

# Boone County Cooperative Extension Service

2022 to 2023 Program Year

# Report to the People

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## Community Arts

Facebook and Instagram: @BooneCommArts

### Bringing Arts to the Community

Boone County Cooperative Extension is participating in a unique opportunity to offer Community Arts programming through our Extension Office. Kentucky is one of only four states with a Community Arts Extension Program, with nine staff across six counties as well as associates, specialists, and faculty at the university level. This program will provide Boone County residents with quality arts engagement and experiences, artistic and essential skill development, and community and economic development opportunities through the arts.

As we look ahead this year, programming includes classes and workshops focused on benefiting wellness, such as our Moment for Mandalas classes coming in May, and collaboration with the Family & Consumer Sciences program to bring art into the Mindful Walk, Eat, Learn, Laugh program. Other upcoming classes will focus on the benefits of storytelling through creative writing, developing an artistic community

through local author spotlight events, and an open studio-style art circle for community members. Also coming this summer, you'll find the Community Arts Corner at the Farmers Market, and we'll be partnering with the Boone County Arboretum to provide preschool-aged art and music programs at the arboretum.

By supporting local artists and building creative opportunities in our community, we can aid the local economy and preserve the rich history of our county.

**Community Arts Assistants engaging in various art forms!**



*Fun Fact: Boone County is one of three pilot counties to have Community Arts!*

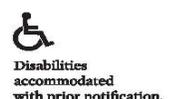
### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



# Environmental Education

Facebook: @boonecountyenviromentaleducation/ Instagram: @bcenvironmentaledu

## Summer Camps for Youth

During the summer of 2022, Boone County Extension launched two new camps for youth: Jr. Master Naturalist and Teen Survival Camp. Both programs were highly successful and taught the participants a lot about the outdoors in very different ways.

Jr. Master Naturalist maxed out at 15 participants who learned about mushrooms, wildflowers, trees, water quality, geology, and various wildlife in Boone County. All learning took place outdoors for students to truly engage and experience nature while being able to ask questions, investigate, and of course, have a little fun!

Teen Survival Camp maxed out at 20 participants who learned the basics of survival if an emergency ever presented itself on a hiking or camping trip. Participants learned how to make shelter, what to bring in their backpacks to be prepared, fire starting, teamwork, navigation, and outdoor cooking.

At the end of the three-day camp, students were placed in teams where each team was given different scenarios they had to complete. Scenarios included fixing injuries, finding safe drinking water, setting up shelters, and making fires. Participants from both programs ended the week with a new appreciation for the outdoors, being more prepared for outdoor adventures, and are taking new skills into their future.



Jr. Master Naturalists learning about water quality.



Teen Survival Camp group photo!

LACEY KESSELL

BOONE COUNTY EXTENSION AGENT FOR NATURAL RESOURCES AND ENVIRONMENT



Agriculture Agents from Boone and Kenton County with Miss Kentucky

# Agriculture

## Cattle Production

Cattle production in Boone County is one of the important components of our local economy. There are constant changes in cattle production because of new research, better genetics, and new equipment. It is very difficult for cattle producers to find all this new information in one place.

That is why the Boone County Extension Service's County Agriculture Agent works with the Northern Kentucky Cattle Association to conduct regular programming. These programs increase knowledge and awareness to the cattle producers on the new research and technology which can help increase their income from cattle production. Examples of the programs are pasture and forage production, weed management, implementation of best management practices on their farms,

reproduction programs on both bulls and cows, and the NKY Cattle Association annual meeting.

The NKY Cattle Association annual meeting brought in experts from the field of cattle production to discuss their use of this new research and how it has benefited them on their farms. This past meeting had 140 local cattle producers in attendance. The attendees were able to listen to the president of the Kentucky Cattle Association discuss the importance of cattle production in Kentucky. The Kentucky Beef Network discussed the locally sourced beef program that local grocery stores can sell to the consumer. Finally, the meeting was finished with a visit from Ms. Kentucky who promoted the importance of agriculture.

**GARY STOCKTON**

**BOONE COUNTY EXTENSION AGENT FOR AGRICULTURE AND NATURAL RESOURCES**

# 4-H Youth Development

## Cooking with Kids

In fall of 2022 Boone County's Cooperative Extension partnered with Hillard Collins Elementary School. A five-part Family Nutrition Cooking Series was conducted over the course of three months. The families learned about MyPlate and created easy low-cost healthy recipes in the state-of-the-art cooking lab at Boone County's Enrichment Center.

At each session, the families were taught lessons on various topics such as how to read the updated nutrition facts labels, budgeting, meal planning, and food safety tips. After each lesson, the families moved to the kitchen area where they prepared and cooked a nutritious recipe together. The children were encouraged to help in the process.

The purpose of this program was to educate families to prepare and plan meals keeping MyPlate in mind, and to promote a positive cooking environment in the kitchen for both the children and adults. These program goals were accomplished successfully! Both adults



Families from Hillard Collins Elementary School created various recipes at the Enrichment Center cooking lab.

and children raved at how much fun they had together. One parent commented "they enjoyed this kitchen time with their child and were resistive at first, because they thought cooking with kids would be so hard." They quickly learned that cooking together can be a positive bonding experience and beneficial to learning life skills that can last a lifetime.



Families from Hillard Collins Elementary School posed with 4-H Agent Cathy Fellows

Facebook: @boonecounty4h



4-H Campers at North Central 4-H Camp

## 4-H Summer Camp

The Kentucky 4-H mission statement reads “4-H Youth Development Education creates opportunities and supportive environments for culturally diverse youth and adults to be capable, competent, and caring citizens.”

The Boone County 4-H Program feels that one of the best ways to achieve this mission is with a strong residential camping program. In June 2022 we had 349 attend camp (270 campers, 36 teen volunteers, 39 adult volunteers, and four staff). Each camper selected four classes (out of 15 offered) to attend for three days covering a wide range of interests (capable).

The classes ranged from shooting sports to challenge courses to arts & crafts. Campers were required, some for the first time, to clean

up after themselves. They were responsible for all cleaning activities in the cabins (competent).

During their week at camp, campers are encouraged to make new friends. By the end of the week, everyone was supportive of each other and acting like they have been friends for years (caring citizens).



Various campers having a blast at 4-H Camp

**STEVE CONRAD AND CATHY FELLOWS**

**BOONE COUNTY EXTENSION AGENTS FOR 4-H YOUTH DEVELOPMENT**



# Horticulture

Facebook: @BooneHortNews

## Seed and Bulb Sorting Events

In early and mid-February, the Boone County Extension Office's horticulture department had events for sorting and donating seeds and bulbs. These seeds and bulbs were given to Extension by seed catalogs and local businesses after the normal selling season was over.

On February 9th, twenty-five Master Gardener Volunteers assisted with the sorting of approximately three thousand packets of vegetable and flower seeds. These seeds were sorted into different boxes of vegetables and flowers by their growing season and by species and variety. Seeds will be given to the public through several events held throughout the year.

The first opportunity for the public to receive seeds is the Earth Day seed giveaways at the Walton and Florence branches of the Boone County Public Library on April 22nd. Registration is required for this giveaway. Seeds are also given to the public at many of our free gardening classes.

Later in February, a local business reached out to donate the remainder of the spring bulbs that had not been sold. Members of the horticulture department screened these bulbs to remove anything dead and then sorted them. Approximately 3,500 bulbs were given away at the Extension office in three days. During the bulb and seed giveaways, educational material was provided for proper planting and care. Additionally, the horticulture department was available to answer any gardening questions the public may have had.



Check out our Master Gardener's and Horticulture Department as they sort bulbs and seeds.

**ROBBY BROCKMAN**

**BOONE COUNTY EXTENSION AGENT FOR HORTICULTURE**

# Family and Consumer Sciences

Facebook: @BooneCoFCS

## Dementia Symposium Aids Area Residents

One in three seniors dies with Alzheimer's or another dementia. It remains the fifth-leading cause of death among individuals age 65 and older (Alzheimer's Association).

As a result of these statistics, and guidance from the Boone County Extension Family and Consumer Sciences Advisory Committee, a day-long workshop and resource fair focused on dementia was developed in cooperation with the Alzheimer's Association of Greater Cincinnati. Topics included an overview of Alzheimer's and dementia, elder law, Medicare scams, driving issues, and healthy eating. More than 100 adults from the general public participated, some knowing someone with dementia, and others wishing to learn about the disease.



Dementia has many faces and affects not only the individual but families, friends, and the community in general.

Results from a follow up survey showed attendees better understand Alzheimer's disease and its progression; now know that other factors such as medications and dehydration may affect memory or behaviors; are more aware of Medicare scams; have employed techniques learned in the program to engage loved ones with dementia in activities or better communicate with them; talked with their own healthcare provider about their own memory concerns; and have taken steps to improve their own brain health.

One individual shared "It has given me the courage to begin talking with family and medical professionals and get tested for 'forgetfulness.'" Others completed living wills, updated their wills, or had wills and power of attorney documents created.



Attendees heard Dr. Richard King, University of Kentucky College of Medicine Department of Neurology share the latest about Alzheimer's Disease.

DIANE MASON AND LIZ EVANS

BOONE COUNTY EXTENSION AGENTS FOR FAMILY AND CONSUMER SCIENCE

# Family and Consumer Sciences

Facebook: @BooneCoFCS

## Growing Better Together with Grandparents

Kentucky has one of the highest percentages of people aged 30 and over raising grandchildren. Due to this, Boone County was one of ten Extension Offices throughout the state to receive \$1,000 from Prevent Child Abuse Kentucky (PCAK) through a grant from AARP. The purpose of this grant was to celebrate grandparents and the role they play in the lives of children.

The Family and Consumer Science Agent partnered with the Extension Agent for Natural Resources and Environment for the Growing Better Together with Grandparents program which revolved around planting an urban pollinator garden. They also collaborated with the Arboretum on Wheels to provide additional educational opportunities on animal and plant adaptations and ecosystems.

There were 44 attendees, including 23 grandchildren. Participants worked together to plant 28 different types of pollinator plants and learned about different species of pollinators in the Boone County area. Children were also able to create labels for the garden and spend quality time together as a family.

The Boone County Nutrition Education Program Assistants discussed healthy meals while providing a budget-friendly, well-balanced lunch. Participants were able to name multiple examples of pollinators. Educational handouts and pollinator plant seed packs were provided to participants. This program allowed for numerous educational opportunities while also allowing grandparents to spend quality time with their grandchildren.



Attendees enjoyed a nutritious meal while planting a pollinator garden at the Boone County Extension Office.

