

Perry County Cooperative Extension Newsletter

APRIL 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, 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.

APRIL

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 County Extension Council meeting 12 P.M. Extension District Board Meeting 1 P.M.	2 Wits Workout 1 P.M.	3 4-H Camp applications will be ready Cooking Through the Calendar 10 A.M.	4	5
6	7 Charity Sewing 9 A.M.- 12 P.M. Homemaker Meeting 12P.M.	8	9	10 Survive & Thrive @Letcher County 10 A.M..	11 Open Sewing 9 A.M.- 2 P.M. Survive & Thrive @Knott County 10 A.M..	12
13	14	15 Quicksand Area Homemaker Spring Meeting 10A.M.	16	17 Big Blue Book Club 12 P.M. Wits Workout 1 P.M. Beekeepers Association Meeting 6 P.M.	18	19
20	21	22 Sew Simple 9 A.M. Big Blue Book Club 11 A.M.	23 Fruit and Vegetable Growers Workshop 10 A.M.	24 Cultural Passport Program 1 P.M. Diabetes Connections 5:30 P.M.	25	26
27	28	29 Big Blue Book Club Road Trip-Midway	30 Diabetes Connections Chair Yoga 10 A.M.	May 1 Lunch & Learn: Osteoporosis 11 P.M.		

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- PERRY COUNTY FARMER'S MARKET
- FRUIT AND VEGETABLE GROWERS WORKSHOP
- WHERE THE GREEN GRASS GROWS

Welcome to April and spring. It's time for all those outdoor chores to begin. Before I begin this month's newsletter, I wanted to pass along some items and upcoming events that may be of interest to you.

Continue to be aware that Bird Flu is on the rise in birds and mammals, especially in dairy cows. To date in the US there have been 69 cases of Bird Flu in humans with one fatality. No human cases have been reported in Kentucky. All the 69 who had Bird Flu had exposure to animals that had it. There has been no evidence of human-to-human transmission. There are 11 Counties in Kentucky with suspect Bird Flu in animals or birds.

The CDC considers the current public health risk to be low. However, outbreaks in poultry, dairy and other animals could affect our food prices more than it already has with eggs.

Be vigilant if you own poultry. If you start having birds die you need to report it and have them checked. The UK Diagnostic lab is checking poultry for bird flu but a vet or our office must send them. If you have questions, you can give me a call. We have a lot of information on Bird Flu.

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



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 **Thursday, April 17, 2025**, and the topic will be spring nectar flow and flowering trees important to beekeeping in Eastern Ky. Kentucky Division of Forestry tree give away schedules and open discussion.

Annual Farm Tour and Wood Working Activities

On **Friday, March 28, 2025**, beginning at 2:00PM, the UK Robinson Center at Quicksand will be hosting their 2nd Annual Farm Tour and Wood Working Activities program as part of the UK Ag Week. Topics for the afternoon will be on 2025 Research trials for Hemp, Soybeans, Horticulture and Beef Research Projects. You will also have a chance to make your own woodworking product on site that day. No registration is required, just show up and enjoy an afternoon of fun and learning.

Mountain Cattlemen Association

For all you beef producers out there, we plan to have a Mountain Cattlemen Association meeting in late April or early May. So, if you are a member, expect to get a letter in the mail soon. If you are not a member and want to join, let me know and I will send you a membership application. We also plan to do a spring tour to the Kentucky Cattlemen Association Eden Shale Research Farm. Stay tuned for dates.

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. We don't have a date set yet, but it will be in April and if necessary, we will offer it again in May. Please call our office at (606) 436-2044 to get your name on the call list so we can let you know when one is scheduled.

Where the green grass grows.

I always talk about spring lawn care for my April Newsletter. April is the month that your most important yard work begins. So let the lawn mowing season begin! Well, if your yard is growing like mine, I have already mowed it. It seems it's been a little slower waking up this year than in 2024. I think I had already mowed it twice by this time last year. That first spring mowing 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. 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. 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

PERRY CO. BEEKEEPERS ASSOCIATION

April's Topic:
Spring nectar flow & flowering
trees



Thursday,
April 17th



6:00 p.m.



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

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Perry County Fruit & Vegetable Production Workshop

Guest speaker Dr. Shawn Wright, UK
Extension Horticulture Specialist at the UK
Robinson Center.

At the End of this presentation participants will
receive Corn, Bean, Lettuce, Cucumber and
Mustard Seeds plus 2 Apple trees.

Wednesday, April 23rd, 2025
10 AM

Limited Spots Available
Call (606) 436-2044 to register

Perry County Extension office - Annex Building
933 Perry Park Rd, Hazard KY 41701

Sponsored by:

Perry County Conservation District

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FAMILY & CONSUMER SCIENCE



As many of you may already know, I will soon be transitioning from my role as the Family and Consumer Science Agent here in Perry County to begin a new chapter in my career at the Breathitt County Extension Office, in my hometown. While I am excited about this new opportunity, it is with a bittersweet heart that I say goodbye to all the wonderful people I've had the privilege of working with over the last three years. I have learned as much from each of you as you have from me, whether through community events, educational programs, or simply our day-to-day interactions. You've made this experience incredibly special, and I will always cherish the relationships and memories we've built together. I am deeply grateful for the trust and support I've received from the people of Perry County. The kindness and spirit of collaboration here have made this job so rewarding, and I will carry those lessons with me into my new role. While I'll be taking on new challenges in Breathitt County, please know that Perry County will always hold a special place in my heart. I look forward to continuing to support and teach you in the future, just from a different capacity. Please remember you can attend programming in any county so I hope you will visit often as we are just a short drive away. Thank you for everything. I wish you all the best, and I hope our paths cross again soon.

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

APRIL 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, April 7th** 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 -

First Monday of the Month

The Perry County Homemaker Meeting will be held on **Monday, April 7th at noon**. This will be a pot lunch meal so please bring a dish if you plan to attend. Call the office at 606-436-2044 to be registered.

Cooking Through the Calendar -

Once a Month

Let's begin our year with healthy meals and our Cooking Through the Calendar Program. The February class will be on Thursday, **April 3rd**, at 10:00 a.m., upstairs in the regular building. This month, we will make crunchy Lemon Broccoli Pasta. We will also be having a second session to cover the May recipe on **April 30th** which will feature Banana Pancakes. New calendars for the year 2025 are now available!

Survive & Thrive: Disaster Preparedness

The third installment of our Disaster Preparedness series is here with a focus on spring weather preparedness. If you would like to attend the session in Letcher or Knott County please sign up by calling our office at 606-436-2044. We can take a van to either location if you would like to attend and need transportation.

Cultural Passport Program -

Once a Month

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! The fourth program of 2025 will be held **Thursday, April 24th at 1 p.m.** and we will be traveling to England for afternoon tea .

"Sew" Simple -

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.

This Month's Events

Wits Workout

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout program to engage in all kinds of guided challenging puzzles, and learn what you can do in your daily life to keep your brain healthy while interacting with others. This program will be offered twice a month. **April dates are the 2nd and 17th** at the Perry County Extension office at 1 p.m. Call our office to sign up.

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.

Big Blue Book Club

We are so glad to have several of you participating in the state FCS Big Blue Book Club. The April meeting dates will be the **17th and 22nd** to watch the Zoom recordings together. **April 29th** we will participate in the My Kentucky Road trip and travel to Midway to the live session. This will be a long day leaving early at 8 a.m. You will need to register at the office if you plan to attend.

Come Sew with Us

Save the date for Come Sew with Us 2025! 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. Please drop off or mail your registration to our office with the \$5 registration fee. Lunch will be provided.

Open Sewing Day - Second Friday of the Month

Do you want to work on quilt blocks to send to the State Homemaker Meeting? Opening Sewing is a great time to get started. 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 are available on-site for our April 11th, 9 a.m.-1 p.m. class.

Quicksand Area Spring Homemaker Training

Call our office to register for the Spring Quicksand Area Homemaker Training hosted at the Quicksand Community Center on **April 15th**. After our morning leadership lesson, we will be making the table decorations for the KEHA State meeting. Lunch will be provided. Must be pre-registered. 606-436-2044

QUICKSAND AREA FCS AGENTS

PRESENTS

AREA HOMEMAKER

Training

QUICKSAND COMMUNITY CENTER
JACKSON, KY

APRIL 15TH AT 10 A.M.

REGISTER AT YOUR LOCAL OFFICE BY

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Survive & Thrive Disaster Preparedness Series

April Topic:
Spring Weather Preparation

Register for one of these events by calling the Extension Office where you wish to attend:

Knott County: 606-785-5329
Letcher County: 606-633-2362
Lee County: 606-464-2759

Lee County
April 9th @ 10 AM
Letcher County
April 10th @ 10 AM
Knott County
April 11th @ 10 AM

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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](https://zoom.us/j/6067893511)
support

For more info:

- arh.org/diabetes
- 606.789.3511 ext. 1229
- diabetesarh1@arh.org



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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UNDERSTANDING DIABETES TOGETHER!

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.

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.



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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. - 1:30P.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



Banana Pancakes



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

Prep time: 10 minutes
Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

- Optional Topping**
- Nonfat light vanilla yogurt
 - Peanut butter
 - Sliced bananas
 - Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Nutrition facts

per serving:
140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; .2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of Vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:
Brooke Jenkins, Extension Specialist for Curriculum, and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

Makes 8 servings
Serving size: 2 pancakes
Cost per recipe: \$9.03
Cost per serving: \$1.13

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4-H Youth Development
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Lemon Broccoli Pasta



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

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow, macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Nutrition facts

per serving:
320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

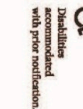
Source:
Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
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Community and Economic Development

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HEALTH BULLETIN



APRIL 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
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THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Cooperative Extension Service

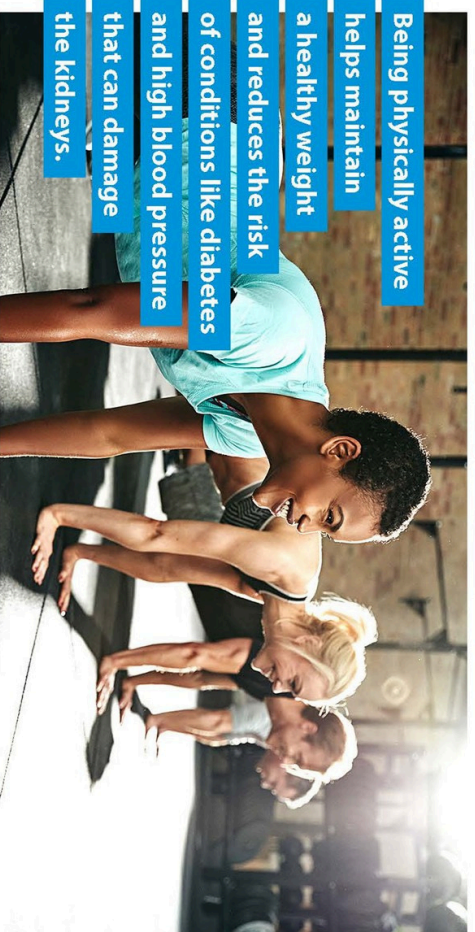
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Disabilities
accommodated
with prior notification



Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

→ **Continued from the previous page**

There are many ways to help protect and support kidney health:

- **Drinking enough water:** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium,** processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking,** as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history



of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:
<https://www.nidk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT HEALTH BULLETIN

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Adobe Stock

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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

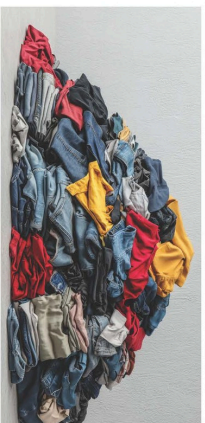
THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans or that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the **"Pareto Principle"** otherwise known as the "80/20 rule." So many of us wear **only 20% of our clothes, 80% of the time**. This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity**. You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

- **Don't buy clothing...**
- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)

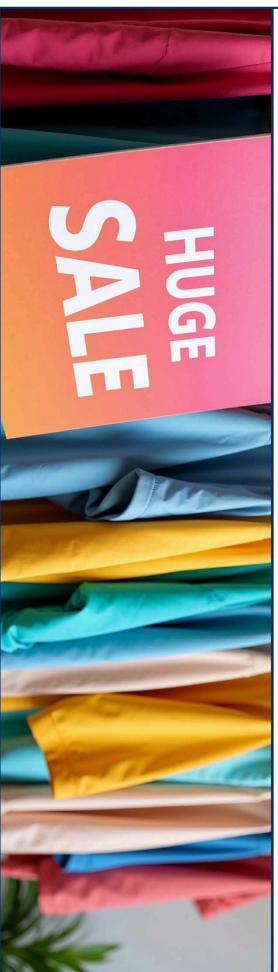
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Disabilities
accommodated
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IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
 - **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
 - **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
 - **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
 - **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
 - **Without knowing the return policy.** Clarify how long until the item is no longer returnable. 7 days? 30 days?
- Some "final sale" items may not be returned, or returns may be for "store credit only."
- **REGRET YOUR PURCHASE?**
 - **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
 - **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.
- If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.
- REFERENCES**
<https://earth.org/statistics-about-fast-fashion-waste/>
<https://www.simplypsychology.org/pareto-principle.html>

Written by: Jeanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms

Designed by: Kelli Thompson | Images by: Adobe Stock

Newsletter

APRIL 2025



Hey Perry County!

Get ready for a month filled with fun and exciting programs!

Applications for 4-H camp will be available at school or the Perry County Extension Office

We have several programs going on the the schools such as the chick incubation project and the reality store.

Don't miss out on all the amazing opportunities coming your way!

Jacob Singleton

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

THIS MONTH:

- 4-H Camp
- Chick Incubation
- 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 in April 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 Perry County 4-H Chick Incubation Project is Underway!

The Perry County 4-H Chick Incubation Project is in full swing! Fourteen incubators are busy at work in classrooms across the county, offering students unique, hands-on experience. This exciting project allows students to witness the fascinating process of life as they watch eggs develop into chicks!

It's a fantastic opportunity to explore science, responsibility, and teamwork, all while learning about life cycles and biology. Along the way, students will also develop valuable skills such as empathy and patience.

Our hatch date is April 9th, and we can't wait to see the results of all their hard work! It's going to be EGG-traordinary!

It's Your Reality!

Perry County 4-H is excited to once again bring the "It's Your Reality" program to students from schools around the county! This financial simulation program introduces students to the "financial realities" of adulthood, including the provision of food, clothing, shelter, and more for a family, and how these responsibilities relate to career choices.

The program aims to help young women and men understand how the decisions they make today, or shortly after graduation, can impact the course of their entire lives. These decisions, such as those about education, career paths, and family living, through this experience, students will learn to approach these choices with a well-informed and thoughtful perspective, preparing them for the realities and options their futures may hold.

4-H Youth & Community Development

Get your 4-H camper ready for adventure with these nine prepping exercises:

4-H Camp is an exciting opportunity for youth, but a group living environment with high independence can also be stressful. Basic tasks like managing one's own belongings and navigating the campgrounds can be a big adjustment. Parents and caregivers can make sure their future campers are physically, mentally, and emotionally prepared for their upcoming 4-H adventure with these nine helpful exercises:

1. Pack a suitcase with your child a few days before camp. Packing clothes in Ziploc bags with day labels can help your child stay organized; dirty clothes can then be repacked at each day's end in the empty bags.

2. Practice stocking a daypack. Help your child pack their own backpack with items they'll need for a typical camp day, including a towel, a Ziploc bag for a wet swimsuit, sunscreen, water bottle, hat, and sunglasses. At camp, counselors will also help campers review the schedule and remind them to double-check their belongings before moving between activities.

3. Test-drive a shower caddy for toting toiletries. To manage camp toiletries, try using a small backpack for dry items and a caddy or waterproof bag for wet items. Practice using a caddy at home for bathing, brushing teeth, getting ready for the day, and going to bed.

4. Help your child keep track of shower time. Camp shower lines can be long. Practice five-minute showers before camp. The showers at camp are private, but for children who are modest, they can always shower in bathing suits.

5. Prepare to "pitch in" to keep the camp clean. To get into the routine, encourage your youth to sweep, wipe the kitchen table after meals, and make the bed daily.

6. Get comfortable with tracking time and monitoring surroundings. Camp gets busy! While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website.

Before camp, take family walks to prepare your child for hiking.

7. Encourage your child to stay hydrated by drinking plenty of water. To determine how many ounces your child should drink daily, divide your child's body weight by two. Start using a camp water bottle in the weeks before camp to track water intake.

8. Learn how to air-dry wet items. No one likes moldy clothes! Teach your child to use a clothesline and space items out to dry in the sun.

9. Teach your child how to take a break. Discuss ways your child can find quiet time in a busy environment and how to recognize when a break is needed. Your camper can ask a counselor for quiet time. Talk about managing emotions, too. Give your child a scenario and discuss what to do if problems arise.

Above all, remind your youth that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and are committed to supporting your camper.

Contact the Perry County Extension office for more information on 4-H Camp opportunities.



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