4-H Summit

March 17th-19th Leslie County had three eighth graders attend 2016 Summit at Lake Cumberland 4-H Educational Center in Jabez, Kentucky. This leadership retreat is exclusively for this middle-school age group. In addition to leadership workshops and educational sessions, participants had the opportunity to network with other pre-teens, dance, and take part in recreational activities and much more. For more information on how your pre-teen may be involved in 4-H, contact Vicki Boggs at 672-2154 or vicki.boggs@uky.edu.
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MEDICINES

Wally Cat does not like it when he does not feel well. Sometimes he has to take medicines to feel better. Have you ever had to take medicine? Have you ever wondered what medicines really are made of? This month Wally Cat wants you to learn more about medicines.

If you have ever had to take medicines, you know that different medicines may be different colors. You may also know that there are different ways to take medicine. Some medicines you have to swallow, while another may be given in a special mist spray. Still another could be in drops of some sort. No matter what the color or how you have to take it, medicines are made to help you feel better when you are ill.

Many medicines used today are made in special places called laboratories. It is made there and tested again and again to make sure it is safe for you to use and that it is effective against the illness.

Many of the "new" medicines used today are really newer versions of old medicines. These often have been worked on to make them even more effective in helping people feel better faster.

When you go to a doctor, he or she has to think about why you need help and understand the cause of your illness or problem. Some people may need to take more than one type of medicine at a time.

**Taking medicines:** There are many ways you may have to take a medicine. Medicines such as pills or liquids are swallowed. Once the medicine is swallowed, it travels down to the stomach. Once in the stomach it is broken down by your digestive juices and moved to the bloodstream. The bloodstream carries the medicine around the body to be used as needed. As you might have guessed, that takes a little while! Some medicines are needed much faster. Sometimes a medicine is inhaled through a mist that goes to the lungs. Sometimes a medicine has to be given as a shot. There are even some medicines that work by being put directly on the place where the medicine is needed, such as an ointment on a cut. **Pay attention!** Although medicines are very helpful, there are times when they could harm as well.

If you take too much of a medicine you could get very hurt. Outdated medicines can make people sick as well. If a doctor tells you that you should take the medicine for 7 days, then you should take it for 7 days, even if you are feeling better. Even though you may be feeling better, you want to make sure that the medicine is able to do its job. Wally Cat is glad that he is able to use medicines when he needs them. Medicines can help you feel better, but it is important to make sure that you take them as the doctor tells you.

WHAT’S BEEN HAPPENING IN 4-H

NRESci Academy Scholars attended March Trip to RCARS

Pictured left to right: Jesse Shell, Ray Wilson, Nick Adams and Bobby Roberts

On March 3rd Ray Wilson, Agriculture Agent accompanied these scholars on their quarterly trip. They engaged in activities learning about natural resources and environment. Learning about natural resources, exploring nature and how it relates to us always helps in “MAKING THE BEST BETTER”!

WHAT’S COMING UP IN LESLIE COUNTY 4-H

4-H Teen Council Meetings
Make plans to join us for these upcoming 4-H Teen Council Meetings.
We eat, learn, serve, and more!
Monday, April 14th – 3:30 p.m. Monday, May 12th – 3:30 p.m.

Post-Secondary Education
All high school seniors are eligible to apply for the 4-H Post-Secondary Education Scholarship. Awarding criteria is based on 4-H experience, achievement, need, and academic standing. Call 672-2154 for more details or for an application. Application Deadline Monday, May 2nd.

4-H Camp Counselor Training
All teen counselors are required to attend a training session prior to attending 4-H Camp this summer.
Tuesday, May 10th Van leaves for Perry County Extension Service at 4:30 p.m.!
4-H Camp

Save this date! May 31st - June 3rd
Ages: 9-14 years old  Cost: $185*
*Full and partial scholarships available. A $30 deposit is required to hold your spot and to be eligible for a scholarship.

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:
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.

How do I register?  Complete the pre-registration form (available at your school or the Leslie County Extension Office) and return it to the Extension Office by May 3rd. 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!

Contact Vicki R. Boggs Leslie County Extension for 4-H Youth Development at (606) 672-2154 for more information.

Fun!  Fun!  Fun!  Fun!  And More Fun!

4-H Teen Conference
Registration is now open for 4-H Teen Conference. If you are interested in attending this 4-day/3 night youth leadership conference, contact our office today! Deadline to register is May 3rd.
June 13-16, 2016  University of Kentucky Campus

Feltner 4-H Camp is now on Twitter and Instagram
ALCOHOL AWARENESS

Did you know that alcohol is considered to be the most commonly used addictive substance in the United States? It is estimated that 17.6 million people have alcohol abuse or alcohol dependence issues, and millions more drink and behave in risky ways. The National Council on Alcoholism and Drug Dependence, Inc. reports that many adults have a family history of alcoholism or problem drinking. Many children are impacted with approximately 7 million children living in homes where an adult is dependent on alcohol.

It is important to remember that defining an alcoholic cannot be done by what a person drinks or what time of the day they drink it. Rather, if a person's drinking causes problems, help is needed. Those problems could be due to finances, physical issues and emotional problems. They could happen at work or in the home.

Drinking a lot of alcohol can cause many health problems. Health problems can be both short term and long term. Some of those health problems could be: • Dementia • Heart attacks • High blood pressure

• Liver disease • Depression • Anxiety

Other issues related to problem drinking may include: • Loss of productivity (at work and home) • Increased chance of injury (falls, car crashes) • Increased risk of cancers (mouth, liver, throat) • Increased risk of violence toward family and friends

There is no magic way to help a loved one who is dependent on alcohol. However, there are some things you can do: • Learn all you can about alcoholism and alcohol dependence. This may include looking at trustworthy websites, getting books from the library or talking with others who have experienced alcoholism in their family. • Contact local help to see what services are available. It is not useful to expect a person with an alcohol problem to just stop without help. It is likely they will need some new skills to handle their alcohol dependence. • Speak up and offer support.

Talking to the person and showing your concern is important. Show your support for them as they receive treatment. • Know that it is a process. There is no overnight cure.

Continue your support for that person. Remember that success is a long-term recovery from their dependence. Alcohol dependence and abuse is not an uncommon issue across the United States. An individual who causes problems due to his or her drinking is in need of help.

What’s Coming Up in Extension?

Community Service Project
April 1st - 29th
Community Service Project for the month of April is a food drive for the Hospice of the Bluegrass. They need snack foods such as nabs, pop tarts, water, cake or cookies, etc. Bring these items to the Extension Office by April 29th. You will earn $100 Funny Money for every package you bring in.

Homemakers Lock-In
April 1st 4:00 pm-11:00 pm
The Leslie County Homemakers are planning a Homemaker Lock-In. During this lock-in, we will be playing Minute to Win It games, doing crafts, and making food for us to enjoy, (all supplies will be provided). Please wear comfortable clothing and bring a change of clothes (some games involve food). Remember this is for paid Homemakers only. If you have any questions please feel free to contact me at 606-672-2154 or 606-438-3090.

Healthy Living with Diabetes
April 4th
See flyer in newsletter

Homemakers Lunch-N-Learn
Credit Score Millionaire Blurb
April 5th - 12:00 p.m.
Did you know that about 50% of all employers use a credit report to help make hiring and promotion decisions? Please join us as we learn all about the importance of a good credit score. Participants will learn how to build a good credit score, will feel confident in their ability to increase your credit score, how to obtain your free credit report, and so much more! Natasha Lucas, Owsley CEA for Family & Consumer Sciences will be presenting this lesson.

Fun with Art
April 7th - 1:00 p.m.
Classes taught by Bernie Bowling. We will be painting Folk Art Tree of Life using cotton swabs and paint brushes absolutely no artistic skills are required. Supplies provided. Please call 672-2154 and register for this workshop. Limited to 10 participants.

Walk Your Way to Better Health
April 8th, 15th, 22nd, & 27th - 2:00 p.m.
See flyer in newsletter

Sewing Workshop: Log Cabin Pot Holder
April 11th - 1:00 p.m.
Supplies provided. Please call 672-2154 and register for this workshop. Limited to 8 participants.

Pinterest Make-N-Take
April 25th - 5:00 p.m.
Please come and enjoy yourself as we sample a delicious dish and decorate a mug with sharpie pens. Please call 672-2154 and pre-register so we will have enough materials for everyone. Class limit to 30.

Community Service Project
May 3rd – 11:00 a.m.
We will be making Chemo Turbans.

Homemakers Lunch-N-Learn - Travel Safety
May 3rd - 1:00 p.m.
Travel Safety taught by Kayla Watts, Breathitt Co. CEA for Family and Consumer Sciences. Being prepared for any travel makes the trip more enjoyable and safe for everyone. This program will help you complete necessary travel arrangements and be prepared if the unexpected happens.

Homemakers’ Meetings

Beech Fork Club Homemakers
April 7th - 4:00 p.m.

Cutshin Homemakers Club Meeting
April 11th - 12:30 p.m.

Hyden Homemakers Club Meeting
April 11th – 5:00 p.m.

Stinnett Homemakers Club Meeting
April 12th - 2:00 p.m.
What’s Been Happening in Extension?

Homemaker Lunch-n-Learn Tackling Your Laundry

Fun With Art

Homemaker trip to A Mountain Quiltfest

Beech Fork Homemakers Life Story

Truth and Consequences

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.
Walk Your Way to Health & Wealth

April 8th, 15th, 22nd, 27th,
May 6th, 13th, 20th, 27th,
June 3rd, 10th, & 14th
Leslie County Extension Office

Nanette S. Banks
Leslie County Family & Consumer Sciences Agent
Phone: (606) 672-2154; Email: nsbank2@uky.edu
Fabric Bin
Betty Harris will teach you to sew a fabric bin. Materials will be supplied. Class is limited to 12.

Pot Pincher Potholder
Cheryl McCauley will teach you to make these cute pot pincher potholders. All materials will be provided.

Disappearing Nine-Patch
Nancy Pratt will guide you through making this simple Disappearing Nine-Patch. You will start with a nine-patch, cut it, and re-sew into a new design.

Lip balm Holder
Faye Couch will show you how to make a fabric holder attached to a key ring to hold your lip balm.

Fabric Origami Bag
Carole Dunhuber will teach you how to make this cute drawstring Fabric Origami Bag which can be made in any size.

Radiant Star Potholder
Rita Rogers will guide you through making this beautiful radiant star potholder.

To attend either workshop, mail form to:
Perry County Extension Office    933 Perry Park Road  Hazard, KY 41701
Or email class choices, name, address, phone number and location you want to attend to gwooten@uky.edu

Register early! Class size is limited. Please register by May 5th.

____ I need to reserve a sewing machine
____ I will bring my own sewing machine

Registration Form

Choose Location:  ___Campton May 16
  ___Hazard May 23

Each class lasts one hour (you can select up to 3 classes)

___ Fabric Bin
___ Pot Pincher Potholder
___ Disappearing Nine-Patch
___ Lip Balm Holder
___ Fabric Origami Bag
___ Radiant Star Potholder

Name

Address

Phone

Email
May is Kentucky Water Awareness Month
Source: Ashley Osborne, extension associate for environmental and natural resource issues

Are you water aware?

Do you know how your home and garden water use impacts the water around you? May is Kentucky Water Awareness Month, and that’s a good time to think about how what we do affects the health of waterways in Kentucky and beyond.

Kentucky has more than 90,000 miles of rivers and streams. Each stream eventually meets the Mississippi River, either directly or via the Ohio River. That means everything we put into the water can potentially reach as far as the Gulf of Mexico.

A waterway is not only affected by what is flowing into it, but also by what is happening on the land surrounding it. Failing septic systems, illegal dumping, urban development and improper agricultural practices can negatively impact a stream.

When rain falls, it picks a wide range of pollutants. In urban environments, that could include oil, gas, fertilizers, pesticides, pet waste and more.

We can all be more aware around the house and in our gardens. Here are some simple things you can do to make a positive impact on Kentucky’s rivers and streams:

- Keep your vehicle in good working condition.
- Pick up after your pet.
- Seed or mulch bare-soil areas to prevent erosion.
- Install a rain barrel.
- Plant a rain garden.
- Never dump anything down a storm drain or sinkhole.
- Sparingly use pesticides and fertilizers.
- Properly dispose of trash.
- Don’t dispose of hazardous waste in sinks or toilets.

For more information, contact the Leslie County Cooperative Extension Service or Ray Wilson at 672-2154.
Arts & Crafts Council Meeting

Will be meeting **April 12, 2016 at 6:00** at the Rockhouse Baptist Church.
(Always, the 3rd Tuesday of the Month at 6:00 p.m.)
Call Mary Ethel Wooton for more information.

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**Healthy Living with Diabetes**

Monday, April 4th — 5:00  
Monday, May 16th — 5:00  
Tuesday, May 31st — 5:00  
Tuesday, July 12th — 5:00  
Tuesday August 9th — 5:00

Different topic monthly

Food Samples

Attend at least 4 sessions and receive free reinforcement items