

EXTENDING KNOWLEDGE

Changing Lives



IN CLARK COUNTY

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

Expansion at the Clark County Extension Office

Priority Program Efforts



After evaluating ways to enhance the Clark County Extension Programs, the Clark County Extension District Board committed to expanding the Extension Campus to add a multi-use Annex Building. This building opened in June 2015 in an effort to better serve our community with more space to conduct educational meetings and workshops.

Pictured above: Extension Annex, Pictured Below: The Clark County 4-H Shooting Sports Club practicing indoor archery.



- 21,830 volunteer hours generated by Community and Economic Development Programs.
- 105 youth are making an impact in Clark County through service projects.
- 124 individuals incorporated practices suggested by Extension that promote sustainable energy.
- 601 citizens (youth & adults) utilized skills learned through Extension Programming.
- 4,716 total number of families/ caregivers reached with Extension-related information on accessing healthy foods and importance of living a physically active lifestyle.
- 1,194 individuals made lifestyle changes for the purpose of improving their health.
- 608 youth and adults demonstrated informed and effective decision-making.
- 1,143 youth demonstrated an increase in problem-solving or decision-making skills as a result of participation in 4-H Science, Engineering and Technology Programs.
- 612 youth reported an increased knowledge of energy conservation practices and natural resources.

4-H Youth Development

4-H Communications

In 2015 the Clark County 4-H Speech, Demonstration and Mock Interview Contests had over 350 participants. The contests consisted of 78 students at Justice Elementary, 202 students at Baker Intermediate, 90 participants at the County-Wide Speech Contest, 14 participants in the Mock Interview Contest and 10 participants in the Demonstration Contest. Through guidance and support from teachers and the Clark County Extension Service, 4-H'ers were able to develop and strengthen writing by planning, revising and editing their speech. Youth were able to report on a topic or text and tell a story or recount a personal experience in an organized manner by using appropriate facts, and relevant descriptive details to support main ideas or themes. Through presenting their speech, 4-H'ers learned to speak clearly and publically at an understandable pace. 100% of youth who participated in the 4-H Communication Contest in 2015 reported gaining the skill of writing a speech, increased levels in confidence, improved communication skills and the ability to express oneself through speech.



T.J. & Dahlia Svoboda Champions at the State 4-H Communication Contest.

4-H Agriculture Day

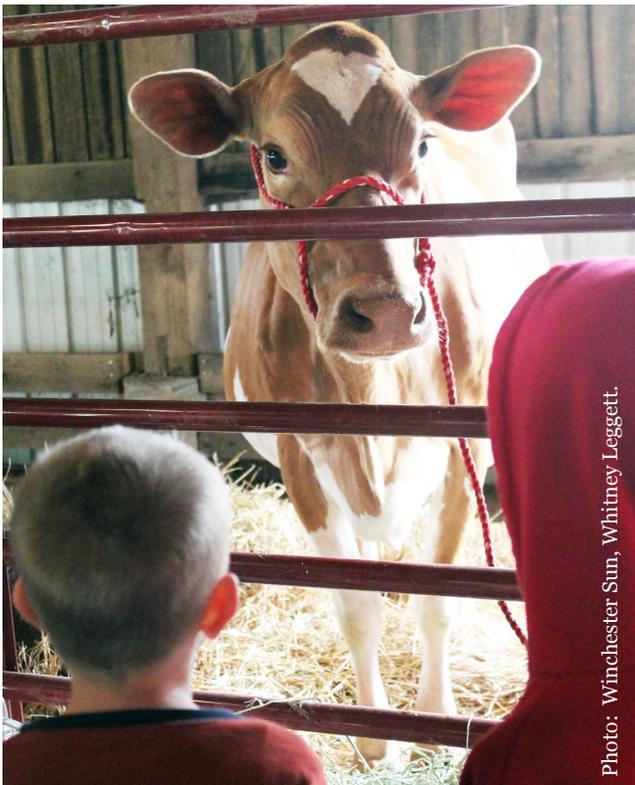


Photo: Winchester Sun, Whitney Leggett.

In 2014, Clark County 4-H was approached by a third grade teacher from Clark County Schools to assist in hosting an Agriculture Day for their students. The Clark County 4-H Program had been looking for an opportunity to host an Agriculture day for third graders in the county and were excited to help with the event. In 2014, 110 students participated in the event. In 2015, with the help of Gilkison Farms, the Clark County 4-H Program was able to offer the 4-H Agriculture Day to all third graders in Clark County. Fifteen classrooms (345 students) participated in the event. Students rotated through ten, twenty minute stations topics including: live animals, crops and Horticulture. The stations were facilitated by representatives from Gilkison Farm, Clark County Extension, Kentucky Department of Agriculture, Alltech, Kentucky Equine Education Project (KEEP), University of Kentucky Poultry Research Specialist, Kentucky Poultry Federation, local Dairy and Goat Producers and 4-H Livestock Club Leaders. Donors included: Clark County Farm Bureau, Winchester Farms Dairy and Clark County Cattlemen Association. Teachers were pleased with hands-on learning and students were amazed to be able to meet the animals!

Students from Shearer Elementary meet a Ayrshire Dairy Heifer.

Backpacks for Hunger

Kids Count Kentucky Youth Advocacy Group reports that Clark County youth under 18 have a poverty level of 23.8%. Clark County Extension Homemakers realize that having at least one meal a day is critical to a child's life and learning. Since schools only provide meals during the week, youth still need a food source on weekends.

The Food for Kids Backpack Program began over 20 years ago in Arkansas (Arkansas Rice Depot, <http://www.ricedepot.org/about-us/arkansas-rice-depot-info/our-story/>). The Backpack Project throughout Clark County began during the 2003-2004 school year. The program started with approximately 60 kids.

During the 2014-2015 school year, the Backpack Project supported approximately 200 students throughout the county. Of those 200, Clark County Homemakers supported 50 kids at the Clark County Headstart Preschool. Money and non-perishable food donations have been collected from the community to help hungry children. Each week bags are packed with non-perishable proteins, grains, fruits and vegetables and delivered to the schools. Examples of food ideas for backpacks include: breakfast bars, individual fruit cups, cheese crackers, pudding cups, single serve cereal, granola bars, canned pasta meals and soups (with pop top lids).



The Clark County Homemaker Organization has received over \$3000 in donations toward the Backpack Program for the 2015-16 school year. It takes an average of \$3.50 a week to provide a backpack. This year the Homemaker organization provides 60 backpacks for the Preschool children while remaining schools have been adopted by other community sources, including the Family Resource Youth Service Centers within their schools.

Pictured Right:
Homemakers work together to pack backpacks each week.
Center Photo:
Matthew Jones asked for items for backpacks instead of birthday gifts, then came to help pack the backpacks!



Clark County Farmers' Market



Residents of Clark County, and Farmers marketing their products at the Winchester Clark County Farmers' Market have recognized the benefit of the market to the local community; however, they have also identified that the market is under-utilized due to a lack of public awareness about the market and its benefit to the community. For that reason, Clark County Cooperative Extension Service, members of the Winchester Clark County Farmers Market, Clark County and Winchester government leaders, and other community partners

began efforts to increase public awareness of the value of the local farmers market. Clark County Extension conducted a series of media outreach efforts thru local radio and newspaper outlets, and assisted in planning and implementing two festival events, the "Vegetable Festival," and the "Holy Smoke BBQ Contest." Media outreach efforts not only promoted farmers market activities, but also highlighted the benefits of increasing consumption of locally produced fruits and vegetables. The direct extent of the media outreach efforts are not known; however, a series of promotional messages were broadcasted by radio to an audience across 7 counties. Each broadcast was estimated to reach more 82,000 Kentucky residents. A series of similar newspaper articles were published in the local newspaper. Each article was estimated to reach more than 2,400 Clark County residents. Other means of advertisement were also utilized to promote the festivals. Both festivals conducted at the Winchester Clark County Farmers' Market were well attended. More than 400 customers attended the Winchester Clark County Farmers Market Vegetable Festival, and more than 500 attended the "Holy Smokes BBQ Contest." In a follow-up survey of Farmers' Market Fruit and Vegetable Producers, all producers indicated an increase of sales in the weeks following each of the festivals, and an increase in the number of customers utilizing the Farmers' Market. Most farmers indicated that sales doubled when compared to the same time frame in previous years. They also indicated that similar future events would continue to promote the Winchester Clark County Farmers' Market, and its valuable role in serving the residents of Clark County.

EXTENDING KNOWLEDGE

UK *Changing Lives*

UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

The Clark County

Cooperative Extension Service

For more information, contact us at:

1400 Fortune Drive

Winchester, Ky 40391

(859) 744-4682

Fax: (859) 744-4698

<https://clark.ca.uky.edu/>

