


FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
SEPTEMBER EDITION

 Cooperative
Extension Service

Lawrence County
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Louisa, KY 41230
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extension.ca.uky.edu



September

As we step into September, our Extension programs are gearing up for a busy and productive season! This month marks the start of a new 4-H program year, and it's the perfect time to get your kids involved. With a variety of club meetings and activities, there's something for every young learner. Make sure to also be the lookout for upcoming ANR & FCS programs! There's something for everyone this fall—join us and be part of the action!

Warm regards,

Maelyn Dotson & Lane Hall

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Facebook:

@LawrenceCounty4-H

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ExtensionService



Maelyn Dotson

Maelyn Dotson

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County Extension Agent

for 4-H Youth Development

Lane Hall

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County Extension Agent

for Agriculture and Natural Resources

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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of retaliation for prior civil rights activity. Reasonable accommodations 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



Programs
accommodated
with prior notification.

EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details

September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 FARMER'S MARKET 4:00-7:00	2	3	4 FARMER'S MARKET 9:00-12:00 KETTLE BELL CLASS 5:30 JR. MASTER GARDENER CLUB 5:00	5 BEEKEEPERS 6:00	6	7 FARMER'S MARKET 9:00-12:00
8 DIABETES SUPPORT GROUP 5:00PM	9 MASTER GARDENERS 6:00PM	10	11 FARMER'S MARKET 9:00-12:00 FAMILY TIME IN THE KITCHEN 2:00PM SUNSHINE HOMEMAKERS 10:00 FALLSBURG HOMEMAKERS 11:00	12	13	14 FARMER'S MARKET 9:00-12:00
15 FARMER'S MARKET 4:00-7:00 Dennis-Green Valley Homemaker Meeting 5:30PM	16	17	18 FARMER'S MARKET 9:00-12:00	19 LIVESTOCK BANQUET 6:00	20	21 FARMER'S MARKET 9:00-12:00
22 QuiltGuild 10:00AM	23 NORTHEAST AREA HOMEMAKER MEETING 10:00	24	25 FARMER'S MARKET 9:00-12:00 HOMEMAKER COUNCIL MEETING 3:30	26 HARVEST MOON GALA	27 HARVEST TOUR	28 HARVEST TOUR FARMER'S MARKET 9:00-12:00
29 HBCA MEETING (SEE FLYER FOR DETAILS)	30					



Come Join Us

HARVEST MOON GALA



September 26

6:45pm



LC Extension Office

\$75 SINGLE

\$100 COUPLE

\$400 FULL TABLE (8 SEATS)

**TICKETS SALES WILL BEGIN AUG 13TH & END ON
SEPT 20TH (OR UNTIL SELL OUT)**

BUY TICKETS AT:

LAWRENCE COUNTY EXTENSION OFFICE

606.673.9495





HIGHLANDS BEEF CATTLE ASSOCIATION

SEPTEMBER 30, 2024
6:00 P.M.

Kevin & Bernice McCormick Farm
198 HWY 1496
Louisa, KY 41230

TOPIC: BALE GRAZING
SPEAKER: GREG HALICH

McCormicks will be providing a fish fry

FOR MORE INFORMATION,
CONTACT YOUR LOCAL ANR
EXTENSION AGENT

BOYD: (606) 739-5184
JOHNSON: (606) 789-8108
LAWRENCE: (606) 673-9495
MAGOFFIN: (606) 349-3216

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



FREE!
HAY TESTING

2024
EAST KENTUCKY
HAY CONTEST

SIGN UP EVEN IF YOU THINK YOUR HAY ISN'T THAT GOOD!

UK Cooperative
Extension Service

LIMITED TO 5 LOTS

TESTING PROVIDES: NUTRITIONAL VALUE OF HAY & HAYLAGE; RATIONS; & CAN RESULT IN: REDUCED FEED COSTS, INCREASED ANIMAL PERFORMANCE, & INFORMATION TO IMPROVE FORAGE STANDS

USE THE QR CODE OR CALL: (606) 673-9495 TO SIGN-UP

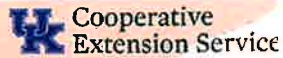
DEADLINE TO SIGN-UP IS 9/1/24

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FAMILY & CONSUMER SCIENCES



2024 FIELD DAY Dessert Contest

All desserts must be
submitted by:
4:30p.m.

Friday, October 25, 2024
LC Extension Office

CATEGORIES:

- Scratch dessert
- Box dessert
- Youth/4-H
- KY Proud



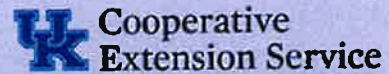
APPLE PIE SMOOTHIE

Ingredients:

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- 1/4 cup rolled oats
- 1 1/2 cups skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky



KETTLEBELL BASICS: STRENGTH FOR BEGINNERS

FREE CLASS
LAWRENCE COUNTY EXTENSION OFFICE
SEPTEMBER 4TH - 5:30PM



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
40230



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



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.



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

ADULT

HEALTH BULLETIN



SEPTEMBER 2024

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
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THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

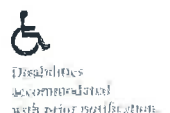
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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

**ADULT
HEALTH BULLETIN**

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Adobe Stock