



EXTENDING KNOWLEDGE

Changing Lives

IN BREATHITT COUNTY

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



Breathitt County Extension Staff.

2016 Extension Community Expo

Studies show that community events increase local pride, community spirit and tourism, preserve heritage and strengthen regional values.

With this in mind, the Breathitt County Cooperative Extension Service decided to revitalize an Extension sponsored community event in 2016. With the input of program-area councils, as well as ideas and financial support from the Extension District Board, the "Extension Community Expo" was born.

The promotional phrase for the event was "Show. Connect. Grow." which simplistically communicated the goals for the event:

- "Show": Display all of the resources, businesses, education and services our community has to offer, including the Breathitt County Extension Service.
- "Connect": Network with these entities in order to build social and economic partnerships, increase awareness of community strengths, set the stage for social interaction and communication, increase Extension clientele.

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.

Priority Program Efforts

- A total of **16** people are now involved in addressing significant community issues
- **24** youth made an impact in their community through service projects
- **20** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **51** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **900** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- **5** individuals incorporated new or additional conservation practices.

- "Grow": Grow businesses, community involvement and interest in what our area already has to offer, as well as grow the awareness of Extension programming and services.



Exhibitor's Hall at the Breathitt County Expo.

Through planning, advertisement, and personal recruitment, over sixty community exhibitors displayed their entities at the event. This was an increase of 46 exhibitors (242% increase) from a similar community event hosted by the Extension Service in 2014.

More so, over 720 youth and adults attended this year's event, compared to the nearly 200 present in 2014 (260% increase).



An Exhibitor talking with one of the over 720 attendees who enjoyed visiting and learning in the Extension Exhibitor's Hall.

Family and Consumer Sciences Extension, along with 4-H Youth Development and Agriculture and Natural Resources were highlighted at the event. The Expo event was also used for agents to advertise upcoming summer programming. Already there has been an increase in participants for a variety of Extension programs and an interest

increase in the start of community activity groups such as walking and biking.

The Breathitt Extension Community Expo provided a platform for our community to show, connect and grow the assets of our people. During and since the event, many have inquired about when the next Expo will be hosted, and how they can get involved. The overall community feedback from the event has displayed both a need and desire for future events such as this. The Breathitt County Extension Office and District Board plans to continue this event in order to boost morale and promote the spirit and benefits of our area.

4-H Youth Development

Jessica Ritchie- County Extension Agent

Youth Entrepreneurs

Through grant opportunities and cross-program partnerships, Breathitt County 4-H was able to offer youth entrepreneurship training and opportunities to thirteen youth, age 4-16, in the area of food production. These youth and their families attended informational workshops, provided by the Cooperative Extension Service, to learn about how to plant, care for and harvest a garden. Over time, these youth worked with their family members, including parents, grandparents, and siblings, to grow produce. They were then given the knowledge, skills and supplies to feed their families with the produce by not only cooking it at home, but selling it at the local farmer's market.

Youth attended an entrepreneur workshop that covered the topics of produce sales, setting prices, creating a display, marketing, and many others. They then worked with an adult to brainstorm their business name, sketch a logo, research prices and so forth.

A "kick-off" event was held at the farmer's market venue for these youth entrepreneurs, and all in attendance took the skills learned to set up eye-catching displays of their harvest. Sales from that first event alone for the youth were nearly \$500. Not only were the youth excited about their sales, but took pride in being able to have a skill that could make them profit. Their interaction with customers encouraged communication and leadership skills. Their math skills were sharpened, as they added up totals, counted money and wrote receipts.

Many of these youth continue to sell a variety of available produce, and have gained much confidence in their skill set and self. The current profit total has increased since the first event by several hundred dollars, and many youth are already excited about the next garden season and looking to expand their garden and business.



Kirsten Spicer selling produce at our local Farmer's Market.

Family & Consumer Sciences

Kayla Watts- County Extension Agent

Truth & Consequences- The Choice is Yours

According to the Kentucky Incentives for Prevention (KIP) survey from 2014, 34% of the independent school and county school student population, in Breathitt County, had a positive image of risk perception toward drinking alcohol. Thus, they did not feel that there were any negative consequences for underage drinking. The results from this same survey indicated that Breathitt County students, partaking in the use of illegal substances, obtained items mainly by giving money to someone of age, such as a friend or relative. Due to the findings of the KIP data, it is imperative that students develop a

"Kids listen more than we recognize and we just never know what one statement will stick with them or make an impression. I for one, think that today was a stupendous success! You had more community involvement partners in one room than I have ever seen since I have been in Breathitt County, the kids were well mannered and much more participatory than I expected."- Community Partner Feedback, in regards to "Truth and Consequences: The Choice is Yours"

correct perception about what can happen to them should they choose to obtain and use illegal substances. Also, it is very important that adults realize the choices teens and other adults are making that impact making healthy choices and having a healthy lifestyle.

The "Truth and Consequences: The Choice is Yours" program was a way Breathitt County students and community members could emulate and discuss what exactly does happen to an individual (juvenile) when they choose to participate in the use of illegal substances. The Breathitt County Extension Agents, in partnership with over 77 community partners, including the KY Court System, Independent and County school systems, health professionals, KY State Police, City and County Police, provided the "Truth and Consequences: The Choice is Yours" Program for ninth-grade students in Breathitt County Agriculture & Natural Resources



A student with their community volunteer, who played the role of a "parent" visiting one of the many stations, the District Judge.

Approximately 175 ninth-grade students participated in the "Truth and Consequences: The Choice is Yours" role play scenarios dealing with various substance abuse related choices and outcomes. All students learned what the possible consequences would be for someone that chose to use the said illegal substance in each of their given scenarios. Students, too, took part in a rotation of educational activities presented by community partners such as UNITE and KY Drug Court.

Once students had completed the entire "Truth and Consequences: The Choice is Yours" program, presented by the Breathitt County Extension Service and all community partners, students completed a post-survey indicating their new, negative risk perceptions of illegal substance abuse. All students

indicated an increase in awareness of substance abuse.

Making healthy lifestyle choices encompasses an awareness of the risks to using illegal substances. The Truth and Consequences: The Choice is Yours program is one way that Cooperative Extension can promote healthy choices and a healthy lifestyle.

Agriculture & Natural Resources

Ty Back- County Extension Agent

Beekeeping 101

Honeybees play a vital part in the food supply of Eastern Kentucky. Many homeowners have gardens that need these pollinators in order to be successful. Beekeeping offers its own set of challenges that can be intimidating to those who are inexperienced. In the spring of 2016, the Breathitt, Perry, and Knott County Extension Agriculture and Natural Resources agents worked together to offer a four-night Beekeeping 101 class. Over the course of the four nights, attendance numbers ranged from 25-40 people. Topics included Beginning Beekeeping,



Shown here are Beekeepers at the Beekeeping 101 Class.

Beekeeping Hardware, Bee Health, and Honey Harvesting. After the final class, an exit survey was given. Seventy-four percent of participants said they would increase their number of beehives because of what they learned from the series. Survey results also show participants increased their knowledge and understanding after each class in the various subject areas. The Beekeeping 101 series was a great partnership between three counties here in Eastern Kentucky. Participants have commented

positively and encourage more programming like this in the future.

Nutrition Education Program

Yum Yum Sweet Potato Pudding

According to the 2015 Kentucky Kids Count data, Breathitt County ranks 119 out of 120 Counties for the health of children.

Breathitt County SNAP Ed Assistant taught the LEAP (Literacy, Eating, And Activity For Primary) Curriculum in partnership with the Breathitt County Schools. During one class visit to a first grade class, the book "How Groundhog's Garden Grew," was read to the students. Students learned about gathering seeds in the fall, storing them in the winter, planting in the spring, watering in the summer, and sharing an abundant harvest at Thanksgiving time.

Students learned that sweet potatoes grow underground, are high in vitamin A, and that they need to eat vegetables every day. Students were asked, "Who wants to taste Sweet Potato Pudding?" Approximately 50% of the class said, "no, sweet potatoes are nasty." After tasting the sweet potato pudding recipe, multiple students asked for additional tasting. The students stated that they were going to ask their parents to make the recipe for Thanksgiving.



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