Leslie County had 35 Youth who participated in Summer Residential Camp this year at JM Feltner 4-H Camp in London, Kentucky! Camp was packed with activities from dawn to dusk! Our youth had 3 nights and 4 days experience joining five other counties. Class offerings included: Archery, Riflery, Arts, Crafts, Scrapbooking, Bicycling, Tie dying, High and Low Ropes, Zip Line, Nature, Swimming, Fishing, Canoeing, Paddle-boating, Spotlight Photography, Sewing, Teen Leadership, Dancing, and lots More! One of 4-H's primary goals is to help young people become self-directing, productive and contributing members of society. Each camper had the chance to participate as a team member in leadership activities, challenges, competitions, and much more! and to join us next year for 4-H Summer Residential Camp!

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
brittany.bowling16@uky.edu

Ray Wilson
County Extension Agent for Agriculture and Natural Resources Education
rwilson@email.uky.edu
# July 2018

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<td>11:00 a.m. &amp; 4:00 p.m.—Get Moving, Leslie County</td>
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<td>10:00 a.m.–3:00 a.m. - 4-H Project Days: 4-H Beginner Cooking Academy—Ages 9-13 years old</td>
<td>10:00 a.m.–3:00 a.m. - 4-H Project Days: 4-H Advanced Cooking Academy—Ages 14-18 years old</td>
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<td>4:00 p.m.—Pinterest Make &amp; Take NRSci Academy</td>
<td>25 10:00 a.m.—4:00 a.m. - 4-H Project Days: Basket Weaving Ages 14-18 years old</td>
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Fighting the battle with chiggers
Sources: Lee Townsend and Mike Potter, extension entomologists

It’s chigger time across Kentucky. Just talking about them may make you itch. Chiggers are actually the immature stage of certain mite species. You’ll find them most often in overgrown, bushy areas. They also congregate in shady, humid areas near stream banks, under or around shade trees or in berry thickets.

After hatching, larvae crawl around until they find and attach to a suitable host. In addition to humans, chiggers feed on a variety of wild and domestic animals, including snakes, turtles, birds, rodents and domestic pets such as dogs and cats.

A widespread myth is that chiggers burrow into your skin and feed on your blood. This isn’t true. Instead, they attach to a skin pore or hair follicle and then inject a salivary fluid that produces a hard, domed area around them, and they use a feeding tube to withdraw liquefied tissues from hosts. The red welt rash and intense itching are allergic reactions to the salivary secretions and can last for up to two weeks or longer.

Larvae feed for about three or four days; then drop off and eventually mature into non-parasitic adults.

There are ways you can protect yourself from these itchy pests. Avoid walking through unmown fields, brush and other overgrown areas. Instead, walk in the center of mown trails to avoid brushing up against vegetation where chiggers congregate.

Create a barrier when you hike or camp in potentially infested areas so that chiggers can’t come in contact with your skin. Wear long pants that are tucked into boots or socks and long-sleeve shirts. Clothing made of tightly woven fabrics keep chiggers from reaching the skin as easily.

You can also apply an insect or tick repellent; just be sure to read and follow the directions on the container. Products containing DEET or picaradin are easy to find and use. You can also find clothing treatments containing permethrin.

Showering or bathing immediately after coming indoors effectively removes chiggers that have not yet attached. If that is not possible, thoroughly and briskly rubbing your skin with a dry towel may remove many chiggers before they are able to attach and feed.

While chiggers are most common in wild overgrowth, they can also make a home in shady areas of yards, parks, camps, picnic sites and recreation areas. You can control chiggers in your outdoor environment with effective vegetation management that allows sunlight in and reduces humidity. Prune trees and bushes, and mow closer. Remove scrub brush piles and accumulated debris to reduce protection for small animals and are important hosts for chiggers. As an added benefit, these steps will reduce problems with ticks as well.

For more information contact the Leslie County Cooperative Extension Service or Ray Wilson at 672-2154.
HEPATITIS C AWARENESS

According to the CDC, the rate of Hepatitis C infection is on the rise nationwide. Kentucky leads the nation with the highest incidence of Hepatitis C — our rate is seven times the national rate. Kentucky had the highest rate of new Hepatitis C infections in the nation from 2008 through 2015. Without a diagnosis or healthcare treatment plan, people with Hepatitis C will suffer and lives will be lost. Worldwide, 300 million people living with viral hepatitis are unaware. Most people with Hepatitis C do not know they are infected. The longer people live with Hepatitis C, the more likely they are to develop a life-threatening liver disease.

There are treatments and medications for Hepatitis C that your primary care physician can prescribe.

What is Hepatitis C?
Hepatitis C is a viral infection that inflames and damages the liver. It progresses slowly, and the infected person might not notice symptoms. The infection can go undetected for years.

Causes
Hepatitis C is transferred through contact with the blood of an infected person. Typically this contact occurs through:

- sharing needles while using drugs (use of injected drugs accounts for about 60 percent of new Hepatitis C cases each year)
- using tattoo needles or piercings, when the instruments have not been sterilized using an infected person’s toothbrush, razor or nail clippers

Signs and symptoms
Many people with Hepatitis C do not experience symptoms and are unaware they are infected. When symptoms do show up, they can include:

- Fever
- Loss of appetite
- Vomiting
- Fatigue
- Nausea
- Gray-colored stool
- Jaundice
- Abdominal pain
- Joint pain
- Dark urine

Diagnosis and treatment
Screenings are important because someone infected with Hepatitis C may not show symptoms. Ask your physician to test for the disease through blood testing or a physical examination for signs of liver damage. If your results come back positive, there are different treatments and medications that your primary care physician can prescribe.

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/BulletinsJuly2018
What’s Coming up in Extension?

Get Moving, Leslie County
July 3rd - 11:00 a.m. and 4:00 p.m.

This 8 week challenge is coming to an end. We will meet at 11:00 a.m. and 4:00 p.m. once a week at the extension office for a healthy snack and a one mile walk outdoors (or indoors if weather happens)! Please call (606) 672-2154 to register.

Confetti Chicken Quesadillas

| 1 small green bell pepper, seeded and diced | 1 pound skinless, boneless chicken breast, diced |
| 1 small red bell pepper, seeded and diced | 1 (1 ounce) packet fajita seasoning mix |
| 1 tablespoon hot pepper, minced (optional) | 1 tablespoon olive oil |
| 10 (10 inch) whole-wheat tortillas | 1 (8 ounce) package reduced fat cheddar cheese, shredded |

Preheat the broiler and prepare baking sheet with non-stick spray. Toss the diced chicken with the fajita seasoning and place on the baking sheet. Spread chopped peppers on baking sheet. Place under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. Brush skillet with oil and heat to medium. Place one tortilla in skillet. Layer half of tortilla with approximately one-third cup chicken and pepper mixture. Sprinkle with 3 tablespoons cheddar cheese. Fold over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. Cut each quesadilla into wedges and serve with salsa, if desired.

Yield: 10 servings

Nutritional Analysis: 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein

Super Star Chef
July 10th – 12th-10:00 a.m.-2:30 p.m.

3 day cooking class. Shine in the kitchen with your new cooking skills! Class is full but call to be put on waiting list.

Plate It Up Kentucky Proud- Recipe
July 19th —11:30 a.m.

We will be making and eating Confetti Chicken Quesadillas using Kentucky Proud ingredients!

Pinterest DIY: Citronella Candle
July 24th —4:00 p.m.

Come make a citronella candle! Please call (606) 672-2154 to register.

Food Preservation Workshop
August 7th & 8th - 9:00 a.m.

Come join us at the Extension Office for a Food Preservation Workshop. Call (606) 672-2154 to reserve a spot!

Homemakers’ Meetings

Cutshin Homemakers Club Meeting July 9th – 12:30 p.m.
Hyden Homemakers Club Meeting July 9th – 5:00 p.m.
Stinnett Homemakers Club Meeting July 10th – 1:00 p.m.
Keep cool in the summer heat

Source: Amy Kostelic, associate extension professor

In the midst of summer, Kentucky’s extreme temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, it’s important for you to know the signs and symptoms and prevent heat-related illnesses, such as heat exhaustion, heat cramps and the most serious heat-related illness, heat stroke (also known as sun stroke).

Heat-related illnesses occur when a person’s body cannot properly cool itself. These illnesses can occur at any age, but people who are old, young and obese, and those who have compromised immune systems or abuse alcohol and drugs are at increased risk. Even people on certain medications, such as antihistamines and antipsychotics are more susceptible to heat-related illnesses. Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys, and some medications can also increase older adults’ risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

• Keep up-to-date on the weather forecast, and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter, if the temperatures and humidity are forecasted to be extreme.

• Avoid strenuous outdoor activities, such as exercise or gardening, during the heat of the day.

• Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.

• Wear loose, lightweight and light-colored clothing.

• To keep your house cooler, refrain from using your oven and cover windows that receive direct sunlight.

• Take cool showers or baths to help yourself cool down.

Know the signs of overheating—dizziness, fatigue, lack of coordination, cold and clammy skin, thirst, headache, nausea, muscle spasms and/or cramps and ankle swelling. Seek immediate medical attention if you experience signs of heatstroke. Heat stroke is a potentially life-threatening condition that requires medical attention. Signs of heat stroke include high body temperature, confusion, changes in behavior, fainting (or feeling faint), staggering, rapid or weak pulse, dry or flushed skin and lack of sweating despite the heat. If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to make sure they are staying cool, hydrated and that they have access to air conditioning. Seek immediate medical attention if you think someone has signs of a heat-related illness.

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

Educational programs of the Cooperative Extension Service 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, or physical or mental disability.
Fruit Treat

Crust ingredients

- ½ cup butter, softened
- 1 cup flour
- ⅛ cup brown sugar
- ¼ cup old-fashioned oats
- ¼ teaspoon salt

Filling and topping ingredients

- 2 cups plain Greek yogurt
- 4-5 teaspoons honey, to taste
- 1 cup strawberries, sliced
- 2 cups blueberries
- 2 bananas, sliced

1. Preheat oven to 375 degrees F.
2. Mix together all crust ingredients with hands or fork. Once mixed, form into a ball. (The mixture will be crumbly.)
3. Line a pizza pan or cookie sheet with parchment paper. Spread and pat down the crust to form a circle.
4. Bake for 10-12 minutes or until crust is lightly browned. Remove crust from oven and let cool.
5. Mix yogurt and honey together. Spread on crust.
6. Top with fruit. (You can also use other types of fruit.)

Makes 8 servings

Serving size: 1 slice
Cost per recipe: $8.12
Cost per serving: $1.02

Nutritional facts per serving:
- 270 calories; 12g total fat; 7g saturated fat; 0g trans fat;
- 35mg cholesterol; 105mg sodium; 31g carbohydrate; 1g fiber;
- 15g sugar; 7g added sugar; 11g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.

Source: Adapted from http://creativeandhealthyfunfood.com/flag-fruit-pizza-with-oatmeal-crust

WATCH THIS RECIPE

Video available at: goo.gl/HPMoam
It feels good to have a strong, healthy body that can do all the fun things you enjoy, such as playing with your friends. Playing sports can help you be the best version of yourself.

The week of July 16-22 (2018) is National Youth Sports Week. To participate in this week, you can run around outside, have a water balloon fight with your family or play soccer at school with your friends. Any type of play, sports, dancing or even doing push-ups counts as participating in National Youth Sports Week. If you are active every day for 60 minutes, your body will thank you!

**Benefits of playing sports**

Why play sports? To have fun, of course! However, participating in sports also has many other benefits:

- gives you an advantage in the classroom because play helps improve your memory and concentration
- helps you learn communication skills, as well as how to be a team player
- helps you feel better about yourself
- helps you maintain a healthy body and make new friends
- helps cut down on the pressure you may be feeling in life and put you in a better mood

**Sports to try**

There are many different types of sports that you can play with your friends or individually. Remember, any type of movement is good for you — so be creative!

Many sports help keep your heart healthy.

**Here are some you might want to try:**

- Swimming
- Hiking
- Skateboarding
- Rollerblading
- Soccer
- Basketball
- Karate
- Tennis Track
- Cross country
- Cycling
- Game of tag
- Dancing

**Activities to try**

Sports help you build strong bones and muscles. Here are some activities that will help you maintain strong bones and muscles:

- Monkey bars
- Hopscotch
- Wall climbing
- Rope or tree climbing
- Bike riding
- Rowing

**Safety**

Safety is very important when playing sports. Before going outside to play sports with friends, you should always ask permission and let an adult know where you are going. If you ever have pain during sports or while playing, make sure to tell an adult. Make sure to use the correct protective equipment when playing sports, such as a helmet when riding your bike or shin guards when playing soccer.

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/BulletinsJULY2018
WHAT’S COMING UP IN LESLIE COUNTY 4-H

4-H SUMMER ADVENTURES

Are you ready for a fun-filled summer?
If so, then join Leslie County 4-H for one or more of our exciting summer adventure programs!
All our workshops and programs are completely free!
Best of all you can create some cool stuff that you can keep and make new friends!

Registering is Super Easy! Give us a call at 672-2154 and we’ll be glad to sign you up!

Pre-registration is required and available spots often fill up quickly. The deadline to register is one week prior to the workshop or event. If for any reason you are not able to attend, notify our office as soon as possible.

4-H Project Days: COOKING ACADEMY
Cook up some fun with us this summer! Two different 4-H Cooking Academies will be offered this year. In addition to reviewing the basics of food preparation, 4-H’ers will cook up a wide array of treats.
Food projects are eligible for entry into the Kentucky State Fair!

4-H BEGINNER COOKING ACADEMY
(9-13 years old)
July 5th — 10:00 am – 3:00 pm

4-H ADVANCED COOKING ACADEMY
(14-18 years old)
July 6th — 10:00 am – 3:00 pm

4-H Project Days: NEEDLEWORK-CHICKEN SCRATCH
Ages: 9 - 18
July 17th – 10:00 a.m. – 3:00 p.m.

4-H Project Days: SEWING (JUNIOR DIVISION)
Ages: 9 – 13
July 18th – 10:00 a.m. – 3:00 p.m.
This year’s beginning sewers will construct two exciting projects, each designed to teach and reinforce different skills. Youth will complete a tote bag that holds a lot of stuff and a laundry bag too.

4-H Project Days: SEWING (SENIOR DIVISION)
Ages: 14 – 18
July 19th & 20th – 10:00 a.m. – 3:00 p.m.
Advanced sewers will, from start to finish, construct two coordinating fashion accessories from Let’s Be Casual Projects. If the projects are completed on the first day, youth will not need to attend on Friday.
4-H Project Days: BASKET WEAVING  
(Ages 9-18) Limit 10  
July 25  
10:00 am - 4:00 pm

Before heading back to school, join with volunteers from Leslie County’s Extension Homemakers as they teach you basket weaving! Make your very own basket that may be eligible to enter into The Kentucky State Fair!

4-H Project Days: ART PROJECT DAYS  
Age: 14 - 18  
July 26 & 27 –  
10:00 a.m. – 3:00 p.m.

Learn some tricks of the trade while building projects to reflect personalities and interest! All materials will be provided.

4-H Project Days: FOOD PRESERVATION  
(14-18 years old) Limit 12  
July 31st  
10:00 am – 3:00 pm

Join us as we learn skills in food preservation. We will prepare fresh vegetables which may be enjoyed later! Projects will be eligible for entry into the Kentucky State Fair!

4-H Project Days: 4-H PHOTOGRAPHY CAMP  
Ages: 9 - 18  
August 1st – 12:00 p.m. – 2:00 p.m.  
August 2nd – 10:00 p.m. – 3:00 p.m.

Come and join us for this two-day Photography Camp. Photography will be explored as we learn about the many levels and classes. We will travel to several local spots to take photos while exploring the natural beauty. These photos may potentially be entered into the Kentucky State Fair. A limited number of digital cameras are available for loan from our office.
Leslie County 4-H Teens attend The Annual 2017 4-H Teen Conference
June 12th -15th at University of Kentucky, Lexington, KY
This conference is held each year especially for teenagers from all over the state! It is a 4 day and 3 night conference on UK’s Campus packed full of exciting experiences and events! Agents, extension staff and adult volunteers offer Majors of many topics for teen participation. Leslie County 4-H Agent, Vicki Boggs was one of several agents that taught the Minor Leadership Class which every teen participated. Leslie County 4-H Program Assistant, Jace Peters taught one of the fun shops teaching about sugar scrub and each teen prepared their very own. This Leadership Conference helps our teens develop inquiring minds, learn practical skills, develop and acquire knowledge, along with developing effective interpersonal relationships with adults and other youth. All parts of making the BEST BETTER!

District 2 Night out Celebration at Teen Conference
Following their eventful day of attending Major Classes in many different areas, Minor Leadership Classes and Achievement Assembly our teens attended their District 2 Night Out! District 2 night out was held at Gattitown, in Lexington Ky. This attraction provided an evening with games and arcade fun to share together! This night is a reward for teens to celebrate their programs and achievements for the year. This year during Conference Jordyn Amundsen was awarded his Clover Level 4 Achievement Award, Nick Gibson was awarded his Clover Level 5 Achievement Award and Ryleigh Napier was awarded her Bronze Level Achievement Award. Congratulations Teens! This year we celebrated many service events, community involvements and participation in making the BEST BETTER!!
**Arts & Crafts Council Meeting**
Will be meeting **July 17, 2018 at 6:00 p.m.** 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.

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**4-H Mountin’ Tops Horse Club Summer Day Camp**

July 9th-13th get in the know with Summer Day Camp educational activities and fun filled days! We will learn about types of competitions, careers and horses, mythical creatures, animal welfare and more. Guest speakers will attend to enhance our educational experiences. Join us from 10:00-2:00 each day. Spaces are limited so sign up today at 672-2154 or contact Angela, Leslie County 4-H Mountin’ Tops Horse Club Leader at 672-3047.