



EXTENDING KNOWLEDGE

Changing Lives

IN BOYLE COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



Boyle County Cooperative Extension is located in the Industrial Park off Lebanon Road behind the Bluegrass Technical School. Our building provides 3,400 square feet of meeting room space available for educational use by Extension and related groups. In addition, we have a heated outbuilding that serves as meeting space for larger events such as archery, dog obedience classes, and farmer's market activities.

Boyle County Extension Staff

Jerry Little, *Extension Agent for Agriculture/Natural Resources*

Kim Ragland, *Extension Agent for 4-H Youth Development*

Alethea Price, *Extension Agent for Family & Consumer Sciences*

Alexis Amorese, *Extension Agent for Horticulture*

Cindy Myers, *Staff Assistant*

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Mary Catherine Rowland, *Staff Assistant*

Billie Jo Graves, *4-H Assistant*

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Barbara Cain, *SNAP-ED Assistant*

Mike Hatchel, *Custodian*

Priority Program Efforts

- A total of 150 people are now involved in addressing significant community issues
- 839 youth made an impact in their community through service projects
- 177 local residents implemented practices that promote sustainable agriculture
- 156 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 2,500 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 2,642 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- 668 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- 2002 youth and adults demonstrated informed and effective decision-making skills
- 76 individuals incorporated new or additional conservation practices

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.

Agriculture and Natural Resources



The Ag Agent using Kentucky Kate to talk about the dairy industry at a local elementary school agriculture day event.

Agriculture remains a vital economic contributor to the local economy in Boyle County. Approximately 13.5 million dollars are generated from livestock. Beef cattle remains the top livestock commodity, but, swine, sheep, and horses are also an important part of the livestock industry.

Crops generate approximately 12 million dollars to the local economy with corn, soybeans, wheat, and for the first time industrial hemp production. Row crops have expanded over the last five years due in part to the strong grain market at the time.

The phase 1 tobacco settlement dollars and the cost share program remains a popular program with producers and the extension service is the clearing house for the applications, receipts, and we have a major role in the educational requirements of the producers before they can receive cost share funds.

One hundred fifty thousand dollars (\$150,000) were distributed to 74 applicants.

Horticulture

The role of Horticulture is to reach out to farmers and individuals across the county to bring research data, practical information, and practices to those in the world of plants. The hope is that this program area will be able to enrich the practices, lives, and businesses of those within the horticulture and agriculture fields.

This year, the Boyle County and Mercer County horticulture agents teamed up to provide a four-day Plant Camp for children aged 7-10 yrs. A total of 20 children from Boyle and Mercer Counties, attended the day camp and were introduced to concepts such as tree identification, beneficial insects, soil, healthy eating, and much more.



2016 Horticulture "Plant Camp"

Another successful program was Boyle County Arbor Day. With the focus on how trees impact our entire ecosystem, the KY Reptile Zoo, the Letcher Co. Raptor Program, Danville Garden Club, UK Entomology, and Boyle Co. Solid Waste and Recycling, came to provide information and activities to over 200 people on how trees impact many different habitats.

Leading up to Arbor Day, the Boyle Co. agent arranged to visit with over 700 elementary aged children from various schools in the community to talk about how trees are important to all of us.

Once again the city of Danville was awarded the Tree City USA designation from the National Arbor Day foundation. The city of Danville worked with the Boyle County Horticulture agent, and volunteers in the community to select native tree species and planting sites around the city. Almost 200 trees have been planted thus far, with the goal of planting 50 each year.

Family and Consumer Sciences

Weight the Reality Series “Burn It Off Boyle County”

Weight the Reality Series is a research based program that allows participants to gain knowledge and skills related to nutrition and physical activity. This program gives participants the opportunity to try healthier foods and various forms of physical activity. Participants are encouraged to start making healthier choices and are supported by weekly meetings.

Weight the Reality Series was renamed "Burn It Off Boyle County" in order to make the program seem fun and welcoming. There were 30 spots for the first series starting in April 2016 and 30 spots were filled. The agent partnered with McDowell Wellness Center on their "Get Moving Challenge" which is a county wide initiative to get people interested in being active. Fitness instructors from McDowell Wellness center provided exercise classes during some of the sessions.

Of the 30 participants signed up, 41% attended all 12 weekly sessions. The participants who completed the program lost a combine total of 148 pounds. Many participants in this program reported changes in their daily life such as eating more fruits and vegetables and drinking less sugary beverages. Burn It Off Boyle County will be a recurring FCS program in 2017.

Nutrition Education Program



In October of this year the Boyle County Extension Office welcomed a new member of our FCS team. Barbara Jo Cain became the Nutrition Education Assistant who will be

working primarily with SNAP recipients and limited resource audiences. Participants in her classes will engage in hands-on education in order to gain basic skills necessary to raise healthy families with limited incomes. Clients are provided with nutrition education that teaches them to use SNAP resources effectively while promoting healthy eating habits and physical activity. Barbara Jo is a valuable asset to our community and we are very excited to welcome her to our team.

Policy, Systems and Environment Study

Boyle County has been selected to be a part of a research project conducted through the University of Kentucky. The research is primarily interested in how the physical environment, local government and organizational systems and policies affect health. We are investigating access to recreation, exercise and fitness services, as well as how and when food resources are/are not provided in your county. Our intent is to gain a better picture of how food and health services operate in your county. Boyle County residents participated in focus groups to help collect data for this research.

The Family and Consumer Sciences Agent serves as advisor to the five (5) Homemaker clubs. Our county Homemakers host special events throughout the year such as the annual county meeting which include recognition awards. They sponsor Floral Hall Open Division of county fair and fundraising events to fund outreach programs.



Boyle County Homemakers joined by their Agent at the Fort Harrod Area Annual Meeting

4-H Youth Development

School Club and Enrichment Programs

Boyle County 4-H cooperates closely with all local school systems to provide content and learning experiences for more than 600 youth in grades 4 and 5 through 32 in-class clubs. More than 1,000 youth annually participate in our financial education programs including Reality Stores for middle and high school students; Dollars and Sense for elementary students; financial planning and the American Private Enterprise System seminar for high school students; and Kentucky Saves Piggy Bank Design Contest for middle and high schoolers.

More than 1,000 younger members ranging from pre-schoolers through third graders, participate in our Professor Popcorn series about My Plate, physical activity, and healthy lifestyle choices.

More than 300 youth participate in our Communications program presenting speeches or demonstrations as they learn to become better public speakers.

4-H Camping



More than 120 Boyle County youth attended summer 4-H Camp, designed to give youth a taste of independence, while learning new skills and having fun with old and new friends. Youth gain a sense of mastery and accomplishment in archery, swimming, canoeing, crafts,

soccer, photography, low ropes, riflery, outdoor cooking, dancing, and many other classes.

Teen leaders take on new roles as teachers, coaches, and guides. 4-H Camp is a unique way to help youth gain sense of independence, mastery, and belonging in a safe environment surrounded by caring adults and natural beauty. More than 50 youth attend other overnight camps and conferences such as Horse Camp, Teen Summit Middle School Retreat, Cloverbud Camp, and Teen Conference.

4-H Projects and Clubs



Members of 4-H Teen vs. Food Club enjoy tackling various culinary endeavors

Projects let youth explore and master skills in a particular interest, such as electricity, cake decorating, sewing, crafts, or shooting sports, and participate in either a club, workshop, or an independent learning experience. Youth involved in clubs learn about parliamentary procedure and standard business meeting form.

Officers and committee chairs and members practice leadership and teamwork. Youth can also present speeches and demonstrations about the subjects and skills they have mastered in their 4-H projects in our Communications program.



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Boyle County

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