

Report to the People Lewis County 2024

Kids Bucks

Kids Bucks is a program that promotes healthy eating, physical activity, and buying products from local farmers and producers. This program is sponsored by Kentucky Farm Bureau-Lewis County and the Lewis County Vegetable Producers. Kids Bucks is offered to any youth aged 4-17. Each participant receives five dollars to spend on fruit and vegetables at the Farmer’s Market. Our office provides SNAP-Education recipes, healthy eating tips and tricks, and discussions on healthy lifestyle choices. Each youth must participate in the educational and physical activity program offered by the Lewis County Extension Office before receiving their \$5 in Kids Bucks. Youth also have the option of sampling the featured recipe at the session. This program was offered for six sessions. We served 157 youth over the course of the program and \$1,055 was spent on fresh fruit and vegetables.



Family and Consumer Sciences Agent Christa O’Cull teaches a Kids Bucks participant how to build their meals according to MyPlate.



4-H Agent Ashley Hunt leads youth in the UNO Workout activity before participants sample a recipe for Fresh Corn Salad.



A Kids Bucks participant purchases fresh produce from a Lewis County Vegetable Producer.

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Cooperative Extension-
Agriculture & Natural
Resources**



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Farm School For Women

The Buffalo Trace Counties are Bracken, Fleming, Lewis, Mason, Robertson. Agriculture and Natural Resource Agents from each of these counties worked together to host our annual Farm School For Women program. The topics that were covered this year were Beekeeping 101, Pond Management, Plant Diseases, and Electrical Basis. Each of the sessions was hands-on. For example, attendees of the Beekeeping 101 session were able to make their own lip balm from beeswax and women who attended the Electrical Basics session learned how to wire a switch and light. Fifty women from the Buffalo Trace area attended at least 1 of the 4 sessions, with 12% being Lewis County Residents.

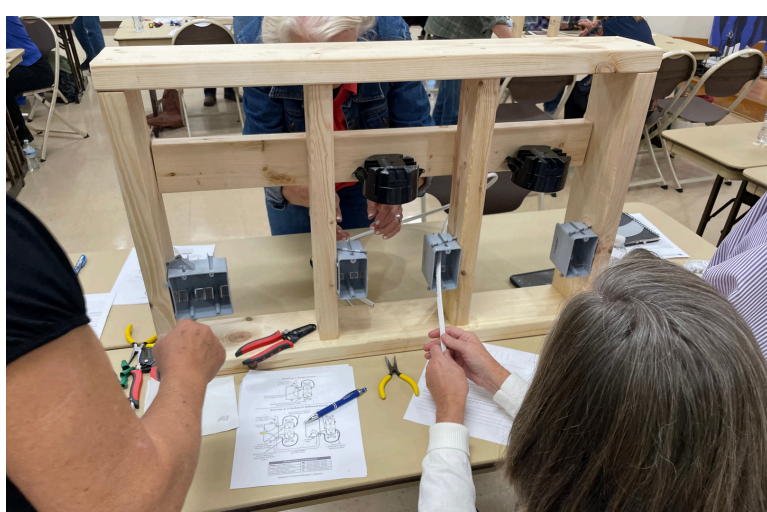
- "Great information at each class. Thank you for the offering!"
- "Very good. Fortunate to have this for education"
- "The electrical was great!! Worth every minute"
- "Wonderful. Gave me confidence to try"
- "New information on topics not familiar to me. Forced me to extend myself to learn new topics I would not pursue. Fellowship with like-minded ladies. Loved the hands-on activities"

Feedback



Beekeeping 101 Session participants learning the basics of beekeeping!

Attendees of the Electrical Basics session working to wire a switch.



Harvest Fest

Every year, the Lewis County Vegetable Producers host a Harvest Fest at the Lewis County Farmer's Market. In 2024, the event was held on Saturday, September 28. This event features local vendors, ranging from jewelry makers to crafters and baked goods! The entire Lewis County Extension Office works to make this event a success every year. Our Staff Assistants work to help people sign up for their booth areas, our Program Assistant helps the Agents prepare for their activities, the Agriculture and Natural Resources Agent contacts local vendors to set up, the Family and Consumer Sciences Agent prepares for the Pie Baking Contest, and the 4-H Agent prepares for the Pumpkin Art Contest.

Despite a very rainy day, this year was a huge success! Over 122 people took part in the festivities and everyone had a wonderful time celebrating the fall harvest season!

Homesteading Series

The Buffalo Trace Area Agriculture and Natural Resources Agents collaborated on hosting a Homesteading Education Series. There were four sessions consisting of Mushroom Cultivation, Gardening, Preserving, and Meat Processing. Each educational session included a demonstration or hands-on activity.

The Mushroom Cultivation Session gained a lot of interest from the public. In this session, participants were able to drill, inoculate, and seal their own logs for growing mushrooms! This session had an attendance of 42 people and was very successful!



Mushroom Cultivation Session participants getting hands-on by drilling holes in their log.

Mushroom Cultivation Session participants learning how to select and prepare their log for mushroom cultivation.



Mushroom Cultivation Session participants working to inoculate their log.

3

Number of individuals that gained knowledge on forage production

10

Number of soil samples collected and sent to lab for analysis

2

Number of Hay Samples taken and sent to lab for Nutrient Analysis

4-H Youth Development

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Professor Popcorn

Lewis County 2nd graders have been participating in a 5 session program related to nutrition called Professor Popcorn. This program focuses on teaching youth about the importance of eating foods from each food group, where those foods come from, and how exercise is vital to staying healthy. Each lesson centers around a different food group and includes a short physical activity. At the beginning of each lesson, the students are asked to name a new food that they have tried since the last lesson. At the end of each lesson, youth are given the opportunity to try a new food and every single child at least takes a bite! Students have been very receptive to this program and love trying new foods at the end of the session!

This program has reached 155 second graders!



4-H Agent Ashley Hunt teaches second graders about the five food groups during a Professor Popcorn Lesson at Lewis County Central Elementary School.

Dollars and Sense

Dollars and Sense is a financial education program offered to 4th and 5th graders at each elementary school in Lewis County. Youth receive \$200 of fake money and use that money on the expenses they expect to incur during a one month period. They first pay taxes as this is one of the first things that comes out of an adult's paycheck. Next, they are offered the chance to "pay themselves first" by opening a savings account at the "Bank." Students then visit each of the 12 other booths that are set up. These booths include Health and Grooming, Fast Foods, the Candy Store, and more! The students must purchase something from each booth and are encouraged to be realistic about their needs and wants for the month. After they have made their purchases, the youth count their remaining money and have completed the program.

After this program, 68% of the 247 participants stated that they would always plan to think about their budget before making a purchase!



Lewis County Central Elementary School 4th and 5th graders participating in the 4-H Dollars and Sense Program.



Lewis County 4-H Shooting Sports Club Members getting in one last practice session before the Kentucky 4-H State Shooting Sports Competition.

Lewis County 4-H Shooting Sports

The Lewis County 4-H Shooting Sports Club teaches youth 9-18 years old responsible firearm handling, how to have confidence in themselves, and the basics of shooting. This year, the Lewis County 4-H Shooting Sports Club had a fantastic season! They received countless awards over the summer. Their season culminated in September at the 2024 Kentucky 4-H State Shooting Sports Competition. Lewis County received 1st place in the 9-11-year old .22 Sport Rifle Division as well as 1st place in the 12-14 year old division. The 12-14 year old .22 Pistol Team took home 3rd place. The team also had a state champion in the .22 Sport Rifle 12-14 year old division!

Lewis County 4-H Programming

- School clubs for 4th, 5th, and 6th grades
- 5th Grade Kentucky State Capitol Visit
- 5th Grade Breadmaking
- 7th Grade Speech Day
- 8th Grade Reality Store
- Lewis County 4-H/FFA Livestock Club
- Tollesboro Fair 4-H Exhibits
- 4-H Summer Camp

For more information about Lewis County 4-H, contact Lewis County 4-H Agent Ashley Hunt!

Over 600 youth participate in 4-H Youth Development Programming in Lewis County each year!



Family and Consumer Sciences

Christa O’Cull

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Laugh and Learn

Laugh and Learn is a “box” program from the University of Kentucky for preschoolers. We partner with The Lewis County Public Library where we meet monthly. The children are always excited about the lesson of the day. This, of course, is a critical age to teach, preparing them for a Kindergarten classroom. They are sitting in chairs of their size when the program is about to begin. Lessons include a variety of activities. We start with reading a book, followed by discussion. Our next activity may be dancing to a song matching the theme of the story. Children then go back to their seats. We prepare something from the story (example being a model from the story made of fruit), which creates their snack. The children are back on their feet to practice counting by moving 1 – 2 – 3 circles and engaging actively with other children. When that time has elapsed, we return to our seats to do a quiet coloring page, then craft time winds up our hour. The children leave ready for nap time.



Lewis County FCS Agent Christa O’Cull with Wally Cat at Laugh & Learn.

Grandparent Support Group

In a partnership with the Family Resource and Youth Services Centers of Lewis County, we offer grandparents who are raising grandchildren the opportunity to be part of a “share” group called PASTA (Parenting the Second Time Around). Each month has a different lesson with activities related to the relationship between grandparents and the children they’re raising. These people enjoy being with others in the same position. There are various agencies present throughout the “season” of this group to guide grandparents in finding assistance with children’s clothing, counseling and other issues they may be experiencing. There are discussions on legal custody, passing on cherished items and parents often discuss the pros/cons of homeschooling to gain valuable input from others facing the same issues. A light lunch is served. We would enjoy having you join our crew.

Breast Cancer Luncheon

During Breast Cancer Awareness Month, we partnered with Angela Combs of the Kentucky Cancer Care Program, Lewis County Primary Plus and The Lewis County Health Department to sponsor The Power of Pink Breast Cancer Luncheon. This event was held in The Lewis County Extension Office. The program was broken down into mini-sessions. Our guest speaker was Francesca Switzer, from the LCHD. She presented an extremely emotional journey and did an amazing job, bringing the audience to tears with both sadness and joy because of her wonderful recovery. Several Lewis County Homemakers attended the luncheon as well as others from our community. The room was all decked out with pink balloons, bows, and other pink décor. THREE breast cancer survivors were in the audience. We prepared a baked potato bar and a SNAP (Supplemental Nutrition Assistance Program) recipe of Pumpkin Muffins. Door prizes were given. We hope to sponsor this event again.



Attendees of the Breast Cancer Luncheon were able to participate in a Bingocize activity instructed by FCS Agent Christa O’Cull after lunch was served.



Breast cancer survivors that attended our Breast Cancer Luncheon in October of 2024.

Family and Consumer Agent Days are filled with lots of excitement. We can have the day planned down to the minute and within seconds, the events of the day can change. The Laugh & Learn Program for preschoolers is a great example of this. You never know what’s going to happen, what children this age are going to TELL or ASK you, but you can guarantee it’s something you were NOT expecting!! These little ones are such a great age to be involved with and I actually learn more from them than they do me. It’s never a dull moment. And, without exception, when they are ready to depart, they give lots of hugs and smiles with promises to return to the next session.