

Report to the People

Lewis County • 2023

COOPERATIVE EXTENSION



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Christa O'Cull has joined the staff in the Lewis County Extension Office as the Family & Consumer Science Agent. Christa is a Lewis County native and has spent most of her life in Lewis County. She is the daughter of the late John & Marlene O'Cull. Christa graduated from Morehead State University with her bachelor's degree as well as her master's degree and was employed by the university during her years in school; then on to a position at Eastern Kentucky University. After a few years on campus, she acquired a teaching position with Madison Central High School. In 1995, she returned to Lewis County and served as the Family Resource Coordinator of Lewis County Central and Tollesboro Elementary. Currently, Christa has left the life of retirement to join University of Kentucky in the Cooperative Extension Office in Vanceburg, KY.

For More Information, Please Contact us at:

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Look for our Facebook Pages: [Lewis County 4-H, KY](#) and [Lewis County Agriculture](#)

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4-H Youth Development

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Reality Store

The Lewis County Extension Office collaborated with the Youth Services Center to conduct the program Reality Store with 8th grade students at the Lewis County Middle School. There were 129 participants in the program. It was important to do the program because youth need to learn skills that will help them when they get out of school and need to make decisions on how to spend their money. "Kentucky 4-H believes that all youth should have opportunities for positive youth development in our four guiding concepts: **mastery, belonging, independence, and generosity.**" This program fosters mastery by learning wise consumer practices, decision-making, budgeting, how credit works, and how to prepare for an employable future. Using the curriculum "It's Your Reality" a series of lessons was taught on setting goals, budgeting, decision-making, how credit works, and preparing for employment in the future. At the end of the series of lessons and the final "Reality Store" a survey was conducted of participants. The greatest increase of knowledge was in budgeting money with 78% of participants indicating they had increased their level of understanding on how to budget money, 72% indicated they had increased their level of understanding on what it cost to raise a child, 67% indicated they had a better understanding of making wise financial choices, and 66% indicated they had a better understanding of what it cost to maintain a household.

Farm to Plate

The Lewis County Extension Service 4-H and Agriculture and Natural Resources programs conducted a Farm to Plate Program for all fifth graders in Lewis County. Approximately 130 students participated in the program. The program was designed to teach youth where their food comes from and was held at the Tollesboro Lions Club fairgrounds. It was sponsored by Lewis County Farm Bureau who paid for the meals and transportation for students to attend. Rip's Farm Center provided ice cream for everyone and farm equipment for the youth to see. The Kentucky Diary



Students enjoy Farm to Plate Program

Development Council provided milk for everyone that attended. RIP's also provided employees to teach youth about beef and field crops.

Greenup County Farm Bureau provided Gerdie the Milk Cow so youth could learn about milk and where it comes from. Ag. Pro of Flemingsburg provided a lawn mower and an employee to teach lawn mower safety. Rose Farm Supply provided a tractor and an employee to teach youth about tractor safety, and Montgomery Tractor Sales of Flemingsburg provided a Utility Vehicle (UTV) for State Fire and Rescue Training District 9 to teach youth about UTV safety. The Lewis County FFA program provided their Leadership Team to teach youth about lambs and goats, by-products from animals, and about dairy. Sonia Cooper brought her favorite pigs to teach the youth about the swine industry and pork products.

Mike Setters provided his cooking skills to grill hamburgers and hotdogs for everyone that attended the program. With the help of Mr. Clark and the FFA officers the task of serving about 170 meals to participants, teachers, bus drivers, presenters and others that helped with the program was accomplished in a very short time. At the end of the program 107 participants completed a short survey. The results were as follows:

-94% said they had a better understanding of where their food came from

-97 % said they had a better understanding of where dairy products came from

Family and Consumer Sciences (FCS)

Christa O'Cull CEA—christa.ocull@uky.edu

Homemaker Bazaar

In the fall of each year, our 6 active Lewis County Homemakers Clubs are encouraged to collaborate to host a Christmas Bazaar; usually held in November. Each club has an area of the facility to exhibit their choices of items to be purchased. Items include hand-strung beaded jewelry, crocheted items, hand-made crafts from old barn lumber, a variety of new or gently used Christmas decorations, various craft projects as well as creative sewing projects, projects made from new and not so new quilt remnants, and of course, a most popular item.....hand crafted gnomes. Some of the ladies prepare hot cocoa/spiced tea blends as well as blends of different spices to be used on many meats, whether grilled, baked, or fried for added flavor! The atmosphere is warm and cozy including the fragrance of fresh baked goods and everybody's favorite drink on a cool day.....coffee! Usually, some form of entertainment is enjoyed during the bazaar; this year, a mini concert of dulcimers provided Christmas carols and included 2 of our Lewis County homemakers.

The funds raised through this event stay in the individual clubs. Groups may send a donation to an organization in memory of a lost group member, have a mandatory \$50 donation to our local high school scholarship fund, make donations to local fire departments, donations to families in need, and have the freedom to pay for an occasional group's meal.



Dulcimer Group Entertains at Homemaker Bazaar

Homemaker Christmas Trees

Every Christmas, the different homemakers groups also decorate one Christmas tree each in either the Lewis County Courthouse or Justice Center. They take such pride in doing this. The lights are left on at nighttime for the viewing pleasure of our local citizens. As you can see, this year's trees were beautiful.



Charcuterie Class

One of my personal favorite classes the extension office offered was a charcuterie class. The lesson focused on food safety while also learning about food components, arrangement of food, and balancing food on the charcuterie board as well as care of the board itself. 11 people participated and paid a fee of \$15/person and a local artisan used laser to carve a name (or choice of words) into the board and was the facilitator. It was fun to learn about thrift shopping to create various units to house different especially, small foods. Awesome activity.



Alma Gilbert & Maria Lewis



Christa O'Cull & Julie Shepherd

Agriculture and Natural Resources (ANR)

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Kentucky is the largest beef producing state east of the Mississippi River. When you have that much livestock producing forages becomes extremally important. With the current prices, concentrates to feed these animals producing quality forages becomes even more of a priority. According to the Census of Agriculture, Lewis County has 13, 853 acres in forage production and 9,255 cattle and calves. That comes to about \$5,029,000 to Lewis County's economy.

One of the most important things a livestock producer can do is have his forages tested so that they know what they are feeding and to know that what they are feeding meets the nutritional needs of their animals. As a way to get farmers hay tested for free and give farmers some bragging rights, Lewis County collaborated with 16 other counties in Eastern Kentucky to have a hay contest. A farmer could have as many hay lot samples as they wished, in return they would receive a free hay sample valued at \$10. By using the results of the hay test and the University of Kentucky Beef Forage Supplement tool, farmers could see if their forage would meet the needs of their animals and if it wasn't what they need to add to their feed program so that they would meet those nutritional needs. By using these two tools a producer could save sever hundred or thousands of dollars depending on the size for their herds.

There were 16 counties that competed in the Eastern Kentucky Hay Contest, with a total of 496 sample 71 were from Lewis County. Several Lewis County farmers receive bragging rights as well with winners in the following classes: 1st place in Alfalfa Darren Stanfield, Alfalfa Grass 2nd place Dwight Malone, Grass 1st place Darren Stanfield, Alfalfa Grass Silage 3rd place to Randy Powell, Grass Silage 1st place to Rick Butler and Sons, Grass Legume Silage Jeff Kamer and Lewis County placed 2nd in the High County Division.



Jeff Kamer



Darren Stanfield



Rick Butler



Dwight Malone



Randy Powell