

July Jubilee Baby Show and Cutie Pie Winners



LEWIS COUNTY HERALD
Baby Show 0-6 Months, Girls: first place, Hallie Riffe; second place, Elowyn Ruggles; third place, Ember Carver.



LEWIS COUNTY HERALD
Baby Show 0-6 Months, Boys: first place, Kolt Kamer; second place, Carson Johnson.



LEWIS COUNTY HERALD
Baby Show 7-12 Months, Girls: first place, Paisley Thurman; second place, Saige Spear; third place, Emberlyn Lumpkins.



LEWIS COUNTY HERALD
Baby Show 7-12 Months, Boys: first place, Nixon Stedman; second place, Swayzee Esham; third place, Sawyer Ginn.



LEWIS COUNTY HERALD
Baby Show 13-18 Months, Girls: first place, Story Taylor; second place, Willow Flores; third place, Eden Dummitt.



LEWIS COUNTY HERALD
Baby Show 13-18 Months, Boys: first place, Cohen Scott; second place, Winston Fraley; third place, Emerson McClurg.



LEWIS COUNTY HERALD
Baby Show 19-23 Months, Girls: first place, Lainey Burns.



LEWIS COUNTY HERALD
Cutie Pie 2 Year Old, Girls: first place, Keegan Feters; second place, Naomi Stamper; third place, Isla Tackett.



LEWIS COUNTY HERALD
Cutie Pie 4 Year Old, Girls: first place, Kinleigh Cooper.

Lewis County to participate in the National School Lunch Program and the School Breakfast Program

By Lori O'Keefe

Lewis County will be participating in the National School Lunch Program and the School Breakfast Program. As part of this program, Garrison Elementary, Laurel Elementary, Lewis County Central Elementary, Tollesboro Elementary, Lewis County Middle School, and Lewis County High School will offer

healthy meals every school day at NO COST to the students due to the implementation of the Community Eligibility Provision for the 26-27 school year. Students will be able to participate in these meal programs without paying a fee or submitting a household application. For more information, you may call Dr. Lori L. Ginn-O'Keefe at 606-796-

2811 or email at lori.okeefe@lewis.kyschools.us

USDA Nondiscrimination Statement
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or ad-

ministering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint-filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape,

American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the [USDA Program Discrimination Complaint Form, AD-3027](#), found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in

the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Mail Stop 9410
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

School and Community Nutrition Revised: 04/2026

Pray, Walk, and Write

By Freddie Stamm

This is an unusual article, but here goes! When I am out walking, people I meet on the sidewalk will ask me "How are you doing? How are you?" I feel like saying, as long as I'm able to walk and pray, I'm so very blessed. I would add to this, as long as the Lord gives me ideas for articles to write, I'm alright. I pray when I walk, so I usually don't want people to stop and offer me a ride when I need and want to walk. As long as the weather is favorable, I want to walk. I will accept rides from members of my "posse" and from people who want to talk about my writings.

Also, don't forget what was said in the famous narration, "One Solitary Life" (here was a man.) "He never traveled more than 200 miles

from the place of His birth, and where He did go He usually walked."

Also in Matthew 14:23 and Mark 6:46, Jesus went to a solitary place to pray. I feel so very blessed when the Lord gives me an idea for an article (or narration) to write. Pray they are a blessing to others (including "my posse").

Some people seem to think that I am in pretty good physical condition, all things considered. Maybe people are wondering what my secret is (but it is not a secret). I would say that Sunday is the Lord's day of rest and worship. That is how I, as a Christian, treat it. I don't plan to do any lawn mowing or weed-eating on Sunday! There is a joke about since I didn't create the universe in 6 days, I don't need to take Sunday off and rest. A company CEO wanted this

employee (a young Christian man) to work every Sunday. But the young man didn't create the universe in 6 days. I know that people with families like to get together on Sunday for leisure, recreation, and socializing, but I don't have any close family still living!

Here are some other comedy lines. A well-known stand-up comic said, "I went to McDonald's the other day. They told me I didn't deserve a break today! I get no respect! I can say for the last 5 years or more, I have really felt like an underdog, a real loser! I have been living "a little lower on the hog", as the old saying goes! But don't forget about Paul in Philippians 4:11-12. Content, abased, abound, full, and be hungry, abound, and suffer need. (I can identify with this, relate to this). Blessings in Christ.

LEWIS COUNTY SCHOOLS ADVERTISEMENT for GARRISON ELEMENTARY SCHOOL CONCRETE PROJECT

On behalf of the Lewis County School District Board of Education, Concrete Representatives are invited to submit a proposal for the **Garrison Elementary School Concrete Pad Project**. Proposal information can be found under District News on the district's website homepage at www.lewis.kyschools.us. Interested parties shall deliver a proposal no later than 10:00 a.m. Eastern Time (9:00 a.m. Central Time), Friday, July 31, 2026.

Woody Underwood
Garrison Elementary School Concrete Project
251 Lions Lane
Vanceburg, KY 41179

IMPORTANT: There will be a pre-bid meeting on Friday, July 24, 2026 at 10:00 a.m. Eastern Time (9:00 a.m. Central Time), at the Lewis County Board of Education building located at 251 Lions Lane, Vanceburg, KY 41179, to review the project specification.

Bids will be opened at **10:15 a.m. Eastern Time (9:15 a.m. Central Time), on Friday July 31, 2026**. Proposals received after the above noted date and time will not be accepted. A company will be selected to undertake with project at the discrimination of the local board.

Public Notice 29,30c

ADVERTISEMENT FOR REQUEST FOR QUALIFICATIONS

The Garrison-Quincy KY-O-Heights Water District will retain a qualified engineering firm to provide planning, design, construction, and other required services for the Hydrant Replacement Project. Funding sources for this project may include, but are not limited to, the Appalachian Regional Commission (ARC) Program, the Government Resources Accelerating Needed Transformation (GRANT) Program, and other applicable state and federal funding opportunities.

The District will accept Statements of Qualifications from engineering firms interested in providing services for this project until **4:30 p.m. E.T. / 3:30 p.m. C.T. on August 10, 2026**. An RFQ packet containing project information and the criteria that will be used to select the engineering firm may be obtained at [HYPERLINK "http://www.btadd.com"](http://www.btadd.com) or by contacting Kristie Dodge, Community Development Director, Buffalo Trace Area Development District, via email at [HYPERLINK "mailto:kdodge@btadd.com"](mailto:kdodge@btadd.com)

Statements of Qualifications must be submitted to:

Buffalo Trace Area Development District
Attn: Kristie Dodge – Garrison-Quincy KY-O-Heights Water District Hydrant Replacement Project
P.O. Box 460
Maysville, KY 41056

Statements of Qualifications will be ranked based on the written materials submitted, in accordance with the criteria outlined in the RFQ packet. The Garrison-Quincy KY-O-Heights Water District reserves the right to reject any and all submissions.

This solicitation for Statements of Qualifications is being conducted to fulfill state and federal funding agency procurement requirements. Respondents are advised that the following requirements may apply: (1) Section 3 of the Housing and Urban Development Act of 1968; (2) Section 109 of the Housing and Community Development Act of 1974; (3) Title VI of the Civil Rights Act of 1964; (4) Executive Order 11246; and (5) Certification of Non-Segregated Facilities. All of these requirements may be incorporated into any contract issued pursuant to this solicitation.

The Garrison-Quincy KY-O-Heights Water District is an Equal Opportunity Employer and encourages responses from all qualified firms.

Luke Bentley, Chairman
Garrison-Quincy KY-O-Heights Water District

Public Notice 29-31c