

# Leslie County Informer

## November 2024

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



## 2024 Annual Quicksand Area Homemaker Meeting

Our annual meeting was held October 24th at The Letcher County Extension Office. There were 102 participants in attendance. Greetings were extended by our guests along with entertainment.

The traveling Trophy was awarded to Perry County Homemakers for highest attendance.

Everyone enjoyed seeing the Cultural Arts exhibits! See our 2024 Leslie County Homemaker's Cultural Arts winning entries on display at Leslie County Extension for the next few weeks and also the list of these Blue-Ribbon Winners – State Bound May 2025. Everyone also enjoyed a nice meal, and many drawings for door prizes. The annual business meeting was held in addition to a silent auction with proceeds going to Ovarian Cancer Research Fund. Join Homemakers today for fun, fellowship and more!

### 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.



**Vicki R. Boggs, Leslie County**  
Extension Agent for Family &  
Consumer Sciences Education  
vicki.boggs@uky.edu  
672-2154

**November 2024**

## ***What's Coming up in Family & Consumer Sciences!***

November brings another lineup of programs, events and activities to enhance your many interests and skills! Our homemaker membership drive efforts continue, and we invite you to stop by or contact us for more information on becoming a Leslie County Extension Homemaker. November 26th is the last day to pay dues to be on the list for this homemaker year. 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

*Nov. 7th 7:00p.m. Laundry Love Book Club (ZOOM)*

*Nov. 11th 5:00 p.m. Hyden Homemakers' Monthly Meeting*

*Nov. 12th 12:00 p.m. Cooking Through the Calendar then Hearty Harvest Bowl  
1:00p.m. Holiday Goodies*

*Nov. 14th 1:00 p.m. Holiday Road Show*

*Nov. 19th 5:00 p.m. Extension Art Club*

*Nov. 21st 10:00 a.m. Diabetes Support Group Meeting:  
Diabetes Trivia: Fun, Education and Prizes*

## **December 2024 Save the Date**

*Dec. 3rd 10:00 a.m. Disaster Preparedness Session # 2: Perry County Extension.*

*Dec. 10th 1:00 p.m. Relay for Life Community Service Project: Prepare Santa Shoppe Goodies.*

*Dec. 11th 9:00- 2:00 p.m. (or as long as the goodies last), Relay for Life Santa Candy Shoppe.*

*Dec. 14th Wreaths Across America Community Service Project:*



## *Leslie County Extension Hyden Homemakers*

Plan to meet at Leslie County Extension at 5:00 p.m. on November 11th for their regular monthly meeting. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.

---



## *Leslie County Extension KEHA Homemaker*

Our Membership Drive continues! Invite a friend to join today! The yearly membership fee of \$10.00 supports Ovarian Cancer Screening scholarships, our local and state organizations and so much more! November 26th is the deadline to join to be on this homemaker year list. Forms are available at our office or upon request. Contact us today @ 672-2154 or stop by for more information. Check out KEHA website @ [keha.ca.uky.edu](http://keha.ca.uky.edu)

---

## *Cooking Through the Calendar*

November 12th 12:00 p.m.

The November recipe is Hearty Harvest Bowl. It spotlights some nutritional benefits of chickpeas used in this recipe. 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 by October 16th, 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*

November 19th @ 5:00 p.m.

Join us here at Leslie County Extension for this cultural arts class. This painting class is being taught by Frances Lawson. **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.



# 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, October 14th for their regular monthly meeting. Participants gathered to continue making lap quilts for The Hyden Rehabilitation Center residents. Special thanks to all these ladies for giving their time and skills to this special service project for our seniors! Please contact Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154 for more information.



**Lunch and Learn** - Homemaker Leader Lesson: Communication Skills for Good Impressions was taught by Kelsey Sebastian Perry County FCS Agent on October 15th, 2024 @ 12:00 p.m. Participants learned lots of valuable information concerning communication skills and how it can strengthen them in many ways. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

## *Leslie County Extension Art Club Painting with Laura Ann was held October 15 @ 5:00 p.m.*



Everyone enjoyed the fall pumpkin painting and fellowship at our new Extension Art Club! Thanks to all involved and a special thanks to Bernice Bowling for her leadership and Laura Ann for her teaching! It starts with us. #UKFCSExt

# *What's Been Happening in Family & Consumer Sciences!*

## *Continued...*

### *Cooking Through the Calendar: October 22nd @ 12:00 Noon*



Everyone enjoyed cooking and eating the delicious samples of the Sweet Potato Hash. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us and plans to provide incentives for this health and wellness program. It starts with us. #UKFCSExt.



### *Diabetes Support Group Meeting # 15*

The Diabetes Support Group meeting was held on Thursday, October 31st. Participants received education on Holiday Eating for diabetics. They enjoyed the recipe as a healthy choice for diabetics. Everyone enjoyed the educational lesson, and we appreciate our partnership with ARH Healthcare! Plan to join us each month 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.

# MONEYWISE

**VALUING PEOPLE. VALUING MONEY.**

**VOLUME 15 • ISSUE 11**

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

## **THIS MONTH'S TOPIC:** BUDGET FRIENDLY TIPS FOR PET OWNERS

Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

### **DO IT YOURSELF (DIY)**

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

### **SALES AND SECOND-HAND**

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

### **DISCOUNT DAYS**

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

## **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.

## HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

### LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

### REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

### Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | 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)



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

# ADULT

# HEALTH BULLETIN



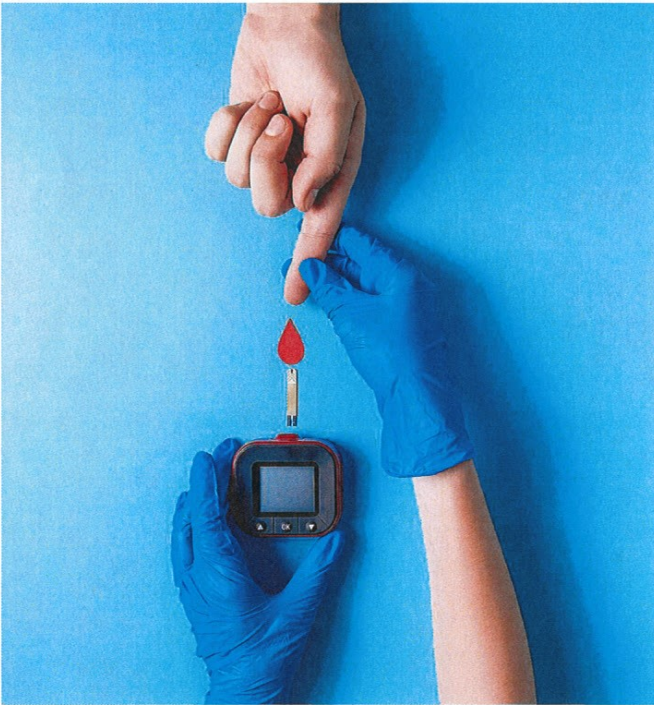
**NOVEMBER 2024**

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

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

### THIS MONTH'S TOPIC

## KNOW YOUR DIABETES RISKS



**M**ore than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

Continued on the next page



**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.





**There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.**

**→ Continued from the previous page**

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

**REFERENCE:**

<https://www.cdc.gov/diabetes/about>

---

**ADULT  
HEALTH BULLETIN**

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



# DIABETES CONNECTION

Understanding Diabetes Together

**NOV 21**

Last Meeting  
until 2025

DISCUSSION TOPIC:

**Diabetes Trivia:**  
fun, education and prizes!

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

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

Or join via zoom from anywhere:



10AM: JOIN VIA ZOOM  
[zoom.us/my/arhdiabetessupport](https://zoom.us/j/912345678)



**10AM Hyden**

Leslie County UK  
Extension Office  
@ 22045 Main Street



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

## Diabetes Support Group Meeting

Thursday, November  
21st at 10:00 a.m.

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



**Please encourage your immediate family members to join!**

TO PRE-REGISTER  
OR FOR MORE INFO:



606.672.2154



[csmith11@arh.org](mailto:csmith11@arh.org)

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

Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!



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

Raising kids, Eating right, Spending smart





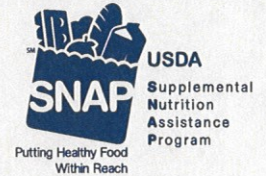
## Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

### Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

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. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



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

Don't overcrowd the pan or the veggies will steam instead of roast.

6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

**Makes 6 servings**

**Serving size: 1 cup**

**Cost per recipe: \$7.71**

**Cost per serving: \$1.29**

### Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

### Source:

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



Save the Date



Join us for the next Bee Club meeting on November 25th at 6:00 PM! Bring a dish that uses honey as an ingredient to participate in our potluck.

We look forward to seeing you there!



**Achievement  
Applications  
due by  
December 2nd, 2024**



Community Service Opportunity  
**Wreaths Across America**



Join us for a meaningful memorial service for Wreaths Across America on Saturday, December 14th, at 9 AM. We'll gather in front of the Leslie County Courthouse, followed by the placement of wreaths on veterans' graves. Your participation will honor those who have served. We look forward to seeing you there!

## Annual 4-H Silent Auction

A fundraiser for Leslie County 4-H



**Friday,  
December 6th**



will begin directly after Christmas Parade

### Ways to Help

- Donate or Purchase
- Make a tax-deductible donation

If you wish to make a donation you can drop off at Leslie County Extension or contact us at 672-2154 to arrange a pick-up. We hope to see you at the Silent Auction ready to bid on items!

*Thank you for your support!*

## Annual Parade of Lights Holiday Craft & Vendor Sale

Hosted by Leslie County 4-H

Join us on Friday, December 6th, for a festive holiday craft and baked goods sale at the Leslie County Extension, in conjunction with the Holiday Parade of Lights! Vendors can set up starting at 9:00 AM and are welcome to stay until the auction wraps up, typically around 8:00-8:30 PM. The sale will take place on the 1st floor of the Extension office. Don't miss out on this wonderful holiday event!

**\$10.00 donation to set up or item  
donation to the silent auction**

Contact Leslie County Extension at  
672-2154 to reserve your spot!

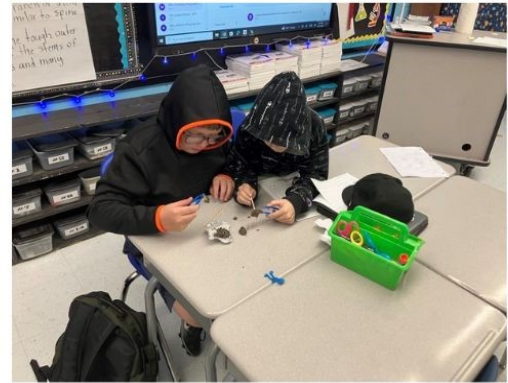


# IN-SCHOOL PROGRAMS



## 4-H SCIENCE WITH MR. GARRY

MR. GARRY VISITED ALL THE 4TH GRADES IN THE COUNTY TO CONDUCT AN ENGAGING LESSON ON OWL PELLETS. THIS INTERACTIVE SESSION TAUGHT STUDENTS ABOUT LIFE CYCLES, SURVIVAL, AND NOCTURNAL ANIMALS. THE STUDENTS ENJOYED THE HANDS-ON LEARNING EXPERIENCE, AND WE LOOK FORWARD TO SEEING WHAT MR. GARRY COMES UP WITH NEXT MONTH FOR ANOTHER EXCITING LESSON!



## 4-H CULTURAL ART WITH MS. JACE

MS. JACE VISITED ALL THE 5TH GRADES IN THE COUNTY TO DELIVER AN ENGAGING CULTURAL LESSON ABOUT APPALACHIAN HERITAGE. STUDENTS LEARNED ABOUT THE STATES THAT MAKE UP THE APPALACHIAN REGION, THE ORIGIN OF ITS NAME, AND FOOD PRESERVATION TECHNIQUES. AT THE END OF THE LESSON, THEY SAMPLED BEEF JERKY AND JOHNNY CAKES. THE STUDENTS ALSO ENJOYED A HANDS-ON ACTIVITY WHERE THEY SHOOK WHIPPING CREAM TO TURN IT INTO BUTTER FOR THEIR JOHNNY CAKES. IT WAS A DELIGHTFUL AND EDUCATIONAL EXPERIENCE FOR ALL!



# OCTOBER TEEN COUNCIL MEETING



THE TEEN COUNCIL MEMBERS CONVENED TO DISCUSS UPCOMING PLANS, FOCUSING ON POTENTIAL FUNDRAISERS AND COMMUNITY SERVICE EVENTS. AS ALWAYS, THE GROUP IS DEDICATED TO MAKING THE BEST BETTER, FOSTERING A COLLABORATIVE ATMOSPHERE WHERE MEMBERS SHARED IDEAS AND BRAINSTORMED INITIATIVES. THEIR ENTHUSIASM FOR ENGAGING THE COMMUNITY AND RAISING FUNDS FOR 4-H HIGHLIGHTS THEIR COMMITMENT TO MAKING A POSITIVE IMPACT THROUGH THEIR PLANNED ACTIVITIES.

## 2024 GHOST WALK



THE 4-H TEEN COUNCIL MEMBERS JOINED AGENT JACE PETERS AND LCHS PLACE IN A COLLABORATIVE EFFORT TO RAISE FUNDS FOR BOTH ORGANIZATIONS. THE EVENT FEATURED COMMUNITY VOLUNTEERS WHO SHARED SPOOKY GHOST STORIES WHILE THE 4-H COUNCIL SOLD CONCESSIONS AND LCHS PLACE TOOK PHOTOS. SOME PARTICIPANTS DRESSED AS SCARE ACTORS, ADDING TO THE FESTIVE ATMOSPHERE. IT WAS A GREAT EVENT THAT SUCCESSFULLY RAISED MONEY FOR IMPORTANT CAUSES. A HEARTFELT THANK YOU TO EVERYONE WHO CONTINUES TO SUPPORT OUR EFFORTS!

# Fall Nutrient Applications

Fall is an ideal time to apply fertilizer to Kentucky soils. Soil testing is crucial to determine the specific nutrient needs of your fields. Nitrogen and animal manures should generally be applied in the spring to avoid losses.

## BENEFITS OF FALL FERTILIZATION:

- Prevents planting delays in spring.
- Reduces risk of soil compaction due to drier weather.
- May lead to savings on fertilizer costs.

**For more information, visit your  
local county extension office!**

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

*Source: John Grove, Plant and Soil Sciences professor  
An Equal Opportunity Organization.*



**Contact the Leslie County  
Extension Office about getting  
a free soil test. Find out exactly  
what you need to do to make  
your soil the best it can be.**

**672-2154**



### Lets make some extra Money!

Do your family and friends say you make the best jams, jellies or baked goods? Do they constantly say you should sell it? Well, maybe you should. Call the Leslie County Extension Office and speak to me, Michelle Brock, to find out how easy it is to become a Certified Homebased Processor.



Homebased processors live in Kentucky but are not necessarily gardeners, but can be. They are allowed to make a variety of low risk products that do not require refrigeration. Homebased processors do not have to grow anything in the products they make. Products can be sold directly to the public within this state including from the processor's home by pick-up or delivery, a farmer's market, a roadside stand, fairs, festivals, community events or online.

# Cheese Making Class



**Nov. 25th**

**2:00 PM**

**Leslie County Extension Office**

**Registration is Required**

**672-2154**

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

Return Service Requested

**call 672-2154 to sign up**

JOIN US FOR A FUN-FILLED EVENING OF CRAFTING! WE'LL HAVE CRAFT STATIONS SET UP TO CREATE HOLIDAY ITEMS FOR THE UPCOMING SEASON. THIS EVENT IS OPEN TO EVERYONE!

**MONDAY, NOVEMBER 18TH @ 4:00 PM**

**Holiday Showcase event**

SAVE THE DATE