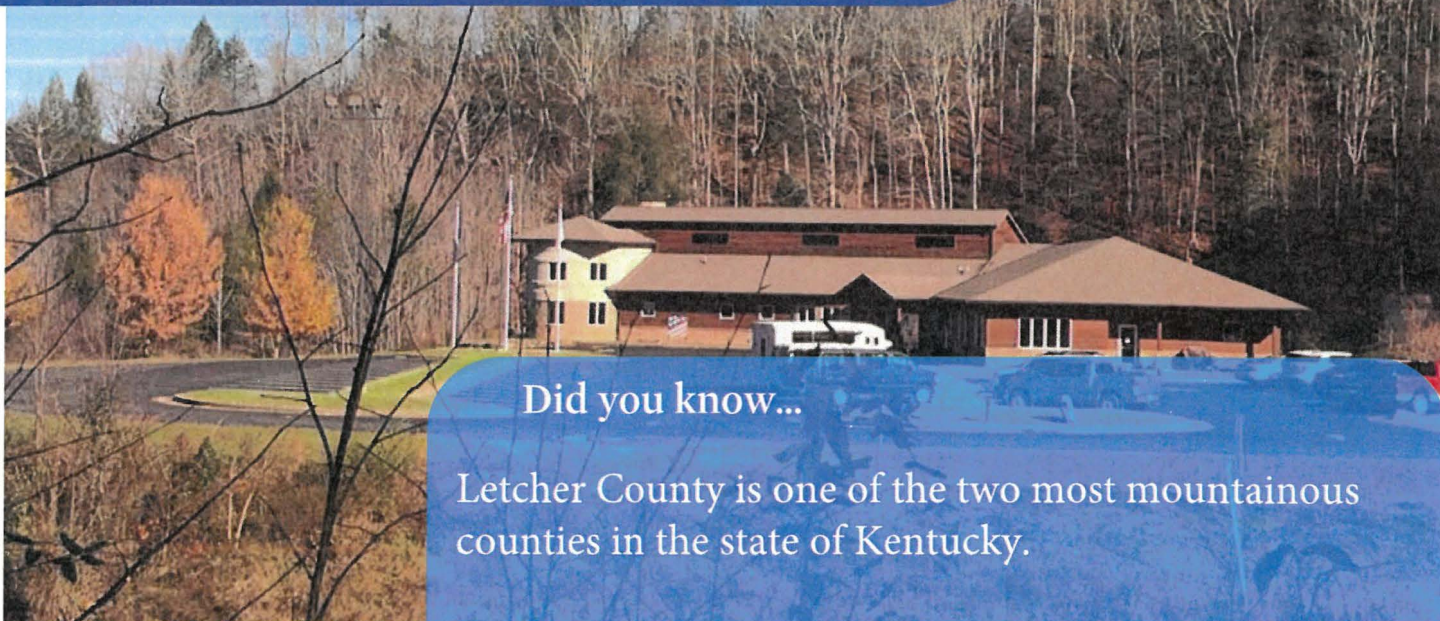


Report to the People


LETCHER COUNTY 2023



Did you know...

Letcher County is one of the two most mountainous counties in the state of Kentucky.

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Phone: 606-633-2362 | Fax: 606-633-0369  [youtube page](#)

Some programs we offer:



Hiking for Health



Bingocize
Health Program



Maple Syrup



Homeschool

What we do:

Kentucky's two land-grant universities, the University of Kentucky and Kentucky State University, serve as partners in conducting educational programs through Cooperative Extension. The program delivery process involves Extension faculty, county agents, advisory council members, volunteer leaders and the general public.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Agriculture and Natural Resources (ANR)



Maple lines entering tank



Holding Tank



Bottling Maple Syrup



Sugar House

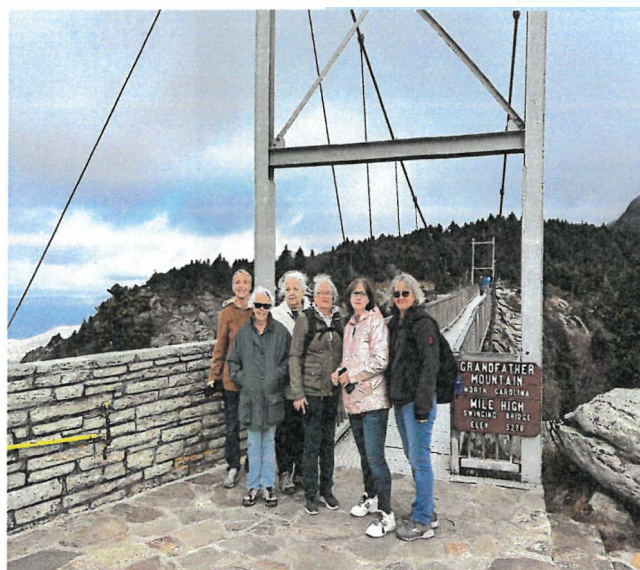
Kentucky Maple Day Builds Momentum

The Kentucky Maple Day was launched by the UK Cooperative Extension Service (primarily through the efforts of the Letcher and Harlan Co. ANR Agents), UK Department of Forestry and private producers in 2020. The purpose was to raise public awareness for the industry and to help market a woodland and agricultural commodity. Producers offered tours, exhibits and sells of syrup, cotton candy, pancakes, candy and maple baked goods. UK provided marketing, coordination, and collected data.

That first year saw 15 workers, 185 customers, 303 visitors, and 2,190 gallons of sap from 1,952 taps. This year's event saw 67 workers on 19 operations participating from all corners of the state. Producer polling showed 1,893 visitors came to on-farm events, 633 sales occurred, 5,782 gallons of sap dripped from 3,229 taps. This reflects a 65% increase in taps, a 164% increase in sap production, a 524% increase in visitors, and a 242% increase in sells over just three years.



Shad Baker
AG & Natural Resources



Grandfather Mountain, NC

Mile High Swinging Bridge

Hiking for Health

The Letcher County Extension Service has conducted the Hiking for Health and Embracing Life as We Age programs to promote regular physical activity and to maintain an active lifestyle throughout the lifespan. The target audience focused on those 65 years or older and those who want to improve their general health and activity levels. The program was conducted by the ANR and FCS agents and Extension program assistants. Two hundred participants walked 65 miles in total. One in four reported losing weight with everyone reporting learning the importance of staying physically active. Others spoke to the social and mental well-being of the program, with one stating, "I was reading in an AARP magazine that the two best ways to stay mentally healthy as you age are to stay physically active and socially connected. You all (Letcher County Extension) are addressing both of these through the Hiking for Health Program." (Reported by an 89-year old participant in the program).

Participants reported the following ways in which Hiking for Health was helpful:

"I can't say enough good things about this program"

"Liked learning about the trees and flowers of different kinds"

"Worked muscles i needed to work"

"Loved the fellowship"

"Gave me a challenge going up and down when I only walk on flat ground normally"

"Like all the information we

"Motivated me to get more exercise"



Nanette Banks

Family and Consumer Sciences

4-H Youth Development (4-H)



Teens/Jr Teens making Christmas cards for our local nursing home.

4-H Jr. Teen & Teen Club

Having a Jr. Teen and Teen leadership club is such an important component of the Letcher County 4-H program. It is very vital for building and preparing our youth for high school and beyond. Letcher County has a strong 4-H program, especially in the Jr. Teen and Teen Club.

As an agent in 4-H programming, having the state specialists and other county agents too rely on for teen programming is so important to a good Teen Club program. Letcher County 4-H offers this program on a yearly basis so the youth match with the Kentucky 4-H Program Year Age that is manageable for the youth's time commitment.

The Jr. Teen and Teen Club ran from September 2022 – August 2023 with a total of 15 members representing each of the two school districts in our county. Eight of the fifteen were new members. Teen completed 15 meetings, 10 community service projects, sent 3 members/leaders and 1 State Teen Council to Summit in Jabez, 7 leaders to Teen Conference on campus at UK, supported 2 members of the State Teen Council, and recognized 2 members of the Letcher County Horse Club that competed at the Kentucky 4-H State Horse Show.

The officers of the group rotate on a yearly basis and will also take part in the recruiting process prior to the next program year. Teen club has a goal is to establish a Teen Clubs with representatives from the county and independent school systems as well as any interested homeschool students.

The 4-H Teen Club program provides an excellent opportunity for youth to reach their highest potential because of life experiences and affect future development in teens and young adults.

- 50% of those attending teen club learned life skills.
- 25% learned hands on skills.
- 25% feel they are ready for college opportunities.
- 100% learned communications skills.
- 100% had made good decisions as a result of the teen program.



Crystal Smith
4-H Youth Development