EXTENDING KNOWLEDGE

Changing Lives

IN ADAIR COUNTY

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

The Adair County Cooperative Extension Service gladly serves the citizens of Adair County in the program areas of Agriculture & Natural Resources, Family & Consumer Sciences, 4-H Youth Development and Community Development. We are pleased to serve you through education, research and technology. The many volunteers that devote time to the mission of the Cooperative Extension Service make successful programs possible. Through the development of strong leadership, creative and effective programs the Adair County Cooperative Extension Service is recognized as the resource for solving problems by providing research based information to build strong families and improve the quality of lives for all families. As we reflect on the past year, it is apparent that Cooperative Extension continues to make strides in serving a diverse group of clientele. We hope that you take the time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!

Priority Program Efforts

- A total of 90 people are now involved in addressing significant community issues
- 125 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 150 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 240 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 20 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 335 youth and adults demonstrated informed and effective decision-making skills
- 130 individuals incorporated new or additional conservation practices.
In October 2012, the Adair County Beef IRM Committee was organized to develop strategies to improve the Adair County Beef industry. The committee was officially adopted under the Cattlemen’s Association in January 2013. The Adair County Cooperative Extension Service has worked with the committee to develop the Adair County Feeder Cattle Calf Program to provide a new marketing strategy to local beef farmers.

The program has got off to a good start with over 600 head enrolled thus far. The program consists of a 50-day weaning program, respiratory and black leg vaccinations and boosters, deworming, castrating, BVD-PI testing, and adequate mineral supplementation. The goal of the program is to add value to the calves produced by taking steps to build confidence in the buyer that they are purchasing a healthy animal that will perform.

A small beef producer enrolled 9 head in the program. His calves sold in the top 10% of the sale. He observed more bidders on his heifers than usual which resulted in higher prices. Another producer recently sold a group of 30 black steers weighting 675 lbs. The calves topped the sale at $1.63 as similar weight calves sold for $1.52 that same day. As the calves were selling, one could overhear bidders telling buyers on the phone “these calves have had all their shots, PI free, and have paperwork to prove it.” How powerful this must be to a potential buyer who cannot see the calves over the phone, but is able to bid with assurance of a healthy group of calves. After the calves sold, the auctioneer asked the buyer if he wanted the paperwork to go along with the calves. “Yes”, he replied.

These early results from the Adair County Feeder Calf program indicate that this will be an effective way to add value to calves.

“I will most definitely participate in the Feeder Calf Program again.”

- Fred, Feeder Calf Program Participant
4-H YOUTH DEVELOPMENT

Truth & Consequences

As part of a Rural Youth Development Grant, a community leadership team made up of youth and adults conducted a Truth & Consequence program for 170 seventh graders in the Middle School. The program is an enrichment activity designed to show students the impact of getting involved with illicit and legal substances. Possible student role-play scenarios included: possession of prescription drugs; driving under the influence; sniffing; possession of alcohol, drug paraphernalia, or illegal drugs; trafficking; and stealing drugs; etc. Depending on the scenario, students visit appropriate officials and/or agencies to experience the consequences of their behavior.

![7th Grade students are learning the consequences of their actions at the law enforcement booth at the Truth & Consequences program.](image)

A program evaluation showed that 89% of the 7th graders say they will remember the consequences of their actions and 88% said they realize the effects that drugs and crimes would make in their lives. 91% of the 7th graders said the program would help them in their future decision making.

Career Selection & Financial Management

According to the 2010 US Census only 27.3% of college graduates had a job related to their major. Decisions that youth make in their educational program will have major impacts and their future earning potential.

To increase awareness of financial management issues for youth and importance of career selection, the Adair County Cooperative Extension Service collaborated with the Adair County School System, local and state agencies, and local businesses to sponsor a career selection program and Reality Store. 185 youth participated in mock job interviews, filling out job applications, and then participated in a financial management activity called Reality Store. In the Reality Store program youth had to take one month’s income from their job and try to survive like their parents. 55 local adult volunteer leaders assisted with the Reality Store and interview programs.

A pre and post survey revealed that 86% said they had a better understanding of what it took to live in today’s economy. 83% of the youth stated that selecting the right career choice was more important to them. 88% of the youth stated they felt more comfortable about doing an actual job interview after participating in the program.

Farm Safety

According to the Center for Disease Control, injury is the leading cause of death in children and young adults.

There were 200 sixth graders and 180 K-2 graders who participated in two Safety Day programs. Youth received valuable safety information on animal, fire, tractor, lawn mower, ATV, first aid, chemical and general home safety. Over $6,000.00 of funding was secured from grants and local support for the program.

A post survey found that 88% of those who participated stated they planned on using a helmet when riding ATV and bicycles, 90% stated that they learned at least one new safety practice to follow at home, and 84% said they knew someone who had been in an accident in the past year. A six month follow up survey found that 73% were actually wearing their helmet when riding an ATV and 82% had used at least one safety practice they learned at the Safety Day program.


FAMILY & CONSUMER SCIENCES

Plate It Up! Kentucky Proud

Consuming a diet high in fiber, low in fat, cholesterol, sodium and sugar, and reducing serving sizes to avoid overeating is a major health concern among nutrition and health professionals. Less than 20% of the adult population eats the recommended number of fruit and vegetable servings. The main purpose of the Plate It Up- KY Proud project is to promote locally grown commodities and encourage buying from local farmers. A monthly televised cooking show “Plate It Up – Kentucky Proud” has been airing on Duo County Telecom for two years with a possible viewing audience of 7,500 in a three county viewing area. The show airs every Sunday at 7:00 p.m. Nine segments of the televised program have been uploaded to YouTube and the internal PIU-KY Proud webpage to serve as reference videos for Family and Consumer Sciences Agents in Kentucky. In addition, Adair County FCS and Ag Agent served tasting samples of Plate It Up and Kentucky Proud recipes to over 200 consumers at the “Taste of Adair” Cooking with the Farmers’ Market last summer. Selection and storage tips, nutritional value, and ideas for preparing the featured commodity are also shared with customers. The year was concluded by Adair and Russell County FCS Agents and SNAP-Ed Assistant, promoting the program and giving out samples of Plate It Up Kentucky Proud recipes to approximately 938 persons attending the Duo County Telecom annual meeting.

Parenting for Teen Moms

The Adair County Cooperative Extension Service partnered with Adair County High School, Dropout Prevention Coordinator and Family Resource/Youth Services Center to provide parenting classes for teen moms. Sessions were conducted during school hours and were taught once a week for eight weeks. Six students participated in the program. Topics covered with the students were parenting skills, child development, money management, nutrition, food safety, poison prevention, meal planning and how to cook. A survey was given at the final session. 100% of the students learned something new and they all enjoyed the sessions where they got to cook. When asked, name one thing you will use as a result of attending this program, one stated, “spend lots of time with my baby” another stated, “I will keep everything in the proper container.”

Samples of Plate It Up! Kentucky Proud recipes were handed out at the Duo-County Telecom annual meeting in June.

The Adair County Cooperative Extension Service

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