

REPORT TO THE PEOPLE



LINCOLN COUNTY 2024



FACEBOOK

Lincoln County
Extension



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**DID YOU KNOW? LINCOLN COUNTY
HOMEMAKER MEMBERS VOLUNTEERED
20,832.5 HOURS FOR EXTENSION AND
COMMUNITY ACTIVITIES**



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LINCOLN COUNTY IMPACT STATISTICS

322- Number of Youth (5-18) engaged in AG 4-H programming

118- Number of Youth (5-18) engaged in L & CE 4-H Programming

200- Number of people who gained knowledge of forage production, management and/or profitability which could include species, best management

practices for species, forage harvest and storage, pasture renovation

250- people gained information on beef nutrition, animal health, genetics, reproduction, and/ or facilities and equipment

325- Number of participants who reported intentions to improve healthy lifestyles

and behaviors (including enhanced positive attitude, smart and healthy eating, physical activity, mental activity, meaningful social connections, tuning-in to the times, safety, health numbers, stress management, financial management sleep, and taking personal time)

125- Number of participants reporting improved life style behavior skills (such as enhanced

positive attitude, smart and healthy eating, physical activity, mental activity, social activity,

tuning-in to the times, safety, health numbers, stress management, financial management sleep, and taking personal time)

325- Number of individuals who gained increased knowledge of how to respond to mental health concerns



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LINCOLN COUNTY

COOPERATIVE EXTENSION

MADE SEVERAL POSITIVE

IMPACTS DURING 2024.

HERE ARE JUST A FEW!

185:

Number of families/caregivers who reported supplementing their diets with healthy foods that they grew or preserved (community or backyard gardens, fishing, hunting, farmers markets)

475:

Number of individuals who indicated that they purchased the fruits and vegetables featured on the Plate It Up! Kentucky Proud recipe card



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Lincoln County Family and Consumer Sciences

The Lincoln County Cooperative Extension Family and Consumer Sciences team is made up of Jody Paver, FCS Agent and Michelle Padgett, FCS Program Assistant. They work together to offer a wide range of opportunities for community members and the 155 Extension Homemaker Club Members. Programs are taught from the following Family and Consumer Sciences Initiatives to educate and empower residents of Lincoln County and beyond:

- Making Healthy Lifestyle Choices
- Nurturing Families
- Embracing Life as We Age
- Securing Financial Stability
- Promoting Healthy Homes and Communities
- Accessing Nutritious Foods
- Empowering Community Leaders

The Lincoln County Cooperative Extension Service Team was recognized as a winner of the Kentucky Extension Association of Family and Consumer Sciences Teamwork Award for their community outreach and marketing efforts at the Lincoln County Fair Floral Hall.



Pictured: The Grand Champion wall Floral Hall exhibit

The All About Me, Spa Day Event, was created with the help of 25 different community partners to address the needs for self-care, positive growth mindset, personal hygiene, and increasing self-esteem and self-confidence. This event focused on female students' grades 3 – 12. This program was a hands-on day, where 65 girls attended multiple educational sessions with different community partners, and speakers, addressing the lack of knowledge of hygiene and self-care, lack of resources, lack of self-confidence, and self-esteem, and sadly to address a recent student suicide just a couple weeks before school was to begin. This event also included Maranda Brooks, Fayette County Cooperative Extension Family and Consumer Sciences Agent who partnered with Montequa Jackson, Stylist from Posh Salon, Lexington, Kentucky. Together they designed a session special for this event that addressed all hair types including Diverse Hair.



Pictured: One of our All About Me Spa Day attendees showing her positive self talk artwork



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Lincoln County Family and Consumer Sciences



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Lincoln County 4-H

Cloverbud Camp Success Author: Courtney Brock

The overall purpose of the Lincoln County 4-H Cloverbud Program is to foster the development of life skills that are essential for the cognitive, social, emotional, and physical development of youth ages 5 to 8.

Additionally, the Area C1-C4 4-H Cloverbud Camping Program is designed with specific educational objectives, ensuring youth are able to participate safely, enhance personal development, learn new skills, foster positive relationships, learn responsibility, and have fun. The time youth spend in the camp setting offers opportunities for them to feel a sense of belonging, to have meaningful interactions with caring adults, experience new activities they may not have access to at home, and gain independence by and responsibility in keeping track of their belongings.

This summer, Lincoln County 4-H saw a 110% growth in 4-H Cloverbud Camp participation. The camp evaluation revealed that 80% of learned something new. Cloverbud campers were able to enjoy many of the same classes that KY 4-H summer camps offer 4-H youth ages 9 and up. Cloverbuds enjoyed canoeing and fishing the most with swimming and nature close behind. Other classes Cloverbud campers were able to enjoy included cooking, crafts, and field games.

HAM"tastic" Day Author: David Gabbard

Snowy January days, early morning drives to pick up green hams have become a tradition for the Lincoln County 4-H Agent. On January 20, 2025, the 4-H Country Ham Project began. We had 9 4-H youth, 5 clover buds, and 10 adults who joined us in learning how to cure a country ham. This project is planned by Dr. Rentfrow (Meat Science Professor University of KY) and a committee made up of numerous 4-H Agents from across the state, Oxbow Meats, and Clifty farms. Lincoln County put 42 hams into cure on Jan. 20th. You may ask "How does a person cure ham?"

There are a few steps:

1. Obtain the green (raw) ham
2. Trim the hock
3. Trim the excess fat and hanging meat off, to create a nice even shaped ham
4. Obtain cure mix
5. Wet cure mix so that it packs together
6. Pack the ham hock, cover the red meat with cure fully
7. Wrap the ham in non-waxed butcher paper
8. Place ham in ham sock, hock end down
9. Hang the ham off the ground in a cold, dry environment for 45-60 days

The Lincoln County Hams are curing now, we are excited to see how they turn out. Youth receive and cure 2 hams and must give a speech their best ham is judged at the Kentucky State Fair in August. Clover buds, and Adults can take theirs home in August and eat them or store them for the holidays, participants were also given a SNAP recipe that used country ham.



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Lincoln County Agriculture and Natural Resources



Success Story

A field day was held in conjunction with the Amish in the Crab Orchard area. This group handles a large amount of produce by providing an auction for local growers. We partnered with the Amish community and visited two farms. I had invited two of our University Specialist to help educate the local growers on crop management and care.

The local produce growers learned what might have been infecting their plants and the diagnostic lab was utilized to confirm suspected diseases problems. They also learned what farm management practices they could implement to protect their crops as well as what types of chemicals to spray.



Success Story

Kentucky is the largest beef cattle producing state east of the Mississippi river and Lincoln County is the fifth largest beef producing county in KY. That means one thing, we have a lot of beef cattle producers and those producers need certain trainings. That's where I step in. I held a BQCA training for those beef producers that were in need. I worked with the local livestock market and utilized their facilities and cattle they had on hand so we could offer a hands on training.

Producers learned how to administer shots, give ear implants, and work cattle efficiently and safely. I taught a portion of the class, helped administer the test, and report those to the cattleman's main office. I lined up all the details and worked with ag supply stores to provide materials needed for the training.

There were 30 producers that attended the training. We had a diverse age range of attendees. We had high school students as well as elderly attendees. Both men and women attended.

The impact from this training reaches different lengths due to the attendees that were present. The older more experienced producers knew most of the material while several learned new skills and information. This training is good for three years.



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