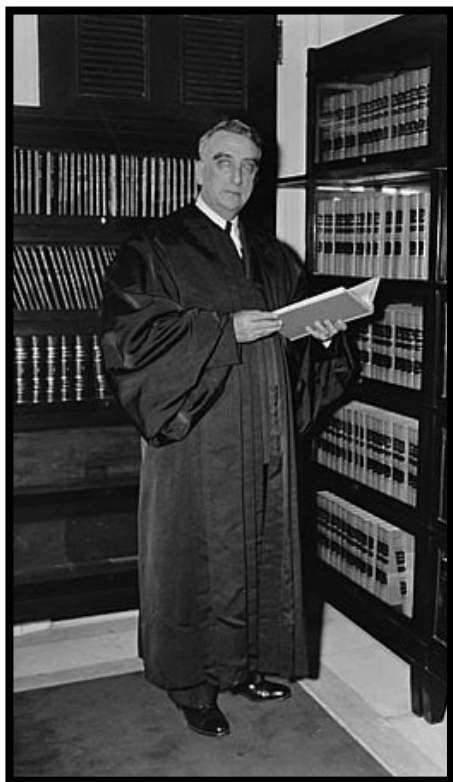


# Report to the People

## Lawrence County • 2022

## COOPERATIVE EXTENSION



Frederick “Fred” M. Vinson, from Lawrence County, Kentucky was an attorney and politician who served as the 13th Chief Justice of the United States from 1946 until his death in 1953. He was one of the few Americans to have served in all three branches of the US Government.

*“The 4-H Clubs believe in and practice the full development of our talents. They believe in physical and mental health. Beyond this there is an underlying creed of honesty of purpose. These objectives and practical projects make the 4-H Clubs a tremendous influence for the betterment of our country.”*

*Fred M. Vinson*

### **For More Information, Please Contact us at:**

Lawrence County Extension Office • (606)673-9495 • <https://lawrence.ca.uky.edu>  
249 Industrial Park Rd., Louisa, KY 41230

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*Wreath Making Participants—Pam Howell and Bre McCoy*

## **Agriculture Natural Resources (ANR)**

The Lawrence County Agriculture and Natural Resource (ANR) Extension Agent and the Lawrence County Master Gardeners have been offering a hands-on workshop for the community during the holidays for many years. Individuals come in and make wreaths using live greenery harvested from a local KY Proud tree farm. The Lawrence County Public Library reached out to the Lawrence County ANR Agent to offer the program through the library but to take it on the road. 46 participants constructed wreaths in Blaine and Fallsburg and 26 participants made wreaths at the public library. At the Extension, Individuals and groups came from 2 different states, 4 KY counties, totally over 175 participants. 180+ wreaths were hand crafted. This is a 60% increase from 2021. A large number of the participants during the 2022 program stated that they were unaware that the Extension Office offered these kinds of programs and looked forward to future events.

## **Community Economic Development**

The Lawrence County Extension Office partnered with Lawrence County Farm Bureau and Lawrence County Soil Conservation to host the annual Farm and Home Field Day. Field day was held at the Extension Office offering demonstrations on soap making, outdoor cooking, honey extraction, and various educational booths offering NEP food samples, health checks, boating safety and much more. There were 168 patrons who joined in the fun.

## **4-H Youth Development**

In Lawrence County there has been a growing interest in equine related programs for youth. Interaction between horses and children has been shown to have physical, emotional, and social benefits for youth. Providing programs involving horses could have a positive impact on the general well-being of the youth of Lawrence County.

Lawrence County 4-H offers monthly club meetings as well as organized horse workshops and clinics in the spring and fall. Throughout the club meetings and clinics, members have learned hands-on handling skills, horsemanship skills, and explored different disciplines within the equestrian world.

After participating in these hands-on clinics, it is seen that youth become more interested in participating in monthly club activities. A large percentage of non-club members that attend the workshops and clinics go on to join 4-H Horse Club. These events give 4-H members hands-on equine experience, leadership opportunities, and provide a safe learning environment for all youth interested in learning more about horses.



*4-H Horse Camp*





## Family and Consumer Sciences (FCS)

Lawrence County welcomed a new Family and Consumer Sciences (FCS) Agent this summer: Sarah Deal. Sarah is a Berea College graduate and her degree is in Child and Family Studies. Her program specialty is food and nutrition. Sarah has been involved with a host of programs, including Food Preservation, Teen Cuisine, bread and cheese making, and floral design. Cooking through the Calendar is held monthly and Sarah leads the group in a cooking demonstration. She has partnered with the Lawrence County Health Department on hosting Diabetes Support Group monthly as well. Sarah enjoys working with the Extension Homemakers and assisting wherever she is needed. Sarah plans to partner with the Senior Center by hosting Bingocize, a program targeted towards fall prevention. As your FCS agent, she strives to meet the needs of the community. Please reach out to her with any questions about your home or family and she will do her best to assist you.



*FCS Agent and NEP Senior Assistants*

### SNAP-Ed

The drug epidemic in Eastern Kentucky has been on the steady rise over the last 10 years and the number of Addiction Recovery Care centers (ARC) in Lawrence County alone have tripled. The Expanded Food Nutrition Education Program (EFNEP) Senior Assistant teaches residents lessons from the “Healthy Choices for Every Body” curriculum, which focuses on how to make healthy food choices using MyPlate. This spring, the men at Lackey ARC grew vegetables in the raised beds: planting tomatoes, peppers, squash, zucchini,



*Recovery Gardens*

cantaloupe, watermelon and cucumbers. Plants were provided by Lawrence County Cooperative Extension Service and the University of KY Nutrition Education Program. Not only have residents gained health and nutritional benefits from the consumption of vegetables; but they have increased physical activity, reduced stress, developed a sense of responsibility and learned how to work together as a team to accomplish goals. To date, residents have harvested over 100+ pounds of produce this summer.

*Recovery Gardens*

### Lawrence County Extension Agents

*Laura Maggard*

Laura Maggard  
CEA Agriculture/Natural Resources

*Maelyn Huff*

Maelyn Huff  
CEA 4-H Youth Development

*Sarah Deal*

Sarah Deal  
CEA Family and Consumer Sciences