

Perry County Cooperative Extension Newsletter

MAY 2025

 Cooperative Extension Service

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

 facebook.com/perrycountykyextension

 perry.ca.uky.edu

 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, 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.

MAY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Lunch & Learn: Osteoporosis 11 P.M.	2	3
4	5 KEHA State Homemaker Conference in Lexington	6 KEHA State Homemaker Conference in Lexington	7 KEHA State Homemaker Conference in Lexington	8 KEHA State Homemaker Conference in Lexington	9 Open Sewing Canceled this month. Outdoor Adventure Club 4:00P.M.	10
11 	12 Charity Sewing 9 A.M.- 12 P.M. Homemaker Meeting 12P.M.	13	14	15 Senior Games @ Knott County Sportsplex Beekeepers Association Meeting 6 P.M.	16	17
18	19	20 Quilting 101 9 A.M.	21	22 Big Blue Book Club 12 P.M.	23	24
25	26 Office Closed  HAPPY MEMORIAL DAY	27	28 Diabetes Connections Chair Yoga 10 A.M. Cultural Passport 11 A.M.	29 Diabetes Connections 5:30 P.M. Living with Alpha- Gal Syndrome 7:00P.M.	30 Produce Best Practice Training 10 A.M.	31

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- PERRY COUNTY FARMER'S MARKET
- LIVING WITH ALPHA-GAL SYNDROME
- TICK TROUBLE ON THE RISE—AGAIN

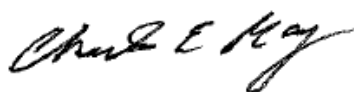
I would like to start off by wishing a Happy Mother's Day to all the moms out there. You all are truly very special and very much appreciated. I hope you have a wonderful day.

Just a reminder that this is a cicada year for us. Brood XIV, 17-year cicada.

You can expect to start seeing them in May. They cannot sting, harm humans or animals. The main concern is damage to young landscape plantings. About the only thing you can do is protect young plantings by covering them with netting.

Below are a few upcoming events that some of you may be interested in.

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




AGRICULTURE & NATURAL RESOURCES

UPCOMING EVENTS:

Perry County Beekeepers Association

Don't forget that the Perry County Beekeepers Association meets on the third Thursday of each month at the Perry County Extension Service Annex Building. The meetings begin at **6:00PM**. The next meeting will be on **May 15, 2025**. The topic will be Hive Inspection and Comb rotation.

Mountain Cattlemen Association

For all you beef cattle producers, we are planning to have a Mountain Cattlemen Association meeting in May. The date is not set yet, but we will send out a letter once a date is set. Also, there will be a Backgrounding Short course on May 13 & 14 at the University of Kentucky C. Oran Little Research center in Versailles, KY. It's limited to 30 people and has a \$30.00 registration fee. If you are interested in this, give me a call and I can tell you how to register.

Sheep & Goat Boot Camp

On **Saturday May 10, 2025**, we will be having a Sheep & Goat Boot Camp at the Robinson Center in Quicksand. This workshop has a 20-person limit and a \$20.00 registration fee. I suspect it will fill up fast. If you are interested in attending, give me a call and I will tell you how to get registered. They have posted a QR code on Facebook. If you can find it, you can register with the QR code.

Fruit and Vegetable growers Workshop

Our annual Fruit and Vegetable Growers Workshop will be held on **Wednesday, April 23, 2025**. It will begin at 10:00AM and run until noon. It will be held at the Perry County Extension Service Annex Building. Dr Shawn Wright will be the presenter again this year. Each person attending will receive two fruit trees and a packet containing different vegetable seeds. We have a flyer posted on the Perry County webpage. To register, call the Perry County Extension Office. The workshop has almost reached capacity so be sure to register soon if you plan to attend.

Perry County Farmer's Market

The Perry County Farmer's Market will open the first week in June. Thursday, June 7th will be the opening day. The market will be open on Thursday evenings and Saturday mornings.

If you are interested in becoming a vendor, you can contact the market manager, Addie Curran at (541) 912-6718 or email to

perrycountyfarmersmarket@gmail.com

The Perry County Extension service will be providing Produce Best Practice Training to any vendors who haven't received the training. The training will be held on **May 30th at 10 A.M.** Please call our office at (606) 436-2044 to get registered.

County Agriculture Incentive Program (CAIP)

Coming sometime this summer will be an opportunity to apply for the CAIP Grant. If you are not familiar with this grant, it is a 50/50 cost-share grant to assist landowners and farmers to improve and invest in their operations. It can be used for animal, equipment, and infrastructure purchases. About anything pertaining to farming will qualify. There are certain requirements you need to meet to be eligible to apply for funding. You need a Farm Serial Number (FSN), which you can get through the Breathitt County Farm Service Agency. You will also need a current Agricultural Water Quality Plan. You can get this done at the Perry County Conservation District Office. If you would like to know more about this grant, just give me a call at the Perry County Extension office. I will be happy to walk you through the process.

Senior Games

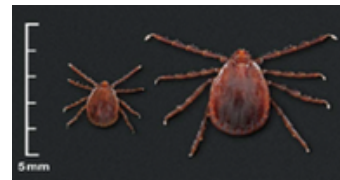
The Kentucky River Area Development District 50 + games will be held on **May 15, 2025**, at the Knott County Sportsplex. If you are interested in participating, contact the Perry County Senior Citizens Center or the KRADD Office.

Tick Trouble on the Rise—Again

Ticks seem to be getting worse each year—and they're not just a threat to people, but also to our pets and livestock. At a recent beef cattle meeting, a veterinarian noted ticks are becoming a major issue for cattle health. We've already seen several tick cases at recent beef clinics.

Kentucky is now home to four common tick species:

- American Dog Tick (April–August): Carries Rocky Mountain Spotted Fever
- Lone Star Tick (March–October): Linked to Southern Tick-Associated Rash Illness. Also called deer ticks or turkey mites
- Blacklegged Tick (October–March): Transmits Lyme disease
- Asian Longhorned Tick (newest): Found in Martin County KY in 2018, A female tick can lay eggs and reproduce without mating and infest animals in large numbers. It's a serious livestock pest and may carry diseases like bovine theileriosis and babesiosis.

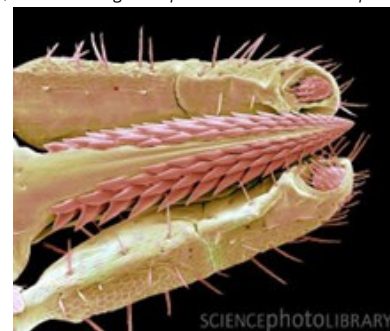


Asian Longhorned tick

Protect Yourself and Your Animals

- Wear light-colored clothing, tuck pants into socks, and use repellents containing DEET.
- Consider clothing treatments like permethrin (Permanone), but apply only to clothing and wash separately.
- Protect pets with flea and tick collars, spot-on treatments, or tick shampoos (never use permethrin on cats).
- Always check yourself, kids, and pets after being outdoors—timely tick removal is key to preventing disease.

(Below is a magnified picture of a tick's mouthparts)



Removing Ticks: Use fine-tipped tweezers to gently pull the tick out at skin level. Don't use home remedies like matches or nail polish. After removal, wash the area with soap and water.

Yard & Livestock Management: Mow regularly and remove brush near your home.

Acaricides (tick pesticides) can reduce tick populations.

It's chigger season across Kentucky, and just thinking about them can make you itch! Chiggers are the immature stage of certain mites, commonly found in overgrown, shady, and humid areas like stream banks, berry thickets, and brushy fields. Contrary to popular belief, chiggers don't burrow into your skin or suck blood. Instead, they attach to skin pores or hair follicles, inject a digestive fluid, and feed on liquefied skin cells. The resulting red welts and intense itching are allergic reactions to their saliva, and symptoms can last up to two weeks.

To protect yourself:

- Avoid brushy, unmown areas.
- Stick to the center of trails when hiking.
- Wear long pants tucked into socks and long-sleeved shirts.
- Use repellents with DEET or picaridin.
- Shower or rub skin briskly with a towel after being outdoors.

Chiggers can also inhabit shaded yards and parks. Keep outdoor areas trimmed and debris-free to reduce their presence—and that of ticks, too.

Contact the Perry County Extension Office for a recommended list, and always follow label directions.

LIVING WITH ALPHA-GAL SYNDROME

Join the University for a **FREE**
Webinar on the causes of
Alpha-Gal Syndrome.

This webinar will cover the
basics of AGS, tick bites
prevention, and diet/lifestyle
management in response to the
illness.

Date: Thursday, May 29th

Time: 7:00 -8:30 p. EDT

**Place: ukfcs.net/AgS or Scan
the QR Code to RSVP**



For more information:

 (606)436-2044

 Perry.ca.uky.edu

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Lexington, KY 40506



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SENIOR GAMES

May 15th Knott County
Sportsplex for
Kentucky Senior
Games 2025.. Anyone
age 50 or older living in
Ky River Region can
participate in a variety of
fun games.!

Age 50 or older

- ✓ AWARDS WILL BE GIVEN
- ✓ LUNCH WILL BE PROVIDED
- ✓ T-SHIRTS WILL BE
AVAILABLE AS LONG AS
SUPPLIES LAST

CONTACT US

- For more information contact
KRADD 606-436-3158 or
Local Senior Citizen Center

Sponsored by :
KY Power/AEP, KY River
Medical Center & Kradd



PERRY CO. BEEKEEPERS ASSOCIATION

May's Topic:
**Hive inspections and Comb
rotation**

 **Thursday,
May 15th**

 **6:00 p.m.**

 **Perry Co. Extension
933 Perry Park Rd.
Hazard, KY 41701**

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PERRY COUNTY EXTENSION OFFICE

PRODUCE BEST PRACTICE TRAINING

MAY 30TH

10 AM

**Register at (606)436-2044
933 Perry Park Rd
Hazard KY, 41701**

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FAMILY & CONSUMER SCIENCE



We had a wonderful time at the Quicksand Area Homemaker Meeting in Jackson—Thank you to everyone who joined us! We especially appreciate all the hard work and creativity you put into preparing decorations for the upcoming KEHA State Conference happening this month in Lexington. Your efforts truly make a difference!

But don't put those calendars away just yet—mark **October 16th**, because the next Quicksand Annual Area Homemaker Meeting will be right here in Perry County!

MAY 2025

- Upcoming Events
- Monthly Recipe
- Health Bulletin
- Money Wi\$e



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This Month's Events

Charity Sewing -

First Monday of the Month

The next date is **Monday, May 12th** in the Perry County Extension Service office building at **9 a.m.** We will continue working on baby blankets and hats for ARH and lap quilts for Bluegrass Care Navigators. This program is open to anyone able to volunteer and is a great way to get Volunteer Hours for KEHA.

Perry County Homemakers Meeting -

The Perry County Homemaker Meeting will be held on **Monday, May 12th at noon.** Homemakers who attended the KEHA Annual State Conference will be sharing updates. This will be a potluck meal, so please bring a dish if you plan to attend. Call the office at 606-436-2044 to be registered.

Open Sewing Day -

Second Friday of the Month

Our May meeting will be canceled due to the State Homemaker Conference. We will return back to open sewing on **June 13th from 9 a.m.-1 p.m. class.**

Diabetes Connections

Join us for the 2025 Healthy Habits Challenge in our Diabetes Connections meetings! This program is in partnership with ARH and will be held in the Annex Building at the Perry County Extension Office at 5:30 p.m. This program is designed to encourage our members to adopt healthier lifestyle choices through weight loss and wellness goals, fostering long-term benefits for diabetes management. Each month we will have diabetes-related topics, education, and recipe testing. We will be incorporating monthly accountability checks with Diabetes Connections notebooks, log sheets, weigh-ins, and free health screenings. Please see the flyer with upcoming dates and we hope you will join us.

Cultural Passport Program -

Once a Month

Take a look into different holidays, cultures, and countries with us in 2025! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! The fifth program of 2025 will be held **Wednesday, May 28th at 11 a.m.** and we will be traveling to Brazil.

Quilting 101 -

Third Tuesday of the Month

Quilting is a traditional art form born from necessity. A "recycling" product of sorts! Master Clothing Volunteer, Nancy Pratt, will be offering a quilting course beginning this Spring.

Participants will:

- Meet monthly, 3rd Tuesday unless otherwise noted.
 - Learn to cut their monthly template
 - Choose and bring your own fabrics
 - Choose to do hand-piecing, machine piecing, or a combination of the two.
- Class size is limited and participation each month is important to complete this course. Each class builds on skills learned in the previous one! Call 606-436-2044 to register. Our First Class will be **May 20th at 9 a.m.**

Come Sew with Us

The deadline to register for Come Sew with Us 2025 is quickly approaching! This year, Quicksand Area Agents and Master Clothing Volunteers will host in Perry and Breathitt Counties. Find the registration paperwork in this newsletter and turn it in as soon as possible if you plan to attend. Classes are first-come, first-serve basis. Please drop off or mail your registration to our office with the \$5 registration fee. Lunch will be provided.

Big Blue Book Club

We are so glad to have several of you participating in the state FCS Big Blue Book Club. The May meeting date will be **May 22th at noon** to watch the Zoom recordings together.



Strong Bones for Life: Prevent Osteoporosis

Bone health is important across the life span. If you invest in bone health while you're young, the benefits can last into old age. You are never too old or young to boost bone health. FCS Extension will help you identify risk factors for osteoporosis and learn lifestyle behaviors to keep your bones strong for life.

Join us at the Perry County Extension Office for a closer look at the way we can prevent Osteoporosis. Letcher County FCS Agent, Nanette Banks, will be with us on May 1st at 11 a.m. for a Lunch & Learn lesson. Please call our office 606-436-2044 to be included in the head count for lunch.

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Lexington, KY 40506



SENIOR GAMES

May 15th Knott County Sportsplex for Kentucky Senior Games 2025.. Anyone age 50 or older living in Ky River Region can participate in a variety of fun games.!

Age 50 or older

- ✓ AWARDS WILL BE GIVEN
- ✓ LUNCH WILL BE PROVIDED
- ✓ T-SHIRTS WILL BE AVAILABLE AS LONG AS SUPPLIES LAST

CONTACT US

- For more information contact
KRADD 606-436-3158 or
Local Senior Citizen Center

Sponsored by :
KY Power/AEP, KY River
Medical Center & Kradd



DIABETES Connection 2025

Save the Dates!

JAN 30	Healthy Habits Challenge Kickoff
FEB 27	Nutrition
MAR 27	Physical Activity and Sleep
APR 24	Gardening
MAY 29	Footcare for Summer
JUN 26	Session 1 Challenge Wrap-Up/Session 2 Kickoff
JUL 31	Eating Out with Diabetes
AUG 28	Mental Health & Goal Setting
SEP 25	Grocery Store Tour
OCT 30	October 30: Medications & Technology
NOV 20	November 20: Final Challenge Wrap-Up

*Stay tuned for more
info on in-person
meeting locations
nearest you!*



**JOIN US AT 10AM
VIA ZOOM FROM
ANYWHERE**
[zoom.us/
my/arhdiabetes
support](https://zoom.us/j/6067893511)

For more info:

arh.org/diabetes

606.789.3511
ext. 1229

diabetesarh1@arh.org



UNDERSTANDING DIABETES TOGETHER!

Broccoli Salad

Servings: 16 Serving Size: 1/2 cup



Ingredients:

- 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
- $\frac{3}{4}$ cup low-fat mayonnaise

Directions:

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

Source: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, June 2008. <http://recipefinder.nal.usda.gov>

Nutrition facts per serving: 100 calories; 4g 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

WHO IS A BEGINNING SEWER?

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

WHO IS A 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 I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

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LEXINGTON, KY 40546



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ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



2025

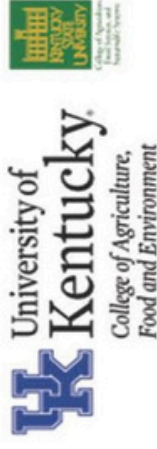
COME SEW WITH US

HOSTED BY COOPERATIVE
EXTENSION SERVICE AND
QUICKSAND MASTER
CLOTHING VOLUNTEERS

JUNE 11, 2025
BREATHITT COUNTY
EXTENSION OFFICE
10 A.M. - 1:30 P.M.

JUNE 12, 2025
PERRY COUNTY
EXTENSION OFFICE
10 A.M. - 1:30 P.M.

COOPERATIVE EXTENSION



HEART POT HOLDER



Perry County MCV Nancy Pratt will teach you how to make this heart potholder. Limit 10 per class.

NOTEBOOK COVER

Wolfe County MCV Gayle Hensley will help you create a fun customized notebook cover for your favorite book or journal.



APPLIQUE TEA TOWEL



Owsley County MCV Cheryl McCauley will teach you the technique of how to make a beautiful Applique Tea Towel.

PILLOWCASE WITH FRENCH SEAMS



Wolfe County MCV Rita Rogers will help you create this stunning customized pillowcase with french seams if you register for her class.

SHOULDER WRAP HEATING PAD



Letcher County MCV Lisa Ison will guide you step by step with this Shoulder Wrap Heating Pad for ultimate relaxation. Limit 5 per class.

Must pre-register by May.
9th for classes.

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. to allow time for check-in.

Classes are assigned on a first come, first serve basis so please return in a timely fashion.

_____ Heart Pot Holder

_____ Applique Tea Towel

_____ Shoulder Wrap Heating Pad

_____ Notebook Cover

_____ Dish Towel Apron

_____ Zipper Pouch

_____ Pillowcase with French Seams

Location: Breathitt _____ Perry _____

Name _____

Address _____

Phone _____

Mail form and \$5.00 registration fee to:

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

ADULT



HEALTH BULLETIN



MAY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Perry County Extension Office
933 Perry Park Road
Hazard, KY 41101
(606) 436-2044

THIS MONTH'S TOPIC TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

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

Lexington, KY 40506



Disability accommodations with prior notification

Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

➔ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
- If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
- Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
- Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
- It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
- Do a tick check on your pets too.
- Focus on areas where ticks could find an easy blood meal — "hidden" locations and spots with increased blood flow are ticks' favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
- Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a "tick kit" with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK's Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location "tick risky"?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in "wilder" areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don't let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating "bite safe" spaces around your home, check out UK's Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK's From the Woods Today series, episodes 212 and 214.

- Episode 212: https://youtu.be/pr2_ipndndf3=z1u721XK556QAO
- Episode 214: https://youtu.be/DNTXX_DlGA43s=F-EsadtMW-XF-dUT

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while travelling, read [https://ukfcs.net/Travelling Meals](https://ukfcs.net/Travelling-Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Community Cooperative, Lexington, KY 40506



Disability
accommodated
with prior notification

AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kern Ashurst
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock
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Newsletter

MAY 2025



Hey Perry County!

☀️ Get Ready for a Month Full of Fun and Exciting Programs! 🌿

💖 4-H Camp Applications are **NOW AVAILABLE!**
📍 Pick yours up at your school or the Perry County Extension Office.

🌲 Join the 4-H Outdoor Adventure Club!
Explore Nature, Learn New Skills, and Have Fun Outdoors!

Are you ready for adventure? ⚡

⚡ Don't miss out on the amazing opportunities coming your way—adventure is just around the corner!

Jacob Singleton

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

THIS MONTH:

- 4-H Camp
- Outdoor Adventure Club
- 4-H Exclusive:
- Youth Health Bulletin



4-H Youth & Community Development

It's Time For 4-H Camp!

The 2025 4-H camping season is just around the corner, offering an unforgettable experience for kids! From **July 22nd – 25th**, 4-H'ers will have the opportunity to participate in a variety of fun and educational activities, including swimming, nature hikes, arts and crafts, archery, riflery, canoeing, sports, and many more exciting programs. The camp will take place at the J.M. Feltner Memorial 4-H Camp in London, Kentucky.

Camp applications will be available starting April 1st at all schools across the county and the Perry County Extension Office. Spots are limited, so be sure to submit your application as soon as possible to secure your place!

For more information or if you have any questions, please contact the Perry County Cooperative Extension Office. We'll see you at camp!



The poster for Perry County 4-H Camp features a green background with white clouds and a yellow ground area. At the top left is the UK Cooperative Extension Service logo. A large wooden sign in the center reads "PERRY COUNTY 4-H Camp". To the right of the sign, it says "Cost: \$50" and "Bring Completed Forms and Payment to Perry County Extension Office to Reserve Your Spot!". Below the sign, it says "Spots Are Limited!". A banner across the middle reads "Open to all Perry County Residents Ages 9-15!". Below the banner are three circular images: a girl archery, a boy on a slide, and a group of kids at night. A blue box at the bottom reads "JULY 22ND – 25TH" and "J.M. Feltner Memorial 4-H Camp, London KY". Below this are three buttons: "ADVENTURES", "SPORTS", and "ARTS & CRAFTS". At the bottom, it says "For more information info email jacob.singleton@uky.edu or call 606-436-2044" and "Applications available at all schools and at the Perry County Extension Office (located at 933 Perry Park Road Hazard, KY 41701)". The bottom left has the Cooperative Extension Service logo and the bottom right has the 4-H logo and a disability icon.

UK Cooperative Extension Service

PERRY COUNTY
4-H Camp

Cost: \$50

Bring Completed Forms and Payment to Perry County Extension Office to Reserve Your Spot!

Spots Are Limited !

Open to all Perry County Residents Ages 9-15!

JULY 22ND – 25TH
J.M. Feltner Memorial 4-H Camp, London KY

ADVENTURES **SPORTS** **ARTS & CRAFTS**

For more information info email jacob.singleton@uky.edu or call 606-436-2044
Applications available at all schools and at the Perry County Extension Office
(located at 933 Perry Park Road Hazard, KY 41701)

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4-H
Disabilities accommodated with prior notification.

4-H Youth & Community Development



PERRY COUNTY 4-H

 Cooperative
Extension Service
4-H Youth Development

Outdoor Adventure CLUB



FRIDAY, MAY 9TH, 2025 FROM 4:00 – 5:00
PERRY COUNTY EXTENSION OFFICE 933 PERRY PARK ROAD HAZARD, KY 41701
PARTICIPANT AGE: 9-18
TO REGISTER, CALL OUR OFFICE AT 606-436-2044
CHECK OUT OUR WEBSITE AT PERRY.CA.UKY.EDU FOR UPCOMING PROGRAMS

AN EQUAL OPPORTUNITY ORGANIZATION

Outdoor Adventure Club:

- **Date:** Friday, May 9th, 2025
- **Time:** 4:00 – 5:00
- **Location:** Perry County Extension Office
- Participant Age: 9-18

Join the 4-H Outdoor Adventure Club!

Explore Nature, Learn New Skills, and Have Fun Outdoors!

Are you ready for adventure? The 4-H Outdoor Adventure Club is calling all youth ages 9 – 18. Join us for a thrilling season of learning, outdoor exploration, and hands-on experiences. In the 4-H Outdoor Adventure Club, you will:

Discover the World of Natural Resources: Learn about ecosystems, wildlife, and the environment.

Build Survival Skills: Practice essential survival techniques to thrive in the wilderness.

Gain Outdoor Safety Skills: Know how to stay safe while enjoying the great outdoors.

Explore Nature: Participate in outdoor field trips and immerse yourself in nature's wonders.

Make New Friends: Connect with other youth who share your love for adventure and the outdoors.

4-H Youth & Community Development

4-H Exclusive:

With help from 4-H, youth across Kentucky are picking up a new kind of controller—one aimed at taking their career prospects in the expanding field of STEM technology to the next level.

The 4-H Drone Project provides young people with knowledge and hands-on experience in both piloted and autonomous drone technology. In addition to teaching participating youth how to pilot drones, the program is also designed to spark interest in exciting practical applications for high-demand computer science and coding skills.

The project's would-be drone pilots and programmers engage in real-life problem-solving scenarios that promote teamwork and communication skills. Guided by a curriculum developed by the University of Illinois, The Ohio State University, PITSCO Education and Robolink's Codrone.edu, the project also encourages young people to learn more about emerging innovative uses for drones to improve quality of life.

The U.S. economy is expected to add more than 100,000 new jobs in unmanned aircraft systems and drone technology by 2025, according to estimates from the Association for Unmanned Vehicle Systems International (UVSI). UVSI also projects that the cumulative economic impact of unmanned aircraft systems integration in Kentucky alone from 2015 through 2025 will reach \$537 million. Drone programmers and operators are employed in multiple industries, including agriculture (farm scouting and crop mapping), business (delivery, insurance, property inspection, and public utilities), public service, military and first response emergency service, journalism, entertainment and more.

With drone usage expected to grow even more in the future, getting youth interested early and educating them on the proper and safe use of drone technology could give them an edge in employability.

Currently, 4-H professionals, program assistants and volunteers from 15 Kentucky counties have received training and are in the process of launching pilots for the project, with two counties having secured more than \$8,000 in local funding for their initiatives. In addition, more than 175 Kentucky youth have experienced the Kentucky 4-H Drone Project through workshops conducted by the Kentucky 4-H SET Leadership Board at the 2022 and 2023 Kentucky 4-H Teen Conferences and at 2023 and 2024 Drone Day camps conducted with the Challenger Leadership Center in Paducah, Ky. Two additional 4-H drone educational in-service events will be held in the West Central and East Central regions in April 2025 to encourage more counties to take part.

Funding for the addition of more 4-H Drone Project pilot counties is available through the Kentucky 4-H Foundation. Plans are also in the works for a possible 4-H Drone Challenge to be held in Cloverville at the 2025 Kentucky State Fair, if proper permissions can be secured.

YOUTH

Cooperative
Extension Service

HEALTH BULLETIN



MAY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County
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City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC CATCH SOME Z'S



Sleep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

Continued on the next page →

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Disabilities
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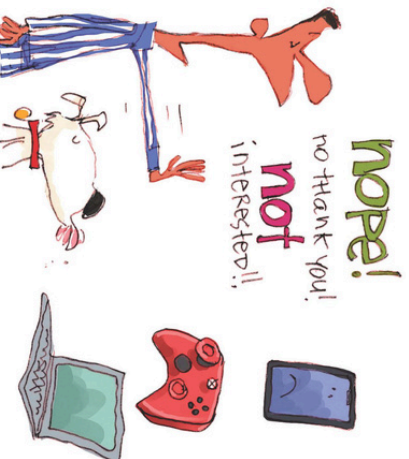
→ Continued from the previous page

body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested.

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
 - Keep your room cool (around 60 to 67 degrees F).



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinnertime you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

REFERENCE:
https://archive.cdc.gov/www_cdc.gov/healthystocks/features/students-sleep.htm

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School of Human Environmental Sciences



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