

May 2025

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



## May is Mental Health Awareness Month



Mental Health Awareness Month serves as a crucial reminder of the importance of mental well-being, and extension services play a vital role in supporting this cause through their diverse programs. The 4-H programs, traditionally focused on youth development, can incorporate mental health education by teaching young people stress management techniques and promoting emotional resilience. Family and Consumer Science can offer workshops and resources aimed at helping families create supportive home environments, manage stress effectively, and recognize signs of mental health issues. Additionally, Agriculture and Natural Resources programs can address the unique mental health challenges faced by farmers and rural communities by providing access to mental health resources, facilitating peer support networks, and promoting work-life balance. By leveraging these programs, extension services can make a significant impact in raising awareness and providing support for mental health within communities, ensuring that individuals and families have the tools they need to thrive.

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## Transplanting

To have a productive garden, transplants are used for many common vegetables, such as tomatoes, peppers, broccoli, Brussels sprouts, cabbage, cauliflower, cantaloupe, cucumbers, lettuce, squash and watermelons. While some of these crops might also grow from direct seeding, there are several advantages to using transplants. Transplants will accelerate early harvest and result in a uniform yield. Using transplants reduces labor for thinning and ultimately saves seed costs. Losses from poor seed germination can be eliminated. Transplants also can replace harvested crops quickly when doing succession planting.

[extension.wvu.edu](http://extension.wvu.edu)

## Moving Transplants to the Garden

Whether you buy plants or grow your own, the time comes to plant them outside.

### **Follow these eight steps:**

1. Transplant on a shady day to prevent wilting
2. Soak transplants' roots thoroughly before transplanting.
3. Handle the plants carefully.
4. Dig a hole large enough to hold the roots.
5. Pour 1 cup of starter solution around the plant.
6. Leave a slight depression for water to collect.
7. Shade the plants for a few days after transplanting by putting newspapers or cardboard on their south sides.
8. Water the plants once or twice during the next week.



*Learn more by checking out Home Vegetable Gardening in Kentucky (ID-128).*

*An Equal Opportunity Organization.*



# Improving Kentucky Horse Pastures

*For many horses, quality pasture can provide almost all nutrients needed for maintenance or light work for much of the year.*



Below are some guidelines for improving pastures:

- ✓ **Plan to utilize spring and fall pasture growth**  
Kentucky pastures are dominated by cool-season species which grow rapidly in the spring and fall.
- ✓ **Take a soil sample every 2 to 3 years**  
Many county extension offices offer soil samples, contact your local one to learn more.
- ✓ **Control weeds that limit pasture productivity**  
Identify the major weeds, select herbicides that control them, and apply them at the correct time of year.
- ✓ **Re-establish poor pastures**  
Pastures can be grazed late the following spring once grasses are well established. Well-managed pastures can provide a nutritious and inexpensive feed source.

*Source: Chris D. Teutsch, Krista L. Lea, R.J. (Bob) Coleman, and S. Ray Smith, University of Kentucky  
An Equal Opportunity Organization.*



Water is one of the seven key nutrients required by horses. Horses should always have access to good quality water. Frequent water tank cleaning is important, especially in warm months and with plastic tanks.

# KENTUCKY WOODLAND OWNERS SHORT COURSE

## SIX WEBINARS & A FIELD SESSION WITH RESOURCE EXTRAVAGANZA

This program aids Kentucky woodland owners in forest resource management, offering online and in-person options. Live session recordings will be available, with participants able to choose between online-only or online plus a field session, each featuring a regional Woodland Owner Resource Extravaganza.



**JUNE 10 - 26**

7 PM - 8:30 PM ET



Field Session and  
Extravaganza

**JULY 19 - WHITLEY CO.**

**AUGUST 16 - PENDLETON CO.**

Each  
Field Session  
showcases a  
Woodland  
Owner Resource  
Extravaganza!

Online only: \$10/person

Online & 1 Field Session: \$30/single \$45/couple

**[www.KYWOSC.org](http://www.KYWOSC.org)**

Meet the WOSC Partners  
<https://wosc.ca.uky.edu/partners>

Kentucky  
Woodland  
Owners  
Short Course





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!

May brings many opportunities to increase our health and wellbeing! We invite you to stop by or contact us for more information and sign up for upcoming programs. Be sure to check out our Leslie County Extension Facebook page and our website [extension.ca.uky.edu](http://extension.ca.uky.edu). It starts with us. #UKFCSExt

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### MAY

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1st: 1:00 pm - KEHA Leader Lesson: Strong Bones For Life: Prevent Osteoporosis

12th: 3:30 - Baking Lab

5:00 - Hyden Homemaker's Monthly Meeting

13th - 11:00a.m. Part 4 UK Big Blue Book Club: My Old Kentucky Road Trip

14th - 12:00 Noon: Cooking Through the Calendar: Banana Pancakes

20th - 5:00p.m.: Extension Art Club

21st - 1:00-3:00 p.m. Health Department Partner: Diabetes Education Group

23rd - 8:30 am: Robinson Center Wood Utilization Program: Recipe Box Class ...engraving available  
(\$15.00 fee and Pre-registration required by May 12, 2025)

29th - 10:00a.m.: ARH Partner: Diabetes Support /Healthy Habits Group Meeting

11:00pm: Revive Reconnect Physical Activity with Kerri Hansel

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### May 1, 2025 Leslie County Extension Office at 1:00pm Lunch and Learn *Strong Bones for Life: Prevent Osteoporosis*

Bone health is important across the life span. If you invest in bone health while you're young, the benefits can last into old age. You are never too old or young to boost bone health. FCS Extension will help you identify risk factors for osteoporosis and learn lifestyle behaviors to keep your bones strong for life. For more information or to register for this lesson please contact Vicki Boggs at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu). Nanette Banks, Letcher County FCS Agent will be teaching this lesson.



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**Baking Lab: May 12th @ 3:30:** Few foods are as inviting as warm-from-the-oven baked goods. Join us for preparing a delicious coffee cake that is sure to steal the spotlight at breakfast or brunch.



### **Leslie County Extension Hyden Homemakers**

Plan to meet at Leslie County Extension at 5:00 p.m. on May 12th for their regular monthly meeting. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.

### **Cooking Through the Calendar: May 14th @12:00 Noon**



The May recipe spotlights nutritional benefits of Bananas. It offers ways to make it a meal and suggests substitutions also. Being active is always encouraged for health and wellness! 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: May 20th @ 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.

### **Diabetes Education Group: April 23rd & 30th and May 21st @ 1:00-3:00 p.m.**



The Knott County Health Department will begin a new Diabetes Education Group here at Leslie County Extension. This will provide another educational opportunity to improve our health and wellness! We will sample diabetic friendly recipes at each meeting and learn more about preparing nutritious food. Plan to join us for this fun and educational class! For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt





## Recipe Box Workshop: May 23rd

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

"Come visit the Robinson Wood Utilization Center to learn more about the history, the contribution from the \$19 Billion Forest Sector and make your own Yellow-poplar recipe box. Participants are encouraged to bring printed recipe cards to exchange their favorite recipes in this community event." Please register with our office by May 12, 2025, for this workshop. There is a participant fee of \$15.00 due at registration. Sign up today, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt

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



**2025  
Diabetes  
Connections**  
**Healthy Habits  
Challenge**

Please call 672-2154 to sign up for this monthly program! See the flyer enclosed and flyers coming to your mailbox for more details). Our monthly program has transitioned to become more inclusive as Diabetes Connections Healthy Habits Challenge Support Group. Chair exercise follows @ 11:00, and there is something for everyone during this activity session! You will not want to miss these 2025 meetings for Health and Wellness Goals and Activities!!



## Revive Reconnect Physical Activity with Kerri Hansell May 29<sup>th</sup>: 11:00 am



**SAVE THE DATE:** Remember these prize winning rocks? Homemaker's will have a Rock Painting Class taught by Karen Roberts on June 9th @ 5:00 p.m. If you have small flat rocks 3-5 inches in size, please bring these to class also. Sign up today so we can order the materials needed for this class. Deadline is May 14th to sign up.

\* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting! Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>





## Family and Consumer Science Program Highlights



Diabetes Support Group Meeting was held on Thursday, March 27, 2025. ARH provided a great educational and fun lesson for our group. A lesson on physical activity and sleep was provided by Kerri Hansel. Everyone also enjoyed the tasty PLAN EAT MOVE recipe, Colorful Quesadillas! Healthy habits activity lesson followed to help everyone form reviving activity habits. We appreciate our local partnership with ARH Healthcare, providing many beneficial resources for our community meetings. Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the last Thursday of each month at 10:00am. It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.

Survive and Thrive Disaster Preparedness Program held at Knott County Extension on April 11th. Third in a series of Disaster Preparedness lessons taught to Quicksand Area Clientele in varying locations.





## Twisted Pretzels Baking Lab held April 14th@ 3:30



Participants enjoyed another baking lab, preparing twisted pretzels. We explored and prepared the recipe together while learning more about grains, flour, and tips for successful shaping of pretzels.

It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.

## Leslie County Extension Hyden Homemakers

Leslie County Extension Hyden Homemakers met at Leslie County Extension at 5:00 p.m. on Monday, April 14th for their monthly meeting. Everyone had a wonderful time making pillow covers by following a quilt pattern taught by fellow homemaker, Tina Caldwell and leader Faye Couch.

Emma Keen also provided everyone a beautiful butterfly decoration with a pencil, just in time for Spring! Plan to join the fun and for more information please contact Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154.





## Robinson Center Spring Homemaker Training was held April 15, 2025 @ 10:00 a.m.

Over 30 homemakers from our eight Quicksand Area Counties attended this training filled with educational and informative fun! Everyone participated in KEHA Leader lesson "People Learn with a Purpose" followed by bingo to summarize and review what we had learned while having lots of fun. Lunch was enjoyed followed by Wits Workout and preparing decorations for The KEHA State Meeting for this May!



## Cooking Through the Calendar: April 17th @ 12:00 Noon



Everyone enjoyed cooking and eating the delicious samples of Lemon Broccoli Pasta while learning more about the nutrients in this recipe. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both

organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us providing incentives for this health and wellness program.



## Extension Art Club was held

April 22, 2025 @ 5:00 pm

Everyone enjoyed the painting of a bird taught by Bernice Bowling, our newest Club leader. Thanks, Berny, for leading this club! Plan to join the fun and for more information please contact Bernice Bowling or Vicki Boggs @ 672-2154





Recipes from the 2025 Food and Nutrition

## Recipe Calendar



Cooperative  
Extension Service

# Banana Pancakes



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

**Prep time: 10 minutes**

**Cook time: 20 minutes**

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

### Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 2 pancakes

Cost per recipe: \$9.03

Cost per serving: \$1.13

### Nutrition facts

#### per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

#### Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

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Disabilities  
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# HEALTHY LIVING WITH DIABETES

FREE DIABETES EDUCATION SESSIONS OFFERED



Where: LESLIE COUNTY EXTENSION OFFICE

22054 Main Street

Suite 514

Hyden Ky 41749

When: April 23 1:00pm-3:00pm

April 30 1:00pm-3:00pm

May 21 1:00pm-3:00pm

PLEASE PLAN TO ATTEND ALL SESSIONS

*\*Free Food Sampling\**

## Learn About:

- ✓ Healthy Eating
- ✓ Reducing Risks
- ✓ Problem Solving
- ✓ Taking Medication
  - ✓ Being Active
- ✓ Healthy Coping
- ✓ Monitoring

Contact The Kentucky River  
District Health Department  
Diabetes Program at  
606-785-3144 To Register  
SPOTS ARE LIMITED





## WHO IS A BEGINNING SEWER?

A beginning sewer is anyone that has an interest in sewing but has limited or no sewing experience.

## WHO IS A MASTER CLOTHING VOLUNTEER?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

## HOW DO I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

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LEXINGTON, KY 40546



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## ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



## DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



## HEART POT HOLDER

Perry County MCV Nancy Pratt will teach your how to make this heart potholder. Limit 10 per class.



## NOTEBOOK COVER

Wolfe County MCV Gayle Hensley will help you create a fun customized notebook cover for your favorite book or journal.



## APPLIQUE TEA TOWEL



Owsley County MCV Cheryl McCauley will teach you the technique of how to make a beautiful Applique Tea Towel.

## PILLOWCASE WITH FRENCH SEAMS



Wolfe County MCV Rita Rogers will help you create this stunning customized pillowcase with french seams if you register for her class.

## SHOULDER WRAP HEATING PAD



Letcher County MCV Lisa Ison will guide you step by step with this Shoulder Wrap Heating Pad for ultimate relaxation. Limit 5 per class.

**Must pre-register by May 9th for classes.**

# 2025

## COME SEW WITH US

HOSTED BY COOPERATIVE  
EXTENSION SERVICE AND  
QUICKSAND MASTER  
CLOTHING VOLUNTEERS

**JUNE 11, 2025**  
**BREATHITT COUNTY**  
**EXTENSION OFFICE**  
**10 A.M. - 1:30P.M.**

**JUNE 12, 2025**  
**PERRY COUNTY**  
**EXTENSION OFFICE**  
**10 A.M.—1:30 P.M.**

COOPERATIVE EXTENSION

 **University of  
Kentucky**  
College of Agriculture,  
Food and Environment



## REGISTRATION FORM

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m. to allow time for check-in. Classes are assigned on a first come, first serve basis so please return in a timely fashion.

\_\_\_\_\_ Heart Pot Holder

\_\_\_\_\_ Applique Tea Towel

\_\_\_\_\_ Shoulder Wrap Heating Pad

\_\_\_\_\_ Notebook Cover

\_\_\_\_\_ Dish Towel Apron

\_\_\_\_\_ Zipper Pouch

\_\_\_\_\_ Pillowcase with French Seams  
Location: Breathitt \_\_\_\_\_ Perry \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**Mail form and \$5.00 registration fee to:**

Perry County Extension Office  
933 Perry Park Road  
Hazard, KY 41701

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

### LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

### CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling-Meals).

### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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## AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

## CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

### *May is Military Family Appreciation Month*



**FOR MILITARY YOUTH:** Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

**FOR MILITARY FAMILIES:** Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

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](mailto:nichole.huff@uky.edu)



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An Equal Opportunity Organization.*



Water is one of the seven key nutrients required by horses. Horses should always have access to good quality water. Frequent water tank cleaning is important, especially in warm months and with plastic tanks.



## Transplanting ♦

To have a productive garden, transplants are used for many common vegetables, such as tomatoes, peppers, broccoli, Brussels sprouts, cabbage, cauliflower, cantaloupe, cucumbers, lettuce, squash and watermelons. While some of these crops might also grow from direct seeding, there are several advantages to using transplants. Transplants will accelerate early harvest and result in a uniform yield. Using transplants reduces labor for thinning and ultimately saves seed costs. Losses from poor seed germination can be eliminated. Transplants also can replace harvested crops quickly when doing succession planting.

[extension.wvu.edu](http://extension.wvu.edu)

## Moving Transplants to the Garden

Whether you buy plants or grow your own, the time comes to plant them outside.

### **Follow these eight steps:**

1. Transplant on a shady day to prevent wilting
2. Soak transplants' roots thoroughly before transplanting.
3. Handle the plants carefully.
4. Dig a hole large enough to hold the roots.
5. Pour 1 cup of starter solution around the plant.
6. Leave a slight depression for water to collect.
7. Shade the plants for a few days after transplanting by putting newspapers or cardboard on their south sides.
8. Water the plants once or twice during the next week.

*Learn more by checking out Home Vegetable Gardening in Kentucky (ID-128).*

*An Equal Opportunity Organization.*







# Bee Swarms



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



Leslie County Extension Office  
606-672-2154



# IN-SCHOOL PROGRAMS



## 4-H SCIENCE WITH MR. GARRY

4TH GRADES DISCUSSED THE VALUE OF OUR HONEYBEES IN OUR WORLD TODAY. THE VALUE IN HONEY, POLLINATION, BEESWAX, AND EVEN NEW ADVANCES IN THE MEDICAL FIELD. GENERAL PRACTICES OF BEEKEEPERS AND HOW THE THREE CASTES OF BEES WORK AND COMMUNICATE IN THE HIVE. THE KIDS ALWAYS END UP WITH LOTS OF QUESTIONS AND OBSERVATIONS AS THEY VIEW THE BEES DOING THEIR THING IN AN OBSERVATION HIVE THAT MAKES ITS WAY TO ALL THE SCHOOLS. IT'S ALWAYS A PLEASURE TO SEE THE EXCITEMENT OF THE KIDS AS THEY STUDY THE HONEYBEE AND ITS BENEFICIAL CONTRIBUTION TO THE WAY WE LIVE







# 2025 SUMMER DAY CAMPS

**MAY 30TH @ 10:00 PHOTOGRAPHY DAY CAMP AGES 9-18**

**JUNE 4TH @ 10:00 STATE FAIR ART AGES 9-18**

**JUNE 6TH @ 10:00 MAGIC OF ELECTRICITY AGES 9-18**

**JUNE 17TH @ 10:00 BEGINNING COOKING AGES 9-13**

**JUNE 18TH @ 10:00 ADVANCED COOKING AGES 14-18**

**JUNE 24TH, 25TH & 26TH @12:00 CLOVERBUDS AGES 5-8**

**JULY 11TH @ 10:00 FOOD PRESERVATION AGES 9-18**

**JULY 15TH @ 10:00 NEEDLEWORK AGES 9-18**

**Must call to sign-up. Each class will be limited on participants. Items from Summer Day Camps will be judged for a chance to compete at the KY State Fair in August 2025.**

**Join our team and help the American Cancer Society fund cancer research, patient support, and advocacy efforts to end cancer as we know it, for everyone!**

*Leslie County 4-H*



**RELAY FOR LIFE**

**May 9, 2025**

**Bobby Osborne Pavilion**





# Paint with a Purpose: 4-H Fundraiser Paint Class



Join us for a family-friendly paint class where you'll get to create your very own dragonfly masterpiece with the help of a talented instructor who will guide you step-by-step! Open to all ages – youth and adults are welcome! Whether you're a seasoned artist or just trying something new, this class is for everyone. All proceeds go to support our local 4-H programs.

Limited spots available – pre-registration required!

Come out, get creative, and support a great cause.

***Date: Tuesday, July 8th***

***Time: 12:00 PM***

***Location: Leslie County Extension***

***Cost: \$30 per participant (includes all supplies)***

***Snacks provided!***

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## READY TO MAKE THIS SUMMER UNFORGETTABLE?

Join us for 4-H Camp – where friendships are built, memories are made, and legends are born! This year's theme is "Legends in the Making" – a fun, high-energy sports-themed adventure filled with games, activities, swimming, crafts, campfires, and more!

**Ages: 9-14**

**\$30 deposit required to reserve your spot**  
**First come, first serve – spots are limited!**

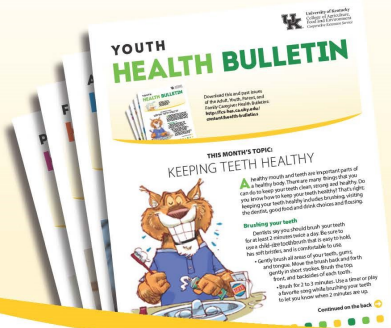
**Don't miss out! Stop by our office to sign up**  
**and secure your place at camp.**

**Let's make this summer LEGENDARY!**





# YOUTH HEALTH BULLETIN



**MAY 2025**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Leslie County  
Extension Office  
22045 Main Street Suite 514  
Hyden, KY  
41776  
(606) 672-2154

## THIS MONTH'S TOPIC CATCH SOME Z'S



**S**leep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

### How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

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**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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→ Continued from the previous page

body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
  - Keep your room cool (around 60 to 67 degrees F).



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.

- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinnertime you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

**REFERENCE:**

[https://archive.cdc.gov/www\\_cdc\\_gov/healthyschools/features/students-sleep.htm](https://archive.cdc.gov/www_cdc_gov/healthyschools/features/students-sleep.htm)

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School of Human Environmental Sciences





SUMMER READING PROGRAM

# EXTENSION DAYS



**Leslie County Public Library**

June 3rd @ 1:00 - Ms. Jace

June 10th @ 1:00 - Ms. Michelle

June 17th @ 1:00 - Ms. Michelle

June 24th @ 1:00 - Mr. Garry

July 1st @ 1:00 - Ms. Vicki