

LESLIE COUNTY INFORMER

Cooperative Extension Service

Leslie County

22045 Main Street #514 Hyden, KY 41749

606-672-2154

JULY 2024

Kentucky 4-H Teen Conference Celebrates 100 Years



The 2024 4-H Teen Conference was a tremendous success, and we are proud of what Leslie County has accomplished! Teen Conference is a four-day event specifically for Kentucky 4-H teens across the state to stay on campus at the University of Kentucky. Youth get to experience what it is like to attend the University by living in the dorms, taking majors/minors, attending 4-H meetings/assemblies, completing service projects, and voting on decisions that will provide direction to the Kentucky 4-H Program for the rest of the year. Our delegates specifically completed service projects at the African Cemetery, Arboretum, LexArts, Military Missions, Kentucky Appalachian Rural Rehabilitation Network/Appalachian Center for Assistive Technology-Toys with A Purpose Program, and the Lexington Public Library. Majors attended by our delegates consisted of Wright Implement (a John Deere dealership), classes focused on communication/citizenship, FCS classes such as fun with fashion/skills that pay the bills, and a SET class called fantastic forensics. Delegates enjoyed the closing dance at UK's Spindletop Hall. It was a wonderful way to end the 100th Annual Teen Conference. Kentucky 4-H has provided our youth from across the state with a formidable week of growth and leadership, as well as experiences and memories to last a lifetime.

**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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Disabilities
accommodated
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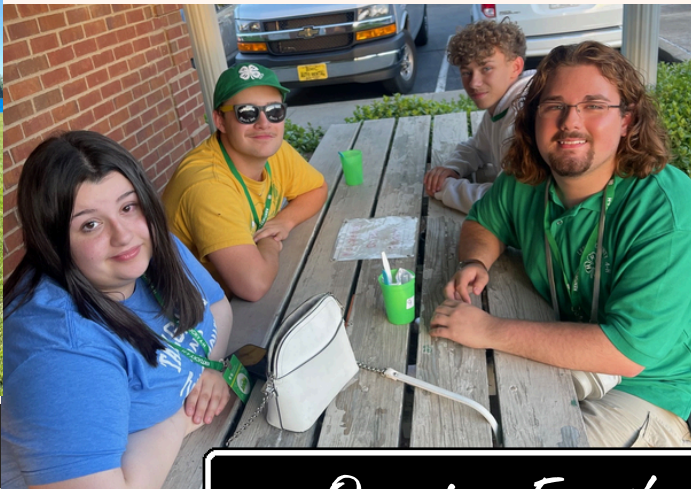
2024 4-H STATE TEEN CONFERENCE



Closing Assembly Student Center



UK Athletics Major



Opening Event at Cloverfest



Closing Dance at Spindletop Hall



Community Service Day

ACHIEVEMENT AWARDS CEREMONY



Brianna Gilbert received her Gold Level Achievement Award. This award takes time and dedication. Bree will be attending National 4-H Congress this fall to represent Kentucky 4-H.

Logan Sizemore was awarded the first ever Matt Bevin Kindness Award. This award received over 100 nominations. Logan received the most nominations overall from his local peers and friends across the state he has met through 4-H.



Mason Asher was recognized for receiving his Silver Level Achievement award. He will be applying for Gold this coming year.





May & June

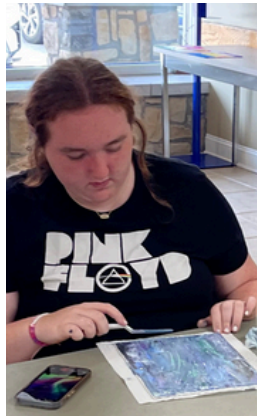
SUMMER DAY CAMPS



Photography



State Fair Art





Magic of Electricity



Beginning Cooking Cornmeal Muffins & Brownies





HERE'S THE BUZZ

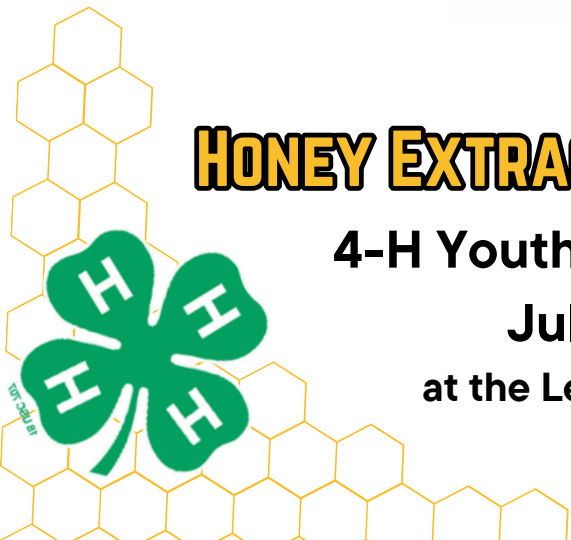


June's meeting consisted of checking our hives and discussing what we saw in them. We discussed fencing options and predator control. Participants brought special dishes using honey as the main ingredient to share in a pot luck type setting. Later that evening we went on an excursion to rescue bees from a logging site and bring them home to our apiary. It was a successful event by all means. Our July meeting will be dealing with honey extraction and taste testing of our local honeys.



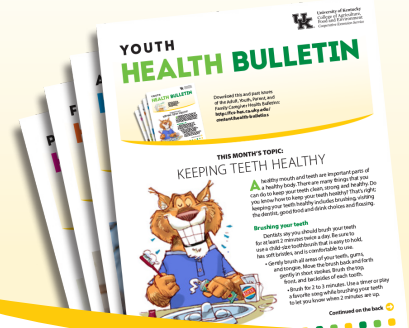
TOPIC: HONEY EXTRACTION/LOCAL HONEY TASTING

4-H Youth Bee Club Meeting will be
July 29th at 4:00 p.m.
at the Leslie County Extension Office



YOUTH

HEALTH BULLETIN



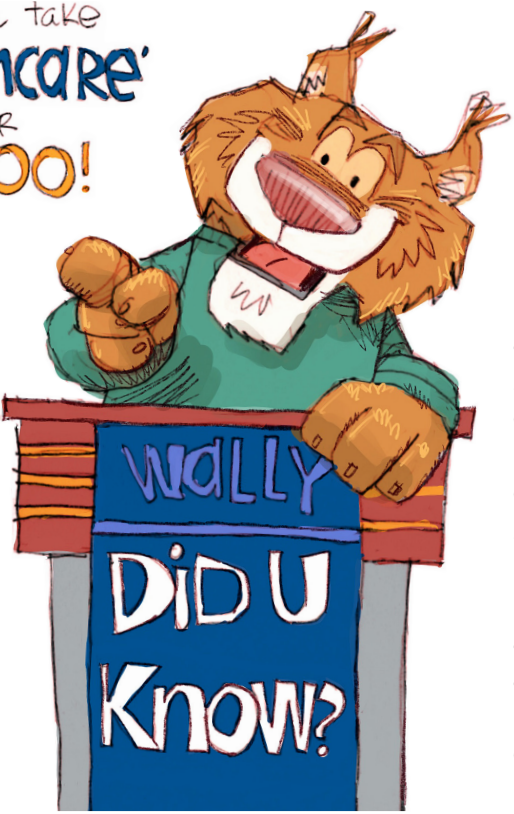
JULY 2024

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

THE BUZZ ABOUT SKINCARE

I'll take 'SKINCARE' FOR \$500!



What is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right — the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It IS important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.

As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the sun). Many of the skin products that you may have heard about,

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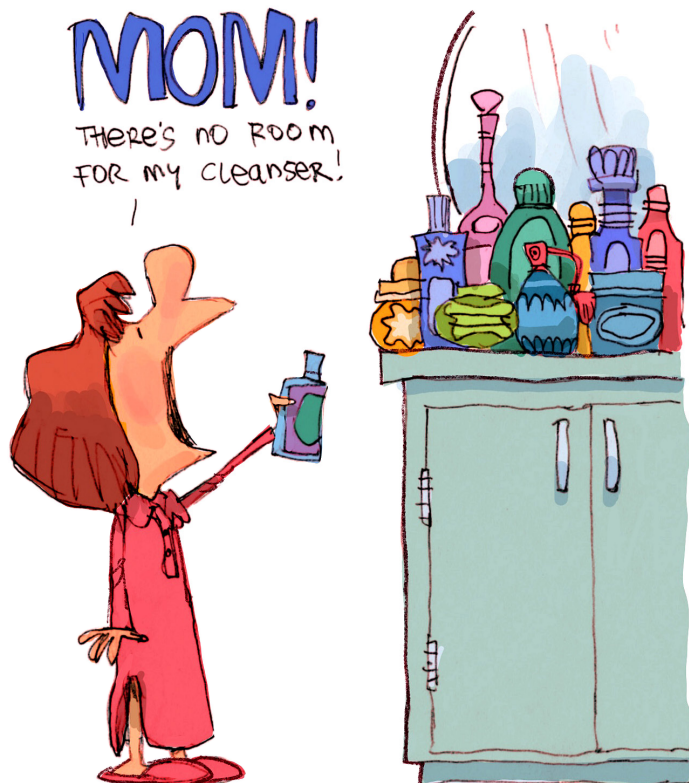


➔ Continued from the previous page

you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

- **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.
- **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners



FISH
are LUCKY.
you don't
need any
SUNSCREEN.



made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

- **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all!

If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.html>

**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)





What's Coming up in Family & Consumer Sciences!

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

Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension at **5:00 p.m. on Monday, July 8th** for their regular monthly meeting. Please contact **Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.**

Leslie County Extension Beech Fork Homemakers

Plan to meet at Lower Beech Fork United Methodist Church on **Thursday, July 18th**, for their regular monthly meeting. Please contact **Donna Nantz at 374-5251 or Vicki Boggs @ 672-2154 for more information.**



Cooking Through the Calendar: July 10th @ 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.

Super Star Chef 3-Day Cooking Camp Ages 9-12- July 15th-17th/10:00a.m.-2:00 p.m.

After attending our three-day Super Star Chef camp, participants will shine in the kitchen. Youths will gain knowledge and explore different foods while creating fun and healthy homemade meals. Each student will also come away from the experience with essential cooking skills and free cooking tools. No previous cooking experience is required for this free program. Parents are not required to stay, but adult volunteers are welcome. Spaces are limited: **Please call (606) 672- 2154 to reserve your spot.**

Diabetes Support Group Meeting –Thursday, July 25th at 10:00 a.m.

Please call 672-2154 to sign up for this monthly program!

4-H Food Preservation Day Camp: July 11, 2024 @ 10:00 a.m.

Join us to make salsa, dry apples and more



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.

What's Been Happening in Family & Consumer Sciences!

FCS Extension teaches MyPlate Nutrition and Campfire Safety

To promote health and wellness for Leslie County youth and residents, Leslie County Extension Family and Consumer Sciences shared a fun lesson on MyPlate nutrition with campfire safety. Exploring MY Plate while making an edible campfire was enjoyed by youth and family participants at Leslie County Public Library.



June 6, 2024, Come Sew with Us: Knott County Extension: Participants departed Leslie County Extension @ 8:30 to attend a fun filled day of sewing! Everyone was registered for 3 sewing projects which were taught by Quicksand Area Master Clothing Volunteers. Special thanks to Betty Harris, Master Clothing Volunteer for Leslie County Extension for teaching her class on machine mats. For more information or questions about this program please contact us at 672-2154 or email vicki.boggs@uky.edu



Hold the dates:

- **2024 Cultural Arts due at Leslie County Extension, September 26-30, 2024**
- **Homemaker Annual Meeting October 7, 2024 @ Leslie County Extension 5:00 p.m.**
- **Homemaker Area Meeting: October 24, 2024 @ Letcher County Extension, 10:30 a.m.**

Registrations will follow in a newsletter soon.

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, June 10th** for their regular monthly meeting. There were participants who gathered continuing to make lap quilts for The Hyden Rehabilitation Center residents. Special thanks to all these ladies for committing to this 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 #10

was held on Thursday, May 30th. Participants received a recipe for cauliflower potato salad and learned how this recipe is a great 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 June 12th

Homemakers gathered to enjoy our June Cooking Through the Calendar Lesson. The June calendar recipe was Fruited Coleslaw and was enjoyed by everyone! This recipe spotlighted cabbage and vitamin C and how it helps in healing wounds and in forming bones, ligaments and tendons! 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!



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

*** 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!**



3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be “food safe”!



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

DATE: July 15-17, 2024

TIME: 10:00- 2:00

**LOCATION:
Leslie County Extension
22045 Main St. # 514
Hyden, Ky 41749**

**TO SIGN UP, CONTACT:
Leslie County Extension @
672-2154 or
vicki.boggs@uky.edu**





Quick Couscous Salad



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

Nutrition facts

per serving:

160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
- 1 cup halved grape tomatoes or 1 large tomato, diced
- 1/2 large cucumber or 2 small, diced
- 1 small red onion, diced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4 cup grated parmesan cheese
- 1/3 cup chopped fresh parsley (optional)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Prepare the couscous according to package directions. Set aside.

3. 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.
4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
7. Refrigerate leftovers within 2 hours.

Makes 7 servings

Serving size: 2/3 cup

Cost per recipe: \$6.27

Cost per serving: \$0.90



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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

THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.

AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.



HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.



WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.
- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

Contributing Author: Alexia Cassidy, Family Financial Counseling Student, University of Kentucky

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



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ADULT HEALTH BULLETIN



JULY 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

5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

- 1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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Disabilities accommodated with prior notification.

Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

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2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5. Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





You're walking through your beautiful tomato plants and notice this...



Your plants have missing leaves and the stems look cropped off.



There's little brown/black droppings on the leaves.

What is doing this?

If you guessed a **Tomato Hornworm** you would be correct. This garden pest, if left alone, will destroy your tomato plants in no time at all.

- Tomato hornworms are very large caterpillars with a horn-like tail.
- Their favorite plant is tomato.
- Hornworms chew leaves and can completely eat all the leaves from a plant.
- They can also chew holes in tomatoes.



When I say these worms are large, I mean they are large! You'll wonder how you ever overlooked this beast. Hornworms are among the largest caterpillars in Kentucky and can measure up to four inches in length. Regardless of their size they can be easily missed when walking your garden. Hornworms will often hide beneath the branches of the tomato plant as pictured above.

BUT WAIT!

If you find a tomato hornworm with white oblong things on it, leave it! These white things are the cocoons of a parasitic wasp that kills hornworms. A female wasp has laid her eggs under the skin of the hornworm. As the eggs hatch the larvae feed on the hornworm's insides. The larvae will then eat their way out of the caterpillar and spin the cocoons you see. Eventually adult wasps will emerge from the cocoons and the weakened hornworm will die.



Sphinx Moth

The adult form of the tomato hornworm is a relatively large, robust-bodied moth, commonly known as a hawk moth or sphinx moth. The adult moth feeds on the nectar of various flowers and, like the larval form, is most active from dusk until dawn.

If you're wondering what kind of pest is creeping around on your plants, just call and I will be happy to help you find out. - Michelle



Let's Talk Tomatoes!

Tomatoes are one of our favorite garden vegetables and one of the most anticipated in the summer garden. It's hard to beat a good, garden tomato sandwich! When getting ready to grow tomatoes we have to decide what we want from those tomato plants. The first thing to decide is whether or not we want determinate or indeterminate varieties.

What is the difference between Determinate and Indeterminate tomatoes?

Determinate tomato plants are shorter than indeterminate plants. They can be staked, caged, or trellised, and need to be pruned only once. The harvest period is shorter compared to indeterminate types. You will harvest more tomatoes over a shorter period of time compared to indeterminate types.


Some varieties of determinate tomatoes are:

- Celebrity
- Mountain Fresh
- Carolina Gold (golden yellow)
- Plum Dandy (paste)
- Terenzo (cherry)

Indeterminate tomato plants must be trellised in order to stay upright. Pruning lower suckers (side branches) as the plants grow taller is recommended. Tomato harvest continues throughout the summer season as the plant grows.

Some varieties of indeterminate tomatoes are:

- Better Boy
- Beefsteak (large fruit)
- Early Girl
- Juliet (grape)
- Jolly (pear shaped)
- Supersweet 100 (cherry)
- Sungold (golden yellow cherry)
- Cherokee Purple (heirloom, dark purple)
- Brandywine (heirloom, red, pink, and yellow types)

 If you have any questions about growing better tomatoes, please contact me!



Michelle Brock

Leslie County ANR Agent
michelle.brock@uky.edu