



# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN HICKMAN COUNTY

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



*Hickman County students learning about agricultural inputs.*

### **Grow It, Eat It, Wear It**

Hickman County is a predominately farming community with production of row crops, livestock, poultry and hog barns. It also includes one dairy and other smaller food producing farms. The Grow It, Eat It, Wear It program focuses on several aspects of agriculture including row crop products, dairy farming, sheep and the shearing industry, the development of horsepower over time, agricultural inputs, and much more. This was the first year for this program to be offered in Hickman County and it proved twice to be a success. Community involvement played a large role in the success of this program. Local banks sponsored a meal for the volunteers, volunteers brought equipment, animals and samples, and the Hickman/Carlisle SNAP-Ed assistant provided samples of fresh fruit for the students to sample.

Throughout 2016, we have offered this program twice. A total of 354 students participated in a rotational style setup of 7-9 stations for a duration of 10 minutes each. Stations from both programs included: aquaculture, sheep (sheep shearing, wool spinning, ewe lambs),

### Priority Program Efforts

- A total of 120 people are now involved in addressing significant community issues
- 130 youth made an impact in their community through service projects
- 77 local residents implemented practices that promote sustainable agriculture
- 75 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 326 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 980 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 494 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 225 youth and adults demonstrated informed and effective decision-making skills

horsepower (Belgium horses, plow, tractor), farm animals (chickens, turkeys, milk & meat goats, ducks, alpaca, etc.), honeybees (contained in a display hive), dairy (cow & calf), confined animal production (poultry & swine), agricultural inputs, grain marketing/storage and a seed to table booth.

Teachers rated the program as a whole at 90%. They all agreed that they would like to continue with this program for the years to come. When asked how the program fits into the classroom curriculum, teachers mentioned "science, agriculture and real world jobs". The principal has added this program into their annual curriculum and is looking to schedule it for the 2017-2018 school year.

### **Kansas Beef Trip**

Cooperative Extension paired up with the Purchase Area Cattlemen's Association to provide a new educational opportunity to beef producers this year. Marketing this opportunity to all counties in the Purchase Area, we were hoping to make a large impact on the beef production section for this part of the state. The Hickman and Calloway County agents worked together to implement this trip, and were pleased with the outcome.

There were fourteen beef producers along with the two county agents that traveled to Garnett, Kansas to learn about beef production in the central states. By teaming up with a Garnett, Kansas veterinarian, we were able to schedule several tours at local cattle facilities; ranging from cow/calf operations, to feedlots and commercial genetic breeders. All fourteen PACA producers were able to sit down and have one-on-one conversations with each of the Kansas producers. One-hundred percent of the producers reported knowledge gained from this program that could be implemented back on their farms in Kentucky.



*Purchase Area Cattlemen's Association on the Kansas cattle tour.*



*Afterschool Falcon Fit participants get physical increasing strength and endurance.*

### **Falcon Fit Club**

According to the Centers for Disease Control and Prevention website, obesity still remains at about 17% among our nation's young people ranging in ages 2-19 years even though the rate of obesity in 2-5 year olds has been on a downward slope. However, childhood obesity continues to be a problem in Hickman County. The Hickman County 4-H agent and Family Resource Coordinator collaborated to provide a Physical Fitness and Healthy Snack program to fifth and sixth grade students after school to help increase their strength and endurance and encourage youth become more physically active.

Twelve fifth and sixth grade students participated in this seven session program. A "best day card" was used to record specific timed exercises to measure input and output of training. Participants recorded the number of squats, push-ups, sit-ups, etc. that were a part of the circuit training in intervals of 30 seconds. After the interval part was complete, the students were engaged in a 20-30 minute activity such as kickball.

The end of program results showed great improvements in strength and endurance. 92% of the students improved the number of sit-ups in the 30 second intervals. 100% of the students improved the number of jumping jacks. 75% of the students improved the number of push-ups and the list goes on for the number of chair sits, jump rope, and for lengths of time doing planks.

### **MADD CAMP**

In 2015 the Hickman County Arts Council and Extension Service joined together to host the first ever MADD Camp, (Music, Art, Dance & Drama). This year was the second year for this camp and

participation and space needed for the camp has increased. Nineteen youth in grades 5-8th participated in this 5 day camp learning and experiencing different elements of the arts. Each day had a different focus, Music, Art, Dance, & Drama with the last day being a Show and Tell Luncheon.



*MADD Camp Participants learn a group dance.*

Volunteers in each field or “specialty” came in to teach; we even had volunteers from Playhouse in the Park in Murray, KY come to put together and teach a play. Four teen volunteers also came to help. The youth were able on Friday to show off their drawings, sing a few songs, dance a few moves, and then perform the play “Shrek.” Most youth participants had to reach out of their comfort zone in order to perform and sing. A marked increase in youth leadership and expressive communication skills among all students during the week was the result of this program. Everyone had to work collaboratively each day during the sessions to practice to make the production successful. Everyone displayed their own talent strengths and weakness and were able to improve a little each day and go home with a positive attitude in how they were bettering themselves and their knowledge.

## **Marvelous Manners**

Hickman County Extension Homemakers and County Extension Council determined that character education with an emphasis in manners and etiquette continues to be a priority issue for Hickman County. A student’s success in life can be significantly impacted by learning and practicing good manners. Social relations can be strengthened by being polite to others resulting in a respectful environment. The Family and Consumer Science Agent collaborated

with the FLIGHT 21st Century Afterschool Program, Family Resource Youth Service Center and Community Education to offer Marvelous Manners, a series of four educational sessions that culminate in a fine dining experience. Seventeen students in grades 6-8 participated in the afterschool program. Topics covered included: table manners; manners at home, in public places and the classroom; introductions; telephone manners; and respect for others. Evaluation data revealed that 100 % of participants learned eight or more table manners, 100% felt more comfortable eating in public, 100% learned the difference between polite and impolite conversation, 100% felt more capable of properly introducing their parent to a friend and 96% stated they would send a thank you note after receiving a gift. Seventeen students practiced the skills they learned during a fine dining experience. One student stated, “I loved being able to practice using real glasses and table settings.” One Volunteer Table Hosts stated, “Marvelous Manners is an excellent program in which the students are fully engaged in learning and doing. Watching them practice the skills, they learned in class, has been a delight.”

## **Hickman County Get Fit Lifestyle**



*Homemakers greet Marvelous Manners students and make proper introductions.*

Lifestyle and behavioral risk factors contribute greatly to the onset of the chronic diseases that are the leading causes of death for Kentuckians. Kentucky is now the ninth most obese state in the nation. After three decades of increases, adult obesity rates remained level in every state except for Arkansas. However, rates remain high — Kentucky’s adult obesity rate is 31.3 percent, up from 25.6 percent in 2003 and from 12.7 percent in 1990. According to the

Kentucky Institute of Medicine, Hickman ranks 33 in the state with greatest challenges being obesity, diabetes, and lack of physical activity.

County Stakeholders through Issues Flow have relayed a continued need to include improving adult nutrition and increasing physical activity as program needs. Healthy Living Programs such as Get Fit Challenge along with Weight the Reality Series helps participants meet outcomes of increased physical activity and reducing risk factors of chronic diseases through reduction of weight. One Session was held for twelve weeks in the spring. Participants weighed in once a week. Participants could choose to participate in educational and physical activity challenges to learn more. Many participants were employed fulltime with families and first time Extension program participants. Participants engaged in the following programs: Get Fit- 26 participants; Weight Reality Series- 6 Participants; Zero Weight Gain Holiday Challenge- 15 participants. Cumulative Weight Loss -122.4 Lbs. and 79 inches.

Evaluation Data of Participants concluded that 90% found the program to be extremely valuable; 92% found that before participating in Extension programming they were not effective in managing their weight; 100% found that after participating in Extension programming they were more effective in managing their weight; 96% feel that physical activity are very important and 50% continue to exercise three or more days a week three months after the program.



*The Peyton family enjoys getting healthy together bicycling into the new year.*

***“Families are getting healthy in Hickman County. Through participating in Extension programs, we have been encouraged to incorporate physical activity during family free time which has increased our health and family fun”***

***- The Peyton Family***

## **Our Staff**

Mattea Mitchell Agriculture & Natural Resources  
Paula McCuiston, 4-H Youth Development  
Melissa Goodman, Family & Consumer Sciences  
Cynthia Larkins, Staff Assistant  
Lisa Dodson, Nutrition Ed. Program Assistant

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***- Wanda, Homemaker Volunteer***



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

HICKMAN County

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Changing Lives*

For more information,  
Please contact us at:  
329 James H. Phillips Drive  
Clinton, KY 42031  
(270) 653-2231  
Fax: (270) 653-4754  
[www.ca.uky.edu](http://www.ca.uky.edu)

