

EXTENSION Today

IN BOYLE COUNTY

In Boyle County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Boyle County Cooperative Extension Office is your connection to the University of Kentucky and the world.

You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.



In November 2007 we were fortunate enough to move in to a new 10,800 square foot Extension building. We have 3,400 square feet of meeting rooms that can seat up to 240. The Extension District Board saved for more than 20 years to build this facility. This building has helped us as an Extension service better serve the public through educational programs in Agriculture and Natural Resources, 4-H Youth Development, and Family and Consumer Sciences.

Our leaders help guide and direct our programs.

Extension District Board

Chairperson: Mike Graves
Vice Chairperson: Jack Godbey
Secretary: Jean Smith
Treasurer: Betty Jackson
Members: Mary Butler, Annabel Girard, Sharon Faul, Harold McKinney
(County Judge Executive)

- **WE IMPROVE** agriculture and conserve natural resources
- **WE ENCOURAGE** healthy lifestyles and wise use and management of resources available to families
- **WE CARE** about youth and families
- **WE TRAIN** leaders and volunteers
- **WE BUILD** and enhance strong communities

Boyle County Extension Council

Chairperson: Ray Graves
Vice Chairperson: Nancy Hignite
Secretary: Annabel Girard

Boyle County Agriculture Development Council

President: Allen Goggin
Vice President: Greg Slone
Secretary: Ben Pruitt

Boyle County Extension Homemakers Council

President: Mary Guerrant
Vice President: Nancy Huff
Secretary: Emma Tucker
Treasurer: Geraldine Dietrich

Boyle County 4-H Council

President: Paul Muth
President Elect: Brent Blevins
Vice President: Jody Mattingly
Secretary: Stacie Herron
Treasurer: Jean Smith

Boyle County Extension Staff

Jerry Little, *Extension Agent for Agriculture/Natural Resources*
Kim Ragland, *Extension Agent for 4-H Youth Development*
Natasha Saunders, *Extension Agent for Family & Consumer Sciences*
Cindy Myers, *Staff Assistant*
Cynara Perez-Switzer, *Staff Assistant*
Mary Catherine Rowland, *4-H Assistant*
Zhoufen He Southerland, *4-H Assistant*

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Agriculture and Natural Resources

There are more producers diversifying into horticultural crops through the use of high tunnels, and greenhouses.



7 producers received \$12,000 in Phase 1 cost share funds this year. These funds allowed the growers to participate in the local farmers market or add value to their products and sell to restaurants, retailers, or through community supported agriculture.



The Boyle County Farm Bureau Federation and the Agriculture Agent have been responsible for working with the Phase 1 cost

share program. 93 producers received funds this past year involving \$260,301. There remains a seven member committee that scores the applications but all receipts and information is sent through the Extension office.

The district wide beef conference was held at the Fayette County Extension Office in October with 225 producers in attendance.



This is the eleventh year that we have gotten sponsors to pay for out-of-state speakers that are known industry wide. Some of the topics covered included ways to group market, the price outlook for next year, and ways to make your feed dollar go further.

The county Cattlemen's Association is active in both promoting beef products as well as cooking for charitable events which include, United Way Day of Caring, Boyle County FFA Banquet, and Kentucky School for the Deaf FFA Chapter Banquet.



The association also gives a \$500 scholarship to a senior that will be pursuing a degree in agriculture.



There have been several beef programs conducted both in the county as well as area wide. These include, Kentucky Stocker Conference and 5 county cattlemen's educational meetings.



Family and Consumer Sciences

Family and Consumer Sciences improves the quality of individual and family life through education. This multidisciplinary field focuses on building assets of individuals and families to address the problems faced across the lifespan.

Family and Consumer Sciences Extension operates within an ecological framework with the basic needs of human sustainability at its core. The next level emphasizes well-being with a focus on human development, parenting resource management, nutrition and food preservation, health and weight management, and disease prevention.

Our goal is to enhance life-long learning for our Boyle County citizens to equip them with the knowledge and skills to improve the quality of life for themselves, their families, and their community.

This year, Boyle County Family and Consumer Sciences reached 12,000 people by community partnerships, educational programming, hands-on demonstrations and individual consultations on varied topics such as:

Nutrition and Food Safety

To assist families in dealing with the economic crisis; as well as, offer information on nutrition and food safety, the Boyle County Extension Services, often in conjunction with Lincoln County Extension Services, offered a series of food preservation and home canning classes. Participants were educated on the science and reasoning of food preservation; freezing and boiling-water canner methods, the basics of canning, and pickling. They also engaged in hands-on demonstrations that took them through the entire process of freezing or canning, allowing them to leave with a finished product. As a result of the series of food preservation classes; 100% left with an excellent level of knowledge on canning and freezing. 90% of participants believed that learning this skill would allow them to save money; while 100% of participants believe that food preservation will save them time. All participants enjoyed themselves and said they were looking forward to preserving food at home; whether canning or freezing.



Boyle County Homemakers

The Family and Consumer Sciences Agent serves as advisor to the 7 Homemaker clubs, 2 for educational programs as well as for special events, and annual county meeting and recognition events throughout the year. They sponsor Floral Hall Open Division of county fair and

fundraising events such as the annual Farm Bureau Dinner and Area Annual Holiday Seminar.

Members donated 4,893 volunteer hours in support of the Homemaker organization and community service projects. They gave \$300.00 in scholarships, made a monetary donation as well as 3 carloads worth of toiletries and hand-made linens to the Galilean Home as a county-wide community service project, and volunteered for local 4-H projects. Homemakers are led by county officers, a county Homemaker council, and club officers.



Health and Disease Prevention

The First Annual Boyle County Extension Services Health Fair was created to serve our underserved population with free health screenings, nurse consultations, and nutrition and physical activity education. This event promoted health and physical activity; while also introducing county citizens to community leaders.

The Boyle County Cooperative Extension Services partnered with Ephraim McDowell III to offer free screening of fasting cholesterol, fasting glucose, stress vulnerability, body mass index (BMI), blood pressure, lung capacity, and skin damage to name a multitude.

Of those who were screened; 38% exceed the normal range for total cholesterol, 4% were in the pre-diabetic range; while 8% were diabetic, 82% exceeded the recommended BMI by 6% being very high risk, 66% were overweight, and 9% were considered obese. 81% of participants had a blood pressure reading above the recommended level. All participants received counseling on site, encouraged to live healthier lifestyles, and were referred to a physician.

In efforts to prevent disease, increase knowledge of nutrition education, and promote physical activity the Boyle County Extension Services in partnership with the Boyle County Health Department decided to offer Weight the Reality Series this past spring as a 9-week series program. Each of the following weeks; the participants were weighed, given educational materials, incentives for participation, as well as sampled Kentucky Proud recipes and various nutritional breakfast bars. Throughout the course they were also shown and given handouts on how to do basic exercise activities and routines that could easily be done time and cost efficiently at both home and work.

4-H Youth Development

4-H SCHOOL CLUBS AND ENRICHMENT PROGRAMS



Boyle County 4-H cooperates closely with all local school systems to provide content and learning experiences for about 600 youth in grades 4 and 5 through 33 in-class clubs. Nearly 1,000 youth annually participate in our financial education programs including:

- Reality Stores for middle and high school students in the Boyle and Danville systems and from the Kentucky School for the Deaf.
- Dollars and Sense for elementary students in all city and county schools.
- High school financial planning and the American Private Enterprise System seminar for students at both Boyle County and Danville High schools.

More than 1,000 younger members ranging from preschoolers through third graders, participate in our Professor Popcorn series about the food pyramid, physical activity, and healthy lifestyle choices.

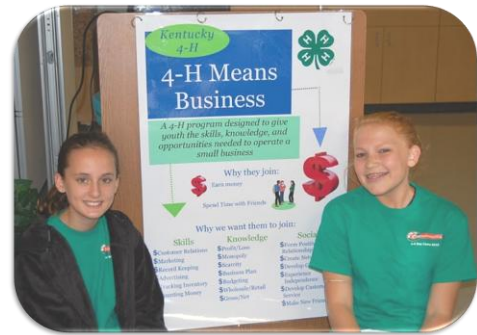
4-H CAMPING



Nearly 100 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 a sense of independence, mastery, and belonging in a safe environment surrounded by caring adults and natural beauty.

4-H PROJECTS AND CLUBS



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 or an independent learning experience.

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship** and **life skills**.

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.

A UNITED WAY PARTNER AGENCY

We are a Heart of Kentucky United Way Partner Agency. The support of United Way allows us to reward the 400+ youth who compete in 4-H events and to fund materials, equipment, and travel for the 3,000 local youth who participate in our classroom and project clubs, projects, school enrichment programs, and competitive teams.

