

Perry County Cooperative Extension Newsletter

APRIL 2024

 Martin-Gatton
College of Agriculture,
Food and Environment

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 perry.ca.uky.edu

 606.436.2044

 perry.ext@uky.edu

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 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.

APRIL

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Charity Sewing 9 a.m. Homemaker Meeting 12 p.m.	2 Bingocize at Senior Center 10 a.m.	3 Livestock Judging Practice 3:30 p.m. Cooking Through the Calendar 10 a.m. Lunch & Learn 11 a.m.	4	5	6
7	8	9 UK Wood Utilization Trip Leaving @ 9:15 a.m. begins at 10 a.m.	10 Livestock Judging Practice 3:30 p.m.	11	12 Bingocize at Senior Center 10 a.m. Open Sewing 9 a.m. - 12 p.m. FCS Council Meeting 12 p.m.	13
14	15	16 Spring Paint Class 10 a.m. Quilt Guild Meeting 1 p.m.	17 Fruit & Veggie Production Workshop 10 a.m. Livestock Judging Practice 3:30 p.m.	18 Bingocize at Senior Center 10 a.m. Cultural Passport Program 1 p.m.	19	20
21	22	23 Sheep & Goat Production Workshop 5:30 p.m.	24 Livestock Judging Practice 3:30 p.m.	25 BSE Clinic @ RCARS 1 p.m. - 6 p.m. Art Club 4 -5 p.m. and 5-6 p.m.	26 Bingocize at Senior Center 10 a.m.	27
28	29 Bingocize at Senior Center 10 a.m.	30				

APRIL

2024

Family & Consumer Science:

- April 1 - Charity Sewing at 9 a.m.
- April 1 - Perry County Homemaker Meeting 12 p.m. *Potluck, please bring a main dish, salad, vegetable side dish, or dessert.
- April 2 - Bingocize at Senior Center 10 a.m.
- April 3 - Cooking Through the Calendar 10 a.m.
- April 3 - Lunch & Learn: Healthy & Safe Outdoor Cooking 11 a.m.
- April 9 - Lazy Susan Wood Center Trip, leave office at 9:15 a.m., event begins at 10 a.m. @ RCARS **MUST PRE-REGISTER AND PAY**
- April 12 - Bingocize at Senior Center 10 a.m.
- April 12 - Open Sewing 9 a.m. - 12 p.m. (come anytime!)
- April 12 - FCS Council Meeting 12 p.m. in the Annex building
- April 16 - Spring Painting Class 10 a.m. **MUST PRE-REGISTER**
- April 16 - Quilt Guild Meeting 1 p.m.
- April 18 - Bingocize at Senior Center 10 a.m.
- April 18 - Cultural Passport Program 1 p.m.
- April 26 - Bingocize at Senior Center 10 a.m.
- April 29 - Bingocize at Senior Center 10 a.m.

Agriculture & Natural Resources:

- April 17 - Fruit & Vegetable Production Workshop 10 a.m. **ALREADY AT CAPACITY**
- April 23 - Sheep & Goat Production and Management Workshop 5:30 p.m. **MUST PRE-REGISTER**
- April 25 - BSE Clinic @ RCARS 1-6 p.m. **MUST PRE-REGISTER**

4-H Youth & Community Development:

- April 3 - Livestock Judging Practice 3:30 p.m.
- April 10 - Livestock Judging Practice 3:30 p.m.
- April 17 - Livestock Judging Practice 3:30 p.m.
- April 24 - Livestock Judging Practice 3:30 p.m.
- April 25 - Art Club 4-5 p.m. ages 9-13, and 5-6 p.m. ages 14-18
- COMING SOON: Shooting Sports Calendar

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

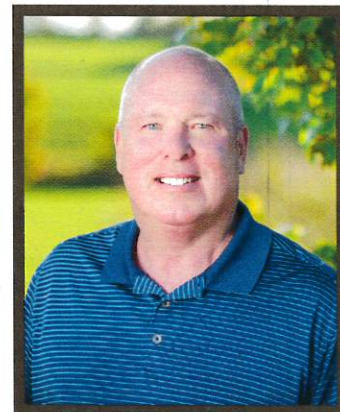
- FRUIT & VEGETABLE
FRUIT PRODUCTION
WORKSHOP
- PLANT ORDERS
- BSE CLINIC
- SHEEP & GOAT
MANAGEMENT
PRODUCTION
WORKSHOP
- SHEEP & GOAT
MANAGEMENT
PRODUCTION
WORKSHOP

Welcome to April!

As we embrace the arrival of April, it's time to dust off those lawnmowers and revel in the start of the lawn mowing season. With greenery flourishing, it's no surprise that many of us, including myself, have already indulged in a couple of mows. Additionally, we're thrilled to announce a free Breeding Soundness Exam for bulls and our Sheep & Goat Management Production Workshop, catering to the needs of our farming community.

Please let me know how I can help as we head into Spring!

Charles May
County Extension Agent
Agriculture &
Natural Resources
cmay@uky.edu



AGRICULTURE & NATURAL RESOURCES

UPCOMING PROGRAMS AND WORKSHOPS:

Fruit & Vegetable Growers Workshop

Our annual Fruit and Vegetable Growers Workshop is scheduled for Wednesday, April 17, 2024. Starting at 10:00 AM and concluding at noon, it will take place at the Perry County Extension Service Annex Building. Please note that registration for this workshop has reached its capacity and is now closed. However, we've initiated a waiting list. If you missed out on registering, give our office a call to be added to the waiting list. Dr. Shawn Wright will be returning as the presenter for this year's workshop. Each attendee will receive two fruit trees and a packet containing various vegetable seeds.



Plant Orders

If you ordered plants through the Extension Office, I should have them in our office on Friday, April 5th, but we will give you a call when they are ready for pick-up.

BSE Clinic

If you own cattle, we will be offering a free Breeding Soundness Exams for bulls on Thursday, April 25, 2024, from 1 to 6 p.m. If you want to take advantage of this \$125.00 savings, you must call the Perry County Extension Office and reserve your slot. See enclosed flyer for more information.



Sheep & Goat Management Production Workshop

We're excited to announce a Sheep & Goat Management Production Workshop scheduled for Tuesday, April 23, 2024. The event will take place at the Perry County Extension Service Annex Building, kicking off at 5:30 PM with registration, followed by a Lamb Dinner and Program at 6:00 PM. To secure your spot, make sure to register by calling the Perry County Extension Service. You can find the program details for the evening on our webpage.

Mowing Season: Taking Care of Your Lawn

Let the lawn mowing season begin! Well, if your yard is growing like mine, I have already mowed it twice. That first spring mowing, usually in late March, begins your most important annual lawn duties.

The first mowing makes the lawn look spring-like and very attractive. Subsequent regular mowing hardens the grass for drought and heat stresses later. So, when the first clump of grass grows above the mowing height, mow, even if a lot of the yard doesn't need to be mowed yet.

Not all grasses start growing at the same time. Grass on northern slopes, or in heavy clay soil, will start growing several days later than normal. Grass that wasn't fertilized in the fall or early spring also has a delayed growth. Following recommendations for mowing height and frequency will make your lawn-care duties easier and result in a more attractive yard. If your mower has a fixed, all-year height, set it at 2.5 inches. However, if you can easily vary the height, set it at 1.5 to 2 inches for the first several times you mow this spring. The shorter mowing height will help remove a lot of the winter-burned, brown leaves and by exposing more dark green growth, it will transfigure your lawn into the most uniform, attractive in the neighborhood. Move the height up to 2.5 inches after you mow the grass several times.



To protect your grass from summer heat and drought injury, raise the mower height to 3 or 3.5 inches for summer mowing. However, remember that high grass, especially tall fescue, tends to fall over and mat down during hot summer weather causing increased summer disease problems. In the fall, lower the mowing height to 2.5 inches. For late fall, you might want to lower it again to 1.5 to 2 inches. This shorter height improves the turf's winter and early spring color. Never let grass go through the winter at a height of 4 or more inches, because it will mat down and become diseased.

Generally speaking, mow often enough to remove no more than one-third to one-half of the grass height. If your mower is set for 2 inches, mow again when grass height reaches approximately 3 inches. Be sure not to scalp the lawn by mowing off most of the green leaves.

For tall fescue lawns, a rule of thumb is to mow at five-day intervals during the spring, and at seven-day intervals the rest of the year. If you have a Kentucky bluegrass lawn, a seven day interval usually is sufficient at a 2.5-inch mowing height. You probably can extend that interval during hot, dry weather.

AGRICULTURE & NATURAL RESOURCES

Don't mow by the calendar. Instead, watch the grass grow, and mow frequently enough to remove no more than one-third to one-half of grass height. If you have been having problems with broadleaf weeds and crabgrass in your lawn, now is the time to do something about that. Most broadleaf weeds such as dandelions, chickweed, plantain, ground ivy, etc. can be controlled with a post-emergence broadleaf weed control herbicide such as 2,4-D or dicamba (Banvel). These herbicides should be applied now until May. One or two applications should do the trick. Also spot treatment of weeds is better than applying a herbicide to the entire lawn. Crabgrass can be controlled by using a pre-emergence herbicide now or waiting until June and July and applying a post-emergence herbicide such as MSMA. I prefer the pre-emergence approach. But by applying pre-emergence crabgrass control now, it will most likely prevent any grass seed that you have sown this spring from germinating.

Save money, time and the environment; don't over-fertilize your lawn. Lawn care can be expensive and time-consuming. By skipping the fertilizer this spring and summer, you can save money and time and also reduce nutrient pollution. Most Kentucky lawns have cool-season grasses, such as bluegrass and tall fescue, which prefer fall fertilization. Spring and summer fertilizer applications could weaken your turf, promote weed growth and increase mowing frequency.

Plants need nitrogen, phosphorus and potassium for growth and development. Most Kentucky soils have plenty of phosphorus and potassium. In fact, many are so naturally rich in phosphorus, adding more increases the risk of polluting our waterways. The most common fertilizer blends for homeowners are marketed as "complete fertilizers" because they contain nitrogen (N), phosphorus (P) and potassium (K). These blends are often available in a formula like 10-10-10, (N-P-K), but they probably contain more phosphorus and potassium than your lawn needs.

Excess or improperly applied fertilizer can end up in storm sewers and contribute to nutrient pollution in lakes, streams, and rivers. You don't have to live near a lake or tributary to contribute to the problem. Excess phosphorus promotes rapid and over abundant algae growth in freshwater. Too much algae disrupts ecosystems, harms wildlife, negatively impacts water recreation and may contain toxins that sicken people and pets.



Do your part:

- Conduct a soil test to determine what nutrients are needed. Perry County Cooperative Extension office can provide you with instructions for collecting soil for analysis.
- Apply only what you need. Excess fertilizer will not make your lawn healthier.
- Carefully apply fertilizer. Keep it off paved surfaces and away from drains and water sources.
- Fertilize cool-season grasses only in the fall.

Contact the Perry County Extension office to learn more about lawn care and soil testing.



Sheep & Goat

MANAGEMENT AND PRODUCTION WORKSHOP

Tuesday, April 23, 2024

5:30 p.m. Registration

6:00 p.m. Lamb Dinner

6:45 p.m. Workshop

Perry County Extension 606-436-2044
933 Perry Park Rd.
Hazard, KY 41701 Limited to 60 people

Cooperative Extension Service
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4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating.
Lexington, KY 40506



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COOPERATIVE EXTENSION
University of Kentucky

BREEDING SOUNDNESS EXAMS

GET YOUR BULL CHECKED BEFORE BREEDING SEASON



WEST LIBERTY
Dr. Smith

April 5, 2024
9:00AM - 4:00PM



JACKSON (RCARS)
Dr. LW Beckley

April 25, 2024
1:00PM - 6:00PM

FREE

CALL TO SCHEDULE APPOINTMENT **606-436-2044**

PROTECT YOUR CALF CROP **\$125/Bull Savings**

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LEXINGTON, KY 40506

FAMILY & CONSUMER SCIENCE



APRIL
2024

Welcome to April!

This month is packed with exciting events starting with Charity Sewing at 9 a.m. on April 1st, followed by the Perry County Homemaker Meeting at noon. Join us on April 2nd for Bingocize at the Senior Center at 10 a.m., and don't miss out on Cooking Through the Calendar and Healthy and Safe Outdoor Cooking sessions on April 3rd. From Lazy Susan Wood Center trips to Spring Painting Classes, there's something for everyone to enjoy this April!

Kelsey Sebastian
County Extension Agent
Family & Consumer Science
kelsey.sebastian@uky.edu

Kelsey Sebastian

- Upcoming Events
- New Recipe
- Health Bulletin
- Money Wise



Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
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Lexington, KY 40506



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APRIL EVENTS

Charity Sewing

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. The next sewing date is Monday, April 1st upstairs in the Perry County Extension Service office building. Sewing starts at 9:00 AM. If you want to be involved – there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

Perry County Homemakers Meeting

April 1st at 12 p.m. will be our next Perry County Homemaker Meeting. This meeting will be a potluck so please bring a main dish, salad, vegetable side dish, or dessert. Remember, it is not too late to register for the KEHA Conference being held in Bowling Green May 7-9. Please let us know if you are interested and need help navigating the registration process.

Lunch & Learn: Healthy and Safe Outdoor Cooking

Immediately following Cooking Through the Calendar on April 3rd join us for a bonus lesson! This Healthy and Safe Outdoor Cooking lesson will cover steps for food safety and fire safety when cooking outdoors. Participants will explore various categories of outdoor meals such as picnics, front country camping (at established campsites), and backcountry camping (more remote, undeveloped campsites). Enjoy seeing outdoor equipment like the Cast iron Dutch oven that has been around for generations. Have fun also exploring ways to cook and bake outdoors. Vicki Boggs, Leslie County FCS agent, will be presenting this lesson. For more information and to sign up for this class please contact Perry County Extension at 606-436-2044.

Cooking Through the Calendar

Cooking Through the Calendar Program will continue in 2024 as we cook a new recipe every month. Classes will be held upstairs at our office at 10 a.m. Our next class will be Wednesday April 3rd. This month we will make and sample Sloppy Joes. The new 2024 Calendars are here!! Stop by our office for your free copy.

Bingocize

Want to start an easy exercise routine and have fun playing Bingo at the same time? Join us at the Perry County Senior Center for Bingocize! Check the calendar for upcoming dates and times.



Cultural Passport Program

Take a look into different holidays, cultures and countries with us in 2024! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! If you complete each cultural visit with us, you'll receive a fun incentive at the end of the year. In April we will visit The Netherlands with a closer look at 1 p.m. on April 18th.

Open Sewing Day

The second Friday of the month will now become Open Sewing Day! Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines available on-site April 12th from 9 a.m.-12p.m.

Spring Painting Workshop

Join us April 16th at 10 a.m. in the Perry County Annex for a Spring Painting Workshop taught by Lee County FCS Agent, Laken Campbell. This is a FREE class, but you MUST register for this workshop by April 10th by calling 606-436-2044. Spots are limited.



Quilt Guild Meeting

Remember the days of the Perry County Quilt Guild? We are bringing it back! Join us April 16th at 1 p.m. for the first meeting. Contact our office or Charlinda Fugate for more information.

UK Wood Utilization Trip

April 9th we will be traveling to Jackson to the UK Wood Utilization Center again. We will be making Lazy Susans! The cost is \$45. Please call our office to reserve your spot at 606-436-2044. If you would like to ride the van, please specify when you sign up. We will leave the office at 9:15 and the class will begin at 10 a.m.

Sew Simple

While Block of the Month has come to an end we will be holding the third Tuesday of the month for Sew Simple, where we create different sewing projects. May 21st Master Clothing Volunteers Nancy and Cheryl will be leading you in making a tote bag. Call our offices to save your spot today! Thanks to our wonderful volunteers for continuing these projects.

Looking Ahead

- May 7-9 KEHA State Conference in Bowling Green
- May 15 - Quicksand Area Homemaker Training @ RCARS
- May 21 - Sewing Class
- May 22 - Etiquette Lesson/Afternoon Tea
- June 6 & 13 - Come Sew with Us



Perry County Senior Center &
Perry County Cooperative
Extension Office Present:

BINGOCIZE

Tuesday, April 2nd
Friday, April 12th
Thursday, April 18th
Friday, April 26th
Monday, April 29th

10:00 A.M.

Perry County Senior Center
354 Perry Park Rd, Hazard, KY 41701



Cooperative Extension Service
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Cooperative Extension Service

COOKING THROUGH THE CALENDAR

Lentil Sloppy Joes

Join us on Wednesday, April 3rd at 10:00 a.m. As always, this class will be held at the Perry County Extension Office, and is free of charge. To register, call the office at 606-436-2044.

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Cooperative Extension Service

CHARITY SEWING

Monday, April 1st
9:00 a.m.

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. If you want to be involved - there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

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Cooperative Extension Service

OPEN SEWING

Friday, April 12th
9:00 a.m. - 12:00 p.m.

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Cooperative Extension Service

PERRY COUNTY Homemaker MEETING

This will be a potluck lunch. Please bring a main dish, salad, vegetable side dish, or dessert!

606.436.2044
April 1, 2024 @ 12:00 p.m.
933 Perry Park Road, Hazard

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Cooperative Extension Service

UK Wood Utilization Trip

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April 9th @ 10 a.m.

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Cooperative Extension Service

APRIL'S CULTURAL PROGRAM:

The Netherlands

Join us for an exciting cultural exploration at our office this April! Step into the vibrant world of the Netherlands as we delve into its rich culture, traditions, and more.

April 18, 2024 @ 1:00 p.m.
Call to register at
606-436-2044

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Cooperative Extension Service

SPRING PAINTING WORKSHOP

April 16, 2024 @ 10:00 a.m.
Perry County Extension Annex
Spots limited, register now!
606-436-2044

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Cooperative Extension Service

Quilt Guild Meeting

April 16 @ 1 p.m.

Remember the days of the Perry County Quilt Guild? We are bringing it back! Join us April 16th at 1 p.m. for the first meeting. Contact our office or Charlinda Fugate for more information!
606-436-2044

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Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Lentil Sloppy Joes



- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

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. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 lentil burger
Cost per recipe: \$6.20
Cost per serving: \$0.78



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

Nutrition facts per serving:
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>

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 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.

Who is a Beginning Sewer?

A beginning sewer is anyone that has an interest in sewing but has limited or absolutely no sewing experience.

Who is a Kentucky Master Clothing Volunteer?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

How do you become an Extension Homemaker?

You may apply at your local Extension Office during their regular hours of business. There are many benefits of being a homemaker. Having local membership includes becoming a part of Quicksand Area and Kentucky Extension Homemakers Association. Homemakers enjoy a big variety of activities! Join today!

KNOT BAG

Carole Dunhuber will teach you how to make this beautiful Knot bag



SEWING MACHINE MAT

Betty Harris will teach you how to make this crafty Sewing Machine Mat



FABRIC BASKET

Lisa Ison will teach you how to make this unique and useful Fabric Basket



COOPERATIVE EXTENSION



College of Agriculture,
Food and Environment



Come Sew with Us

Hosted by
Cooperative
Extension Service and
Quicksand Master
Clothing Volunteers

June 6, 2024
Knott County Extension Office
10 a.m. - 1:30p.m.

June 13, 2024
Breathitt County: RCARS,
Robinson Center
10 a.m.—1:30 p.m.



Extension programs provided by Cooperative Extension are supported primarily by state and federal funds. Additional support is provided by the University of Kentucky. Extension is a part of the University of Kentucky.

Register early! Class size is limited. Please register by May 15th.
 Mail this form with registration fee of \$5.00 to:
 Kelsey Sebastian, 933 Perry Park Road, Hazard, KY 41701



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

Registration Form

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m.

- ____ KNOT BAG
 - ____ SEWING MACHINE MAT
 - ____ FABRIC BASKET
 - ____ REVERSIBLE HEADBAND
 - ____ FROSTY
 - ____ PLAYING CARDS HOLDER
 - ____ ECO-FRIENDLY SPONGE
 - ____ MINI WALLET
- PLEASE CHECK ONE BELOW:**
- ____ KNOTT BREATHITT
 (ROBINSON CENTER)

REVERSIBLE HEADBAND

Rita Rogers will teach you how to make reversible headbands for adults and youth.



ECO-FRIENDLY KITCHEN SPONGE

Gail Halsey will teach you how to make an Eco-friendly kitchen sponge.



FROSTY

Cheryl McCauley will teach you how to make a versatile Frosty Winter decoration.



MINI WALLET

Nancy Pratt will teach you how to make a nice Mini Wallet



Mail form and \$5.00 registration fee to:

Kelsey Sebastian
 Perry County Extension Office
 933 Perry Park Road
 Hazard, KY 41701

Name _____

Address _____

Phone _____

Email _____

PLAYING CARD HOLDERS

Ashley Phipps will teach you how to make these playing



ADULT HEALTH BULLETIN



APRIL 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Perry County
Extension Office
933 Perry Park Road
Hazard, KY 41701
(606) 436-2044

THIS MONTH'S TOPIC WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



**Cooperative
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4-H Youth Development
Community and Economic Development

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Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

→ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
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Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 4

Perry County Extension Office | 933 Perry Park Road | Hazard, KY | 41701 | (606) 436-2044

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item.** Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source.** Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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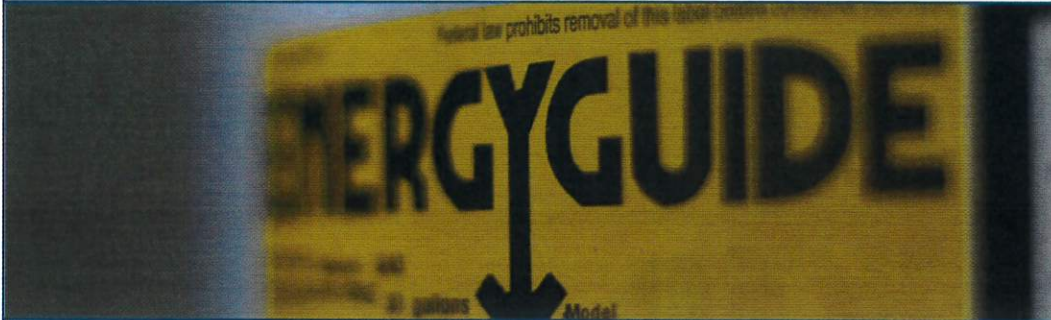
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DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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4-H YOUTH & COMMUNITY DEVELOPMENT

Newsletter

April 2024



Welcome to April!

Camp registration is OPEN! Please visit our county website where you can find a printable PDF of our camp registration packet, or stop by our office and pick one up! Be sure to get those applications in as soon as possible, we will be camping July 31-August 2 this year. Also, we are very excited to launch some new and return some already existing day camps! This summer we will be hosting multiple day camps that include a health camp week, a gardening camp week, a robotics camp week, and more. We can't wait to see you there!

Tate Sasser

County Extension Agent
4-H Youth &
Community Development
tatesasser@uky.edu

A handwritten signature in black ink that reads "Tate Sasser".

THIS MONTH:

- April Events
- 4-H Exclusive: Ideas to Get Youth Outdoors this Spring!



What's Happening in April:

In-School Programs

As the school year is winding down, we are excited to bring some stress relieving programs to our students during testing season. We will be returning our Pollinator Days programs this year and both Perry Central HS and Hazard HS.

If you are interested in us hosting a program at your students school, please contact 4-H Agent Tate Sasser.



After-School Programs

- **Livestock Judging Team** works with students to learn breed standards and market expectations and use the skills to compete at the state level. If you are interested in joining, please contact 4-H Agent Tate Sasser, or Ms. Carla Taylor and Ms. Beckie Dobson at Perry Central. For students 13 and older.
- **Art Club** will be held on the last Thursday of each month, with the next class being April 25th at the Perry County Extension Office from 4 - 5 p.m. for students ages 9-13 and from 5 p.m. to 6 p.m. for ages 14 - 18. Please call the office to sign up.
- **Shooting Sports** will begin meeting again in May! A schedule will be released in the coming weeks.



4-H Camp

Save the date: we are returning to Camp Feltner July 30th through August 2nd! Camp applications are available on our website as a printable PDF, or you can stop by the office to pick up a copy. We can't wait for a summer full of fun!



4-H Exclusive: Ideas to Get Youth Outdoors this Spring!

With the temperatures beginning to warm up, now is a great time to encourage children to put down their electronic devices and go outside to enjoy nature. Getting outdoors has many advantages, including increased vitamin D levels, more physical activity, improved mood, better concentration and faster healing, according to research from Harvard Medical School.

Here are some ideas to encourage children to go outside:

- Offer enjoyable activities. Bubbles and sidewalk chalk are both excellent low-cost incentives for outdoor play. Additionally, many young people enjoy fun chores, like walking the dog.
- Make it a contest. Kickball and dodgeball can be enjoyable games to play with your family or with neighbors. Another option is to play a game of hide and seek.
- Conduct an insect safari to teach children to listen and look for insects. To contribute to a 4-H digital insect collection, they might even want to take pictures of the insects they find.
- Introduce children to nature's wonders. As a family, observe sunrises, sunsets, or the night sky. Take a stroll and observe the buds on the various tree species.





For more ideas on ways to get young people outdoors, contact the Perry County office of the University of Kentucky Cooperative Extension Service.





ART CLUB

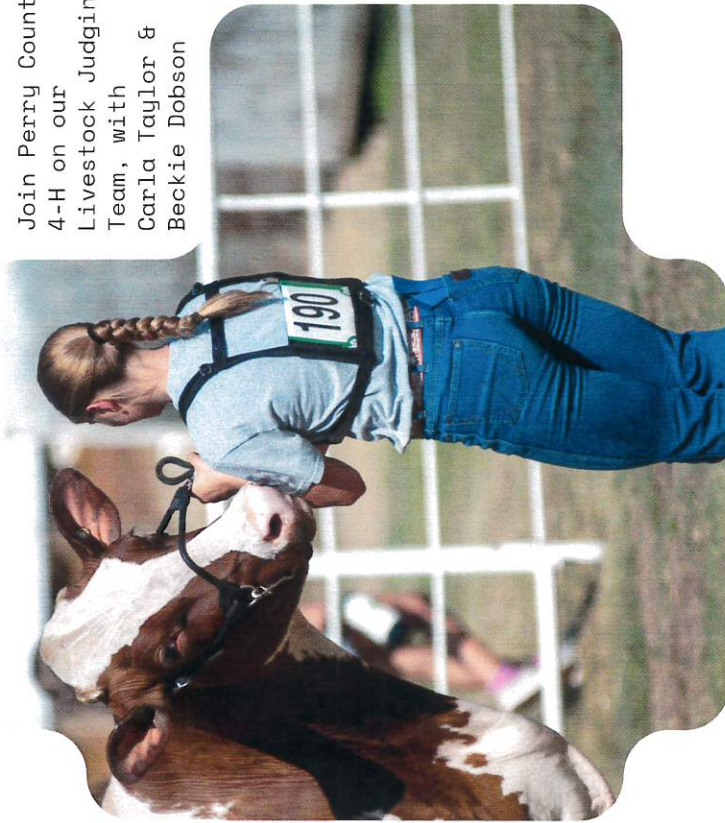
The Perry County Cooperative Extension Service,
along with Tim Deaton from the
Appalachian Arts Alliance,
is excited to announce a new art club for students
ages 9 to 18 years old.

-  Last Thursday of each Month
-  4 p.m. - 5 p.m. (ages 9-13)
5 p.m. - 6 p.m. (ages 14-18)
-  Perry Co. Extension Office
(behind Perry Central HS)
-  606.436.2044

Livestock Judging Team



Join Perry County
4-H on our
Livestock Judging
Team, with
Carla Taylor &
Beckie Dobson



Meetings held
Perry Central
High School

Ages
9-18

Every
Wednesday
@ 3:45 p.m.



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