


FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
JANUARY & FEBRUARY EDITION

 Cooperative
Extension Service

Lawrence County
294 Industrial Park Rd.
Louisa, KY 41230
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january & february

A FRESH START FOR THE NEW YEAR

Happy New Year from your local Extension office! As we step into 2025, we're excited to bring fresh opportunities for learning and growth to our community. The new year is a perfect time to set goals, learn new skills, and connect with others, and we're here to support you every step of the way. Whether you're looking to expand your knowledge, engage in hands-on activities, or get involved in your community, we have a variety of programs and events planned to suit all interests and ages.

Stay tuned for updates and announcements through our newsletter and social media. Here's to a year full of growth and success!

Warm regards,

Maelyn Dotson, Lane Hall, & Deana West

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Facebook:

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@LawrenceCountyCooperative
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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.

EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				BEEKEEPERS 6:00		
			1	2	3	4
			SUNSHINE HOMEMAKERS 10:00 COOKING THROUGH THE CALENDAR 12:00	CLOVERBUD CLUB 5:30 FALLSBURG HOMEMAKERS 11:00AM		
5	6	7	8	9	10	11
	DIABETES SUPPORT GROUP 5:00PM	MASTER GARDENERS 6:00PM JR. HOMEMAKER CLUB 6:00PM		HORSE/LIVESTOCK CLUB 6:00		
12	13	14	15	16	17	18
	 					
19	20	21	22	23	24	25
	QUILT GUILD 10:00AM		HOMEMAKER COUNCIL MEETING 1:00			
TURDAYGIFT.COM		28	29	30	31	

EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details

february 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	BEEKEEPERS 6:00	6	7 8
9	DIABETES SUPPORT GROUP 5:00PM	10 MASTER GARDENERS 6:00PM JR. HOMEMAKER CLUB 6:00PM	11 SUNSHINE HOMEMAKERS 10:00 COOKING THROUGH THE CALENDAR 12:00	12 CLOVERBUD CLUB 5:30 FALLSBURG HOMEMAKERS 11:00AM	13 PLANT ORDERS DUE	14 Valentines Day 15
16	Dennis-Green Valley Homemaker Meeting 5:30PM	17	18	19	20 HORSE/LIVESTOCK CLUB 6:00	21 22
23	QUILT GUILD 10:00AM	24	25	26	27	28





UK Cooperative
 Extension Service
LAWRENCE COUNTY
EXTENSION OFFICE
PLANT ORDER
2025



All plant orders due February 14th

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____



Item	Quantity (bundle of 25 plants)	Unit Price	Total Price
Seascape Strawberries		\$8.00	
Earliglow Strawberries		\$8.00	
Flavorfest Strawberries		\$8.00	

**** IF ORDERING BLUEBERRIES, IT IS RECOMMENDED TO PURCHASE TWO DIFFERENT VARIETIES FOR POLLINATION****

Item	Quantity (per plant/crown)	Unit Price	Total
Jewel Black Raspberry		\$13.00	
Chandler Blueberry		\$13.00	
Duke Blueberry		\$13.00	
Triple Crown Blackberry		\$13.00	
Marge Elderberry		\$13.00	
Hinnomaki Red Gooseberry		13.00	
Jersey Knight Asparagus		\$2.00	
		Total Due	

Orders payment is required by February 14th, 2025 **Make checks payable to: Lawrence County Extension Office**

Taxes included in price

Payment Information:

Amount Paid: _____

Date: _____

Received by: _____

**WE WILL CONTACT YOU WHEN ORDERS ARE READY FOR PICK-UP.
 IF YOU HAVE ANY QUESTIONS, CALL (606) 673-9495**

HELLO *Lawrence County*

HAPPY NEW YEAR TO ALL!! I AM EXTREMELY EAGER TO BEGIN 2025 AS YOUR NEW LAWRENCE COUNTY FAMILY AND CONSUMER SCIENCES EXTENSION (FCS) AGENT. I'M EXCITED TO STEP INTO THIS ROLE IN MY COMMUNITY AND TO SERVE AS A RESOURCE FOR YOU AND YOUR FAMILY.

AS YOUR EXTENSION AGENT, I'M HERE TO OFFER VALUABLE PROGRAMS AND INFORMATION ON TOPICS LIKE NUTRITION, HEALTH AND WELLNESS, FAMILY RELATIONSHIPS, AND SUSTAINABLE LIVING. MY MISSION IS TO EMPOWER YOU WITH THE TOOLS AND KNOWLEDGE YOU NEED TO MAKE INFORMED DECISIONS AND IMPROVE YOUR QUALITY OF LIFE.

IN THE COMING MONTHS, I LOOK FORWARD TO MEETING MANY OF YOU IN PERSON AND WORKING TOGETHER TO CREATE OPPORTUNITIES FOR GROWTH AND LEARNING. I'M AN EDUCATOR AT HEART, SO WHETHER YOU ARE LOOKING FOR PRACTICAL TIPS, WOULD LIKE TO JOIN A WORKSHOP, OR HAVE A QUESTION ABOUT HOW TO IMPROVE YOUR FAMILY'S WELL-BEING, I AM HERE TO HELP!

STAY TUNED FOR MORE DETAILS ABOUT UPCOMING PROGRAMS, EVENTS, AND RESOURCES. I AM LOOKING FORWARD TO HEARING FROM YOU AND CONTINUING THE WORK THAT MAKES LAWRENCE COUNTY A TRULY SPECIAL PLACE TO CALL HOME.

WARMLY,
Deana West

LAWRENCE COUNTY FCS EXTENSION AGENT

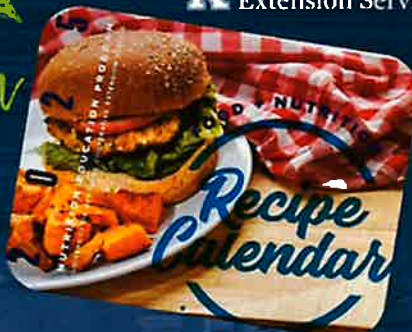
Happy New Year!

A new year begins with endless possibilities...

JOIN us for...

*Cooking through
the
Calendar 2025!*

UK Cooperative Extension Service



You're invited to the Lawrence County Extension Office the second Wednesday of each month @ noon.

Enjoy our free cooking demonstrations and sampling. Try tasty nutritious recipes while discovering ways to eat healthier for you and your family.

Cooperative Extension Service

Agriculture and Natural Resources
Public and Consumer Services
and Food Environment
Community and Economic Development

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

United States Department of Agriculture
National Institute of Food and Agriculture
Martin Gatton College of Agriculture, Food and Environment
University of Kentucky
1000 University Avenue
Lexington, KY 40506
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PLAN.
EAT.
MOVE.



4-H YOUTH DEVELOPMENT



Lawrence County
 4-H
CLYVERBUDS
 A place for those "Not quite 4H'ers"
 ages 5-8!
 Fun, Music, Learning and all the
 things Cloverbuds Love!

October 10th
 November 14th
 January 9th
 February 13th
 March 13th
 April 10th

Contact Maelyn Dotson: 606-673-9495
 maelyn.dotson@uky.edu
 249 Industrial Park Rd, Louisa, KY
 41230

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENTAL SCIENCE



Cooperative Extension Service

Lawrence County JUNIOR HOMEMAKERS

LIFESKILLS, COOKING, SEWING, & MORE!
GRADES 4-8 ~ 6:00PM

October 8th
 November 12th
 January 14th
 February 11th
 March 11th
 April 8th



Lawrence County 4-H
Livestock & Horse Club

HORSE & LIVESTOCK CLUBS WILL MEET AT
 6:00PM @ LAWRENCE COUNTY EXTENSION OFFICE

MEETING DATES:
 OCTOBER 17TH
 NOVEMBER 21ST
 JANUARY 16TH
 FEBRUARY 20TH
 MARCH 20TH
 APRIL 17TH



ANY QUESTIONS, CONTACT MAELYN DOTSON
 606-673-9495 MAELYN.DOTSON@UKY.EDU

I pledge
 my HEAD to clearer thinking,
 my HEART to greater loyalty,
 my HANDS to larger service,
 and my HEALTH to better living,
 for my club, my community,
 my country and my world.



ADULT

HEALTH BULLETIN



JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

LAWRENCE COUNTY
EXTENSION OFFICE
249 INDUSTRIAL PARK RD
LOUISA, KY
41230
(606) 673-9495

THIS MONTH'S TOPIC

STEP INTO NATURE: WINTER EDITION



Winter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Disabilities
accommodated
with prior notification.



Take a stroll around the block
or spend an afternoon exploring a trail
at a local park. Exercising outdoors
can add variety to your routine
and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

When exercising outdoors, always remember to dress for the weather:

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE:

<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

ADULT
HEALTH BULLETIN

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