

Leslie County Informer

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

June 2024



AND THE WINNERS ARE...



2024 Leslie County Homemakers State Cultural Arts The Kentucky Extension Homemaker's Association held their annual state meeting, May 7-9th at Bowling Green, Ky. There were 677 statewide cultural arts entries. Leslie County Homemakers were well represented with 15 entries submitted as KEHA State Cultural Arts! CONGRATULATIONS Leslie County Homemakers for receiving 10 blue ribbons and one purple ribbon! See our complete list of state winners inside this newsletter. Special thanks are extended to homemakers for their continued participation in our cultural arts program and we look forward to seeing new entries this Fall during our local 2024 Mary Breckinridge Festival! Make plans to submit your cultural arts for exhibit, contact Vicki Boggs @ 672-2154 or vicki.boggs@uky.edu for more information. It starts with us. #UKFCSEx

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 with prior notification.

GIANT PUMPKIN CONTEST



The extension office is hosting a GIANT PUMPKIN contest for Leslie County 4th grade students. The contest is open to all students, including homeschooled students. Three different winners will be chosen in the following categories: Heaviest, Largest, and prettiest.

Winners will have the chance to ride on a float during the Mary Breckinridge Festival. Other prizes will be awarded too.



Honey Fact:



Honey never expires. A pot of honey was found in good condition in King Tut's tomb.

FUNGUS AMONG US

Mushroom Club



Our Mushroom Club meeting will be announced at a later date. We are hoping to have a mushroom tasting and the mushrooms have just started growing! We will be featuring Lion's Mane mushrooms, and others.

Registration for this meeting is **REQUIRED!**

Chicken Fact:



Chickens have the ability to recognize and remember around 100 different faces.

Pumpkin Fact:



In October of 2023, Minnesota's Travis Gienger captured the U.S. record for the largest pumpkin which weighed 2,749 pounds.

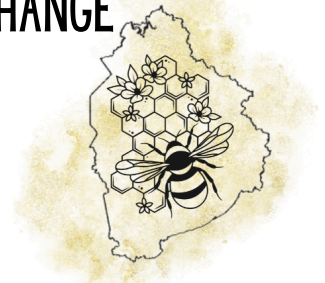
LESLIE COUNTY BEEKEEPERS CLUB MEETING & RECIPE EXCHANGE*

Date: **June 24th**

Time: **6:00 pm**

Location: **Leslie County extension Office**

Topic: **Predator Control**



*Please bring your favorite dish containing honey! We would love for you to bring the recipe to share with the group!

Mushroom Fact:



Blue whales are not the largest living thing on Earth... in fact it's mushrooms! honey fungus that sprawls over 2 miles across the Blue Mountains in Oregon.

The

Cackle Fruit

Backyard Chicken Club



Date: **June 14th**

Time: **5:30 pm**

Location: **Leslie County Extension Office**

Topic: **Common Chicken Parasites**



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 over looked 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



What's Coming up in Family & Consumer Sciences!

REMINDER! Please call (606) 672-2154 to reserve your spot for all programs.

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

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, June 10th** 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, June 20th**, for their regular monthly meeting. Please contact **Donna Nantz at 374-5251 or Vicki Boggs @ 672-2154 for more information.**

Recipe Calendar Cooperative Extension Service

Fruited Coleslaw

Ingredients:

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or apple cider vinegar)
- 2 tablespoons sugar
- 2 tablespoons crushed pineapple, drained (or 1/2 cup pineapple juice)
- 2 cups shredded or finely chopped cabbage
- 1/2 cup shredded apple (or sliced shredded apple, mandarin orange, peach)
- 1/2 cup raisins or dried cranberries

Directions:

1. Wash fruit as with other produce and dry thoroughly.
2. Wash cabbage in cold water and drain.
3. Wash raisins in cold water and drain.
4. In small bowl, combine mayonnaise and apple cider vinegar.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Toss lightly with your hands.
7. Refrigerate for 1 hour before serving.

Notes & Serving:
Serving size: 1/2 cup
Cost per serving: \$0.28

MARTIN OTTEN COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooking Through the Calendar June 12th at 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.

2024 Come Sew with Us: Knott County Extension registrants will depart Leslie County Extension @ 8:30 on June 6th. Please call our office @ 606 672-2154 and let us know if you would like to travel in the van with Vicki.



Diabetes Support Group Meeting –Thursday, June 27th at 10:00 a.m.
Please call 672-2154 to sign up for this monthly program! (See enclosed flyer for more details).



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!



Leslie County Extension Hyden Homemakers

met at Leslie County Extension at **5:00 p.m. on Monday, May the 13th** 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**

UK BIG BLUE BOOKCLUB met via Zoom on April 11th, 18th and 25th.



Big Blue Book Club sponsored Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth by Sarah Smarsh. This book was an eye-opening memoir about working-class poverty in America. Our discussions helped participants understand the impact that economic hardship and inequality have on our communities. Heartland was a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap. Contact vicki.boggs@uky.edu for more information. It starts with us. #UKFCSExt

Diabetes Support Group Meeting #9

was held on Thursday, April 25th. Our meeting was attended by 12 members. Participants enjoyed the tasty, PLAN EAT MOVE Baked Egg Cups and learned how this recipe is a great choice for diabetics. Everyone enjoyed the educational lesson on Medication 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 May 9th

Homemakers gathered to enjoy our May Cooking Through the Calendar Lesson. The May calendar recipe was Taco Pie and was enjoyed by everyone! This recipe spotlighted ground turkey and how it is an excellent protein containing chromium! 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!



Quicksand Area Homemaker Training Event was held May 15th

at Robinson Center in Jackson, KY. Leslie County had 7 homemakers attending this leadership training. Fun, fellowship and building strong relationships filled our day of homemaker training! Beginning with welcomes and followed by our Homemaker creed we learned more about parliamentary procedures and how to conduct meetings. After lunch we also built our skills in creative painting while enjoying lots of fun door prize drawings and WITS Workout activities. For more information contact **Vicki Boggs @ 672-2154 or vicki.boggs@uky.edu** It starts with us. #UKFCS Ext.



Leslie County Extension with ARH Partnership hosts Stroke Awareness

On May 17th ten participants attended an educational class teaching stroke awareness and factors to consider for prevention. Steps to prevent heart disease and stroke were covered and blood pressure screenings were provided for each participant. Healthy taco recipes were shared, and we learned how good nutrition can lower the risk of heart disease and stroke. For more information contact **Vicki Boggs @ 672-2154 or vicki.boggs@uky.edu** It starts with us. #UKFCS Ext.

DROP IT LIKE IT'S HOT! Participants met on **April 30th and May 2nd** Everyone enjoyed these last two sessions of Drop It Like It's Hot. Our 10-week program continued through May 2nd. Many participants weighed in as we enjoyed our lessons, shared our tracking for the week and tried the delicious PLAN EAT MOVE recipes at each meeting! Benefits of their GOALS and CHALLENGES were discussed along with activity and celebration to end our program!



Exploring MyPlate with Professor PopCorn Lesson Series:



Leslie County Extension Family and Consumer Sciences offered five Exploring My Plate Lessons using the Professor Popcorn Curriculum. Leslie County Schools, 1st-2nd graders and FMD classes were taught these lessons October- May during this school year. This curriculum helps young people develop into healthy adults by gaining an interest in eating and sampling healthy foods, exploring MY Plate and all the food groups, using safe food-handling techniques, and making physical activity part of their lifestyle. For more information or questions about this program please contact us at 672-2154 or email vicki.boggs@uky.edu



Leslie County Cultural Arts 2024 KEHA State

	<i>Item</i>	<i>Crafter's Name</i>	<i>Description</i>
Blue	Art, Recycled/ Household	Nikki Couch	Mug/ What a Beautiful Day
Blue	Art, Recycled/ Other	Marie Muncy	Dalmatian
Blue	Beading/Miscellaneous	Marie Muncy	6 pc. Diamond Bead Coasters
Blue	Quilts/ Baby-size or Lap-size	Charlotte Napier	Lone Star Baby Quilt
Purple	Crochet/ Home Décor and Afghans	Karen Roberts	Mosaic Afghan
Blue	Doll/Toy Making/ Handmade Toy	River Vanover	Bonnet Duck
Blue	Knitting/Fashion	Karen Roberts	Turtleneck Sweater
Blue	Painting – Art- Watercolor	Karen Roberts	Truck
Blue	Painting, Decorative/ Other	Karen Roberts	Painted Rock Collection
Blue	Knitting/Home Décor & Afghans	David Stidham	Country Basket
Blue	Crochet/ Fashion	Jessica Woods	4-pc. /Blanket & Dress Set

ADULT HEALTH BULLETIN



JUNE 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

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page →



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

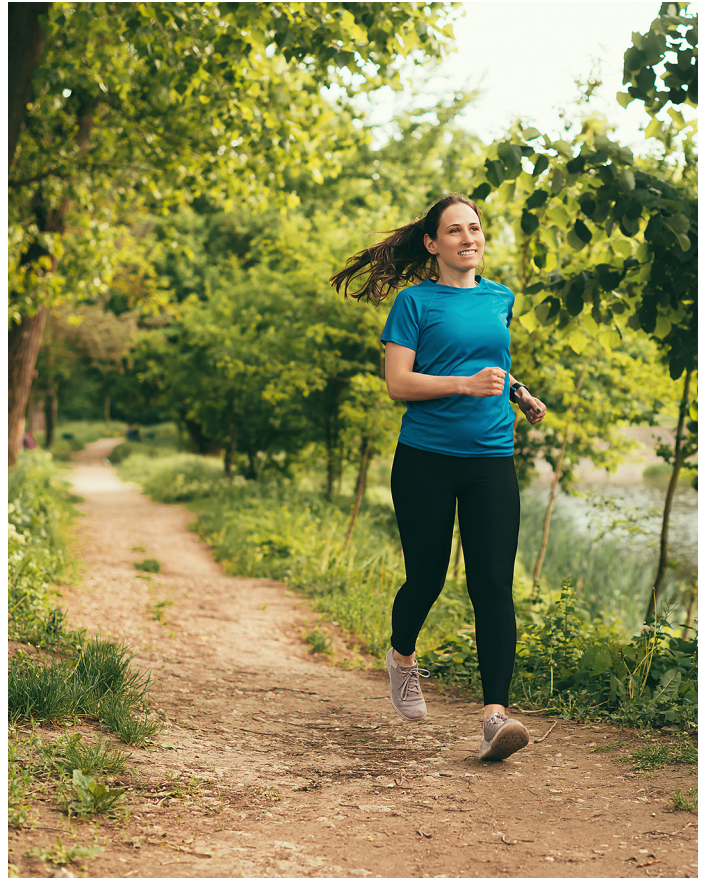
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





Fruited Coleslaw



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; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:
Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
 4. In another bowl, combine cabbage and other fruit.
 5. Pour dressing over cabbage and fruit. Stir to mix.
 6. Serve right away.
 7. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: \$1.57
Cost per serving: \$0.26



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

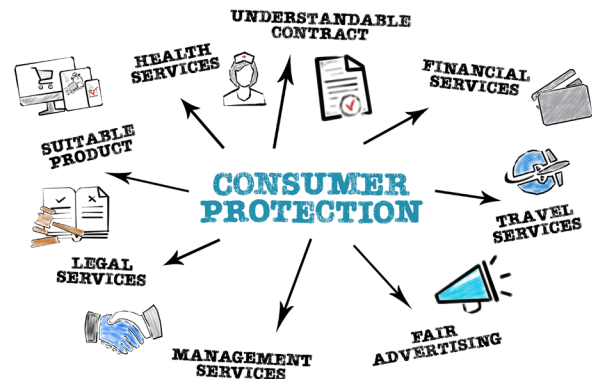
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



CONSUMER FINANCIAL PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

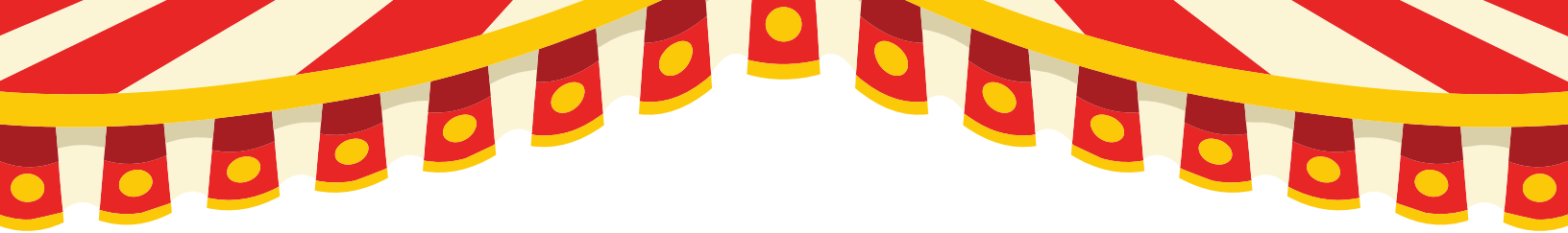
U.S. Food and Drug Administration.
<https://www.fda.gov/>

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

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



4-H
CLOVERBUDS
CAMP



July 23th, 24th & 25th @12:00

3 fun days exploring 4-H through science, arts/crafts and MyPlate! 4-H Cloverbuds is for youth who are 5-8 years old or in kindergarten through third grade.

Call to sign your child up! Camp will be limited to 20 participants!

Jace Peters 4-H Agent (606) 672-2154



2024

RELAY FOR LIFE EVENT

The 2024 Relay for Life event was a great success. This volunteer event was led by Mollie Sizemore and other dedicated volunteers. Relay for Life focuses on a celebration of survivors, a celebration to caregivers, a luminaria ceremony to honor and remember loved ones and the opportunity to fight back. Together our little community came together to celebrate cancer survivors, remember loved ones lost to cancer, and to raise funds to improve the lives of people with cancer.




2024 Team Captain

Relay For Life of Leslie County

Jace Peters
Leslie County 4-H

Thank you for being a part of Relay For Life of Leslie County!

Brittany Stephens

Brittany Stephens
Sr Community Development Manager

Mollie Sizemore

Mollie Sizemore
Event Lead

Together, we are ending cancer as we know it, for everyone.

©2024 American Cancer Society, Inc.





CONGRATS

JATHAN SHELL



Leslie County High School graduate, Jathan Shell received the 2024 4-H Scholarship, 4-H Honor Chord and 2024 Extension Homemakers scholarship. Jathan has been a long time participant at Leslie County Extension through 4-H and Homemakers. In February, Jathan was recognized for completing 10 years of membership and participation in the 4-H program at the 2024 Kentucky Volunteer Forum. He also has received his state level Silver Achievement award. He completed three years and graduated from the Natural Resources and Environmental Science Academy. He has attended 4-H camp for a decade. Which is testament to his ongoing engagement and enjoyment of the program. He represented Leslie County 4-H at both state and national levels by serving on the State Teen Council for two years and participating in the multi-state Southern Region Teen Leadership Conference in Crossville, TN.



May Bee Club Meeting



**Honey
Recipe
Potluck**

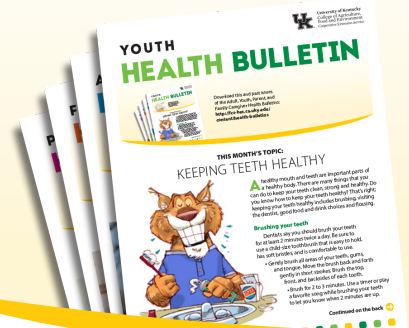


**Topic:
Predator's & Control**

**4-H Youth Bee Club Meeting will be
June 24th at 4:00 p.m.
at the Leslie County Extension Office**



YOUTH HEALTH BULLETIN



JUNE 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

STEP INTO NATURE, SUMMER EDITION

School is out, and the sun is up in the sky! You may have lots of plans for how you want to spend your summer break, or not many plans at all. Whether you are planning a big trip, staying busy with camps, or have plenty of time to relax at home, spend some time outside this summer.

Maybe you like to **S**plash at the pool, **U**nwind on a hammock, **M**ake forts in your backyard, or **M**ow the lawn for your family. Perhaps you **E**njoy a picnic in the shade or **R**ide your bike with friends. There are so many ways to step outside and into nature!

Your body needs to move for at least one hour each day. Moving helps your bones and muscles grow

and helps your whole body feel its best. We were made to move, and being active is easy outside! When you run, jump, climb, swing, and play, you are helping your muscles and bones get stronger and more stable. Is there a skill that you can't quite do just yet? Maybe a handstand or shooting a 3-point shot in basketball? The more you use your muscles and practice those skills, the better you'll get.

Your brain also benefits when you spend time outside in nature. Whether you are climbing a



Continued on the next page →



Whether you are climbing a tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier.

➔ Continued from the previous page

tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier. If you have a bad day, or feel sad or upset, try spending some time outside: playing, reading, or just resting on the ground.

When you go outside, it is also important to protect yourself from too much sun. Remember things like:

- Sunscreen
- A hat
- Protective clothes or swimwear
- Sunglasses

You may even want to keep these things by the door in your home, in a basket or bag. That will make them easy to reach and to remember. This summer, step outside into nature, and get ready to have a good time!

REFERENCE:

<https://www.healthychildren.org/english/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>



There are SO many things to do outside when it is warm and sunny! Try to think of one activity to do outside that starts with each letter below:

S: _____

U: _____

M: _____

M: _____

E: _____

R: _____

T: _____

I: _____

M: _____

E: _____



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)



Leslie County Community Blood Drive

Tuesday, June 18, 2024

1:30—6:30 p.m.

Leslie County Extension Office

22045 Main Street # 514

Hyden, KY 41749

RETURN SERVICE REQUESTED

22045 Main Street #514
Hyden, KY 41749-8568

Leslie County Cooperative Extension

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

