


Leslie County Informer

April 2025

 Cooperative
Extension Service

Leslie County
22045 Main Street #514
Hyden, KY 41749
606-672-2154



Happy Spring

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

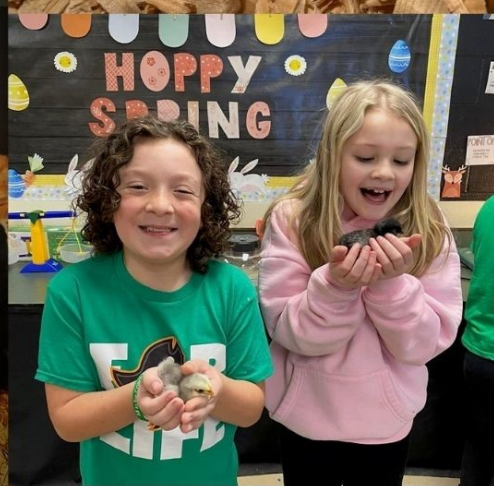
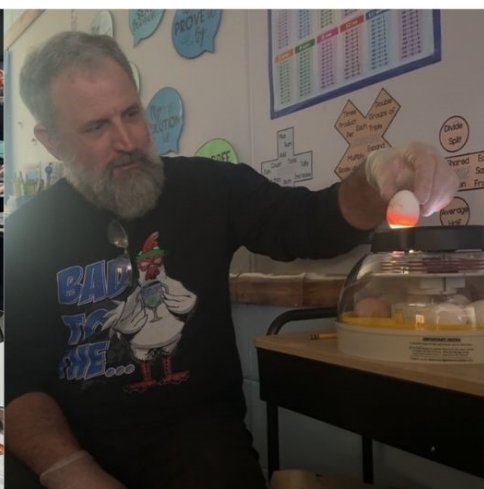



Disabilities
accommodated
with prior notification.

Our recent chick incubation project was a huge success! Throughout the process, students completed lessons on proper egg incubation and egg nutrition and even candled the eggs to make predictions about which ones would hatch. The excitement grew as each class had the opportunity to witness chicks hatching from their shells—a truly unforgettable experience!

Before heading to their new homes, every student got the chance to hold or touch a baby chick, making for a hands-on learning experience they won't forget. This project is a fantastic way to teach life cycles in the classroom while also giving back to the community. Many students were able to take home baby chicks, continuing their learning outside the classroom.

We're already looking forward to next year's incubation and all the amazing lessons it brings!

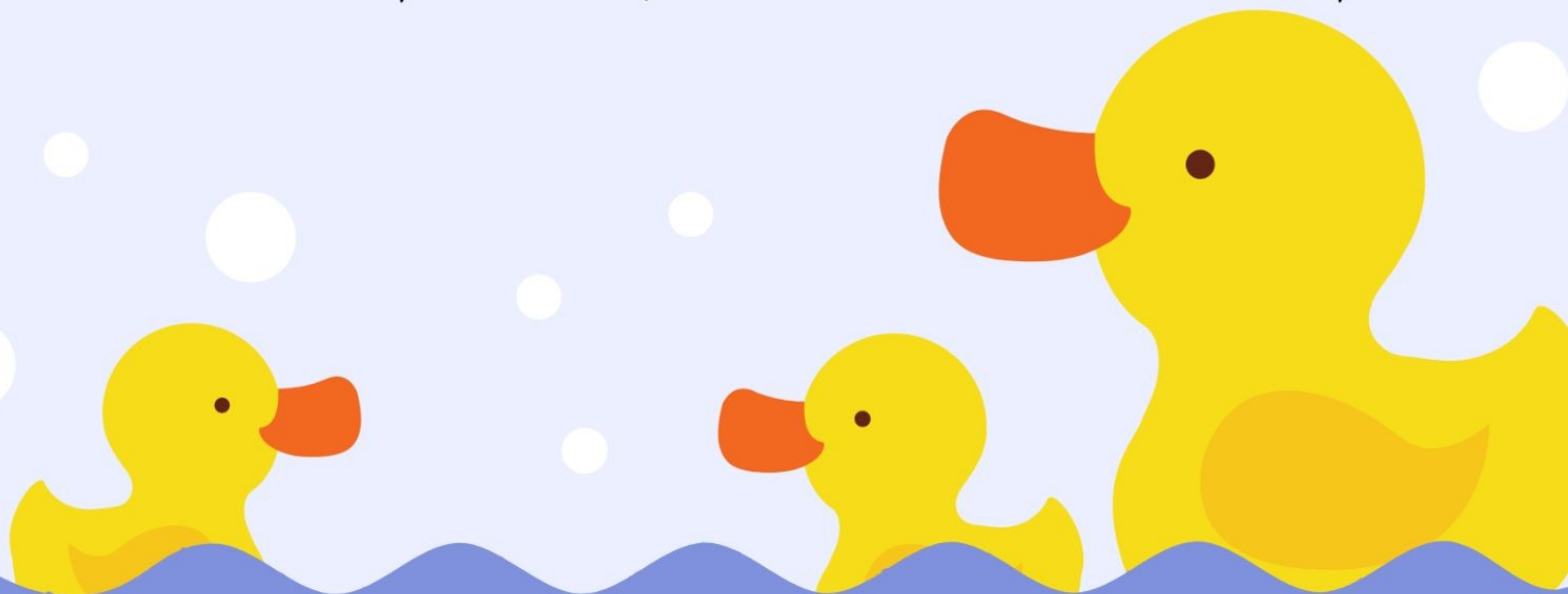




Exciting News for Our Ag Class!



Our Agriculture class at Leslie County High School is taking on a new and exciting project this April—incubating duck eggs for the first time! At the students' request, we'll be learning about the incubation process together and eagerly anticipating the arrival of our ducklings. This hands-on experience will give students the opportunity to observe and understand the development of ducklings from egg to hatch. We can't wait to see what this month brings and to share this journey with our students. Stay tuned for updates as we count down to hatch day!



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

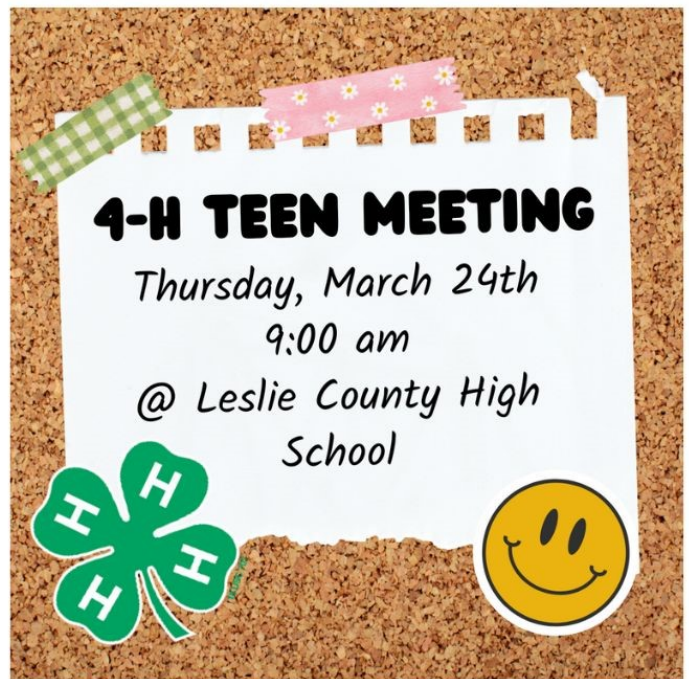


RELAY FOR LIFE

May 9, 2025

Bobby Osborne Pavilion





April 28th at 6:00 p.m.
at the Leslie County Extension Office



2025 4-H State Teen Conference

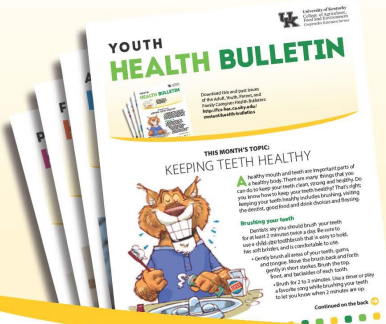
June 11th-14th



Registration Deadline: May 2nd



YOUTH HEALTH BULLETIN



APRIL 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Leslie County
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41749
(606) 672-2154

THIS MONTH'S TOPIC READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger.

Your body needs to move. Playing outside

Continued on the next page →



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Lexington, KY 40506




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Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

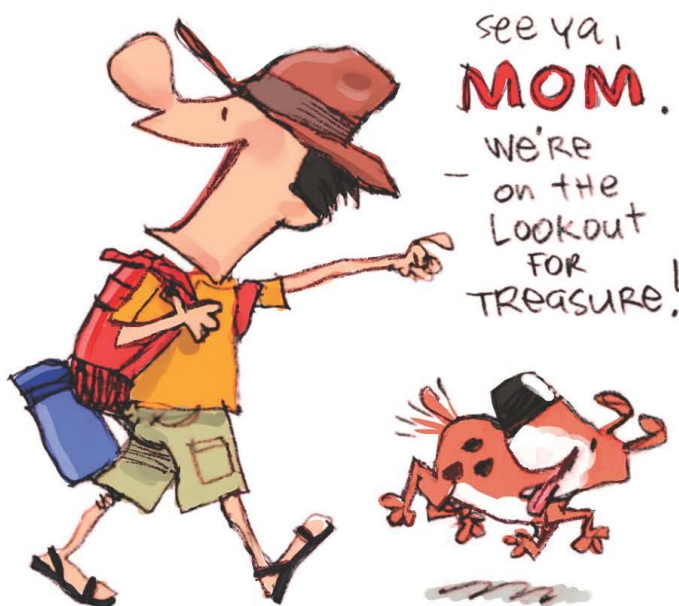
→ Continued from the previous page

lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside. Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

Here are some ideas of ways to play outside:

- **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or sticks in the shape of the letters of your name? You might have to pay attention!

- **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!
- **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

YOUTH HEALTH BULLETIN

Written by:

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Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





Vicki R. Boggs, Leslie County
Extension Agent for Family &
Consumer Sciences Education
vicki.boggs@uky.edu
672-2154

What's Coming up in Family & Consumer Sciences!

April brings lots of informative Extension programs, events and activities We invite you to stop by or contact us for more information! Contact us today to sign up! Be sure to check out our Leslie County Extension Facebook page and our website extension.ca.uky.edu. It starts with us.

#UKFCSExt

 **April 2025**

1st, 15th & 29th



10:00 AM & 11:00 AM Part 1, 2 & 3 UK Big Blue Book Club: My Old Kentucky Road Trip

14th



3:30 PM Baking Lab # 3: Twisted Pretzels

5:00 PM Hyden Homemakers' Monthly Meeting

11th



10:00 AM

Survive and Thrive Program at Knott County Extension

15th



10:00 AM Area Homemaker Training @ Robinson Center (*Deadline to sign up: April 1st*)

5:00 PM Extension Art Club

17th



12:00 PM Cooking Through the Calendar: Lemon Broccoli Past

23rd & 30th & May 21st



1:00 PM - 3:00 PM

Health Department Partner: Diabetes Education Group

24th



10:00 AM

ARH Partner: Diabetes Support /Healthy Habits Group Meeting

30th 12:00 PM



Revive Reconnect Physical Activity with Kerri Hansel



Survive and Thrive: Disaster Preparedness: April 11, 2025 @ Knott County Extension: Please sign up for this program by April 1, 2025



Baking Lab: April 14th @ 3:30: Join us for making twisted pretzels by preparing your own yeast dough for shaping and baking.



**2025
Diabetes
Connections**

**Healthy Habits
Challenge**

Please call 672-2154 to sign up for this monthly program! See the flyer enclosed and flyers coming to your mailbox for more details). Our monthly program has transitioned to become more inclusive as Diabetes Connections Healthy Habits Challenge Support Group. Chair exercise follows @ 12:00, on April 30th and there is something for everyone during this activity session!

You will not want to miss these 2025 meetings for Health and Wellness Goals and Activities!!



Revive Reconnect Physical Activity with Kerri Hansel April 30th: 12:00 Noon For more information please see the enclosed flyer.

Robinson Wood Center will be hosting a Recipe Box Workshop on May 23rd

"Come visit the Robinson Wood Utilization Center to learn more about the history, the contribution from the \$19 Billion Forest Sector and make your own Yellow-poplar recipe box.

Participants are encouraged to bring printed recipe cards to exchange their favorite recipes in this community event." Please register with our office by May 2, 2025, for this workshop. There is a participant fee of \$15.00 due at registration. Sign up today, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt



SAVE THE DATE: Remember these prize winning rocks? Homemaker's will have a Rock Painting Class taught by Karen Roberts on June 9th @ 5:00 p.m. Sign up today so we can order the materials needed for this class. Deadline is May 14th to sign up.



* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!



Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>

Family and Consumer Science Program Highlights



KEHA Homemaker Lunch and Learn Leader Lesson was held February 26th: 1:00 p.m. Time Well Spent: Organizing Tips for Increased Productivity. Through this lesson, everyone learned how clutter and disorganization can negatively affect your productivity. They also gained ideas for better ways to organize time and workspace.



This lesson was taught by Lorie Adams, Knott County Extension, FCS Agent.



Diabetes Support Group Meeting

was held on Thursday, February 27, 2025. ARH provided a great educational and fun Nutrition lesson for our group. Everyone enjoyed the tasty PLAN EAT MOVE recipe, Egg Roll in a Bowl! Healthy habits activity lesson was also provided to help everyone form reviving activity habits. We appreciate our local partnership with ARH Healthcare, providing many beneficial resources for our community meetings.

Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the last Thursday of each month at 10:00 a.m. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information



Oat Scones Baking Lab held March 10th

Participants enjoyed another baking lab, preparing oat scones. We explored and prepared the recipe together while learning more about whole grains, flour, egg substitutes and tips for making successful scones and biscuits. Everyone tried a sample of the delicious oat scones.

Family and Consumer Science Program Highlights Continued



Leslie County Extension Hyden Homemakers


The Hyden Homemakers met at Leslie County Extension at 5:00 p.m. on Monday, March 10th for their monthly meeting. Everyone had a wonderful time making pillow covers by following a quilt pattern taught by fellow homemaker, Tina Caldwell and leader Faye Couch. Plan to join the fun and for more information please contact Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154.



Cooking Through the Calendar: March 13th@ 12:00 pm



Everyone enjoyed cooking and eating the delicious samples of Crunchy Air Fryer Fish while learning more about the nutrients in fish and seafood. 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 are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us providing incentives for this health and wellness program. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

 Cooperative
Extension Service

ENTERTAINING CHILDREN

Lesson Dates & Locations

March 13th, 2025 10:00- Wolfe Co. 12:00pm-Breathitt Co.	March 19th, 2025 10:00- Lee Co. 12:00pm-Owsley Co.	March 27th, 2025 10:30- Letcher Co.
March 18th, 2025 10:00- Leslie Co 12:00pm- Perry Co	March 26th, 2025 1:30- Knott Co.	

Keeping children engaged and learning requires intentional time together, which can be challenging—especially when caregivers have other tasks to complete. One key to success in schools is the use of routines to keep children learning throughout the day. This lesson will provide caregivers with practical tips for creating structured, engaging routines that make learning a natural and enjoyable part of daily life. Whether at home or on the go, these strategies will help keep children actively involved while supporting their growth and development.

An Equal Opportunity Organization

KEHA Homemaker Lunch and Learn
Leader Lesson Entertaining Little
Ones was held March 18, 2025 2
10:00 a.m.

Participants enjoyed all the practical
tips for creating structured, engaging
routines that make learning a natural
and enjoyable part of daily life. Rosa
Smith, FCS Agent with Owsley
County taught this lesson.



Leslie County Extension Art Club



Extension Art Club was held March 18, 2025 @ 5:00 pm Everyone enjoyed the painting of a bird taught by Bernice Bowling, our newest Club leader. Thanks, Berny, for leading this club!
Plan to join the fun and for more information please contact Bernice Bowling or Vicki Boggs @ 672-2154

REVIVE & Reconnect



with
Kelli
Hansel
200 E-RYT



In our monthly Revive & Reconnect classes, the focus will be on fostering a healthier relationship to our body through gentle, beginner friendly chair yoga and strengthening exercises, breathing techniques, and mindfulness practice. Rather than our body as a battle to be won, we will learn to view it as a tool to help us live a vibrant life. Knowing that as we meet our bodies' needs through lifestyle choices, our body can better support us at meeting our own goals and needs.

**All fitness levels are welcome in class.
There will be something for everyone.**

*Free & open to
the community!*

Classes available:

Wednesday, April 30, 2025

12:00 NOON

Thursday, May 29, 2025

11:00, following Diabetes Support Group

Leslie Co. Extension Office

-Third Floor

22045 Main Street #514, Hyden, KY 41749

Sponsored by



ADULT HEALTH BULLETIN



APRIL 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Disabilities
accommodated
with prior notification.



Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

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There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





**Congratulations Leslie County
Extension Homemaker
Competitors for KEHA State
Meeting 2025!**



2024 Leslie County Homemakers Cultural Arts Quicksand Area Blue Ribbon Winners –
State Bound May 2025

Artist	Category	Description
Karen Roberts	Sewing, Basic Home Decor	Tulip Pin Cushion
Karen Roberts	Sewing, Specialty Home Decor	Cathedral Window Pillow
Audrey Vanover	Art, Natural, Wood	Corn Shuck Doll
Bernice Bowling	Art. Recycled, Other	Black & White Striped Couch
Bernice Bowling	Bead, Bead Weaving	Wire Tree w/ Red Beads
Karen Roberts	Crochet, Home Decor & Afghans	Mosaic Crochet "Big Paws"
River Vanover	Doll/Toy making, Handmade Toy, other than Porcelain/China or Cloth	Frog (Brown & Tan) w/ bendable legs
Patty Pace	Embroidery, Basic	Sm. Embroidery Floral Pattern on Green
Bernice Bowling	Holiday Decorations - Spring	Spring Carrot Garland
Emily Keen	Holiday Decorations - Winter	6 pc. Yarn Wrapped Christmas Trees
Karen Roberts	Knitting, Hand, Fashion	Knitted Cowl & Fingerless Gloves
David Stidham	Knitting, Home Decor & Afghan	Lg. Multi-Colored Purple/Pink/Cream Shades
Charlotte Napier	Photography (framed), Black & white	Bumble Bee on an Autumn Day

Congratulations
WINNERS!



Lemon Broccoli Pasta



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

Prep time: 15 minutes

Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 1 1/2 cups

Cost per recipe: \$8.56

Cost per serving: \$1.07

Nutrition facts

per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



Pest Spotlight

Cross Striped Cabbage Worm



k-state.edu

Cross-striped cabbageworm larva is bluish-gray in color with numerous black stripes running cross-wise on its back. Below the transverse stripes on each side is a black and yellow stripe along the length of the body. The larva reaches $\frac{3}{4}$ inch in length. The larvae drop to the soil to pupate in a tight cocoon just below the soil surface. The scale-like eggs are light yellow and laid in masses of 20 to 30 on the undersides of the leaves. The moth is yellowish-brown to brown with dark zigzag markings and has a wingspan of about 1 inch. Larvae feed on all tender parts of the plant, but prefer terminal buds. Young leaves and buds are often riddled with holes. Because eggs are laid in clusters, infested plants are often found close together. Sprays used to control other caterpillars on these crops are usually effective against cross-striped cabbageworm. Bt insecticide sprays early can be very effective against this pest. Squishing egg clusters by hand is also works very well. It's just kinda gross.

KENTUCKY PROUD MARKETING: ADDING VALUE TO YOUR FARM OR FOREST PRODUCTS

Do you want to improve the branding of your farm / forest products? Join us on April 22nd at the Leslie County Extension Office from 6:00 - 7:30 PM to find out how! This is a FREE workshop!



April 22, 2025



6:00 PM - 7:30 PM



Leslie County Extension Office
22045 Main Street #514
Hyden, KY 41749
606-672-2154



SCAN ME



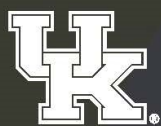
Event Details at: <https://shorturl.at/A0YEE>

Bee Swarms



If you find a Bee Swarm,
please don't try to kill them. Call the Leslie
County Extension Office and we can put you
in touch with someone who would love to
catch them.

Leslie County Extension Office
606-672-2154



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Slow Cooker Wild Side Burgoo



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



USDA
Supplemental
Nutrition
Assistance
Program

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



Slow Cooker Wild Side Burgoo

- 4 medium potatoes, peeled and diced
- 1 cup cooked rabbit or chicken, cubed
- 1 cup cooked venison or beef, cubed
- 1 cup cooked squirrel or pork, cubed
- 1 cup cooked lima beans (or 1 15-ounce can, drained)
- 1 cup whole kernel corn (or 1 15-ounce can, drained)
- 3 ¼ cups chopped tomatoes (or 1 28-ounce can undrained)
- 1 ½ cups cabbage, shredded
- ¼ cup Worcestershire sauce
- 2 tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 3 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash potatoes with a clean vegetable brush under running water before preparing.
3. Combine all ingredients in a 6-quart slow cooker. Stir to blend.
4. Cover with lid and cook on low for 8 hours.
5. Refrigerate any leftovers within 2 hours after slow cooker is turned off. Divide leftovers into smaller containers to allow quick cooling.

Yield: 12 servings
Serving Size: 1 cup

Adapted from "Slow Cooker Mount St. Joseph Burgoo" from "Pride of Kentucky" by University of Kentucky Cooperative Extension and Kentucky Department of Agriculture

Nutrition facts per serving:

210 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 50mg cholesterol; 460mg sodium; 25g total carbohydrate; 4g dietary fiber; 5g sugars; 0g added sugars; 20g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.



Come together with local businesses, schools, and families for an incredible tasting event featuring 30+ delicious recipes—from appetizers and salads to meats, vegetables, breads, and desserts! For just \$10, you can sample every dish and vote for your favorites, with awards given to the best in each category. Want to showcase your signature recipe? Or just join in as a taster? Contact Mollie Sizemore to get involved!

Support your Leslie County 4-H Relay for Life team!

April 25th

Leslie County High School Cafeteria



Taste of Leslie County

• • •  • • •

Join Us for a Delicious Fundraiser for Relay for Life!