

# LAWRENCE COUNTY



Extension Annual Report  
September 2019-August 2020

## Meet the Staff:

**Ophelia Davis**

*Agriculture & Natural Resources Educator*

**Lesley Lodmell**

*4-H Youth Development Educator, CED*

**Annie Eakin**

*Community Wellness Coordinator*

**Dashia Meadows**

*Office Manager*

**Sarah Richer**

*Health & Human Science Educator*

**Tammy Dodds**

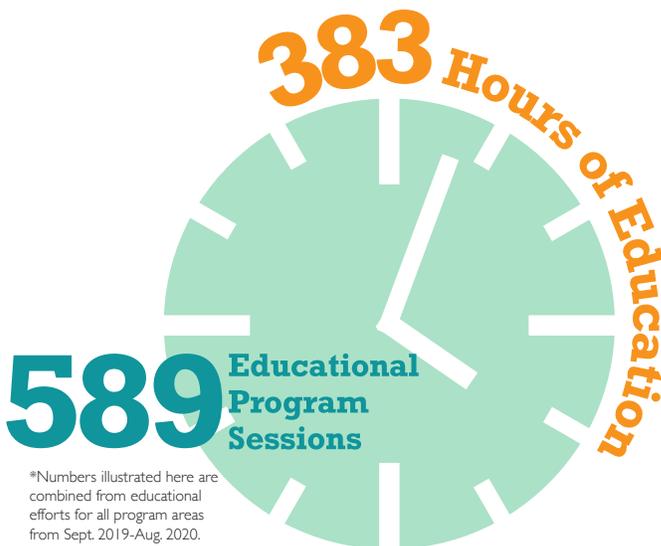
*Program Assistant*

**J.J. Goldsberry**

*Nutrition Education Program Advisor*

**McKayla Kattau**

*Program Assistant*



\*Numbers illustrated here are combined from educational efforts for all program areas from Sept. 2019-Aug. 2020.



# Nutrition Education/ Community Wellness

## Cambridge Square GLICK Grant

Our Community Wellness Coordinator (CWC) has been partnering with the Service Coordinator at Cambridge Square. Thanks to the CWC, Lawrence County was nominated and received a \$10,000 GLICK Community Relief Fund to be used at Cambridge Square Bedford for Senior Nutrition. Funds went towards purchasing fresh fruits and vegetables, farmers market vouchers for residents, building and maintaining three on-site gardens and the purchase of food for an emergency food pantry.

Throughout the summer, the CWC worked Cambridge Square, the Bedford Farmers Market, and the Nutrition Education Program Advisor (NEPA), to increase access to fresh produce and nutrition education to seniors. Seniors who attended nutrition classes hosted by the NEPA or utilized produce from the Cambridge Square gardens, were eligible to receive the vouchers. There were three on-site farmers markets hosted at Cambridge Square in August and September.



## Current CWC Partnerships

CWC Primary Projects:

Collaborating with Lawrence County Parks Partnership Project. The Project is a result of the Regional Opportunities Initiatives (ROI) grant funding to make Avoca Fish Hatchery the first County Park.

Wrote a grant that resulted in funding from Lawrence County Community Foundation to partially fund the LIFE Blessings program. \$4,000 Grant funds go towards the purchase of snacks that are sent home with students at Burris and Hatfield Elementary Schools.

## CATCH

Coordinated Approach to Child Health (CATCH) is a fun, interactive program designed to teach youth about physical activity and healthy eating habits. With school in full swing again, CATCH has been taught in **15 different elementary classrooms for a total of 82 lessons.**

CATCH lessons help students learn about topics like: the importance of being physically active, making healthier food choices, eating healthier at a fast food restaurant, limiting screen time, and making time to eat breakfast each day. During these lessons students engage in hands-on activities, participate in sampling healthy snacks, and learn a new physical activity game they can share with their family. They are learning practical lessons that can be applied to their everyday life. One teacher at Lincoln Elementary is helping to further these life lessons and healthy practices. She has created a "Healthy Habit Homework" sheet which focuses on a different healthy habit each day. In an email, Ms. Spence writes,

"I just want to empower kids to make good choices to stay healthy... Kids can do so much for themselves. I have seen it rub off on others. Tech-free Tuesday is often a family affair."

**CATCH**<sup>®</sup>  
COORDINATED APPROACH TO CHILD HEALTH

**208** Healthy Living Adult/Youth  
Lessons were taught.

**3,637** the total number  
of contacts made  
during such  
lessons.



# Health & Human Sciences

## CATCH My Breath

According to the Indiana State Department of Health, the use of e-cigarettes and vaping among youth has **risen more than 350% among high school and middle school students** since 2012. With such a steep rise in use among youth, students need education on e-cigarettes.

CATCH My Breath is an e-cigarette prevention program that provides students with the skills to resist peer and media pressure influencing them to try e-cigarettes. The 6th grade class at Mitchell Jr. High School was the first to participate in the CATCH My Breath program in Lawrence County. Four sessions, one hour in length, were offered once a week during the 6th grade class's Health Education Period.

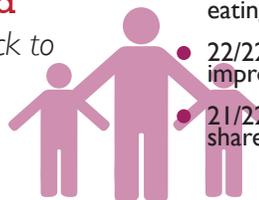
**112 youth participated in the CATCH My Breath Program** at Mitchell Jr. High School in 2019. Youth received four hours of positive enforcement on how to resist peer and media pressure in persuading them to try e-cigarettes.



## Back to School with Purdue Extension

A team of nine Health and Human Sciences (HHS) Extension Educators from Southeast Indiana collaborated on a *Back to School* program in August. The purpose of the program was to provide parents and caregivers of youth with resources to feel better prepared for the school year.

Program topics were covered in short videos as well as resource flyers. **The program reached 15,942** indirect contacts. Resources for the *Back to School* program can be found on the Lawrence County Purdue Extension Facebook page.



## Cooking Under Pressure

Electric Programmable Pressure Cookers are one of the newest trendy kitchen appliances. We are surrounded by advertisements for "instacooking," but how does a pressure cooker work and is it safe?

Participants who attended the Cooking Under Pressure program learned how to use an electric programmable pressure cooker, how to follow food safety guidelines, and how to create healthy and delicious recipes.

**"This program helped me to understand the functions of the Instant Pot and to use it more often,"** said one participant.

Several participants shared that they owned a pressure cooker, but had never taken it out of the box. One participant commented. "I will now go home and open my instant pot and use it tonight!"

**100% of participants know how to properly wash their hands to keep themselves healthy, how to follow safe food handling practices to prevent food-borne illness, and understand the importance of having family meals together.**

## Overall Program Outcomes

- 319 individuals learned about financial literacy
- 110 individuals learned about consumer decision-making
- 843 individuals learned new ways to improve their health

**As a result for attending our programs, the majority of surveyed participants intend to make positive changes in behavior:**

- 100% plan to follow safe food handling practices.
- 100% intend to reduce their spending.
- 100% plan to make small changes to build their healthy eating style.
- 22/22 surveyed participants learned information that will improve their lives positively.
- 21/22 surveyed participants learned information they will share with others.



# 4-H Youth Development



“I adored the [Photography SPARK] club! We mainly learned about rules of composition, and she [4-H volunteer] was immensely helpful about 4-H projects. I was able to complete my projects because of her and she was so considerate. She let me borrow her camera to complete it.”

-Katie Sites, 4-H member

## Volunteer Training

Annually, the 4-H Extension Educator hosts approximately 20 different volunteer trainings that reach about 210 participants. These range from orientations to committee boot camps, to full day volunteer experiences. When volunteer orientations are offered, each of the 18 clubs have to send at least one representative to participate in order to receive updates and training incorporated by the 4-H Educator. October 2019's session focused on creating a sense of belonging in 4-H clubs and how we can excel at aiding these feelings. 4-H strives to be an open and safe space for all youth in Lawrence County, and our clubs are the starting point for that warm reception.



“Being a 4-H Volunteer gives me the opportunity to interact with and invest in the youth in my community. I love seeing a 4-H member connect with a skill or project that they are excited about. 4-H taught me, as a kid, that I could be a leader too, even when I didn't think I could. It brings me joy and satisfaction to help our community's youth to learn how to lead their peers and to learn new skills.”

Amanda Wilson, 4-H Volunteer and Club Leader

In 2020, the Lawrence County 4-H program had **400** youth participated in the 2020 Lawrence County 4-H Fair totaling 1,531 exhibits.

**144** total club meetings held for the 2019-2020 4-H program year. 19 clubs and three SPARK Club make up the 4-H program.

## Virtual Photography SPARK Club

When opportunities to meet and educate youth in-person went away in March 2020, Extension needed to look at new ways to connect with our youth and provide them quality experiences. It has been on our radar for a few years to get a SPARK Club on Photography because it is one of the biggest areas of interest in Lawrence County 4-H.

A 4-H volunteer and professional photographer hosted a four session SPARK club via WebEx conferencing software. The 4-H Educator served as technology host. Between sessions, participants received challenges, and they emailed their submissions to the volunteer for feedback.

**The twelve youth participants (grades 4-7) learned about basic camera functions and the “rules” of composition.** They also learned how to prepare a 4-H photography exhibit. Five participants completed the 4-H Common Measures evaluation related to Science and Engineering. Four participants stated they learned something new related to engineering, and all five learned something new about science.





# Agriculture & Natural Resources

## VET 103

This year's program featured topics including reproductive soundness, reproductive health and immunology, basic minerals, pregnancy diagnosis, and vet-client relationship.

Evaluation results: **83%** reported reproductive soundness, reproductive health and immunology topics were useful to their operational needs. **100%** shared that information about basic mineral and nutrition was needed and they plan to evaluate current mineral supplementations. **88%** reported learning how and when to pregnancy diagnose was helpful to production goals.



## Grain Marketing

Grain marketing education provided access to resources and contacts that assisted our producers with their farm management decisions related to marketing and profits. Producers attended a whiteboard and round table-type discussion to learn about the current market environment, risk management solutions, and asked industry experts their questions.

Nearly half of participants did not currently utilize grain marketing strategies to manage commodity price fluctuations; however, after the program **82%** reported making changes to marketing strategies for commodities.



Presenters shared that similar programs held in other IN/KY counties did not include the types and breadth of questions that attendees at the Lawrence County Program asked.

Lawrence County ANR has partnered with:

- Law. Co. Farm Bureau - Law. Co. Farm Supply - Hoosier National Forest
- Law. Co. Volunteer Fire Depts. - Bedford Parks Department
- Standish Farm Supply - White River Co-Op - US Forestry Service
- Spring Mill Veterinary Services - Farm Credit Services Mid-America
- Indiana Beef Cattle Association - Indiana Department of Natural Resources
- Lawrence County Cattlemen's Association - Consolidated Grain and Barge (CGB) -
- Law. Co. Keeping Invasives in Check (KIC) - Law. Co. Soil & Water Conservation
- Dist. - Natural Resources Conservation District - IBEP (Indiana Beef Evaluation Program) - IBEEF (IN Beef Eval & Economic Feeding Program)

## Virtual Third Grade Ag Day 2020

Unlike traditional years, due to COVID-19 this program was held virtually. **There were 10 educational videos totaling over 82 minutes including a variety of ag related topics by expert presenters.** Each third grade teacher received a link to the video series to distribute to their students. Great feedback included: "Thank you to everyone involved. Our students need to know they live in one of the highest Ag producing counties in Indiana. These videos will help them understand how important our farmers are to us."; "I greatly appreciate all that was done to make this the best 'Plan B'. Many thanks to all involved...WELL DONE!"

## Black Vulture Webinar

The black vulture is increasingly becoming more of an invasive problem for livestock producers locally. As the black vulture population increases due to migration patterns from southern states, the threat to our area livestock rises.

In response to this growing concern, a virtual program that included topics such as how to utilize proper bird identification, learn the definition of depredation, control method options, and indemnity claims process.

Across the U.S., nearly 20,000 were reached via social media promotion. During the live webinar, there were participants from Indiana as well as eight other states including Kentucky, Maryland, Massachusetts, Michigan, Missouri, Ohio, Tennessee, and Virginia.

<b>Overall Goals:</b>			
Livestock	Farm Management	Natural Resources	Horticulture
<b>4175</b>	<b>902</b>	<b>847</b>	<b>3,351</b>

Total number of Producers who participated in ANR programs hosted by Purdue Extension-Lawrence County