds
- Photography
- Jr. Cooking
- Goat and Sheep
- Horticulture
- Entomology
- Shooting Sports



Everly Patrick and Cass Curtis learning about the process of pollination.

Houseplant Series

Estill County Agriculture and Natural Resources Agent, Emma Lee, had a Houseplant Series that was held one night a week for three consecutive weeks. There were three programs in the series: Introduction to Houseplants, Propagation of Houseplants, and Making a Terrarium. There were 9 participants. Some attendees said that they love houseplants but do not know how to keep them alive; Others came to the programs simply to have fellowship with other plant hobbyists! The mixture of participants was wonderful, not only for them but for me. Emma was able to bring a diverse group of people together over a common interest.

The first introduction class included the basics of caring for houseplants, and the audience was given the opportunity to ask specific questions about their own personal plant care struggles. The second class was about propagation. Emma did a demonstration on a few plants of my own after the presentation. Participants also were encouraged to bring in their own cuttings to share with the class and the response was overwhelming! There were 2 boxes of plant cuttings brought in and everyone got at least one of everything. Participants were able to share their favorite plants and also take on the challenge of putting their new propagation knowledge to the test by trying to root their new cuttings at home. In the final class, participants were given supplies to make their own terrarium to take home. They learned about the importance of drainage in a terrarium, the type of soil to use for succulents, and how to create a terrarium of their own. Everyone was excited to pick out their plant to use and decorate their terrarium.

At the end of the last class, the participants encouraged Emma to have more classes related to this topic because there was such a demand to learn more about indoor plants. Emma has stayed in touch with the participants and seen pictures of the cuttings that they took from the second class. All plants are rooted and producing new growth due to the information given to them that they successfully used to create their own collection of happy, healthy houseplants.



Super Star Chef Camp

Family & Consumer Sciences

Estill County Family and Consumer Sciences Extension Agent collaborated with Emma Lee, ANR Agent, Cheyenne Lamb, intern, Jessica Webb, SNAP Ed assistant, and LaDonna Dawes, 4-H assistant to offer the Superstar Chef Camp program to seven students. Four volunteers worked with students in a hands-on educational setting to teach important life skills. A pre-test/ post-test evaluation was conducted to determine learning outcomes.

As a result of the program, students gained the following knowledge and skills:

- Knife skills
- How germs get transferred to food.
- When and how to use a meat thermometer.
- The correct technique for accurately measuring ingredients.
- How many minutes a day they should be physically active to stay healthy.

Following the program, students also gained confidence in their food preparation skills. The students felt confident in helping make a family meal.

In addition, because of attending the Superstar Chef Camp program, students plan to make the following behavior changes:

- One hundred percent can identify healthy foods.
- Eighty-eight plan to eat more vegetables.
- Seventy-five percent plan to try new foods.

Two parents stated that their children “enjoyed the program and could not stop talking about it”. One of the parents stated that their child “wished it could be a full week.” Some of the students saved some of the food to share with family members so they could show what they made.



Above, Jessica Webb, NEP Assistant, discusses the recipe youth participants made during Super Star Chef Camp. Those who participated learned techniques for accurately measuring ingredients. Below, youth also participated in daily physical activities during Super Star Chef Camp.



By the numbers....

Estill Counties population per the 2022 Census was 14044

Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land-grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance of all Kentuckians.



150

The number of youth who participated in day or overnight, 4-H non-environmental camps at your office, 4-H camp facility, or other location (i.e. project day camps, etc)



44

Number of people who applied Extension recommendations for soil fertility.



1371

Number of individuals receiving Estill County Cooperative Extension Newsletters containing information from FCS, ANR, and 4-H.

Work with Us

Throughout 2023, we've seen incredible achievements in our programming through Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development due to our dedication to providing quality education.

By providing these programs to our communities we are making meaningful impacts on the lives of individuals and families throughout the Commonwealth of Kentucky.

We invite you to explore our website for more information about our programs and how we can help improve your life! We are here to serve you, so please do not hesitate to contact us with any questions or concerns. Thank you for your support, and we look forward to working with you!

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.



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