

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.



Ashton Daniels 2015 State 4-H 9 Year Old Speech Champion

Something to Talk About

Communication skills are critical for both youth and adults. 675 students (grades 4-8) presented a speech or demonstration in class this year. 77 youth participated in the County Communications Contest. County speech and demonstration winners advanced to the Lake Cumberland 4-H Showcase of the Stars. Clinton County 4-H shined at Showcase—our members won in every speech category!

Members were highly successful at State 4-H Communications Day as well bringing home lots of blue ribbons. Plus we are proud to have another State Champion. Congratulations to Ashton Daniels, State 4-H Grand Champion 9 Year Old Speech Winner with her speech on Koko the Gorilla.

Priority Program Efforts

- A total of 558 people are now involved in addressing significant community issues
- 45 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 892 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 862 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 3,087 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 7,095 youth and adults demonstrated informed and effective decision-making skills



Healthy Living Day

152 kindergarten students participated in a Healthy Living Day sponsored by the Clinton County Cooperative Extension Service. Students participated in educational sessions on physical activity, MyPlate, identifying fruits and vegetables, handwashing, and gardening.

During snack time, all students participated in a taste-test event. Students sampled blueberries, kiwi, pomegranates, radishes, broccoli, tomatoes, and red peppers. Students shared comments such as “I thought kiwi would be yucky because it was green and kind of slimy. It actually tastes good!” and “I’m gonna have my mom buy me broccoli”.

Since children may need to try a new food several times before they learn to like it, efforts such as Healthy Living Day will continue to provide children with sampling opportunities so that healthy eating can become the norm for more families in Clinton County.



“I liked that!”

Planning for Healthier Opportunities

The Clinton County EPHECT (Extension and Public Health Expanding Community Teams) Health Coalition is part of a project titled Collaborative Environmental Approaches to Reduce Obesity Disparities in Kentucky that is administered by the University of Kentucky College of Agriculture, Food and Environment and the College of Public Health. UK received a \$1.8 million cooperative agreement from the U.S. Department of Health and Human Service to focus on lowering obesity rates in counties with obesity rates higher than 40 percent of the total population. EPHECT Coalition members identified needs and assets of our community and have prioritized strategies that will be implemented locally such as increased access to locally grown fruits and vegetables and enhanced physical activity options. Steps toward a healthier community are definitely underway!



Several community leaders joined a team of visitors from the University of Kentucky and the Center for Disease Control (CDC) in Atlanta to discuss opportunities for our community.

Money Matters

624 elementary and middle school youth participated in Financial Literacy 101 conducted by the Clinton County Cooperative Extension Service. Youth learned about goal setting, basic budget categories, differences between debit and credit cards, and other basic financial management concepts.

“Credit cards should not have been invented”.

7th grade student

Truth and Consequences: The Choice is Yours

Since 2007, 905 freshman students at Clinton County High School have participated in *Truth and Consequences: The Choice is Yours*, an enrichment program designed to show students the health, legal, financials, and other consequences associated with both legal and illicit substance abuse. Students role-play substance abuse scenarios and interact with community partners such as judges, law enforcement officers, medical professionals, and counseling/treatment providers. At each event, approximately 20 community partners share the reality of what students would experience if he/she committed the substance abuse related behavior. Parents and volunteers such as Extension Homemakers members accompany students as they participate in the scenarios. To date, 443 parents and community partners have participated in the program.

Local students in grades 8, 10, and 12 who participated in the Kentucky Incentives for Prevention (KIP) Survey from 2006-2014 have shown decreases in 30 day usage of alcohol, cigarettes, and prescription drugs.



"If anything, being a part of this program has taught me the value of avoiding drugs. Obviously, nothing good can come from substances that do nothing but impair someone's thoughts."
-Freshman Student

Fall Forage Field Day

In October 2014, the Clinton County Cooperative Extension Service, Soil Conservation District, and Farm Bureau partnered to host a fall forage field day involving a stockpiled fescue demonstration with three different Nitrogen rate treatments. About 30 producers attended the field day focused on improving available forage for winter grazing.

UK Extension Forage Specialist Ray Smith spoke with producers about seeding and reseeding pastures and hay fields as well as the risks involved with grazing cattle in pastures containing Johnson grass. Producers learned about the economic advantages of stockpiling forages for winter grazing versus feeding hay.



Dr. Ray Smith discusses seedling identification of orchard grass with Val Lulaks

As a result of the demonstration, the cooperating producer estimated saving about 60 rolls of hay by stockpiling the fescue for grazing with an anticipated cost savings of \$1500.

Me and My PAL—Let's Play and Learn

Clinton County data from the 2014 Early Childhood Profile indicates that only 38.9% of children in Clinton County are ready to enter kindergarten. Various Me & My PAL programs were conducted throughout the year to prepare young children to be ready to learn in kindergarten.



Mr. Colby and Karsen work on a painting after learning about the life cycle of corn

Parents and caregivers participated along with the children in hands-on learning activities involving math, language, science, and nutrition. Learning really can be fun!



Ms. Christy and Lee experimented with an apple volcano. Exciting!

DID YOU KNOW?

According to the 2012 Ag Census Clinton County has around 10,000 head of beef cattle.

The Master Cattleman Series is 10 session in-depth program designed to give cattle producers information they can implement on their operations.

UK Specialists presented topics on Nutrition, Marketing, Management, Cattle Handling, and Forage Production during the first half of the series.

The Clinton, Cumberland, Wayne, and Russell County Extension Offices partnered to host the Master Cattleman series with a total of 50 producers enrolling in the program. 14 local producers participated.



Producers plan to implement ideas learned during the sessions on their operations by evaluating cattle handling facilities and grazing practices, adding clover to pastures and hay fields, and sampling forages for quality to help determine the amount of supplement needed to maintain body condition.

The second half of the series will include Health, Reproduction, Genetics, Environment and End Product.

COOPERATIVE
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SERVICE

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UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

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