Leslie County Informer

February 2025

Cooperative Extension Service Leslie County 22045 Main St. #514 Hyden, KY 41749



Leslie County 4H Club is having their annual Chocolate Covered Strawberries fundraiser!

Cooperative Extension Service

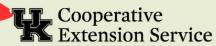
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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 Counties, Cooperating.







SPRING Want Sale

VISIT THE LESLIE COUNTY EXTENSION OFFICE TODAY TO PICK UP A ORDER FORM.



S7 (bundle of 25)

Blackberries Natchez S5 each

Blueberries Duke & Chandler

S9 each

Raspberries

Prelude (Red) & Jewel Black Raspberries S5 each

Asparagus

Millennium S1 each

Onion Plants Candy Variety S5 (bundle of 60 plants)

22045 Main Street # 514 Hyden, KY 41749

6 606-672-2154

Orders and pre-payment must be received by Friday, March 7th.



2025 Plant Order Form

Purchaser Information:	Extension	
Name:		
Address:	22045 Main St. #514	
City, State, Postal Code:	Hyden, KY 41749	
Telephone:	606-672-2154	
Email:		

Quantity	Item	Unit Price	Total
bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
bundles	Onion plants (Candy)	\$5 (bundle of 60)	K. San San
	KY Sales tax of 6% is included in prices.	Total Due	

Pre-payment is required by <u>Friday, March 7,</u> for all plant orders.

<u>Make checks payable to: Leslie County District Board</u>

Payment Information:	Diante and competed to alie from the comment during		
Receipt number:	Plants are expected to ship from the nursery during the first full week of April. We will send you a		
Paid: YES NO Date:	postcard and/or email to let you know when the		
Entered in spreadsheet: ☐ YES - By:	plants will be available for pickup.		

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Leslie County

Cooperative





Grow Appalachia

Members will Meet

Wednesday, Feb. 5th
6:00 pm
Leslie County
Extension Office



For information please contact Michelle Brock at 672–2154 michelle.brock@uky.edu

2025 Eastern
Kentucky Farmer
Conference
Registration Is
OPEN!

Registration is now OPEN for the
Eastern Kentucky Farmer
Conference! Join us February 21-22,
2025, to connect with fellow
farmers, technical experts, and
agriculture enthusiasts. Don't miss
this chance to attend valuable
sessions, network, and learn about
essential resources for success in
Appalachian farming.



tinyurl.com/2025EKFC



Leslie County Bee Club Series Expand your beekeeping knowledge!

- Seasonal Information
- The most current research
- Featuring well known speakers

1st Meeting

Feb 3, 5:00 pm, Leslie County Extension Office

Topic

"Nutrition and its Profound Impact on your Hive." -Video Presentation Featuring Blake Shook 4-HYOUTH

Spotlight

Congratulations to Mason Asher, our 4-H Teen Council President, for advancing to the Gold Achievement Interview Process! This is a huge accomplishment, and Mason's hard work and dedication have truly paid off. Very few Leslie County 4-H'ers have reached this prestigious stage, making it even more impressive.

Mason will travel to Elizabethtown on February 22, 2025, to participate in the Gold Interview Process at the Hardin County Extension Office.

Let's all wish him the best of luck as he takes this next step toward earning his Gold

Good luck, Mason!

Achievement Award.



Leslie County Bee Club member Nathan
Howard recently had the incredible
opportunity to attend the North American
Honey Bee Expo in Louisville, Kentucky.
Nathan was one of only 43 youth selected
to receive the Next Gen Scholarship,
which helped cover the costs of attending
this prestigious event.

Nathan is already looking forward to next year's conference and has shown continued dedication to his beekeeping passion by applying for another scholarship to attend the Louisville Beekeeping and Research Conference by Apis Rescue on February 1st. His enthusiasm and commitment to learning about beekeeping are truly inspiring!

We are so proud of Nathan's accomplishments and wish him the best of luck with his upcoming scholarship and continued growth in the beekeeping community.

Keep up the great work, Nathan!

HANK YOU TO OUR SILE **AUCTION SPONSOR'S**

- **Advance Auto Parts**
- **Andy Davis**
- **Appalachian Physical Therapy**
- City of Hyden
- **Complete Care Pharmacy**
- **Chris Curry**
- Dairy Queen of Hyden
- **Decorating Center of Hazard**
- Deena Rice
- **Derek Lewis**
- **Donna Nantz**
- **Elevate Spa**
- Flowers on Main
- Forged1822
- **Garry Ostrander**
- Goofv's
- **Holler Honey**
- **Hortons Hardware**
- **Hometown Pharmacy**
- **Hyden Citizens Bank**
- **Hyden Grocery**
- IGA of Hyden

- Julie Hall
- Misty at Just Around the Corner
- **Kayla Caudill**
- **Keith Stewart**
- **Kemper's Furniture**
- **London Dental Center**
- Leroy Lewis, Attorney at Law
- **Leslie County Public Library**
- **Leslie County RV Park**
- Mama Bruno's Pizza
- **Mason Asher**
- Napa Auto
- **Rhoda Simpson**
- **Ruthann Shell**
- Sizemore's Garage Service Center
 - **Spirit Central**
- Subway of Hyden
- Stephanie at Rainbow Room
 - **Terra's Pet Grooming**
- **Tracy Estridge**
- **Triple J Wholesale**
- **Brittany and Zack Sparks**

Thank you for continuing to support 4-H! Your contribution will make such a meaningful difference in the lives of our youth.

Here's to another year of growth and gratitude! We look forward to seeing you

Leslie Count







February 24th at 4:00 p.m. at the Leslie County Extension Office



2025 4-H State Teen Conference
June 11th-14th



SAVE THE DATE



July 22nd - 25th 2025



LESLIE COUNTY 4-H

CHOCOLATE COVERED STRAWBERRIES



Call 672-2154 to order

Free local delivery to schools and businesses. Order by February 10th. Will be delivered February 14th.

ALL PROCEEDS WILL DIRECTLY BENEFIT LESLIE COUNTY 4-H YOUTH!





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!

February again brings informative programs, events and activities to enhance your many interests and skills! Our homemaker membership drive efforts always continue, and we invite you to stop by or contact us for more information on becoming a Leslie County Extension Homemaker. Be sure to check out our Leslie County Extension Facebook page and our website extension.ca.uky.edu. It starts with us. #UKFCSExt



5:00 p.m. Hyden Homemakers' Monthly Meeting

Feb. 11th

12:00 p.m. KEHA Homemaker Leader Lesson: Mealtime Rut

1:00 p.m. Cooking Through the Calendar

Feb. 18th

5:00 p.m. Extension Art Club

Feb. 27th

10:00 a.m. Diabetes Support Group Meeting

Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension at 5:00 p.m. on February 10th for their regular monthly meeting. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.

KEHA Homemaker Leader Lesson February 11th: 1:00 p.m.



Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas that both you and your family enjoy? Mealtime Rut Many people simply feel overwhelmed by the constant "chore" of choosing and planning meals. Join us for a fun and interactive lesson that emphasizes the benefits of preparing homecooked meals and ways to add creativity and variety

into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut! For more information and to sign up for this class please contact Leslie County Extension at 672-2154.



The February recipe spotlights nutritional benefits of cauliflower, which is high in vitamin C. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program.

ARH continues to partner with us and plans to provide incentives and education for this health and wellness program. 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



Leslie County Extension Art Club Tuesday, February 18th @ 5:00 p.m.

Join us here at Leslie County Extension for this cultural arts class. This painting class is being taught by Bernice Bowling. Suggested list of supplies are: Acrylic paints and brushes: The Extension Office will have the boards to paint on for this class and some paints and brushes also. Contact us today 672-2154 to register for this class.



2025
Diabetes
Connections

Healthy Habits Challenge Diabetes Support Group Meeting Thursday, February 27th 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). Our monthly program has transitioned to become more inclusive as Diabetes Connections Healthy Habits Challenge Support Group You will not want to miss these 2025 meetings for Health and Wellness Goals and Activities!!



* 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



Raising kids, Eating right, Spending smart





Family and Consumer Science Program Highlights





Leslie County Extension Hyden Homemakers





The Homemakers met at Leslie County Extension at 5:00 p.m. on Monday, December 9th for their Holiday monthly meeting. Everyone had a wonderful time, with fellowship, playing games and honoring Faye Couch with her KEHA Volunteer hours service award! Participants gathered the



following Friday, on December 13th to present lap quilts to The Hyden Rehabilitation Center residents. Special thanks to all who donated to this project in memory of Wilma Roberts and all these ladies for giving their time and skills to this special service project for our seniors!

Please contact Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154 for more information.





















Survive and Thrive: Winter

The December 3rd, 5th and 6th "Survive and Thrive: Winter Edition" program offered by Quicksand Area Agents provided essential tips for preparing for the winter season. Topics included how to handle extreme cold, how to prep your car for winter conditions, and steps for winterizing your home to stay warm and safe. Agricultural agents also contributed valuable insights on winterizing farms, ensuring both personal and agricultural readiness for the colder months. This program helped participants understand the importance of preparedness, focusing on practical solutions for the challenges posed by winter weather. More Survive and Thrive Classes to be released for April, watch our Newsletter for Upcoming Program!





Cooking Through the Calendar: December 10th@ 12:00 Noon

Everyone enjoyed cooking and eating the delicious samples of the Navy Bean Soup! 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. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

Homemaker Service Project Opportunity: Goodies for Relay for Life was held December 10th @ 1:00

Homemakers joined together at Leslie County Extension and prepared goodies for Leslie County Relay for Life Santa Candy Shoppe, being held on December 11th here at Leslie County Extension. Funds raised are used for local cancer patients. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.







ADULT

HEALTH BULLETIN



FEBRUARY 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 Leslie County
Extension Office
22045 Main St. # 514
Hyden, KY
41749
(606) 672-2154

THIS MONTH'S TOPIC

CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

Continued on the next page





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Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:

https://prevention.cancer.gov

ADULT
HEALTH BULLETIN

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

Adobe Stock







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

FEB 27 | 10AM

Talking about Nutrition

Leslie County UK Extension Office 22045 Main Street in Hyden

Join us at 10 am via Zoom from anywhere!



zoom.us/my/arhdiabetessupport

TO PRE-REGISTER OR FOR MORE INFO:





606.672.2154 x csmith11@arh.org

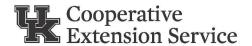
Join us immediately after the meeting for

FREE Physical Activity Class

Kelli Haywood, certified instructor, focuses on chair yoga, resistance band exercises and mindfulness exercises.

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!



M:NEYVI\$E

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 2

Leslie County Extension Office | 22045 Main St. # 514 | Hyden, KY | 41749 | (606) 672-2154

THIS MONTH'S TOPIC:

HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

STRENGTHS OF NEURODIVERSE CHILDREN

The challenges of neurodiversity can sometimes be tough for kids and parents, but

Lexington, KY 40506



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.

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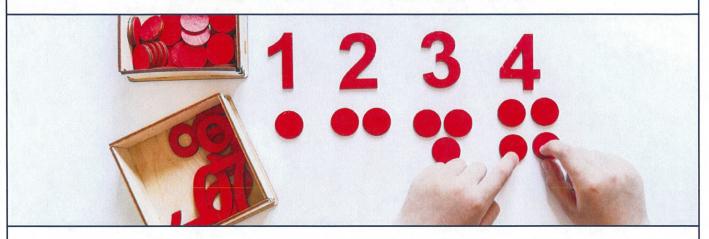
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CREATE OPPORTUNITIES TO TEACH



TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- Make it practical. Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- Use tools. When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.
- Create opportunities to teach. Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.

• Talk about risks and rewards. It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

RESOURCES

https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity https://ncld.org/join-the-movement/understand-the-issues/

https://www.financialplanningassociation. org/article/journal/NOV21-inclusive-financialwell-being-empowerment-model-servingindependent-neurodivergent

Written by: Whitney Holmes, M.Ed. - Associate Director of Learning Services, University of Kentucky Athletics Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



Cauliflower Bites

Prep Time: 15 minutes Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil
- Preheat oven to 450 degrees
 F. Prepare a baking sheet with nonstick spray.
- 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- **3.** Gently rub cauliflower under cool, running water before preparing.
- **4.** In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
- **5.** Gently fold in cauliflower florets to evenly coat with batter.
- **6.** Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
- 7. In a small bowl, combine melted butter and olive oil.
- **8.** Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
- Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
- 10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



Air Fryer Version

- 1. Follow steps 2-5 above.
- 2. Make one layer of florets in the air fryer basket.
- **3.** Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
- 4. Remove to bowl.
- Drizzle melted butter and olive oil over the cauliflower.
- **6.** Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
- **7.** Repeat steps to cook the remaining florets.
- **8.** Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings Serving Size: 1/2 cup bites Cost per recipe: \$3.87 Cost per serving: \$0.48

SNAP Supplemental Nutrition Assistance Program Within Reach

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

Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri, Fayette County NEP Assistant Senior, University of Kentucky Cooperative Extension

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MONEY FOR FARM IMPROVEMENTS



Eligible Investment Areas:

Agricultural Diversification
AgTech & Leadership Development
Large Animal - Small Animal
Farm Infrastructure
Fencing & On-Farm Water
Forage & Grain Improvement
Innovative Ag. Systems
On-Farm Energy
Poultry & Other Fowl
Value Added & Marketina

Administered by
Leslie County Conservation
District

20 Davidson Fork Road Thousandsticks, KY 41766 (606) 672-2357

COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications are available for Leslie County's CAIP to assist farmers in making important farm investments.

Application Period:
Jan. 29 through Feb. 21, 2025

No applications will be accepted before January 29 or after February 21, 2025

Application Availability:
Leslie County Conservation District
Monday – Friday (8:30 a.m. – 4:00 p.m.)

For More Information:

Contact Connie Sizemore at (606) 672-2357 or email leslieconservation@yahoo.com

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

Return Service Requested

Leslie County Cooperative Extension 22045 Main Street #514 Hyden, KY 41749-8568

