

Leslie County Informer

September 2023



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

Cooperative Extension Service
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4-H Summer Residential Camp

Leslie County had 33 youth who participated in 4-H Summer Camp this year at JM Feltner Memorial Camp located in London, Kentucky. 4-H camp was packed with many activities. Classes included: Archery, Rifles, Art/Crafts, Bees, High & Low Ropes, Nature, Sewing, Canoeing, fishing, swimming, tie dye, rockets and much more. One of 4-H's goals is to help young people learn life skills, develop positive self esteem and leadership skills in a "learn-by-doing" approach. Each camper learned new skills, made new friends, participated in team challenges, nightly dances aka SALLY, campfires and so much more. A special thanks to our volunteers and everyone who contributes to our 4-H fundraisers making camp possible for youth throughout the county.

Vicki R. Boggs

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Dawna Jace Peters

Dawna Jace Peters
County Extension Agent for 4-H

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
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with prior notification.

BE A SAFE FOOD FAN!

As you are getting older, you are learning more skills that help you do things for yourself. Learning to cook food is a good skill to learn. It is important to make safe choices in the kitchen, to keep yourself safe and healthy.

You need to prepare and store foods in certain ways. You need to keep them fresh and free from germs that could make you or your family sick. When too many germs are allowed to grow on food, it makes us sick. And that is no fun for anyone.

You can be a Safe Food Fan by following four rules in the kitchen:

1. **Clean:** Wash hands, utensils, and surfaces before starting to prepare food, and after cooking. Germs can spread and survive in many places.
2. **Separate:** Raw meat, poultry, seafood, and eggs can spread germs to other food, so keep them apart in your grocery cart, in the fridge, and while cooking. Always store cooked and uncooked meat, poultry, seafood, and eggs apart as well.
3. **Cook:** Food is safely cooked only when the inside temperature is high enough to kill germs that can make you sick. See the safe cooking temperatures list below for what temperature to cook meat, seafood, chicken, and other foods. Ask a grown-up to help you use a food-safe thermometer to check the temperature on cooked meats and reheated foods to make sure they are hot enough to kill germs before serving.



- 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
- 160 degrees F for ground meats, such as beef and pork
 - 165 degrees F for all poultry, including ground chicken and turkey
 - 165 degrees F for leftovers and casseroles
 - 145 degrees F for fresh ham (raw)
 - 145 degrees F for fin fish or cook until flesh is opaque.
- 4. **Chill:** Quickly refrigerate food that will spoil. Germs that cause food poisoning spread quickest between 40 degrees F and 140 degrees F. That zone includes the temperature outside of your fridge and when food is not being cooked. Do not let foods sit out on the counter or table for a long time. If food is not being cooked or served and eaten, you need to put it away.

For more information contact Jace Peters 4-H Youth Development Agent at (606) 672-2154. Resource: <http://fcs-hes.ca.uky.edu/content/health-bulletins>.

WHAT'S COMING UP IN 4-H



4-H Youth Bee Club Meeting will be September 25th – 4:00 p.m. at the Leslie County Extension Office. We will have a guest speaker, Theresa J. Martin; she is a Master Beekeeper, recently graduating from Cornell University.

New year for 4-H

September 1 starts our new 4-H year. Teen Council meetings will be held at our local high school. New members are always welcome to attend any of our meetings. All new and returning members need to have an updated enrollment form which includes a code of conduct and insurance information. Youth can start working on State Fair projects for next year.

Kentucky 4-H Achievement Program

Achievement applications are due by the end of November. The 4-H Achievement Program is designed to recognize 4-H members for their 4-H accomplishments. A points system is used to determine a level of recognition for the activities and events that individuals participate in. The first level recognized at the county level are the Clover Levels. 4-Hers then can earn Bronze Silver and Gold Level. Only 30 Gold winners are selected each year throughout the state. 4 of those 30 are selected as Emerald Award Winners. This is the highest 4-H honor, winners receive a trip to the National 4-H Conference and a \$1,000 college scholarship.

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Whats Been Happening in 4-H

4-H Volunteers

We love our 4-H volunteers! Without them many programs wouldn't be possible. Leslie County has many dedicated volunteers who spend their time serving our youth. We are always looking for new volunteers. If you are interested in teaching a specific class for our youth or even becoming a club leader. We have had a lot of interest in an art club and cooking club. Volunteering is a great way to share your knowledge and to give back to the youth in our community. Please let us know if you would like to fill out a volunteer packet!



We extend a sincere thanks to our Adult and Teen Volunteers

Who generously give their time and energy to our 4-H Summer Camp Program

Adults: Tracey Grigsby, Chelsey Begley, Tressany Bailey and Ryan Trent

Teens: Jathan Shell, Brianna Gilbert, Rachel Giffith, Jackson Ostrander, Isaiah Begley, Isaiah Caldwell, Eli Caldwell, Logan Feltner and Dalton Gilbert.

July 4-H Bee Club Meeting



Last month youth got to check out the hives and observed splits to see that the bees were progressing well. Sugar syrup was made to feed the bees to help prepare them for their journey to 4-H camp.

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FCS NEWS

Vicki R. Boggs, Leslie County Extension Agent for Family & Consumer Sciences Education

Phone: (606) 672-2154

Stretch Your Boundaries - Try Yoga!

Coming Up

Sept. 11 th 5:00 p.m.	Hyden Homemakers Club Meeting
Sept. 14 th 1:00 p.m.	Cooking Through the Calendar
Sept. 14 th 2:30 p.m.	DROP IT LIKE IT'S HOT!
Sept. 20 th 12:00 p.m.	Lunch & Learn Savor the Flavor
Sept. 21 st	Pawpaw Third Thursday Thing
Sept. 21 st 1:00 p.m.	Beech Fork Homemakers
Sept. 28 th 10:00 a.m.	Diabetes Support Group Meeting
Sept. 28-29	Cultural Arts Entries
Oct. 9 th 5:00 p.m.	Homemakers' Annual Meeting
Oct. 12 th 10:30 a.m.	Homemakers' Area Meeting



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana).

Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint

discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

• **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.



- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.
- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

Resource: <http://fcshe.ca.uky.edu/content/health-bulletins>

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Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>

What's Coming up in Extension?

REMINDER! Please call (606) 672-2154 to reserve your spot for all programs.

Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension at **5:00 p.m. on Monday, September 11th** for their regular monthly meeting. Please contact **Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154 for more information.**

Cooking Through the Calendar: September 14th - 1:00 p.m.

We all love the free recipe calendars the Extension Office provides each year! The September recipe is One Pan Shrimp and Veggies and spotlights some nutritional benefits of mushrooms used in this recipe. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH is continuing to partner with us and plans to provide incentives and



education for this health and wellness program. We hope you will plan to join us! **Sign up by September 11th**, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt



DROP IT LIKE IT'S HOT!: September 14th – 2:30 p.m.

Join us in a fun wellness challenge that will keep you motivated and the best part, you make your own goals. Each month will include new challenges to help keep you on track for 2023! **Please call 672-2154 today to sign up.** It starts with us. #UKFCSExt,

Lunch and Learn - Homemaker Leader Lesson: Savor the Flavor: Building Flavor with Herbs! September 20th at 12:00 noon

Have you ever bought a fresh herb and wondered what to pair it with? Have you ever found a dried herb in your cupboard but weren't sure when and how to use it? Both fresh and dried herbs are commonly found at farmers' markets and grocery stores and provide a new dimension of flavor, but many people still question how and when to use them. Join us for this class in which you will learn about adding flavor to food with herbs. This lesson will teach you about common types of herbs with practical suggestions for ways to use them in your food preparation and cooking. You will not want to miss this informative lesson that will include recipes and demonstrations from Perry County FCS Agent Kelsey Sebastian here at **Leslie County Extension. Please call (606) 672- 2154 by September 15th to reserve your spot.**

Pawpaw Third Thursday Thing

Please join us for the Pawpaw Third Thursday Thing at the Kentucky State University, Harold R. Benson



Research and Demonstration farm on **September 21, 2023**. We will travel to KSU for an educational and fun day to learn more about our native pawpaw fruit. A tour of their pawpaw patch and tasting is included! *Please register for this event by Friday, September 15, 2023.*

Leslie County Extension Beech Fork Homemakers

Plan to meet at Lower Beech Fork United Methodist Church on **September 21st at 1:00 p.m.** For more information concerning homemaker meetings contact **Vicki Boggs at 672-2154** or **Donna Nantz at 374-5251**

Diabetes Support Group Meeting – September 28th at 10:00 a.m.

Please call 672-2154 to sign up for this monthly program! (See enclosed flyer for more details)

Cultural Arts Entries: Please bring these into Leslie County Extension on September 28th or 29th.

Please see enclosed flyers for more information concerning our Annual Homemaker Meetings:

- Homemaker Annual Meeting **October 9, 2023, at Leslie County Extension 5:00 p.m.**
- Homemaker Area Meeting: **October 12, 2023, at Lee County Extension, 10:30 a.m.**

What's Been Happening in Extension



Diabetes Support Group Meeting held on July 27th. The 2nd support group meeting was well attended, having a total of 14 participants. **ARH** provided a great educational lesson on diabetes and your skin, with lots of discussion following. Leslie County Extension FCS shared recipes and provided samples of the tasty Plate-It Up, broccoli pizza. We appreciate our local partnership with ARH Healthcare providing their resources for meetings. Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the **last Thursday of each month at 10:00 a.m.** Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

Lunch and Learn - Homemaker Leader Lesson: Navigating Trauma After Disaster was held August 9th at 12:00 noon. Homemakers enjoyed this educational lesson learning more about Trauma, our body's response when we experience an event that is life threatening or emotionally hurtful. The lesson prepared participants to better understand trauma and signs of trauma, and how to cope and respond to trauma after a natural disaster. Lorie Adams, Knott County FCS Agent taught the lesson followed by Kayla Watts, [County Agent on Special Assignment for Community Recovery, & Resiliency](#) sharing information and a checklist for creating a Disaster Preparedness Kit. Each participant left with an emergency wool blanket, sunscreen, hand sanitizers and a UK HealthCare drawstring backpack to have a start in preparing their own disaster kits.



Leslie County Extension Hyden Homemakers met at Leslie County Extension on **August 14th** for their regular monthly meeting. There were participants who enjoyed this cultural arts class. Special thanks to Faye Couch for teaching the class on Sun Bonnet Sue Applique and to Karen Roberts for special assistance and setting up machines. For more information contact **Faye Couch at (606) 672-3231 or Vicki Boggs at (606) 672-2154.**



**** Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!***



Leslie County Annual Homemakers' Meeting

Monday, October 9, 2023

Registration: 5:00 p.m.

Dinner: 5:30 p.m.

Leslie County Extension Office

Dues (\$10) must be paid on or before October 9th
to receive this year's shirt and dinner.

New Members are Welcome!

Don't forget, at this meeting you will be able to
spend all the Funny Money that you have
accumulated throughout the year.

Preregister by October 3rd
(606) 672-2154

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\$15 Fee



Quicksand Area

HOMEMAKER MEETING

Please join us for our annual meeting on...



OCTOBER 12TH



Registration starts at **10:30 AM** and the meeting will start at **11:00 AM**

*Lee County Extension Office
259 Industrial Park
Road Beattyville, Ky*

Please call the Leslie County Extension Office at (606) 672-2154 by October 3rd to Preregister.

a time for sharing



DIABETES



SUPPORT GROUP

**SEPT
28**

The Month's
Meeting Topic:

**Let's
Move It!**



NEW LOCATION!

10AM HYDEN

Leslie County UK Extension
Office @ 22045 Main Street

*Family and support caregivers
are welcome to attend.*

- **FREE A1C Screenings**
- **Door Prizes**
- **Drawings & More!**



*You can also join via Zoom at
<https://zoom.us/my/arhdiabetes>*



For more info, please contact:
email csmith11@arh.org
or call 606.672.2154



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One Pan Shrimp and Veggies



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

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.

3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings

Serving size: 1 cup

Cost per recipe: \$9.97

Cost per serving: \$1.99

Nutrition facts per serving:

290 calories;
14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 9

THIS MONTH'S TOPIC: RISING HOMEOWNER'S INSURANCE COSTS

In recent years, households across our commonwealth have experienced a steady stream of costly natural disasters. These severe weather events have cost Kentuckians more than 1 billion dollars in estimated disaster-related claims in the past 10 years.

Because of inflation, as well as the higher costs to repair homes and the recent losses from natural disasters, homeowner insurance premiums have spiked nationally. Kentucky is no exception. Home insurance rates have been on the rise since the pandemic and are predicted to increase an average of 9% in 2023. In this article, we discuss ways to save money on your homeowner's insurance policy.

WHAT SHOULD YOU DO?

Start by improving your finances. Look for ways to build healthy savings and lower outstanding payments, such as student loans, credit cards, or other high-interest consumer debt. Managing your money wisely can help you prioritize spending. Look for "spending leaks" to plug, or those frequent or small purchases that can drain your account over time. This might mean cutting back on entertainment, travel, or eating out. Examining your spending habits can help you identify how to "free up" money for essentials.



Also work to establish and maintain a solid credit history. Having good credit can reduce your insurance costs. Similarly, a poor credit history or low credit score labels you a "risky" consumer and can increase how much you pay for homeowner's insurance. To protect and build your credit, always pay your bills on time and keep your credit balances as low as possible. Never take out more credit than you need, and regularly monitor your credit report to look for errors or fraud that need correcting. If your credit standing has recently improved, discuss this with your insurer to see if you are eligible for discounts.

WHAT SHOULD YOU NOT DO?

Do not be tempted to cancel or significantly reduce your insurance coverage, even if you have paid off your mortgage. As Kentuckians have experienced firsthand recently, severe weather often comes with



SEVERE WEATHER OFTEN COMES WITH LITTLE WARNING BUT CAN CAUSE MAJOR DEVASTATION.



little warning but can cause major devastation. Not being properly insured could affect your financial future and could quickly deplete your life savings or retirement funds. Also, do not assume your current coverage is adequate. Revisit your policy to make sure your property is properly insured, especially considering inflation rates and rising home prices.

WAYS TO LOWER PREMIUMS

- **Shop around.** If the last time you shopped for homeowner's insurance was when you bought your home, it may be time to comparison shop. Prices can vary from provider to provider. By comparing multiple quotes, you can determine what company can offer you the lowest premium. Always use caution when comparison shopping to make sure a lower premium doesn't mean less insurance coverage.
- **Claim discounts.** Talk with your agent about eligible discounts that can lower the cost of your policy, such as upgrading your roof, electrical, or plumbing. Other discounts may include upgrades like installing additional fire extinguishers or security systems, bundling services such as home and auto policies, or company loyalty programs. Some companies offer claims-free discounts; lower rates depending on your payment method,

such as automatic drafts or paying in full; discounts for non-smoking households; and even occupational discounts for emergency responders or active military.

- **Raise your deductible.** If you can afford to pay more out-of-pocket initially, increasing your deductible could lower your premium costs. When a homeowner files a claim, depending on their policy, they will pay a certain amount of money upfront (*known as a deductible*) before the insurance company will pay. The higher the deductible, the more money a homeowner can save on their premiums. If you have an emergency fund that could cover a higher deductible if incurred, this may be a way to save.

REFERENCES:

AARP. <https://www.aarp.org/money/budgeting-saving/info-2023/homeowners-insurance-prices-soar.html>

Insurance Information Institute. <https://www.iii.org/article/12-ways-to-lower-your-homeowners-insurance-costs>

National Association of Insurance Commissioners. <https://content.naic.org/consumer/homeowners-insurance.htm>

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A "Messy Games" highlight from 2023 4-H Summer Camp, the kids enjoyed this event!