4-H Teen Leaders Celebrate 2018 Graduates!

Congratulations to 2018 Graduates! Our annual celebration of graduates was held Thursday, May 17th at Leslie County Extension. Nick Gibson, our teen president and 2018 graduate opened his final meeting! Lots of fun playing games, taking photos and fellowshipping was enjoyed for the evening! All teens are welcome to check us out and join us as 4-Hers here at Leslie County Extension! We love making the BEST BETTER! Call or contact us anytime at 672-2154 or vicki.boggs@uky.edu

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<td>4:00 p.m. – Beech Fork Homemakers</td>
<td>11:00 a.m. &amp; 4:00 p.m.—Get Moving, Leslie County</td>
<td>12:00 p.m.—Mug Rug Workshop</td>
<td>8:00-5:00 p.m.—4-H Camp—Meet &amp; Greet</td>
<td>9:00 p.m.- 4-H Mountin’ Top Bowl—Library</td>
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<td>12:00 p.m.—Mug Rug Cutshin Homemakers</td>
<td>11:00 a.m. &amp; 4:00 p.m.—Get Moving, Leslie County 2:00 p.m.—Stinnett Homemakers D2 Teen Night Out! Teen Conference UK</td>
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<td>“Father’s Day”</td>
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<td>11:00 a.m. &amp; 4:00 p.m.—Get Moving, Leslie County 4-H Camp—JM Feltner</td>
<td>“Summer Begins” 4-H Camp—JM Feltner</td>
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<td>11:00 a.m. &amp; 4:00 p.m.—Get Moving, Leslie County Clover Buds Day Camp</td>
<td>Clover Buds Day Camp</td>
<td>9:00 a.m.—Basket Workshop 4:00 p.m.—Pinterest Make &amp; Take Clover Buds Day Camp</td>
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Help Keep Dad Healthy!

National Men’s Health Week is each year leading up to Father’s Day. This week is a reminder for men, like your dad, to take steps to be healthier — but they do not have to do it alone! In a recent survey, 46 percent of kids said they worry about their parents’ health. In addition, 69 percent of kids would like their parents to make changes to be healthier.

Maybe your dad would be surprised to learn that you are concerned about his health. So let’s do something about it! This Father’s Day, give your dad another reason to celebrate by helping him be the healthiest man he can be. What can you do to make this Father’s Day special? Celebrate National Men’s Health Week, June 11-17!

Here are 5 health focused activities to make this Father’s Day fun—but feel free to be creative!

**For his nutrition**

Make a delicious and healthy dinner together. You can treat Dad to dinner out at a restaurant anytime — instead, make dinner together and experiment in the kitchen! Making a delicious, healthy dinner based on vegetables, fruit and whole grains can help Dad maintain a healthy weight.

**For his mind**

Relaxation is important for your dad’s physical and mental health. Research to find a local wildlife preserve, mountain or nature trail, and plan a hike for the two of you. You can even pack a hammock to just relax in nature. There are major health benefits to being outside and walking — plus, you will get quality time to connect with your dad.

**For his stress**

Too much stress can lead to higher health risks. If you can, help Dad de-stress by getting on or in water. Water is healing and one of the best ways to get your dad to de-stress. If you are by a river or lake, you can rent a kayak, paddleboard, canoe, paddleboat or just float. You can also go fishing or pack a picnic. Maybe just spend an afternoon at the local pool.

**For his fitness**

You want to encourage your dad to get moving by organizing a family game. Get outside and play a family football, golf, baseball, tennis or soccer match that brings you, Dad and your siblings together for healthy exercise. Weight management through exercise can help prevent diseases, such as diabetes.

**For his heart**

Show your dad some love by giving him a nice long hug. This releases oxytocin, a hormone and brain chemical that is linked to happy feelings. In addition, studies have shown that hugs can help lower blood pressure, lower heart rate, boost the immune system, fight infections and lift depression.

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/BulletinsJUNE2018

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**Coming Up**

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<td>June 4 5:00</td>
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<td>June 8 4:00</td>
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<td>June 26-28</td>
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**Reference**

Vicki R. Boggs, Leslie County Agent for 4-H Youth Development Education,
Phone: (606) 672-2154, Email: vicki.boggs@uky.edu
WHAT’S COMING UP IN
LESLIE COUNTY 4-H
4-H Mountin' Tops Horse Club Bowl
June 9, 2018 at 1:00 pm
At the Leslie County Public Library

4-H Mountin' Tops Horse Club Meeting
June 11, 2018 at 5:30 pm
At the Leslie County Extension Office

WHAT’S BEEN HAPPENING
IN LESLIE COUNTY 4-H

4-H Teen Leader Meeting
Our participation with Relay for Life was recognized. Team members, Cierra Couch and Jordyn Amundsen were awarded prizes being the first to sign up for our team. Following were Jordyn Estridge, Alexis Feltner, Nicholas Gibson and Ryleigh Napier. Katie Morgan won our competition for our community service “coin drive” for Relay for Life. All teens were encouraged to complete their achievement.

Leslie County 4-H Awards Scholarship and Honor Chord
Leslie County 4-H awards a post-secondary scholarship to a deserving senior graduate. This year Nick Gibson received this scholarship. He will be attending Alice Lloyd College this fall. He also received for his participation and achievements in 4-H a double green and white honor chord to wear on graduation day. Nick has participated in numerous service events and we celebrate his many accomplishments in 4-H! Congratulations Nick, on MAKING THE BEST BETTER!
Leslie County 4-H Hosts District 2 Teen Meeting

Leslie County was joined by Harlan, Letcher and Perry County 4-H Teen Leaders on May 11th for their District 2 Meeting. The evening began with greetings to all teens and 4-H State Teen Treasurer, Brandon Darby. Our meeting was led by State Teen Council members, Teens and Agents. We opened with our pledges and then getting acquainted. Everyone enjoyed a meal and the evening was filled with lots of activities. We shared our donations of pop top tabs, our ongoing D2 Community Service with Harlan County 4-H being the biggest contributor! A Global Leadership Workshop led by Brandon Darby was a very educational and fun activity.

A Community Service Project honoring Ladies at Leslie County Rehabilitation Center was enjoyed by all teens. Paper bouquets were hand made by each teen and delivered on Mother’s Day to over 50 ladies. A huge “shout” to Ryleigh Napier for delivering all the paper bouquets prepared at D2 Teen Meeting. Congratulations teens on your meaningful community service! Thanks to all teens and adult volunteers! Making the BEST BETTER! #empowerKY4h.

4-H Mountin’ Tops Horse Club held Derby Party at Leslie County Cooperative Extension On Saturday My 19th at 12:00 noon a fun filled evening began. Angela shared very interesting and educational information about The Kentucky Derby. Members enjoyed making their Derby hats, taking photos, having stick horse races, playing Neck to Neck horse racing games along with many other games. Everyone was a winner of many prizes and trophies! Angela played Seabiscuit, a movie for all to enjoy as we dined at our Derby Party. A Special Thanks to our wonderful 4-H Club Leaders, Cliff and Angela and also to other volunteers, parents and participants! Anyone who is interested in joining our 4-H Horse Club please contact us anytime here at Leslie County Extension!
**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.

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**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**  
(9-11 years old)  
July 5th — 10:00 am – 3:00 pm

**4-H Advanced Cooking Academy**  
(12-18 years old)  
July 6th — 10:00 am – 3:00 pm

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**4-H Project Days: Needlework-Chicken Scratch**  
Ages: 9 - 18  
July 17th – 10:00 a.m. – 3:00 p.m.

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**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.

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**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.

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4-H Summer Adventures
Continuing

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.
LEXINGTON, Ky., (May 21, 2018) – Tick season is underway and a University of Kentucky entomologist is reminding Kentuckians to take precautions to protect themselves and their loved ones from tick bites.

“In tick-prone areas, check yourself, children and other family members every two hours, and very thoroughly after returning home from hikes and other outdoor activities,” said Lee Townsend, UK extension entomologist in the College of Agriculture, Food and Environment. “Common places to find ticks are behind the knees, around the waist, under arms, neck and head.”

Several effective precautions will reduce exposure. Wear a repellent; products containing DEET are particularly effective. A spray-on clothing treatment containing permethrin is good to use when in places where ticks are likely to be abundant. Avoid walking through tall grass and brushy areas along fence lines or adjacent to woods. Wear light-colored clothing so ticks are easy to spot. Check pets when they come in from outdoors.

The lone star tick and the American dog tick are the most common species found in the state. Their tick bites usually are just an itchy nuisance, but these ticks can carry diseases. Fortunately, only a very small percentage of them are infected. The adult female lone star tick, which has a white spot on its back, can carry erlichiosis. Its saliva, injected during feeding, may cause some people to develop a “red meat allergy,” a condition diagnosed more often as awareness of it increases. American dog ticks, reddish-brown with mottled white markings on their backs, have the potential to carry spotted fever. In addition, the blacklegged tick, also known as the deer tick, is becoming more common in the state and carries Lyme disease.

Prevention is the key to reducing the chance of being bitten by a tick. Even then, it is almost inevitable that some ticks will get past protective efforts, but prompt removal of attached ticks reduces the chance of infection if the tick is carrying a disease. Use fine-tipped tweezers to remove an attached tick. Grasp it as close to the skin as possible and remove it with a gentle, steady pull. Then, wash the bite area and your hands. Apply an antiseptic to the bite site to protect the wound from infection.

For more information contact the Leslie County Cooperative Extension Service or Ray Wilson at 672-2154.
GET TESTED FOR HIV

June 27th is National HIV Testing Day. About 1.1 million people in the United States are living with HIV, and 1 in 7 of them do not know it. The only way to know for sure if you have HIV is to be tested. Do not let HIV stigma stand in the way of your health.

What is HIV? HIV stands for human immunodeficiency virus. It weakens a person’s immune system by destroying important cells that fight disease and infection.

How do I know if I have HIV? The only way to know for sure if you have HIV is to be tested. The CDC recommends that everyone between the ages of 13 and 64 be tested for HIV at least once as part of a routine healthcare checkup. A general rule for those with risk factors is to be tested annually. Top risk factors include: • Having sex — anal or vaginal — with an HIV positive partner • Having had more than one sex partner since your last HIV test • Having injected drugs and shared needles or “works” (such as cookers, cotton or water) with others • If you are pregnant or planning to get pregnant, to protect yourself and your baby

HIV in Kentucky. According to the 2017 CDC HIV Surveillance Report, southern states, including Kentucky, accounted for approximately 45 percent of all people living with an HIV diagnosis. In 2016, the South accounted for 53 percent (9,584) of the 18,160 new AIDS diagnoses in the United States. Those under 35 account for 56 percent of new HIV diagnoses in 2016. The number of people in the United States who have injected drugs has increased because of the opioid epidemic. Injecting drugs and sharing needles can increase your chances of getting or transmitting HIV. If you are injecting drugs, use only sterile needles and works. Never share needles or works. The risk for getting or transmitting HIV is very high if needles or works are shared. This is because they may have someone else’s blood in them, and blood can transmit HIV and other infections.

Where can I get tested? Knowing your HIV status helps you choose options to stay healthy. Ask your doctor for an HIV test, or find a testing site near you by going to: https://gettested.cdc.gov. Just enter your zip code to find an HIV testing location near you. Many testing locations are free and all are confidential. 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/BulletinsJune2018
What’s Coming up in Extension?

Get Moving, Leslie County
June 5th, 12th, 19th, and 26th - 11:00 a.m. and 4:00 p.m.
Join us as we kickoff our newest physical activity challenge! This 8 week challenge could change your life. 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.

Mug Rug Workshop
June 7th - 12:00 p.m.
Mug Rug Workshop. Taught by Charlotte Napier. Material will be supplied. Please call (606) 672-2154 to register.

Wastebasket Workshop
June 28th - 9:00 a.m.
Wastebasket taught by Betty Harris. **Cost $15. Must be prepaid by June 14th. Limited to 12.** Lunch will be served. Please call (606) 672-2154 to register.

Pinterest: Pallet Board
June 28th - 4:00 p.m.
Come paint a pallet board with your choice of design, during our monthly craft night. Please call (606) 672-2154 to register.

Super Star Chef
July 10 - 12 - 10:00 a.m.—2:30 p.m.
Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 8 to 19. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to: *Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping. *Make homemade meals like fresh salsa, fruity parfaits, tasty veggie pizza and oven-baked calzones. *Discover foods that are good fuel for your body and give you energy to play hard. *Decode food labels and identify if foods are safe to eat. Limited to 20 participants.

Homemakers’ Meetings
Beech Fork Club Homemakers
June 4th - 4:00 p.m.
Cutshin Homemakers Club Meeting
June 12th – 12:30 p.m.
Stinnett Homemakers Club Meeting
June 11th – 1:00 p.m.
Hyden Homemakers Club Meeting
June 12th – 5:00 p.m.
BROCCOLI SALAD

• 6 cups fresh broccoli, chopped
• 1 cup raisins
• 1 medium red onion, peeled and diced
• 2 tablespoons sugar
• 8 bacon slices, cooked and crumbled (optional)
• 2 tablespoons lemon juice
• ¼ cup low-fat mayonnaise

1. Combine all ingredients in a medium-sized bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Makes 16 servings
Serving size: ½ cup
Cost per recipe: $7.29
Cost per serving: 45¢

Nutritional facts per serving:
100 calories; 4.5g total fat; 1g saturated fat; 0g trans fat;
5mg cholesterol; 135mg sodium; 13g carbohydrate; 2g fiber;
8g sugar; 2g added sugars; 2g protein; 8% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Arts & Crafts Council Meeting

Will be meeting **June 19, 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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**JUNE**

26th, 27th, & 28th

12:00 pm - 3:00 pm

**4-H CLOVERBUDS CAMP**

Call and sign your child up for three fun-filled days of exploring science, creating fantastic arts/crafts and making simple fun snacks! This one of our most popular day camps and it always fills up quickly.

4-H Cloverbuds is for youth who are 5-8 years old or in kindergarten through third grade.

Register today!!! Jace Peters 4-H Program Assistant (606) 672-2154