

# Leslie County Informer

## April 2024

Cooperative Extension Service  
Leslie County  
22054 Main Street #514  
Hyden KY 41749  
606-672-2154



Hatching is hard work!



Ready for their new homes.

## Spring is Here!

We ended March on such an egg-citing note! 4-H Agent Jace and Staff Assistant Mr. Garry finished their Chick Incubation program with a total of 93 chicks hatching. Hayes Lewis, WB Muncy, Mountain View, Stinnett and Leslie County High schools all participated. Each school had an incubator filled with eggs and the students learned how the chicks develop in the eggs. Twenty one days later the chicks began to hatch. After being checked out and found to be fuzzy and healthy, the chicks headed to their new homes.

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.



Vicki Boggs, Family and Consumer Science Agent

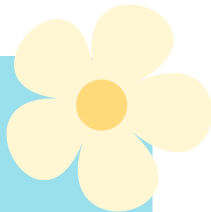
# What's coming up in FCS!

Remember to Sign-Up!

## Meetings!

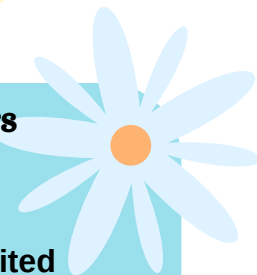
### Hyden Homemakers

Date: Monday, April 8th  
Time: 5:00 pm  
Location: Leslie County Extension Office  
Please contact Faye Couch at 672-3231 for more information



### Beech Fork Homemakers

Date: Thursday, April 18th  
Time: 1:00 pm  
Location: Lower Beech For United Methodist Church  
Please contact Donna Nantz at 374-5251 for more information.



## Programs!

### Cooking Through the Calendar

Date: April 23rd  
Time: 12:00 pm  
Sign up Soon! Space is Limited!



### Diabetes Support Group

Date: Thursday, April 25th  
Time: 10:00 am  
Location: Leslie County Extension Office



### Homemaker Leader Lesson

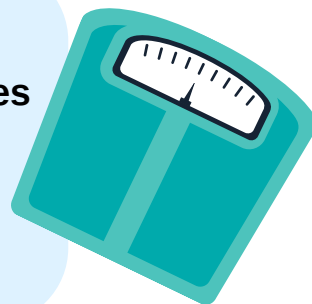
Date: April 16th  
Time: 12:00 pm  
Topic: Healthy and Safe Outdoor Cooking

- Picnics
- Front Country Camping
- Back County Camping
- Using Cast Iron Dutch Ovens
- Learning to cook and Bake Outdoors!



### Drop it Like it's Hot!

April Dates and Times  
3rd @ 2:00  
11th @ 12:30  
16th @ 2:00  
25th @ 12:30



## Contact

For more information on any of our meetings or programs, please call the Leslie County Extension Office at 672-2154 or Vicki at [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu)





Vicki Boggs, Family and Consumer Science Agent

# What's been happening in FCS?

## Hyden Homemakers

Our Hyden Homemakers met on March the 11th for their regular monthly meeting. There were 10 participants who came together to learn tulip appliques.



We are very grateful for Karen Roberts and Faye Couch who took time out of their busy schedules to teach the class. We would like to send them a special thanks for all their hard work.

#UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information



## Homemakers Lunch and Learn

Self-Care was the lesson for the Homemakers on March 12th. "Taking Care of Your Mental and Physical Health", was taught by Laken Campbell, the Lee County FCS Agent. Participants enjoyed learning more about self-care and how it is essential for maintaining over all well being. Participants also had the chance to make their very own lip scrub as one self-care activity.

## Beech Fork Homemakers



The Beech Fork Homemakers had a great time working with our ANR agent Michelle Brock on March 20th to create a painting featuring flowers and birds that are native to Kentucky. At the end of the meeting Michelle distributed Purple Cone flower seeds to the members to plant in their own flower gardens.



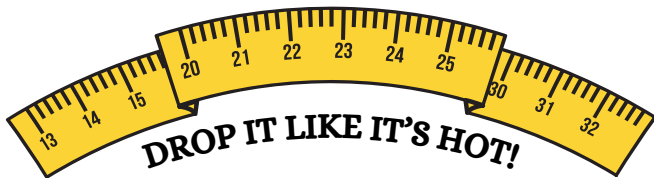


# What's been happening in FCS?



## Cooking Through the Calendar

March 19th brought us to our Cooking Through the Calendar Lesson. The March calendar recipe we prepared was "Veggie Eggs Rings" and was enjoyed by everyone. This recipe spotlighted eggs and how they are an excellent animal protein! Cooking Through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations is to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preservation skills and change behavior necessary to have a healthy lifestyle. ARH continues their partnership with us by providing \$20 grocery gift cards to each participant as a promotional incentives for our program. We greatly appreciate ARH for being a valuable partner in supporting health and wellness for our community!



Participants met on March 7th, 14th and 21st. Our new 10 week program continues through May 2nd. Many participants weighed in as we enjoyed our lessons on Step, Sleep and tracking our fruit intake. We enjoyed delicious recipes at each meeting! Benefits of their GOALS and CHALLENGES were discussed along with an activity to end the program. Join us for fun wellness program that will keep you motivated and the best part, you make your own goals!



March 21st



March 7th



March 14th

**Sign up today if you would like to join this new Goal Setting Challenge Program!**

**For more information call 672-2154 or email Vicki at [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu)**



# ADULT

# HEALTH BULLETIN



**APRIL 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>

### THIS MONTH'S TOPIC

## WALK AROUND THE CLOCK



**A**pril 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

### Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



# ***Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.***

## **➔ Continued from the previous page**

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

## **Add in a mid-day movement break at lunch**

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

## **Wind down from your day with a walk**

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

### **REFERENCE:**

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

**ADULT**  
**HEALTH BULLETIN**

### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock







## Lentil Sloppy Joes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon olive oil
  - 1 medium bell pepper, chopped
  - 1 small onion, chopped
  - 1/2 cup water
  - 1 cup low-sodium vegetable broth
  - 1 cup dried lentils
  - 1 teaspoon garlic powder
  - 1 can (6 ounces) tomato paste
  - 1/3 cup ketchup
  - 1 tablespoon Worcestershire sauce (optional)
  - 2 tablespoons brown sugar
  - 1 tablespoon chili powder
  - 1 tablespoon Dijon mustard (or yellow)
  - 8 whole-wheat hamburger buns
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**  
**Serving size: 1 lentil burger**  
**Cost per recipe: \$6.20**  
**Cost per serving: \$0.78**

**Nutrition facts per serving:**  
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

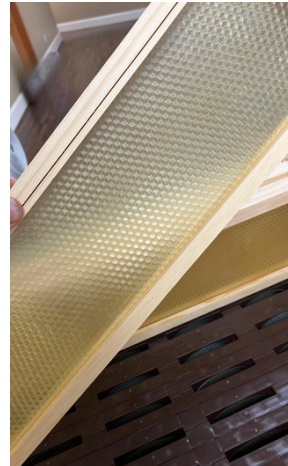
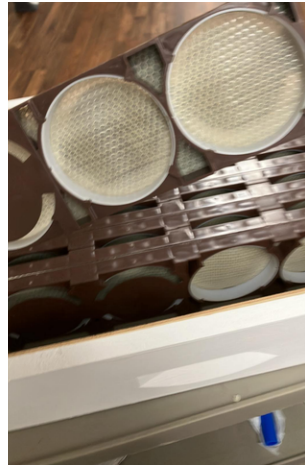
**Source:**  
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>



# March Bee Club



Participants painted hives and put frames together after inspecting some equipment that had been in the weather over the past year. They were then able to see what a difference good paint jobs and quality workmanship make. We discussed different ways of raising bees and harvesting honey such as using the flow hive, Ross Rounds, cut comb and traditional extracted honey. We plan on putting in practice all of these this year to be able to compare and contrast the different honey gathering possibilities. Also, we discussed varroa mites, where they like to hang out and the life cycle of the bee in managing varroa mites populations.



**4-H Youth Bee Club Meeting will be**

**April 29th at 4:00 p.m.**

**at the Leslie County Extension Office**



**SPECIAL  
SPEAKER**

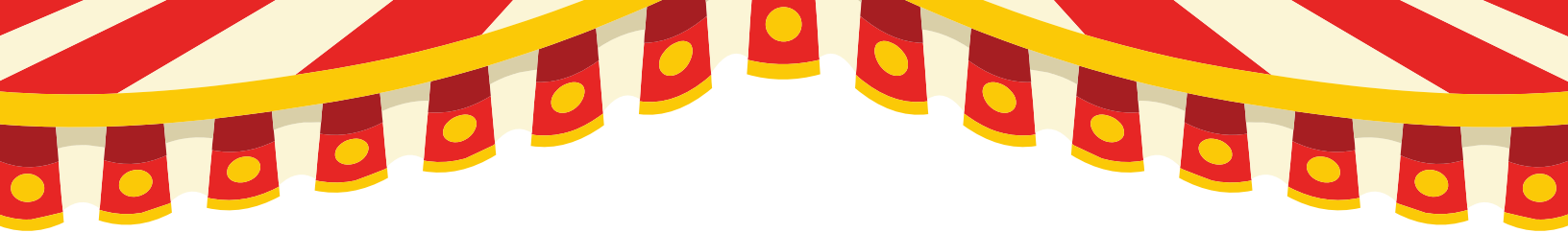


**Kenny Holbrook**

**Bee Health Laboratory Research Assistant and Apiculturist**

**Email: [kenneth.holbrook@kysu.edu](mailto:kenneth.holbrook@kysu.edu)**





**Save the Date**  
**4-H Summer Camp**  
 July 30th - August 2nd

4-H Camp is for youth ages 9 - 14. Spots are limited and on a first come, first serve basis. Teens 14-17 who previously attended camp can attend as teen leaders.



**2024 4-H State Teen Conference**

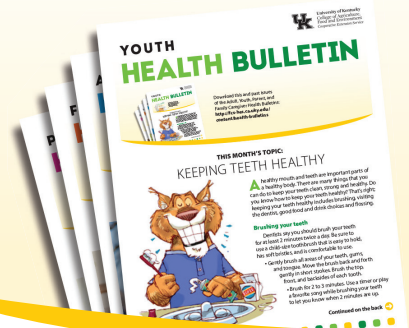
**June 11th-14th**

**UNIVERSITY OF KENTUCKY CAMPUS  
 REGISTRATION OPENS: APRIL 1ST  
 REGISTRATION CLOSES MAY 17TH  
 COST IS \$250.00**

During this four-day conference, teens develop valuable life skills, leadership competencies and communication abilities. They experience college life by living on the University of Kentucky campus, attend educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, State 4-H Officer elections, and make new friends across Kentucky. #illuminateky4h

# YOUTH

# HEALTH BULLETIN



APRIL 2024

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## THIS MONTH'S TOPIC

# WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page →





# If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

➔ Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT  
Response  
is VERY  
important!



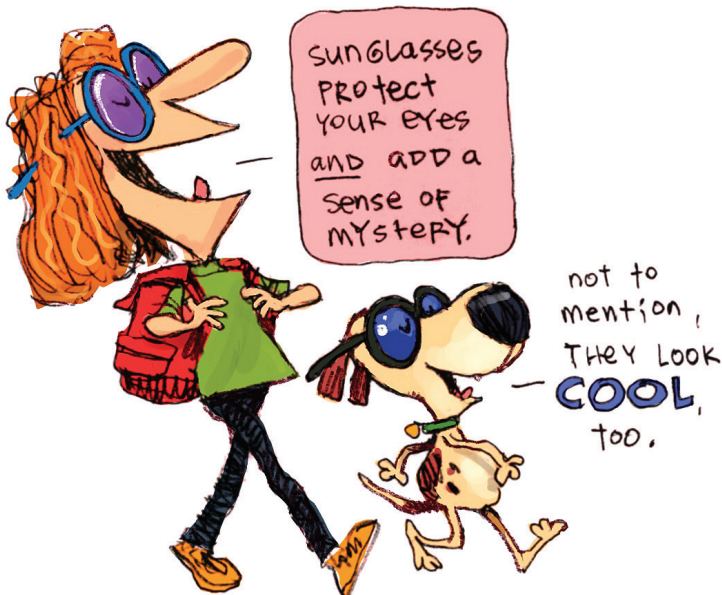
If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

#### REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



ADULT  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:**  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)



# FUNGUS AMONG US MUSHROOM SERIES



**April 10th at 5:30 pm**  
**at the**  
**Leslie County Extension Office.**  
Please call and register today!

# The *Cackle Fruit* Backyard Chicken Club

**April 12th at 5:30pm**  
**at the**  
**Leslie County Extension Office**

Please call and register today!



## **LESLIE COUNTY BEEKEEPERS CLUB**

Welcomes Guest Speaker

*Kenny Halbrook*

KSU Research Assistant and Apiculturist

**April 29th at 6:00pm**  
**at the**  
**Leslie County Extension Office**

Please call and register today!



Check out our Facebook page or the Leslie  
County Extension Office website for all our great  
upcoming events!

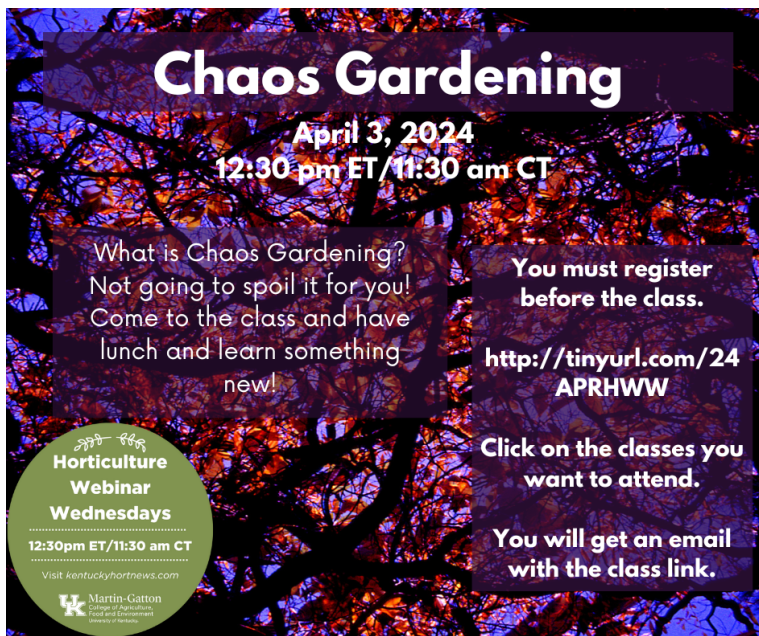


# Join us for Hort Webinar Wednesday!

Register at:  
<http://tinyurl.com/24APRHHW>



Click on the class you want to attend. You will get an email with the class link




## Chaos Gardening

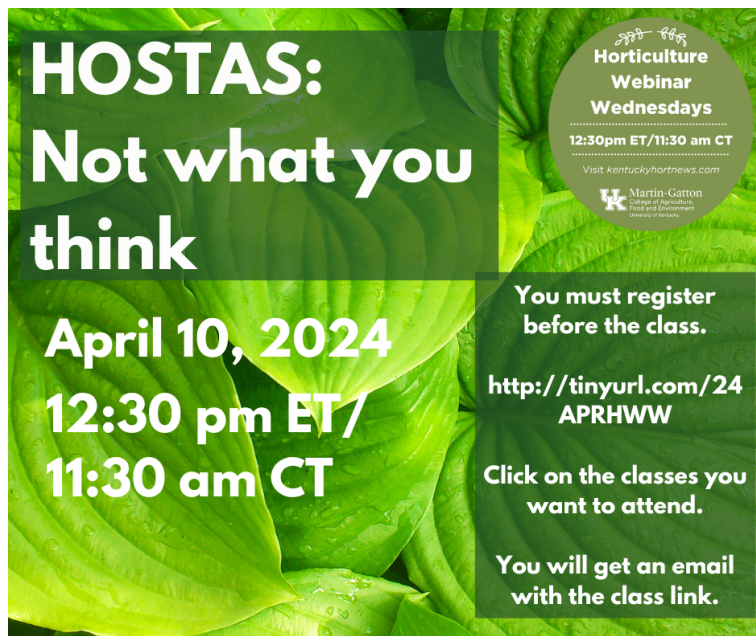
April 3, 2024  
12:30 pm ET/11:30 am CT

What is Chaos Gardening?  
Not going to spoil it for you!  
Come to the class and have  
lunch and learn something  
new!

You must register  
before the class.  
<http://tinyurl.com/24APRHHW>

Click on the classes you  
want to attend.  
You will get an email  
with the class link.

**Horticulture  
Webinar  
Wednesdays**  
12:30pm ET/11:30 am CT  
Visit [kentuckyhortnews.com](http://kentuckyhortnews.com)  
Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky




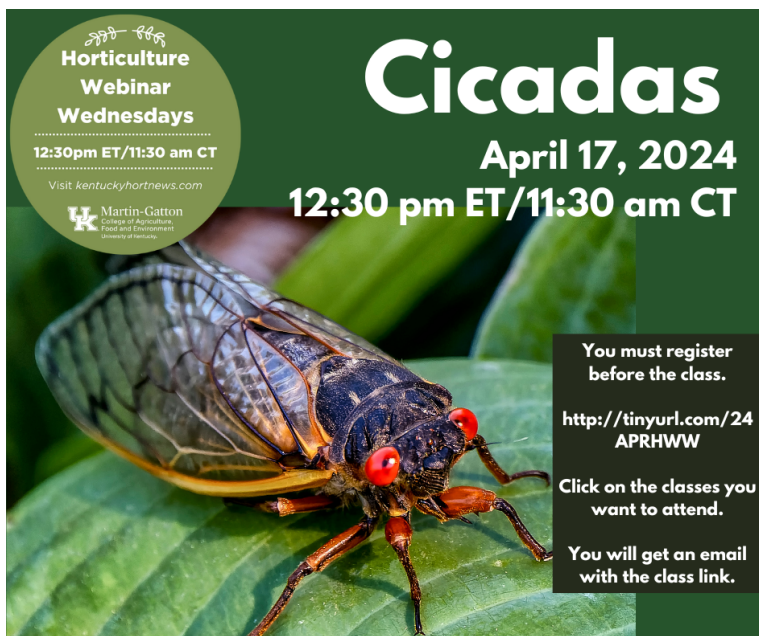
## HOSTAS: Not what you think

April 10, 2024  
12:30 pm ET/  
11:30 am CT

You must register  
before the class.  
<http://tinyurl.com/24APRHHW>

Click on the classes you  
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You will get an email  
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Wednesdays**  
12:30pm ET/11:30 am CT  
Visit [kentuckyhortnews.com](http://kentuckyhortnews.com)  
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## Cicadas

April 17, 2024  
12:30 pm ET/11:30 am CT

You must register  
before the class.  
<http://tinyurl.com/24APRHHW>

Click on the classes you  
want to attend.  
You will get an email  
with the class link.

**Horticulture  
Webinar  
Wednesdays**  
12:30pm ET/11:30 am CT  
Visit [kentuckyhortnews.com](http://kentuckyhortnews.com)  
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University of Kentucky



## Beyond Begonias: New Plants for 2024

12:30pm ET/11:30 am CT  
Visit [kentuckyhortnews.com](http://kentuckyhortnews.com)

We will be discussing all  
things **NEW PLANTS!**  
Find out what's new at the  
garden centers and if they  
can grow in your garden!

April 24, 2024  
12:30 pm ET/  
11:30 am CT

You must register  
before the class.  
<http://tinyurl.com/24APRHHW>

Click on the classes you  
want to attend.  
You will get an email  
with the class link.

**Horticulture  
Webinar  
Wednesdays**  
12:30pm ET/11:30 am CT  
Visit [kentuckyhortnews.com](http://kentuckyhortnews.com)  
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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

### BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

### WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

### DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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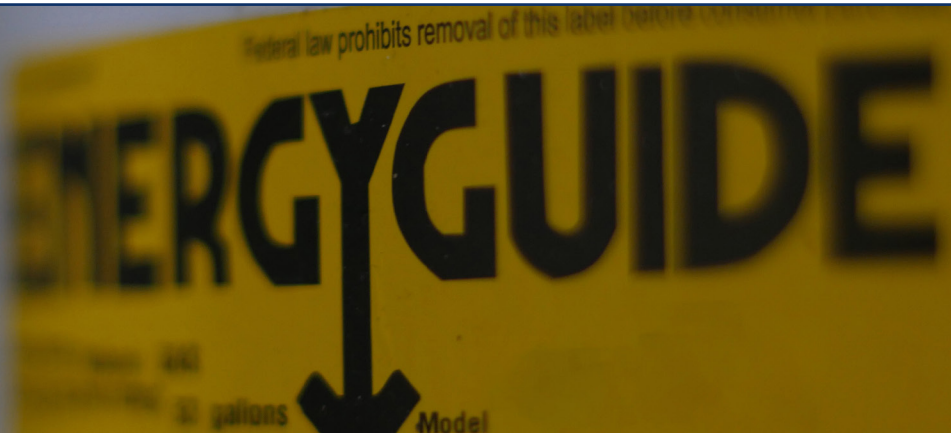
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Disabilities  
accommodated  
with prior notification.



## DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

### GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

### OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

**efficient appliance may cost more up front, but it should save you money over time with lower utility bills**. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

### WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

### REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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**Join our team and help the American Cancer Society fund cancer research, patient support, and advocacy efforts to end cancer as we know it, for everyone!**

# Leslie County 4-H



**RELAY FOR LIFE**

**May 10, 2024**

**Bobby Osborne Pavilion**

