County Agricultural Investment Program (CAIP)
*Cost Share Money Available for Farm Improvements*

Applications will be available for Leslie County’s CAIP program to assist farmers in making important on-farm investments. Application Period: **March 1 through March 31, 2017**

No applications will be accepted after **March 31, 2017 at 4:00 p.m.** Applications available at the **Leslie County Conservation District Office**, located at 20 Davidson Fork Road (bottom of the spur), **Monday – Friday from 8 a.m. to 4:00 p.m.**

Vicki R. Boggs
County Extension Agent for 4-H Youth Development Education
vicki.boggs@uky.edu

Brittany Bowling
County Extension Agent for Family and Consumer Sciences Education
brittant.bowling16@uky.edu

Ray Wilson
County Extension Agent for Agriculture and Natural Resources Education
rwilson@email.uky.edu
# April 2017

<table>
<thead>
<tr>
<th>Sun</th>
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<tr>
<td></td>
<td>2</td>
<td>March 28 Chick Incubation begins: 9:30 a.m.—Hayes Lewis; 12:00 p.m. &amp; 12:50 p.m.—Stinnett 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
<td>March 29 Chick Incubation begins: 10:00 a.m.—W B Muncy; 12:20 p.m., 1:10 p.m. &amp; 1:55 p.m.—Mountain View</td>
<td>March 30 12:00 p.m.—3:00 p.m.—4-H Art Hojalata Tin Art—Mountain View 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
<td>March 31 10:10 a.m.—4-H Science Wind W B Muncy</td>
<td>1 “April Fools’ Day”</td>
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<td>3</td>
<td>4:00 p.m. — Beech Fork Homemakers</td>
<td>4 1:00 p.m.—Lunch-N-Learn—Diabetes 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge 1:00 p.m.—3:00 p.m.—4-H Art Clubs Stinnett—4th Grade</td>
<td>5 Chick Incubation Lesson #2: 9:30 a.m.—Hayes Lewis; 12:00 p.m. &amp; 12:50 p.m.—Stinnett</td>
<td>6 8:30 a.m. Come Sew with us Perry County Chick Incubation Lesson #2: 10:00 a.m.—W B Muncy; 12:20 p.m., 1:10 p.m. &amp; 1:55 p.m. — Mountain View; 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge 5:30 p.m.—7:00 p.m.—The Healthy Futures Fair at Mountain View</td>
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<td>Chick Incubation Lesson #3: 9:30 a.m.—Hayes Lewis; 12:00 p.m. &amp; 12:50 p.m.—Stinnett 12:00 p.m.—Keys to Embracing Aging; 12:30 p.m.—Cutshin Homemakers 5:00 p.m. - Hyden Homemakers</td>
<td>Chick Incubation Lesson #3: 10:00 a.m.—W B Muncy; 12:20 p.m., 1:10 p.m. &amp; 1:55 p.m.—Mountain View 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
<td>11 Chick Incubation Lesson #3: 10:00 a.m.—W B Muncy; 12:20 p.m., 1:10 p.m. &amp; 1:55 p.m.—Mountain View 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
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<td>13 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
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<td>16</td>
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<td>Chick Incubation Hatching: 9:30 a.m.—Hayes Lewis; 12:00 p.m. &amp; 12:50 p.m.—Stinnett 1:00 p.m. &amp; 4:30 p.m.—Couch Potato Challenge 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
<td>Chick Incubation Hatching: 10:00 a.m.—Stinnett Homemakers 12:00 p.m. &amp; 12:50 p.m.—Stinnett 1:00 p.m. &amp; 4:30 p.m.—Stinnett Senior Citizens 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
<td>18 Chick Incubation Hatching: 9:30 a.m.—Hayes Lewis; 12:00 p.m. &amp; 12:50 p.m.—Stinnett 1:00 p.m. &amp; 4:30 p.m.—Mountain View 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
<td>19 Chick Incubation Hatching: 10:00 a.m.—W B Muncy; 12:20 p.m., 1:10 p.m. &amp; 1:55 p.m.—Mountain View</td>
<td>20 1:30 p.m.—Stinnett Homemakers 2:00 p.m.—Stinnett Senior Citizens 4:00 p.m.—Pinterest Make &amp; Take 3:30 p.m.—Teen Meeting 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
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<tr>
<td>23</td>
<td>24</td>
<td>2:00 p.m.—Painting with Bernie</td>
<td>“Administrative Professionals Day”</td>
<td>25</td>
<td>26</td>
<td>27 3:40 p.m.—4:10 p.m.—4-H: Fourth H For Health Challenge</td>
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**REMINDER!**
When school is cancelled due to the weather, Leslie County Extension Programs will be cancelled as well.

**Attention 4-H Campers:** May 19th Deadline for Camp Pre-Registration
Protect poultry from bird flu
Source: Tony Pescatore, UK poultry specialist

Recently a highly pathogenic strain of avian influenza, H7, appeared on a large poultry farm in Tennessee by way of migratory ducks and geese. Currently no birds in Kentucky are infected, however, all poultry producers should take precautions and stay aware.

The H7 virus is a North American strain that is of wild lineage, meaning waterfowl could be a source of it. Since this is the season for waterfowl to migrate north in the Mississippi flyway, there will be an increased presence of migratory ducks and geese in Kentucky.

Poultry producers need to be aware of waterfowl in the area. You should avoid these migratory birds and their droppings. Think about lakes, farm ponds, wooded areas, golf courses and parks in your area. Always wear clean footwear and clothing after you have been in these types of environments before taking care of your poultry. Remember, the strain in Tennessee is highly contagious to poultry but is not to humans or pets.

Follow the FLU method to prevent avian flu in your birds.

F—Flock observation—Early detection is important so make sure to daily observe flocks and note changes in appearance, behavior, and drinking and eating habits.

L—Limit traffic—Contaminated clothing and equipment can spread avian influenza between poultry premises. Be sure to keep a log of visitors and vehicles on your farm. Be aware of places visitors may have had contact with birds or their droppings such as hunting lands, ponds, pet stores, zoos and visitors can accidently bring disease to the farm. It’s a good idea to have visitors and workers put on clean boots to help stop disease from spreading.

U—Unwanted critters—avian influenza can be spread through the feces and bodily fluids of infected birds, so keep poultry from coming into contact with wild birds. It’s a good idea to keep areas mowed around poultry houses and coops to control wild birds and rodents. Keep all other animals out of the chicken house. You should isolate new or returning birds from the rest of the flock for at least 30 days.

Signs of avian influenza can also be signs of common poultry ailments, but there are differences, because highly pathogenic avian influenza is always fatal. Symptoms include sudden death; little to no appetite or energy; little to no egg production; soft or deformed eggs; nasal discharge; coughing, sneezing or breathing difficulty; swelling around the head, neck and eyes; purple discoloration; loss of muscle control; drooping wings; twisting of the head and neck; inability to move and diarrhea. Birds may have the disease for three to seven days before they show signs, and death can occur between 24 and 48 hours after the first sign.

The University of Kentucky Veterinary Diagnostic Laboratory will test birds for a fee. The UK VDL and the Murray State University Breathitt Veterinary Lab are both certified through the National Animal Health Laboratory Network to handle bird flu cases.

For more information, contact the Leslie County Cooperative Extension Service or Ray Wilson at 672-2154.
SPRING BREAK TIME!

Spring break is a time to get out of the usual day-to-day of school. Whether you are travelling far or staying close to home, Wally Cat wants to make sure you have a good time and that you are safe.

If you are getting away for the break, here are some things to think about:

**Travel safely**
It is very important to buckle your safety belt when you are in the car, even if it is only for travelling a very short distance. Buckling up is a good habit. If you are travelling a longer distance, make sure that the seatbelt stays on the whole time and in the proper place. That means one strap across your lap and another across your chest. If you are under 13 years old, you should ride in the backseat. This is the safest place for you to be.

**Be safe outside**
If you and your family are going to be outside for some time, wearing sunscreen is important so that you do not get a sunburn. Having a sunburn hurts and may make it hard for you to enjoy the rest of your trip. It is especially important if you are going somewhere warm and sunny.

If you will be playing on a trampoline, be sure to stay safe. Only one person should be on the trampoline at a time. When there is more than one person on the trampoline, there is a higher chance that you could get hurt, including breaking bones. Also, remember that if you are not trained like a gymnast you should not try to do flips or fancy jumps.

If you will be biking, do not forget your helmet! It is a very important part of staying safe while riding your bike. Make sure that you snap the chin strap as well. You should also wear a helmet if you are on a skateboard or playing other sports that use helmets.

**Eat healthy foods**
It is easy when you are not in your usual day-to-day routine to eat foods that are quick and not as healthy. Try to remember to eat your fruits and veggies, even when you are on the go.

Wally Cat knows that spring break can be a lot of fun, but make sure that you are being safe while having a good time.

For more information contact Vicki R. Boggs, Leslie County Agent for 4-H Youth Development Education at (606) 672-2154.

REFERENCE: [www.ca.uky.edu/HEEL/BulletinsApril2017](http://www.ca.uky.edu/HEEL/BulletinsApril2017)
WHAT’S BEEN HAPPENING IN 4-H

Congratulations Emily!!!

Leslie 4-H'er Receives Statewide Recognition!
The 2016 Gold Competitive Achievement highlighted some of the best and brightest 4-H Members from across the state. On March 4, 2017 Emily Boggs interviewed for and received her gold achievement, being one of the 30 youth selected as a 4-H Gold Achievement Award winner. For her efforts she will be receiving a full scholarship to the 2017 Teen Conference held June 2017 on the University of Kentucky campus. In addition, she will receive $800 towards attending the 2017 National 4-H Congress Conference in Atlanta, Georgia November 24 through November 28, 2017. She will be honored at the 2017 Teen Conference Achievement ceremony on June 13, 2017 at 6pm EST. during Teen Conference. **Emily also placed in the top 10 which earns her the opportunity to interview on June 12th for Emerald Achievement, which is the highest level of achievement in 4-H!**

4-H A Capitol Experience

On March 22, 2017 the 12th Anniversary of 4-H A Capitol Experience was attended by six Leslie County 4-H Teens; Jordyn Amundsen, Jordyn Estridge, Alexis Feltner, Nick Gibson, Ryleigh Napier, and Akelia Turner. They enjoyed touring the Capitol and meeting with their State Representative Tim Couch. They also got to meet Governor Matt Bevin. Shortly after lunch the entire 4-H delegation received greetings from Governor Bevin and his Office, Lt. Governor’s Office, Senate President Office, Speaker of House of Representatives, UK Administration and KY Touchstone Energy Cooperatives. Their day at our Capitol was packed with citizenship education and awareness! A special thanks to our staff and volunteer Robert Amundsen that made this day possible for Leslie County Youth!
**4-H Teen Summit**

March 9th-11th Leslie County had three youth attend 2017 Summit, a Teen Leadership Conference held annually at Lake Cumberland 4-H Educational Center in Jabez, Kentucky. This conference is exclusively for the middle-school age group. In addition to leadership workshops and educational sessions, participants had the opportunity to network with other pre-teens, participate in fun shops and take part in recreational activities. This year 4-H Summit held their first ever 4K with over 90 participants! A special thank-you to our Master Clothing Volunteer, Betty Harris for her expert service to our Youth! For more information on how to be involved in 4-H contact Vicki R. Boggs at 672-2154 or vicki.boggs@uky.edu.

*Pictured Left to Right: Jathan Shell, Nathan Adams, Kaitlyn Adams, Vicki Boggs, Jace Peters and Betty Harris*

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**NRESci Academy Scholars attended March trip to RCARS**

On March 2nd Jace Peters, 4-H program assistant along with Ruth Ann Shell, adult volunteer accompanied these scholars on their spring quarterly trip. Our first year scholars engaged in learning activities about aquatic invasive species, mussel conservation and Kentucky watersheds. Our second year scholar learned about the importance of trees and had the opportunity to make a cutting board at the wood utilization center! Learning about natural resources, conservation, exploring nature and how it relates to us is an important part of “MAKING THE BEST BETTER”!

Jesse Shell, Emily Brock, Jocelyn Clifton

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**Mountin Top Horse Club**

Leslie County 4-H Horse Club met on March 6th at Leslie County Cooperative Extension. Angela Feltner, our volunteer shared an educational power point lesson on Breeds and Markings. We discussed T-Shirt designs, upcoming district and state 4-H shows, a future hands-on horse Showmanship training in April a Derby Party, Horse Camp and summer 4-H Field Trip. Everyone seemed to enjoy the lesson and gain lots of interesting information. A Derby Party is scheduled on Saturday, April 22nd here at Leslie County Extension. Lots of fun and food planned along with the movie “Secretariat”. We also shared literature to start a fundraiser with Popcornopolis, selling popcorn to provide funds...
for our horse club. Our meeting ended with a fun game about horse breeds and markings. If you would like to join our 4-H Horse Club contact us for more information here at Leslie County Cooperative Extension, 672-2154.

4-H Art Clubs Explore Cultures!

African Culture was explored during the month of February through the middle of March with Leslie County Schools 4th Grades. They learned a bit about African culture and symbols while each student experienced creative expression by designing their own African Mask! They designed personal and unique symbols that reflected their individual lifestyles. Having FUN while learning through Creative Expression is one goal of our 4-H Art Clubs! Special thanks to our teacher volunteers for making our art lessons possible. Making the BEST BETTER with 4-H!

4-H Teen Leaders met March 16th at Leslie County Extension. Lots of topics were covered and dates for upcoming events were shared. 4-H Camp and Teen Conference are coming up in June with training requirements for teen leaders. One topic discussed was their Relay for Life fundraising efforts. They participated in a service effort, Scratch N Give for Relay for Life. They were eagerly joined by staff, parents and homemakers! Thank you teens, staff and family for your contributions! Special thanks also to Emma for her generous donation to this cause! Making the best BETTER!

WHAT’S COMING UP IN LESLIE COUNTY 4-H

4-H Teen Leader Meeting

Make plans to join us for the upcoming 4-H Teen Leader Meeting. We eat, learn, serve, and more!

Thursday, April 20, 2016 at 3:30 p.m.
4th H for HEALTH CHALLENGE!
Tuesday and Thursday evenings 3:40-4:10
Teens are taking The 4th H for Health Challenge to a new level that will help them be healthy now, and in the future. Healthy habits are easier to reinforce with the 3 principles of Drink Right, Move More, and Snack Smart, decided by our teen leaders last fall. We are meeting here at Leslie County Extension to begin Physical Activity and promote mindfulness about being healthy! We will have bottled water and fresh fruits or vegetables to enjoy after our 20-30 minutes of physical activity. Plan to join in when you can and bring a friend! Plans are to continue for the remainder of this school year. This is led by Teens, Volunteers, Homemakers and Extension Staff.

Mountin Top Horse Club
Saturday, April 22, 2017 A Derby Party is scheduled here at Leslie County Extension. Lots of fun and food planned along with the movie "Secretariat". If you are interested in joining the horse club please contact the Leslie County Extension Office at 672-2154.

The Healthy Futures Fair at Mountain View Elementary
April 6, 2017
5:30-7:00pm

Kentucky 4-H Healthy Living Ambassadors
Help us work to improve the overall health of Kentucky Youth!
Contact your county 4-H agent today!
Must be a high school aged 4-H member to participate.

For more information contact Vicki R. Boggs at 672-2154
2017 4-H Camp Pre-Registration Form

4-H Camp Dates:  June 19 – 22, 2017
4-H Camp Fee:  $185 ($30 deposit required; full and partial scholarships available!)

Camper’s Name ___________________________________________ Birth Date ___ / ___ / ___

Mailing Address ______________________________________________________________________

City ___________________________ State __________________________ Zip Code ____________

Gender (Circle One)  Male / Female  School Attended ______________________________________

Race/Ethnicity ___________________________ Grade _________ T-Shirt Size (Adult) ______________

Have you attended 4-H Camp before? ______________ If so, how many years? __________________

Camper would like to bunk with __________________________________________________________

Custodial Parent(s) / Guardian(s) Name __________________________________________________

Home Phone ___________________________ Cell Phone ____________________________

Work Phone ___________________________ Email _________________________________

Will the camper need special accommodations while at camp due to any allergies, disability, or medical
condition? If so, please explain.

____________________________________________________________________________________

REMEMBER: You will have to fill out the complete Health & Registration Form before your child can
attend 4-H Camp. We will send these to you once we have processed this pre-registration form!

Scholarship: In order to qualify for a scholarship you must complete the bottom portion of this application!

Scholarship Application (Optional—Complete Only If Requesting A Scholarship)

Please complete the section below if you are applying for a full or partial scholarship.

Are you eligible for free or reduced lunch?  No / Reduced / Free

Does your family receive SNAP benefits?  Yes / No

Estimated Annual Family Income ____________

Certification of Applicant
I do hereby certify that the information provided above is correct.

____________________________________________________________________________________

Please return (with $30 deposit)
Make checks payable to: Leslie County 4-H Council

Mail or Bring to: Leslie County Extension Service 22045 Main Street #514 Hyden, KY 41749

Signature of Parent or Guardian ___________________________ Date ____________________
Leslie County 4-H CAMP

MOVIES! FRIENDS! FUN!


Who can go to 4-H Camp? 4-H Camp is for all Leslie County youth that will be entering grades 4th – 9th next school year.

How much does it cost to go to 4-H Camp? The cost for camp this year is $185. We have many full and partial scholarships available to assist in paying the cost.

To be eligible for a scholarship, you must complete the pre-registration form in this brochure, write a brief essay of why you would like to attend camp, attach it to this registration and submit it to the Extension Office with a $30 deposit by May 19, 2017.

How do I register? Complete the pre-registration form on the back of this brochure and return it to the Extension Office. A deposit of $30 is due with the application to reserve your space at camp. You will receive additional forms in the mail that must be completed prior to camp. We are limited on the number of youth who can attend—get your application in early!

What about school? If school is still in session during our camping week according to Kentucky Statute (KRS) 159.035, you will not be counted absent from school.

What do you do at Camp? Camp is packed with activities from dawn to dusk! Campers will take classes offered by certified instructors in classes like:
- Swimming
- Canoeing
- Archery
- Nature
- Ropes
- Arts & Crafts
- Riflery
- Sports
- Fishing
- Plus, you’ll have the chance to take part in exciting team challenges, nightly dances, campfires, night hikes, and more!

Where do we sleep? Campers stay in cabins with trained teen and adult leaders. Boys and girls are in separate cabins on separate sides of the camp. If you would like to bunk with a friend, we can do that! Just be sure to indicate their name on the pre-registration form.

Sign Up Today! To reserve your spot at 4-H Camp, please complete and return the pre-registration form in this brochure. Additional registration materials will be sent for you to complete. A $30 deposit is required with your pre-registration form to reserve your spot and to apply for a scholarship.

Please return forms by May 19, 2017! Make checks payable to: Leslie County 4-H Council

Mail form and payment to: Leslie County Extension Office; 22045 Main Street #514; Hyden, KY 41749

For more information: Vicki R. Boggs, Leslie County Agent for 4-H Youth Development Education Agent Phone: (606) 672-2154; Email: vicki.boggs@uky.edu; Web: http://leslie.ca.uky.edu; facebook.com/lesliecoextension
Leslie County
4-H CAMP

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- Swimming
- Canoeing
- Archery
- Nature
- Ropes
- Arts & Crafts
- Riflery
- Sports
- Fishing
- Lots More!

Plus, you’ll have the chance to take part in exciting team challenges, nightly dances, campfires, night hikes, and more!

Where do we sleep?
Campers stay in cabins with trained teen and adult leaders. Boys and girls are in separate cabins on separate sides of the camp.

If you would like to bunk with a friend, we can do that! Just be sure to indicate their name on the pre-registration form.

Sign-up today!

J.M. Felimer 4-H Camp - London, KY

June 19 - 22, 2017

Leslie County 4-H Council

Mail form and payment to:
Leslie County Extension Office
22045 Main Street #514
Hyden, KY 41749

For more info contact:
Vicki R. Boggs
4-H Youth Development Education Agent
Phone: (606) 672-2154
Email: vicki.boggs@uky.edu
Web: http://leslie.ca.uky.edu/

Find us on Facebook
facebook.com/lesliecoextension

4-H YOUTH DEVELOPMENT
University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service
ORGAN DONATION: DID YOU KNOW?

There are many myths about organ donation. These myths may result in someone not wanting to be a donor. Learn a little more about common myths, and whether there is any truth to them. **Myth 1**: If I have a chronic medical condition, I cannot be a donor. **Fact**: Regardless of your medical history, you can sign up to be a donor. There are actually a few conditions in which a donation would not be possible. These include HIV infection, active cancer or infection that affected the whole body. If a person is listed as a donor, the transplant team will determine if a donation is possible at the time of the donor’s death. **Myth 2**: If I am at a hospital and the healthcare team sees that I am a donor, they will not try to save my life. **Fact**: When a person is admitted to the hospital, the healthcare team’s priority is to take care of the person and save their life if needed. Donation of organs is not part of the conversation until all other lifesaving methods have been used. **Myth 3**: People who have a lot of money or are famous get to the top of the waiting list faster than anyone else. **Fact**: There is a national computer system that works to match up donors and recipients. The match comes from comparing the donor and medical information of the receiver of the organs. Blood type and time spent waiting, and geographic location all come under consideration as well. How much money a person has, their race or celebrity are never used to determine recipients. **Myth 4**: There are people out there who could take my organs and sell them. **Fact**: In the United States, there are federal laws that ban the buying and selling of organs. If a person or company is doing that, they can be fined or given prison sentences. **Myth 5**: If I donate organs, my family cannot have an open casket at the funeral. **Fact**: When organs are donated a body is treated with care throughout the process. In most cases an open casket funeral is possible for those who donate organs, issues and even eyes. Donating organs can be a big decision, but could save many lives. Don’t let myths about donation stop you from being an organ donor.

For more information contact Brittany Bowling, Leslie County Agent for Family and Consumer Sciences Education at (606) 672-2154.

**REFERENCE**: www.ca.uky.edu/HEEL/BulletinsApril2017
What’s Coming Up in Extension?

**Lunch-N-Learn - Understanding Diabetes**
April 4th – 1:00 p.m.
Linda Combs, Knott CEA/FCS will share how to understand diabetes. Diabetes is a common condition that has serious effects for the individual and their family. This program will cover what diabetes is, how to prevent it and how to manage it. Please call (606) 672-2154 and pre-register so we will know how many to prepare for.

**Come Sew with Us - Perry County**
April 6th – 8:30 a.m. -12:00 p.m.
For those of you who have signed up to go to Perry County, the van will be leaving the Leslie County Extension Office at 8:30 a.m. Please call 672-2154 and register so we will know how many will be going.

**Keys to Embracing Aging**
April 10th – 12:00 p.m.
Join us for our first of 12 sessions of Keys to Embracing Aging. This is an exciting new program in our county that you won’t want to miss. Monthly challenges and incentive items will be given! Please contact the extension office at (606) 672-2154 to register.
What you do today will affect your future, especially when it comes to aging. Since there is no magic potion to stop the aging process, it is important to take care of yourself. No one knows this better than today’s active centenarians, individuals who are 100 years and older. From them, we have identified 12 healthy behavior practices that encourage optimal aging throughout the life span.

**Couch Potato Challenge**
April 18th–1:00 p.m. & 4:30 p.m.
Have you decided it is time to get off the couch, but not sure how? Start Slow, Start Smart, Start with Us!

This 12 week challenge is based on the National Heart, Lung, and Blood Institute’s walking plan and allows you to start at just five days a week and at a pace that is comfortable for YOU. Call (606) 672-2154 to reserve your spot.

**Pinterest Make & Take**
April 20th - 4:00 p.m.
Kentucky String Art! Call (606) 672-2154 to reserve your spot.

**Painting with Bernie**
April 25th - 2:00 p.m.
Paint with Bernice Bowling! Come create your own masterpiece! Call (606) 672-2154 to reserve your spot.

**Senior Citizens**
Stinnett Senior Citizens Meeting April 20th – 2:00 p.m.

**Homemakers’ Meetings**
Beech Fork Club Homemakers
April 3rd – 4:00 p.m.
Cutshin Homemakers Club Meeting
April 10th – 12:30 p.m.
Hyden Homemakers Club Meeting
April 10th – 5:00 p.m.
Stinnett Homemakers Club Meeting
April 20th – 1:30 p.m.
OUR FOCUS

The Kentucky Nutrition Education Program works in all 120 counties to improve the lives of limited-resource Kentuckians through education and changes in behavior and in community. Through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP), the University of Kentucky Cooperative Extension Service has agents and nutrition assistants across the state who are dedicated to improving lives in their communities.

OUR CHALLENGE

Poverty

In Kentucky, household median income is $45,215, which is much lower than the U.S. median of $55,775. Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.¹

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<tr>
<th></th>
<th>Kentucky</th>
<th>U.S.</th>
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<tr>
<td>Total Poverty</td>
<td>18.5%</td>
<td>14.7%</td>
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<tr>
<td>Child Poverty</td>
<td>25.9%</td>
<td>20.7%</td>
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<tr>
<td>Food Insecurity</td>
<td>17.6%</td>
<td>13.7%</td>
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<tr>
<td>Very Low Food Secure</td>
<td>7.3%</td>
<td>5.4%</td>
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In 2014, an estimated 3,514 Leslie County residents lived in poverty, and 890 of them were children. This is a -2.6% decrease in total poverty and -5.0% decrease in child poverty since 2007.²

SNAP benefits

Participation in the SNAP program among those who are eligible for its benefits is higher in Kentucky than in the U.S. as a whole.³

In 2015, 3,572 Leslie County residents received SNAP benefits, a 7.4% increase since 2007.³

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<thead>
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<th>Kentucky</th>
<th>U.S.</th>
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<tbody>
<tr>
<td>SNAP Participation</td>
<td>91%</td>
<td>83%</td>
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Obesity

Nearly half of all American adults experience one or more preventable, diet-related chronic conditions, such as high blood pressure, cardiovascular disease, type 2 diabetes, and obesity.⁴ Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.⁴ A large body of evidence shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.⁴

In 2013, 3,658 Leslie County residents were considered obese, representing 43.2% (49.2%-37.2%) of the county’s population.⁶
OUR SOLUTION

Provide hands-on, nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2016, 5,237 Leslie County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2016, 95% of adult participants made a positive change in food group choices and 71% showed improvement in one or more food safety practices. In addition, 65% began to plan meals in advance more often and 71% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

OUR SUCCESS

Programs improve senior adult health and nutrition

The 65 and over age group is the fastest-growing population in the United States. According to Kentucky By the Numbers, Kentucky already is one of the nation’s “grayer” states, with 13.3% of its population age 65 or older. Leslie County’s 65 and older population is 14.2%. Research shows that an inactive lifestyle not only increases the risk of becoming overweight or obese but also contributes to an increased risk for disease and disability. With a rapidly increasing older adult population, the importance of making healthy lifestyle choices is a necessity.

The Leslie County Family and Consumer Sciences agent offers monthly programs to three senior citizens centers and one community center, discussing issues related to nutrition and health. Lessons include information about healthy portion sizes; increasing consumption of fruits, vegetables, and dairy foods; and how to increase physical activity daily. Plate It Up Kentucky Proud information and recipes are also shared.

In a follow-up survey of program participants, 87% report increasing the amount of fruits and vegetables consumed daily, drinking more water instead of sugar-sweetened beverages, and increasing their physical activity. As a result of practicing better health choices, 93% said that they feel better and have more energy. Comments from some of the participants include, “I enjoy you coming and bringing new and healthy recipes for us to enjoy,” and “I didn’t know that I was eating larger portions than what is recommended.”

SOURCES:
2. U.S. Census Bureau, Small Area Income and Poverty Estimates
4. 2015-2020 Dietary Guidelines for Americans
5. stateofhealthKy.org, accessed September 2016
6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

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KYNEP.ca.uky.edu  Facebook.com/KYNEP
Arts & Crafts Council Meeting
Will be meeting April 18, 2017 at 6:00 at the Leslie County Extension Office.
(Always, the 3rd Tuesday of the Month at 6:00 p.m.)
Call Mary Ethel Wooton for more information.

Free Healthy Baby Workshop, Leslie County Extension Office
Friday April 7, 2017
12:00 PM
Contact: Phillis Combs, 606-436-5761 Ext. 5008

Activities include information about having a healthy baby
All women attending will receive:
FREE BABY ITEMS
DOOR PRIZES
LUNCH PROVIDED
All pregnant women in Leslie & surrounding counties,
up to two months post-partum are invited to attend.
No registration required.