

UT Extension County Report

Lewis County

Spring 2009

4-H Youth Development

Lewis County 4-H focuses on building self-esteem through positive hands-on activities for youth.

The after school programming continues to rise. With so many youth participating in projects, the local 4-H club has already set records for numbers of active youth from Lewis County participating and is now looking at regional records. Eight youth have signed up to participate in the Region and State Horse Shows while thirteen have signed up to participate in the Region and State Beef Expo. Due to the programming of the county, the livestock barn has been fitted to house both the show calves and team penning calves.

Recently, Lewis County sent a record three complete teams to participate in the Regional Horse Judging Contest. For the second year in a row, we had at least one team to finish in the top ten. The kids filled the office after school for practice sessions with one session actually consisting of live horses to be placed.

The Lewis County 4-H Club is sponsoring the Team Penning event at the Annual Teresa Haggard 4-H Horse Show. The 4-H Club has held fundraisers, gathered sponsorships and received donations all going toward purchasing a set of ten calves to be used for team penning. Eight 4-H'ers are slated to attend the Show.



Horse Judging
Participants

Agriculture and Natural Resources

Extension Agents work with farmers, homeowners, and landowners to provide research-based information on a wide range of topics. Home or farm visits, field days, newsletters and newspaper articles are used to provide assistance.

The Agricultural Enhancement Program for this year has been unveiled. As previously expected, the amount of money to be appropriated is somewhat diminished. In this year's program, there are more opportunities for small producers as well as those involved in Agriculture Tourism.

The Cattleman's Association continues to be the main stay of Agriculture Programming. We are receiving an enormous amount of office visits pertaining to beef production.

As spring arrives, so are insects, diseases and water born pathogens such as mold. The office receives numerous calls weekly pertaining to these pests. This spring's large volume of rain should enable a high tonnage of hay forage to be gathered for use this fall and summer. The down turn is that some forage that should have been cut already has not and what few corn producers we have, have not yet begun planing.

Plans are being formed to try to host a multi-county BQA training session for those wanting to be certified and recertified. Most of Lewis County BQA certified producers are not due till this fall. However, we are looking at possibly the second week of June.

The Lewis County Extension office, in conjunction with the new GROW 10 project from the Center of Profitable Agriculture, hosted a meeting consisting of those involved with agriculture and tourism. Producers were made aware of possible grants and how much income is derived from agriculture tourism.

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Family and Consumer Sciences

The Family and Consumer Sciences Extension Agent works with families in Lewis County to provide research-based information to clients focusing on health and nutrition, family economics and human development.

Loving Your Family, Feeding Their Future

Loving Your Family, Feeding Their Future is a nutrition educational program that encourages healthy lifestyles among food stamp participants. The focus is to help low-income families make healthy food choices and increase their physical activity. Given the disturbing rise in childhood obesity, this program takes an innovative approach to helping families on a tight budget make healthier meals and snacks.

The Loving Your Family, Feeding Their Future series was conducted in Lewis County using a series of five lessons that covered basic nutrition, stretching food dollars, food preparation and meal planning. Fifteen participants learned to plan, shop and prepare meals that were healthy choices for their family and reviewed seven healthier habits that focused on foods from MyPyramid along with physical activity needs. Interactive exercises, snacks and recipe suggestions were included along with food demonstrations.

Program Impact:

- 80% added more fruits and vegetables to family meals.
- 85% learned helpful ways to stretch food dollars.
- 70% introduced more whole grains into family meals.
- 70% reported an increase in family physical activity.



A class participant learns how to make a healthy milkshake

LEAP Newsletters

LEAP into Action is a series of family friendly newsletters that focuses on using books, fun activities and games to teach parents and children how to grow healthy together. Developed by University of Tennessee Extension Agents in Lewis and Wayne counties, the program utilized ten newsletters that taught parents of preschoolers between the ages of 3-5 about staying healthy; being physically active and including more fruits and vegetables in family meals.

Each LEAP newsletter contains information on topics such as, healthy eating and wise food choices, healthy recipes, making time for family meals, games and activities that promote family physical activity time and encouraging families to read together. Each of the newsletters was full of ideas for parents to encourage healthier habits at home.

This program was implemented with Head Start and Pre-K children and their parents. Through the promotion of these newsletters, Extension helped families of preschoolers gain important nutrition and physical activity knowledge that could potentially have a long-lasting effect on their eating, physical activity and the promotion of positive health habits.

Ag Committee Members

Donald Duncan	Melba Rasbury	Van Ward
Charles Talley	David Ashmore	Brian Peery
	Lori Stewart	

Kenneth Turnbow, County Mayor

Lewis County Extension Staff

Paula Spears - County Extension Director
Family & Consumer Sciences and Youth
Development

Jason Morris - Extension Agent
Agriculture and Youth Development

Janice Bridges - TNCEP Program Assistant

Kay Henley - Extension Senior Secretary

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.