EXTENDING KNOWLEDGE
Changing Lives

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

Third Grade Students participating in Beefing Up Ag Day at the Bluegrass Stockyards of Albany

Beefing Up Ag Day

To address the lack of youth agricultural awareness identified by Extension leaders and community stakeholders, the Clinton County Cooperative Extension Service implemented a Beefing Up Ag Day event for 127 third grade students.

Educational lessons focused on breeds, feeding/eating patterns, and what happens when cattle are sold. Students were able to observe key learning points in action as they visited the Bluegrass Stockyards of Albany. Students noted breeds, weight, bidding process, and financial impact. Most students could not define agriculture prior to the event and had no idea what happens at the stockyards. To conclude the event, educational lessons focused on nutrition and cuts of beef complete with filet mignon sampling.

One teacher commented “The Ag Day for 3rd grade was wonderful! The students really enjoyed being able to visit the local stock sale. I was pleasantly surprised that ALL children enjoyed watching the sale and even wanted to bid!”

Additional learning opportunities will be planned to promote youth awareness of agriculture and agricultural careers.

Priority Program Efforts

A total of 783 people are now involved in addressing significant community issues

52 youth made an impact in their community through service projects

184 local residents implemented practices that promote sustainable agriculture

3,177 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

2,505 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 4,074 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 10,260 youth and adults demonstrated informed and effective decision-making skills
Fun Family Fridays

Fun Family Fridays (held weekly in June) were designed to provide learning activities and social development for children up to age 5.

Children and their parents/caregivers participated in learning activities in math, early literacy, health/nutrition, and motor skills development.

Fun Family Friday activities provided parents with tools and skills needed to implement educational activities at home and to become more aware of what it means to be school ready.

One parent commented “Thank you for doing this. My child is never around other kids and has a hard time sharing and taking turns. She has loved all the activities and is excited about going to school this fall with some of her friends from Fun Family Fridays”.

The work of the Clinton County Cooperative Extension Service was integral in securing $7,000 of grant funding from the Governor’s Office of Early Childhood which will be used to help children enter school ready to learn.

Waging a War on Weight

Weight Loss Wars: Clinton vs. Cumberland was designed to address the high percentage of obese and physically inactive youth and adults in each community.

Based upon intense basketball rivalry, the winning county (determined by total weight loss percentage) received bragging rights and a traveling trophy.

A collaborative 10 week weight management program including educational lessons, mini challenges, recipe sampling, and physical activity was held in both counties. 62 participants enrolled in Clinton County. At the end of 10 weeks, 23 local participants completed all program components with a combined total weight loss percentage of 4.02%.

Participant comments included the following:

- “Don’t give up. Weight loss is changing your eating habits”
- “I like the sharing with members-what they have done or cooked or learned-any helpful suggestions that can help me”.
- “Stick with it even if you gain some. It’s a lifestyle change”

Due to the success of the Weight Loss Wars: Clinton vs. Cumberland program and the increased public visibility of the Cooperative Extension Service in both communities, plans are underway to implement another competition in the Fall of 2013.
Promoting Agriculture during June Dairy Month

It’s never too early to make the farm to plate connection for young children. Fun Family Friday participants were able to get a first hand look at dairy and learn about where their milk comes from. Students were encouraged to try their hand at bottle feeding a dairy heifer. They also got to see, smell and mix different feed ingredients used in dairy rations such as corn silage, cottonseed hulls, soybean meal, dried distiller’s grain and hay.

Lake Cumberland 4-H Showcase of the Stars

Cassidy Key, Savannah Jackson, Hannah Smith, Mackenzie Polston, Abigail Burchett, Autumn McCutchin, and Regan Page are a talented group of 4-H members who showcased their communication abilities at the Lake Cumberland 4-H Showcase of the Stars held at Lindsey Wilson College.

Effectively communicating through speeches and demonstrations is a skill that will assist young people as they prepare for college and post-secondary training as well as their subsequent adult roles as workers, parents, and active community leaders.

A total of 615 youth organized and presented speeches and demonstrations this year. Now that’s something to talk about!