

LESLIE COUNTY

INFORMER

Cooperative Extension Service
Leslie County

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

August 2024

4-H SUMMER CAMP



This year's 4-H camp embraced a circus theme, drawing youth from across multiple counties for a fun and enriching experience. The camp provided a unique opportunity for kids to stay away from home, fostering independence and responsibility. Diverse classes and team activities helped each participant feel included and connected, building lasting relationships with peers, camp staff, and volunteers. Leslie County 4-H's successful fundraising efforts made this memorable camp possible. A heartfelt thanks to all volunteers and supporters for their continued dedication.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

CL⁴VERBUDS

This summer, Leslie County 4-H's Cloverbuds Day Camp delivered an exciting and educational experience for younger youth, marking an excellent introduction to the world of 4-H. Over three action-packed days, participants engaged in a variety of activities designed to spark curiosity and foster a love for learning. We can't wait for next year!



4-H Needlework

Volunteer Lorene Coots recently led a Needlework class, teaching participants the art of chicken scratch using gingham fabric. Her expert instruction and dedication to the craft have resulted in a standout piece that will be showcased at the Kentucky State Fair. The class not only highlighted Lorene's skill but also celebrated the rich tradition of needlework in our community.





4-H Advanced Cooking

Advanced Cooking day camp, designed for 14–18 year olds, focused on developing sophisticated food preparation skills. With guidance and mentorship, participants tackled complex cooking techniques and gained confidence in their abilities. Each camper selected and perfected a recipe, which will be showcased at the Kentucky State Fair

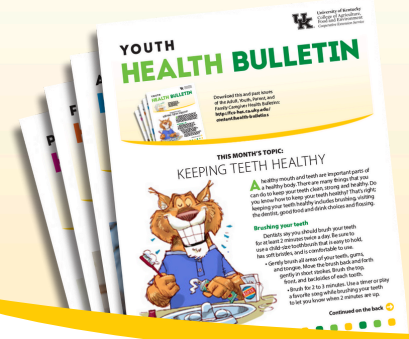
4-H FOOD PRESERVATION

FCS Agent Vicki Boggs recently led a summer day camp on Food Preservation for ages 9–18, where participants learned essential skills in canning and drying. The youth crafted their own jars of salsa and dried apples while mastering safe preservation techniques. A jar of salsa and apple rings will be featured at the Kentucky State Fair, showcasing a new skill and creativity.



YOUTH

HEALTH BULLETIN



AUGUST 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 KEEP MOVING!



When summer break ends and you go back to school, you probably spend more time sitting and less time moving. During the summer, you had more time to swim, play outside, and take trips to the park or gym.

But just because school is back does not mean you should stop moving! In fact, the more time you spend moving outside of school, the more you will be able to pay attention and do well when you are in class. You may have to try harder to be active, but it is worth it!

Here are some ideas for staying active once school starts:

- Start your day with slow stretches, or a quick warm-up.
- If you can, walk or ride your bike to school or the bus stop.
- If you get recess or a break during the day, use that time to move!

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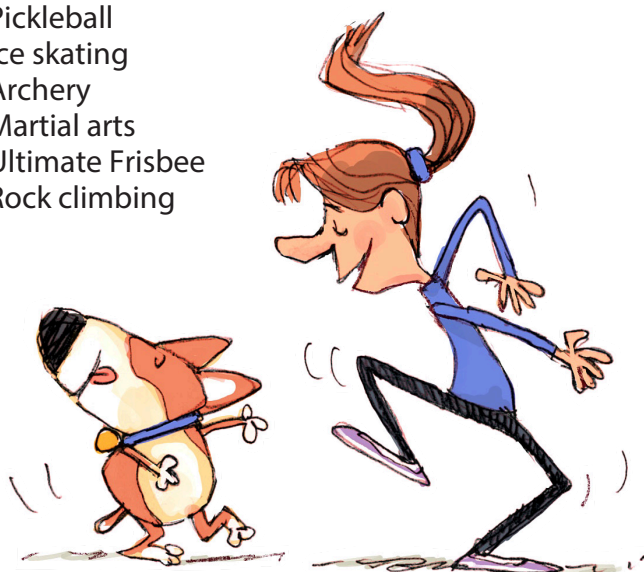


➔ **Continued from the previous page**

- Sign up for a sport or club after school that gets you moving. It can be fun to try something new. Or ask a friend to join you for an activity that you enjoy.
- Make a habit of taking a walk or bike ride with your family after dinner.
- Have a nightly dance party at home.
- Chores can keep you moving too! Volunteer to help rake leaves, vacuum, or walk the dog.

If you want to try something new, here are some sports and activities you can try:

- Pickleball
- Ice skating
- Archery
- Martial arts
- Ultimate Frisbee
- Rock climbing



- Yoga
- Gymnastics
- Golf

Keep your screen time in check, too. It can be easy to spend the whole evening after school in front of the TV, playing video games, or on a tablet or phone. Try to keep the time you spend on all devices to less than 2 hours each day. That includes time at school. Talk to your parent or caregiver about when you would like to watch your favorite show, play a game, or use an app. Then set a limit on how much time you spend. Also, decide how you will know when that time is up. Using screens right before bed can make it harder to fall asleep. So, leave screen time out of your bedtime routine. End your day with something that makes you feel calm and relaxed, like reading, listening to music, praying, or thinking about the best part of your day.

REFERENCE: <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-back-to-school.pdf>

**ADULT
HEALTH BULLETIN**

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





Vicki R. Boggs, Leslie County Extension Agent for Family & Consumer Sciences Education

What's Coming up in Family & Consumer Sciences!



**Lunch and Learn - Homemaker Leader Lesson:
August 5, 2024 @ 10:00 a.m.**

Looking for some tips on taking “good” photos? Our lesson on Composition in Photography can help! Come join us as we review the elements and principles of art and learn how we can use these concepts to make photographs that capture our interest. This class does not cover “how to use a camera,” but it will inspire you to think about what you’re seeing through your camera’s view finder or on your phone’s screen before taking a picture. Come enjoy and view our photograph examples as we discuss why you may prefer some photos instead of others. To sign up for this class please contact Leslie County Extension at 672-2154.

**Cultural Arts Lesson – Making Corn Shuck Flowers
August 8th @ 1:00**

Join us here at Leslie County Extension for this cultural arts class. This free class is being taught by our ANR Agent, Michelle Brock. During this class you will learn how to make a traditional Appalachian craft using corn shucks to make beautiful flowers! Call 672-2154 today to register for this class.



Leslie County Extension Beech Fork Homemakers

Plan to meet at Lower Beech Fork United Methodist Church @ 1:00 p.m. on Thursday, August 15th, for their regular monthly meeting. Please contact Donna Nantz at 374-5251 or Vicki Boggs @ 672-2154 for more information.

Get Moving Leslie County 2024

Adding activity into your day can improve overall health! Join us at Leslie County Extension Wednesdays @ 1:00 for physical activity for improving health and wellness. This qualifies for funny money for our Fall Homemaker Meeting. Please remember to wear comfortable clothing and shoes for walking. You must call along with a walking partner to register at 672-2154, Leslie County Extension. It starts with us. #UKFCSExt.



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What's Coming up in Family & Consumer Sciences!



Cooking Through the Calendar:

August 20th @ 12:00 Noon We all love the free recipe calendars the Extension Office provides each year! 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 and plans to provide incentives for this health and wellness program. Sign up soon, 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.

Survive and Thrive: Disaster Preparedness Series:

Join us at PERRY COUNTY EXTENSION AUGUST 23 @ 10:00 AM for the first lesson in this three-part series! August Topic: Preparing Your Family and Home for Disasters - Fall Edition We plan to leave Leslie County Extension @ 9:00. Call 672-2154 to register for this class.



Recipe Box Workshop scheduled at RCARS Wood Utilization Center – Tuesday, August 27th 10:00 a.m.

Join us at Robinson Center Wood Utilization Center to make a recipe box! We also plan to have a recipe swap, so bring some of your favorite recipes on 4X6 cards to swap. We plan to leave Leslie County Extension at 9 :00 a.m. on August 27th. Registration is \$15.00 and the deadline to register is Friday, August 16th. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSEx



Diabetes Support Group Meeting –Thursday, August 29th at 10:00 a.m.

Please call 672-2154 to sign up for this monthly program! See the flyer enclosed and flyers coming to your mailbox for more details.



What's Been Happening in Family & Consumer Sciences!



Leslie County Extension Hyden Homemakers

met at Leslie County Extension at 5:00 p.m. on Monday, July 8th for their regular monthly meeting. Participants gathered to continue making lap quilts for The Hyden Rehabilitation Center residents. Special thanks to all these ladies for committing to this special service project for our seniors and for teaching their skills to each other! Please contact Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154 for more information.



Diabetes Support Group Meeting #11 was held on Thursday, June 27th. Participants received a sample of the recipe Summertime Sensation Casserole and learned how this recipe is a healthy choice for diabetics. Everyone enjoyed the educational lesson and What's New with ARH Healthcare. 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.



Cooking Through the Calendar held July 10th @ 12:00 Noon. Homemakers gathered to enjoy our July Cooking Through the Calendar Lesson. The calendar recipe was Quick Couscous Salad and was enjoyed by everyone! This recipe spotlighted tomatoes and the mineral chloride. Chloride helps to digest foods, keep fluids in check and helps the nervous system. The goals 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 their partnership with us providing \$20.00 grocery gift cards to each participant as promotional incentives. We greatly appreciate ARH for being a valuable partner in supporting health and wellness!

What's Been Happening in Family & Consumer Sciences!

Leslie County Extension Beech Fork Homemakers met at Lower Beech Fork United Methodist Church on Thursday, July 18th @ 1:00 p.m. for their regular monthly meeting. There were 6 participants who enjoyed the corn shuck flower making class. Special thanks to Michelle Brock, ANR Agent for Leslie County Extension for teaching this fun and informative art class. For more information contact Donna Nantz @ 374-5251 or Vicki Boggs @ 672-2154. It starts with us. #UKFCS Extension.



Upcoming Dates/Events

- 2024 Cultural Arts due at Leslie County Extension, September 26-30, 2024

*See inserts for categories.

- Homemaker Annual Meeting October 7, 2024 @ Leslie County Extension 5:00 p.m. Cultural arts will remain on display through Mary Breckinridge Festival and our annual meeting.

- Homemaker Area Meeting: October 24, 2024 @ Letcher County Extension, 10:30 a.m. * (Registration required)

*Registrations will be available here at Leslie County Extension and follow in our September newsletter.

* 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!

Raising kids, Eating right, Spending smart



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

Super Star Chef



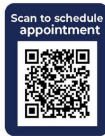
Leslie County Extension FCS Program held a 3 day Cooking Camp! July 16,17, & 18, 2024. Participants learned lots of cooking techniques and skills through the University of Kentucky Cooperative Extension Service's Super Star Chef camp program. During the camp, youth gained hands-on cooking experience and were introduced to new foods and recipes as they prepared healthy dishes like Egg and Veggie Scramble, Roasted Potatoes, Fiesta Salsa, Fruit and Yogurt Parfaits, Spaghetti and meat sauce, Easy Whole-Wheat Pizza, and more! No previous cooking skills were required for the free program. Participants were encouraged to sample all the recipes they prepared and to continue using their new cooking skills at home. Each participant was awarded an apron along with their Super Star Chef Camp Recipe book, a UK Nutrition Education Program Bag filled with kitchen tools and more! If you are interested in this program or other Family and Consumer Sciences programs, please contact Vicki R. Boggs at (606) 672-2154 or vicki.boggs@uky.edu.



Leslie County Community BLOOD DRIVE

Tuesday, Aug. 13
1:30–6:30 p.m.

Leslie County Extension Office
22045 Main St #514
Hyden, KY 41749



SCHEDULE YOUR
DONATION

Limited-edition
T-shirt for all
donors!



QUICKPASS
CLICK
HERE!

kybloodcenter.org 800.775.2522 Please bring photo ID

Appointments preferred. Walk-ins welcome. Photo ID required. Drive details are subject to change. Please check before donating. Donors with appointments will be notified of changes. Appointments can be made up until the day before the drive.



Join us at Leslie County Extension on the 3rd Tuesday of each month for "PAINTING WITH BERNY" The first class will be held Tuesday, August 20th @ 5:00. We will be painting a beautiful flower! Call 672-2154 to register.

Save
the
Date!

DIABETES CONNECTION

Understanding Diabetes Together

AUG 29

Last Thursday
of each month



DISCUSSION TOPIC:

**Facts
about Fiber**

Join us in person at the Leslie County UK Extension Office. Family and support caregivers are welcome to attend.

All those with diabetes in attendance will receive a \$20 Save-a-Lot gift card. (pre-registration is required)

Or join via zoom from anywhere:

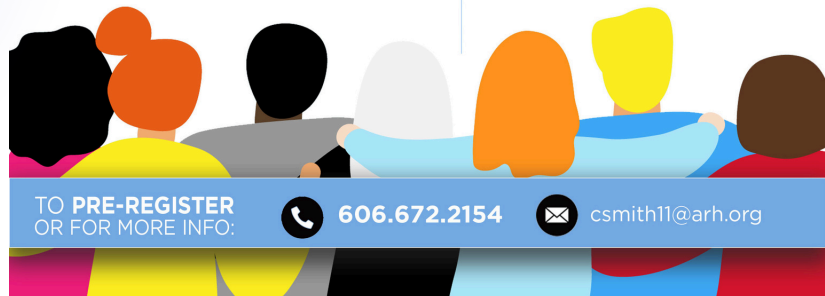


10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetessupport



10AM Hyden

Leslie County UK
Extension Office
@ 22045 Main Street



TO PRE-REGISTER
OR FOR MORE INFO:



606.672.2154



csmith11@arh.org

Back to school



Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school:

Walking to school

Review your family's walking safety rules and practice walking to school with your child

- Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic
- Before you cross the street, stop and look left, right and left again to see if cars are coming
- Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections
- Stay alert and avoid distracted walking

Riding a bicycle to school

Teach your child the rules of the road and practice riding the bike route to school with your child

- Ride on the right side of the road, with traffic, and in single file
- Come to a complete stop before crossing the street; walk bikes across the street
- Stay alert and avoid distracted riding
- Make sure your child always wears a properly fitted helmet and bright clothing

Riding the bus to school

Teach your children school bus safety rules and practice with them

- Go to the bus stop with your child to teach them the proper way to get on and off the bus
- Teach your children to stand six feet (or 3 giant steps) away from the curb
- If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other



Driving your child to school

Stay alert and avoid distracted driving

- Obey school zone speed limits and follow your school's drop-off procedure
- Make eye contact with children who are crossing the street

School Safety

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school:

Preventing backpack-related injuries

Choose a backpack for your child carefully; it should have ergonomically designed features to enhance safety and comfort

- Ask your child to use both straps when wearing their backpack to evenly distribute the weight on their shoulders
- Don't overstuff a backpack; it should weigh no more than 5 to 10 percent of your child's body weight
- Rolling backpacks should be used cautiously since they can create a trip hazard in crowded school hallways

Preventing playground-related injuries

To reduce strangulation hazards on playgrounds, have your child leave necklaces and jackets with drawstrings at home

Are You READY!

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



How would we see at night without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- | | |
|--|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) | <input type="checkbox"/> Water – at least a gallon per person, per day |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Flashlights with extra batteries |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family | <input type="checkbox"/> Cell phone with charger, extra battery and solar charger |
| <input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Matches in a waterproof container (let a grown up handle these) | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Toothbrush, toothpaste, soap | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels | <input type="checkbox"/> Baby supplies |
| | <input type="checkbox"/> Books, games or puzzles |
| | <input type="checkbox"/> A favorite stuffed animal or blanket |

Remember, traffic lights will not work!

Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!





HEAT SAFETY

FOR YOU AND YOUR FAMILY

DURING A HEAT WAVE

- 9 **Slow down:** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors.
- 9 **Dress for summer:** Wear lightweight, loose-fitting, light-colored clothing to reflect heat.
- 9 **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.
- 9 **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you're on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids. **Use air conditioners:** Spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- 9 **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperatures are hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- 9 **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat. Take a cool bath or shower.
- 9 **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- 9 **Be aware of infants, older, sick or frail people and pets.** Never leave children, disabled adults or pets in a car.
- 9 **For more heat health tips,** go to the Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)

WARNING VS. WATCH

Excessive Heat Watch

An Excessive Heat Watch is typically issued two to five days ahead of possible dangerous heat conditions. Certainty regarding the development and timing of the event is lower than a warning.

Excessive Heat Warning

An Excessive Heat Warning, sometimes preceded by an Excessive Heat Watch, is typically issued within one to three days of the onset of extremely dangerous heat conditions and remains in effect until the extreme danger subsides. Certainty is high that the event will occur.

Heat Advisory

A Heat Advisory is typically issued within one to three days of the onset of dangerous heat and remains in effect until the danger subsides. These conditions pose a lesser, but still dangerous, risk to communities. Certainty is high that conditions will occur.

EXCESSIVE HEAT - AMERICA'S DEADLIEST WEATHER

Excessive heat poses a significant risk to people's health, including heat stroke and heat exhaustion, which can result in death. Excessive heat generally means unusually hot temperatures, possibly combined with oppressive humidity, that persists for two or more days. However, specific guidelines vary across the country and may be refined through work with local and state health professionals.



Drink plenty fluids in hot weather, even if you aren't thirsty.



HEAT CAN BE DANGEROUS

The Heat Index

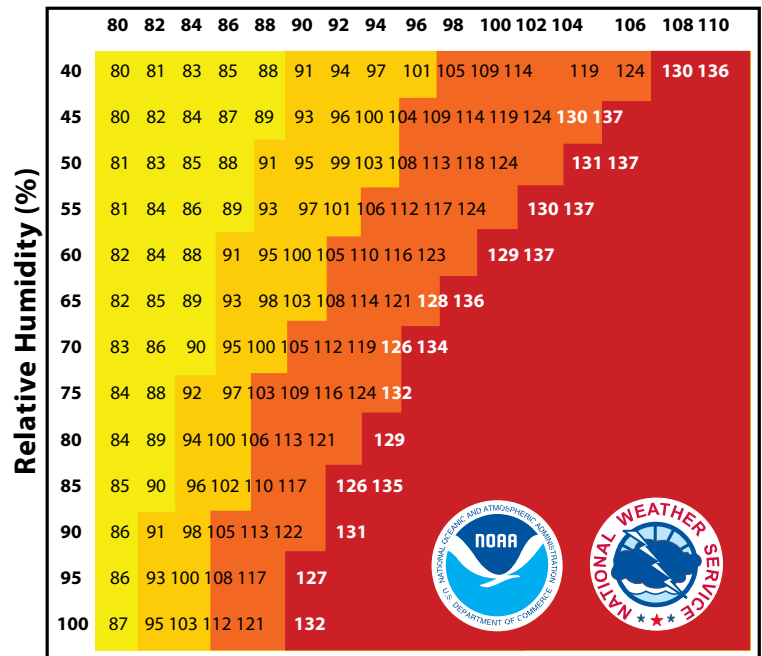
The Heat Index is one way to measure how hot it feels when humidity is considered with the temperature. For example, when the temperature is 95 °F and the relative humidity is 50 percent, the Heat Index is 105 °F. To find the Heat Index temperature, use the chart or use the online calculator available at

weather.gov/safety/heat-index.

Heat Index temperatures shaded in red indicate extreme danger.

The National Weather Service utilizes the Heat Index in many parts of the country to determine when and where to issue heat alerts.

NWS Heat Index TEMPERATURE (°F)



LIKELIHOOD OF HEAT DISORDERS with Prolonged Exposure or Strenuous Activity



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> Move person to cooler place Cool using cool cloths or bath Do not give anything to drink



NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.

LESLIE COUNTY BEE CLUBS

YOUTH & ADULT

AUGUST MEETING & POT LUCK DINNER

MONDAY THE 26TH
AT 6:00 PM

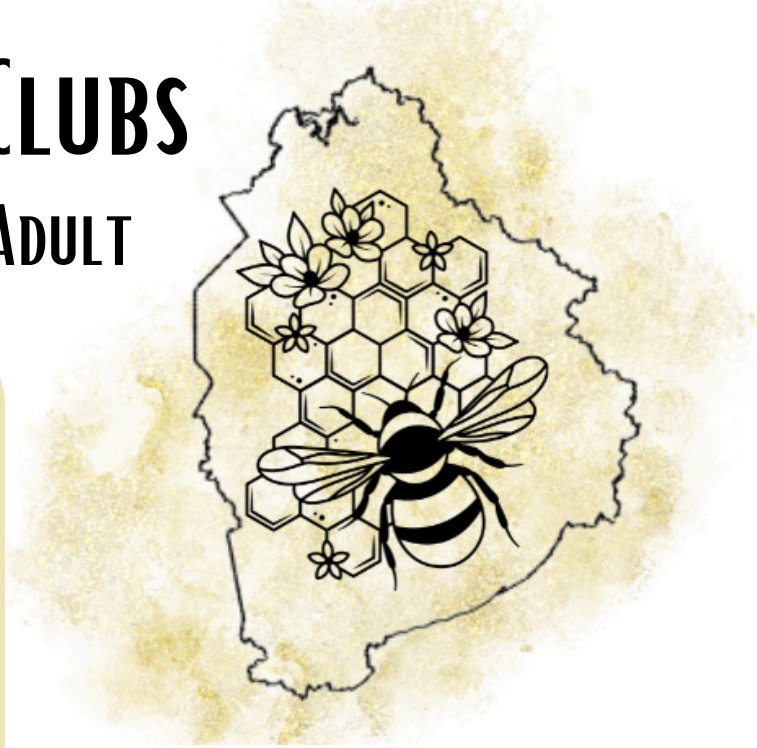
Bring your favorite dish
to Share!

SPECIAL GUEST SPEAKER

KENNY HOLBROOK FROM KSU

Kenny will be discussing recent
research conducted by KSU.

Please bring
your bee suits.
We will be
handling live
bees!



TOPIC
CHECKING
YOUR HIVE
FOR VARROA
MITES.



Join The Leslie County Extension Office and Kentucky Fish and Wildlife for the first program in our hunting series.

DEER HUNTING



AUG. 22 AT 6:00 PM

Special Guest

JJ Baker, Regional Wildlife Biologist

Call the Leslie County Extension Office to
register. 606-672-2154

Bean Angular Leaf Spot

*Kim Leonberger, Plant Pathology Extension Associate
Nicole Gauthier, Plant Pathology Extension Specialist*

Angular leaf spot is a common disease of beans in Kentucky. Leaves, stems, and pods may become infected. A combination of cultural practices and fungicides is critical for disease management to limit damage and yield losses.

Management Practices

- Purchase certified disease-free seeds.
- Utilize resistant cultivars.
- Rotate away from legume crops for a minimum of 2 years.
- Increase plant spacing.
- Remove and destroy infected plants or plant parts during the growing season.
- Avoid overhead watering.
- Remove and destroy plant debris at the end of the season.
- Deep till plant debris.
- Do not save seeds from infected plant material.



An Equal Opportunity Organization.

Return Service requested

Hyden, KY 41749-8568

22045 Main Street #514

Leslie County Cooperative Extension