

# Leslie County Informer

## October 2023



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

### Cooperative Extension Service

Leslie County  
22045 Main Street #514  
Hyden, KY 41749-8568  
606-672-2154  
Fax: 606-672-4385  
extension.ca.uky.edu



### 2023 4-H Kentucky State Fair Entries

Youth that participated in summer days camps and submitted items to the Kentucky State Fair had the opportunity to visit the fair. Almost 80 exhibits were displayed from our Leslie County youth. Our first stop after arriving at the KY State Fair was Cloverville! For nearly 40 years, Cloverville has been the face of Kentucky 4-H. 2023 Cloverville had over 9,000 4-H member exhibits from across the Commonwealth in a village like setting where 4-H'ers display their skills and compete for state-level ribbons. Leslie County Exhibits are currently displayed in the front windows at Leslie County CES!

*Vicki R. Boggs*

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County Extension Agent for  
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*Dawna Jace Peters*

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### 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.

## DREADED ILLNESS HITS HOME AGAIN!

Do you or your significant other exhibit any of the following symptoms?

- Do you feel a chill in the air?
- Are the leaves changing colors before your eyes?
- Do you or your significant other lack the ability to stay focused on the road while driving?
- Does camouflage clothing litter your home?

Are you picking burs off your new towels, socks, couch and/or the house cat?

If you answered YES to more than 3 of these questions, it's too late!  
Someone in your home has... **BLINDNESS**

As of today, blindness is your soft target, and this is your chance to make a difference. Contact the Kentucky Department of Fish and Wildlife.

### FIREARM and SAFETY TIPS:

- Properly store firearms and ammunition when they are not in use.
- Treat every firearm as if it were loaded, every time.
- When handling firearms, keep them pointed in a safe direction whether they are loaded or not.
- Point firearms only at objects that you intend to shoot. This does not include televisions.
- When hunting, know the location of all hunting partners and others in the field. This includes canine partners.
- All hunters, and persons accompanying them, must wear outer garments of hunter orange color visible from all sides on the head, back and chest when hunting during daylight hours for any species during the modern gun, muzzleloader, and youth firearm deer seasons, or a firearm elk or bear season.
- Persons born on or after Jan. 1, 1975 must carry proof of valid hunter education certification or a hunter education exemption permit while hunting.

Good luck this hunting season. For more information visit the Kentucky Fish and Wildlife website.

**MUZZLELOADER**  
Oct. 22 - 2023

**MODERN GUN**  
Nov. 11 - 2023

**FREE YOUTH WEEKEND**  
Nov. 25 - 26, 2023

**ARCHERY**  
**SENIOR & YOUTH CROSSBOW**  
Oct. 2 - 2023, Jan. 15 - 2024

**CROSSBOW**  
Oct. 18 - 2023, Jan. 15 - 2024

**YOUTH ONLY GUN**  
Nov. 11 - 15, 2023

**MUZZLELOADER**  
Oct. 22 - 2023

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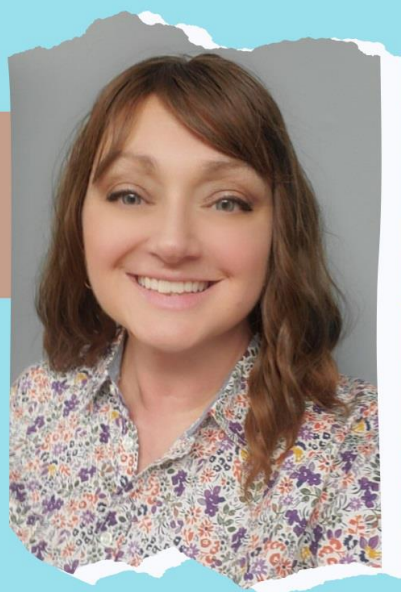


Disabilities accommodated with prior notification.



# Michelle Brock

Agriculture and Natural Resource Agent



**About:**

**Hometown:**

Helton, KY

**Hobbies:**

Horseback riding, painting, four-wheeling.

**High School:**

Leslie County

**Agricultural Specialty:**

Horse Husbandry and Equine Science

**Favorite Food:**

Steak, prepared medium.

**Marital Status:**

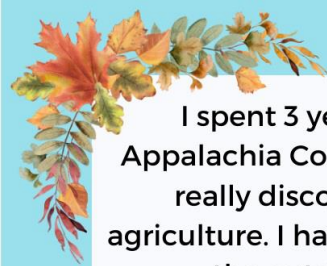
Married a little over 2 years.

**Pets:**

My husband and I have 3 horses, 1 miniature horse, 2 cats, 3 dogs and a flock of chickens.

**Favorite type of Hunting:**

My husband is an avid hunter and introduced me to deer hunting a couple of years ago. Now I develop a major case of deer fever in the fall.



I spent 3 years working as a Grow Appalachia Coordinator. That is where I really discovered my passion for agriculture. I have owned horses and love the outdoors all my life. So working for the University of Kentucky as a Agriculture and Natural Resource agent is a dream come true. I am honored to be able to serve Bell and Leslie Counties.

**Office Contact Information**

[michelle.brock@uky.edu](mailto:michelle.brock@uky.edu)

Leslie County Cooperative Extension Office

606-672-2154



## BREAST CANCER AWARENESS!

### Coming Up

Oct. 2 <sup>nd</sup> 5:00 p.m.	Hyden Homemakers Club Meeting
Oct. 9 <sup>th</sup> 5:00 p.m.	Homemakers' Annual Meeting
Oct. 12 <sup>th</sup> 8:45 a.m.	Quicksand Homemakers' Area Meeting
Oct. 18 <sup>th</sup> 8:30 a.m.	Wooden Bird House RCARS
Oct. 19 <sup>th</sup> 1:00 p.m.	Beech Fork Homemakers
Oct. 19 <sup>th</sup> 1:00 p.m.	Cooking Through the Calendar
Oct. 19 <sup>th</sup> 2:30 p.m.	DROP IT LIKE IT'S HOT!
Oct. 24 <sup>th</sup> 12:00 p.m.	Lunch & Learn Pickleball
Oct. 26 <sup>th</sup> 10:00 a.m.	Diabetes Support Group Meeting

October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease. Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.



### Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all.

Symptoms can include:

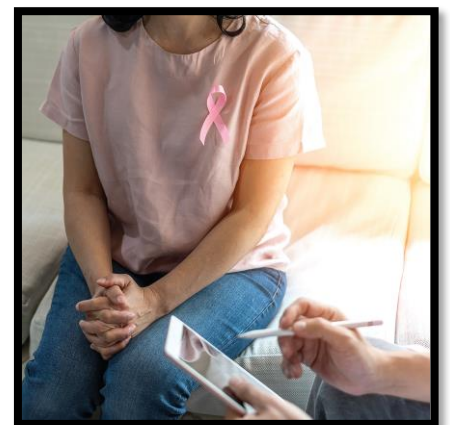
- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

### Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.



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

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, October 2<sup>nd</sup>** for their regular monthly meeting. Bernie will be teaching a fall pumpkin applique sewing project that everyone is sure to enjoy! Please contact **Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154 for more information.**

**Attention all Homemakers:** Earn funny money by bringing items for Silent Auction Homemaker Fundraiser for our Annual County Meeting on **October 9<sup>th</sup>**. All auction items will need to be brought in by **October 6<sup>th</sup>**. KEHA Homemaker Membership drive has begun, so plan to renew your membership today and also invite friends and family to join. The yearly membership fee of **\$10.00** supports Ovarian Cancer Screening, includes a free T-shirt, annual meeting meal and more!



### **Leslie County Homemakers' Annual Meeting**

**What:** Leslie County Homemakers' Annual Meeting

**When:** Monday, October 9<sup>th</sup>, 2023

**Registration:** 5:00 p.m.

**Dinner:** 5:30 p.m.

**Where:** Leslie County Extension Office - 3rd Floor

**Pre-register by October 3<sup>rd</sup> by calling (606) 672-2154.**

### **Quicksand Area Annual Homemakers' Meeting**

**October 12, 2023 at Lee County Extension, Will be leaving Leslie County Extension Office 8:45 a.m.**



### **Wooden Bird House at RCARS Wood Utilization Center in Jackson, Ky. - October 18, 2023**

Join us to build a **wooden bird house at RCARS Wood Utilization Center in Jackson Ky.** Registration fee is **\$15.00** for this project, deadline to register is **October 6<sup>th</sup>**. We plan to leave Leslie County Extension at **8:30 a.m.** Contact us at **672-2154** for more information.

### **Leslie County Extension Beech Fork Homemakers**

Plan to meet at Lower Beech Fork United Methodist Church on **October 19<sup>th</sup> at 1:00 p.m.** For more information concerning homemaker meetings contact **Vicki Boggs at 672-2154 or Donna Nantz at 374-5251**

## Cooking Through the Calendar: October 19<sup>th</sup> - 1:00 p.m.

We all love the free recipe calendars the Extension Office provides each year! The October recipe is Italian One Pot Pasta and Beans. It spotlights some nutritional benefits of beans 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** continues to partner with us and plans to provide incentives and education for this health and wellness program. **Sign up by October 13<sup>th</sup>**, 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!: October 19<sup>th</sup> – 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: Pickleball October 24<sup>th</sup> at 12:00 noon

Pickleball is America's fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun to play, and fun to say! Using paddles and lightweight balls, the open play format encourages being active with others. For more information about Pickleball, contact the Leslie County Extension Office at 672-2154, and sign up to attend this lesson by **October 20<sup>th</sup>**. Stacey Trent, Breathitt County FCS Agent will teach this class here at **Leslie County Extension Office**. Building strong, healthy families. Building Kentucky. It starts with us. #UKFCSExt.

## Diabetes Support Group Meeting – October 26<sup>th</sup> at 10:00 a.m.

Please call 672-2154 to sign up for this monthly program!

*\* 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!*

**DIABETES**

**SUPPORT GROUP**

**OCT 26**

The Month's Meeting Topic:  
**The stress of managing of Diabetes**

**LAST THU EACH MONTH**

**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>

**ARH**

For more info, please contact:  
email [csmith11@arh.org](mailto:csmith11@arh.org)  
or call 606.672.2154

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

Raising kids, Eating right, Spending smart



# *What's Been Happening in Extension*

**Food Preservation Workshop held at Leslie County Extension - August 22<sup>nd</sup>**



**Diabetes Support Group Meeting – August 31<sup>st</sup>**



**Leslie County Extension Hyden Homemakers - September 11<sup>th</sup>**



**Cooking Through the Calendar August 24<sup>th</sup>: One Pan Shrimp & Veggies**



**September 14<sup>th</sup> Skillet Pork Chops with Peaches**



**DROP IT LIKE IT'S HOT! August 24<sup>th</sup> and September 14<sup>th</sup>**



**Homemaker Leader Lesson: Savor the Flavor: Building Flavor with Herbs - September 20<sup>th</sup>**



**Third Thursday Thing - September 21<sup>st</sup>**





**\$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*







# *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 9<sup>th</sup>  
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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# Italian One Pot Pasta and Beans



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

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$6.38**  
**Cost per serving: \$0.53**

**This recipe is adapted** from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

**Nutrition facts per serving:**  
150 calories;  
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:**  
Cathy Fellows,  
Boone County  
SNAP-Ed Program  
Assistant



# 2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

## *Categories and Subcategories*

### **1. APPAREL**

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

### **2. ART, 3-Dimensional**

- a. Carving
- b. Sculpture

### **3. ART, NATURAL**

- a. Wood
- b. Other

### **4. ART, RECYCLED (Include a before picture)**

- a. Clothing
- b. Household
- c. Other

### **5. BASKETRY**

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

### **6. BEADING**

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

### **7. CERAMICS**

- a. Hand-formed
- b. Molded
- c. Pre-made

### **8. COUNTED CROSS STITCH**

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

### **9. CROCHET**

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

### **10. DOLL/TOY MAKING**

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

### **11. DRAWING**

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

### **12. EMBROIDERY**

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

### **13. FELTING\***

- a. Needle Method
- b. Wet Method

### **14. HOLIDAY DECORATIONS**

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

## 2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER – machine / loom)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY (mounted or framed) \*\*

- a. Black & White
- b. Color

### 22. QUILTS\*\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

### 22. QUILTS\*\*\*\* (continued)

- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\* Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

\*\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

## 2023 - Mary Breckinridge Festival Food Preservation Contest

### **Class 1: Pickles**

- (A) Dill Pickles
- (B) Sweet Pickles
- (C) Relish or Chow-Chow

### **Class 2: Vegetables**

- (A) Tomatoes
- (B) Tomato Juice
- (C) Green Beans
- (D) Sauerkraut
- (E) Peppers
- (F) Other Vegetables

### **Class 3: Fruits**

- (A) Jam
- (B) Jelly
- (C) Preserves
- (D) Marmalade
- (E) Butter (Apple, Pumpkin, etc.)
- (F) Other Canned Fruits

### **Class 4: Dried Foods**

- (A) 1 String of Shucky Beans
- (B) Dried Fruits
- (C) Dried Vegetables
- (D) Meat Jerky

### **Class 5: Other**

- (A) Meats

## RULES

- (1.) Contest open to *Leslie County residents* only.
- (2.) Must have been preserved within the last year.
- (3.) One entry per person per category.
- (4.) Must be preserved in proper canning jar. No mayonnaise jars, etc. (*Improper jars will be disqualified.*)
- (5.) Dried foods must be stored in jar with lid or zipper lock bag. (Except shucky beans on a sting.)

## 2023 - Mary Breckinridge Festival Baking Contest

### **Class 1: Breads**

- (A) Loaf Breads (half-loaf)
- (B) Muffins (4)
- (C) Biscuits (4)
- (D) Yeast Rolls (4)
- (E) Bread made in machine (half-loaf)
- (F) Any bread not mentioned

### **Class 2: Cakes**

- (A) Cake with frosting (half-cake) made from scratch
- (B) Cake without frosting (half-cake) made from scratch
- (C) Novelty Cake (bridal, birthday, ginger bread house, etc.) (Whole-cake)

### **Class 3: Pies**

- (A) Any pie (half-pie)

### **Class 4: Cookies**

- (A) Peanut Butter Cookies (4)
- (B) Sugar Cookies (4)
- (C) Oatmeal (4)
- (D) Any other kind (4)

### **Class 5: Candies**

- (A) Mints, any kind (6 pieces)
- (B) Fudge (4 pieces)
- (C) Hard Candy (4 pieces)
- (D) Any other kind (4 pieces)

## RULES

- (1.) Contest open *Leslie County residents only*.
- (2.) Food items must be placed on a paper plate or in a zipper lock bag with the exception of cakes.
- (3.) Cakes should be covered in some way.
- (4.) No baked goods will be returned.

Quilts will be on display at the Leslie County Extension Office on October 6<sup>th</sup> from 8:30 a.m. - 4:00 p.m. and October 7<sup>th</sup> from 10:00 a.m. - 2:00 p.m. Quilts may be picked up October 10<sup>th</sup> & 11<sup>th</sup> from 8:30 a.m. - 4:00 p.m.

# 2023 MARY BRECKINRIDGE FESTIVAL QUILT SHOW

## QUILTS

### Class 1: Hand Pieced Quilts

- (A) Hand Quilted
- (B) Machine Quilted

### Machine Pieced Quilts

- (A) Hand Quilted
- (B) Machine Quilted

**Note:** Class 1 entries must be pieced and quilted by exhibitor.

### Class 2: Appliqué Quilts

- (A) Hand Appliqué
- (B) Machine Appliqué

**Note:** Class 2 will only be judged on the Appliqué work.

### Class 3: Novelty Quilts

(Includes Embroidered, Painted, Stenciled, Etc.)

**Note:** Class 3 will only be judged on the Novelty work.

### Class 4: Pieced Quilt Tops (no quilting)

- (A) Machine Pieced
- (B) Hand Pieced

**Note:** Class 4 will only be judged on piecing & cannot be quilted)

### Class 5: Hand Pieced Group Quilts

- (A) Hand Quilted
- (B) Machine Quilted

### Machine Pieced Group Quilts

- (A) Hand Quilted
- (B) Machine Quilted

**Note:** Class 5 quilts can be pieced by one or more people and quilted by a different group of people.

## AFGHANS

### Class 6: Afghans

- (A) Crochet
- (B) Knitted

## WALL HANGINGS

### Class 7: Hand Pieced Wall Hangings

- (A) Hand Quilted
- (B) Machine Quilted

### Machine Pieced Wall Hangings

- (A) Hand Quilted
- (B) Machine Quilted

### Class 8: Appliqué Wall Hangings

- (A) Hand Appliqué
- (B) Machine Appliqué

**Note:** Class 8 will only be judged on the Appliqué work.

### Class 9: Novelty Wall Hangings

(Includes Embroidered, Painted, Stenciled, Etc.)

**Note:** Class 9 will only be judged on the Novelty work.

## RULES

- (1.) Each class can only have one entry per person.
- (2.) Quilts must have been made in the last three years.
- (3.) Contest is open to *Leslie County residents* only.
- (4.) Quilts entered in last year's show **may not** be entered again.
- (5.) There will be a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winner in each category and an overall champion.
- (6.) Quilts will be on display at the **Leslie County Extension Office on October 6<sup>th</sup> from 8:30 a.m. - 4:00 p.m. and October 7<sup>th</sup> from 10:00 a.m. - 2:00 p.m.**
- (7.) Quilts may be picked up **October 10<sup>th</sup> & 11<sup>th</sup> from 8:30 a.m. - 4:00 p.m.**

# Leslie County Community BLOOD DRIVE

Tuesday, Oct. 3  
1:30-6:30 p.m.

Leslie County Extension Office  
22045 Main St  
Hyden, KY 41749

All donors will receive a KBC T-shirt  
(while supplies last)!

BLOOD IS RED,  
GRASS IS BLUE,  
I SAVE LIVES,  
HOW 'BOUT YOU?

Scan this QR code to  
make an appointment:



SCHEDULE YOUR  
DONATION



[kybloodcenter.org](http://kybloodcenter.org) 800.775.2522 Please bring photo ID

Appointments preferred. Walk-ins welcome. Drive details subject to change. Please check [kybloodcenter.org](http://kybloodcenter.org) prior to donating. Donors with appointments will be notified of changes.

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Live local • Give local

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HERE!

Dawna Jace Peters, Leslie County Extension Agent for 4-H Youth Development Education Email: [jace.peters@uky.edu](mailto:jace.peters@uky.edu)

## WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK!

It is important to go to the doctor when you are sick.

But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take

a vision, hearing, or breathing screening.

These screenings do not hurt. It is important that you pay attention and follow directions, so the screening shows how well your body is working.

*Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.*



This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

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 October 30<sup>th</sup> – 4:00 p.m. at the Leslie County Extension Office.

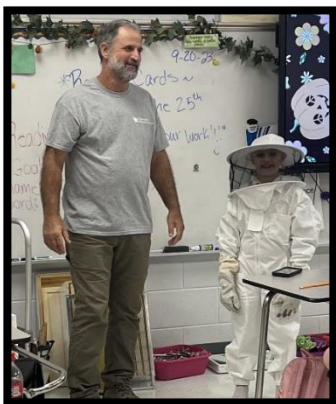


## Whats Been Happening in 4-H



### 4-H Bee Club

Theresa J. Martin, Master Beekeeper and recent graduate of Cornell visited our August 4-H Bee Club meeting showing us an alternative beekeeping. She presented many ideas about beekeeping in a more natural manner and general basic beginner beekeeping ideas. Some of the ideas presented were spacing hives as far apart as possible to help protect against disease and pest cross contamination. This Allows bees to swarm in a natural manner to help with control of pests and disease. We would like to thank her for visiting our club!



### 4-H Science

Mr. Garry kicked off 23-24 4-H Science in the schools with 4th grades. His first lesson was focused on bees which has become a favorite amongst the kiddos and teachers. The lesson discussed ways to identify bees, the roles they play, how to properly care for them, honey production and a demonstration of different tools used.





## Fun with 4-H at the Kentucky State Fair



## 4-H State Teen Council

Sophomore Brianna Gilbert will be representing the East Region for 4-H State Teen Council member for the 2023 -2024 program year. She attended her first meeting at West Kentucky 4-H Camp in Dawson Springs, Kentucky September 15th-17th.

This council plays a vital role in the success of several educational experiences KY 4-H conducts each year. During this term she will be tasked with many projects that will contribute to these experiences. Bree was selected to serve on this council because of her prior leadership potential through 4-H and her community.



# 2023 4-H State Fair Ribbons



Adabelle Hacker	Photography	WHITE
Adabelle Hacker	Photography	BLUE
Adalynn Fields	Photography	RED
Adalynn Fields	Photography	BLUE
Adyson Whitehead	Photography	BLUE
Adyson Whitehead	Photography	BLUE
Adyson Whitehead	Foods Exhibits	WHITE
Adyson Whitehead	Foods Exhibits	BLUE
Adyson Whitehead	Foods Exhibits	BLUE
Braelyn Fields	4-H Arts & Crafts	RED
Braelyn Fields	Photography	RED
Braelyn Fields	Photography	BLUE
Braelyn Fields	Food Preservation	BLUE
Brylyn Asher	4-H Arts & Crafts	RED
Brylyn Asher	4-H Arts & Crafts	RED
Brylyn Asher	Foods Exhibits	RED
Chloe Brashear	4-H Arts & Crafts	RED
Chloe Brashear	4-H Arts & Crafts	BLUE
Chloe Brashear	4-H Arts & Crafts	BLUE
Chloe Brashear	Photography	WHITE
Chloe Brashear	Photography	WHITE
Chloe Brashear	Food Preservation	BLUE
Chloe Brashear	Home Environment	RED
Chloe Brashear	Home Environment	BLUE
Hailey Grigsby	Electric	RED
Hailey Grigsby	4-H Arts & Crafts	BLUE
Hailey Grigsby	Photography	RED
Hailey Grigsby	Photography	BLUE
Hailey Grigsby	Food Preservation	WHITE
Haylee Combs	Photography	WHITE
Haylee Combs	Photography	RED
Jathan Shell	Photography	RED
Jathan Shell	Photography	RED
Kaleb Grigsby	Electric	BLUE
Kaleb Grigsby	Photography	RED
Kaleb Grigsby	Photography	BLUE
Kaleb Grigsby	Photography	BLUE
Kaleb Grigsby	Foods Exhibits	RED

Karlee Adams	4-H Arts & Crafts	RED
Karlee Adams	4-H Arts & Crafts	RED
Karlee Adams	6030 Photography	RED
Karlee Adams	6030 Photography	RED
Kasey Lewis	4-H Arts & Crafts	RED
Kasey Lewis	Foods Exhibits	RED
Kasey Lewis	Home Environment	RED
Kayleigh Hacker	4-H Arts & Crafts	RED
Kayleigh Hacker	4-H Arts & Crafts	BLUE
Keelin Hall	Photography	WHITE
Keelin Hall	Photography	RED
Keelin Hall	Photography	BLUE
Keelin Hall	Home Environment	RED
Keelin Hall	Home Environment	RED
Kennedy Lewis	4-H Arts & Crafts	RED
Kennedy Lewis	Photography	BLUE
Kennedy Lewis	Photography	RED
Logan Sizemore	Photography	WHITE
Logan Sizemore	Photography	RED
Logan Sizemore	Foods Exhibits	WHITE
Madilyn Coleman	4-H Arts & Crafts	BLUE
Madilyn Coleman	4-H Arts & Crafts	BLUE
Madilyn Coleman	4-H Arts & Crafts	BLUE
Madilyn Coleman	Photography	BLUE
Madilyn Coleman	Photography	RED
Madilyn Coleman	Photography	RED
Madilyn Coleman	Needlework	BLUE
Mason Asher	Photography	RED
Regan Greer	Electric	RED
Regan Greer	4-H Arts & Crafts	WHITE
Regan Greer	4-H Arts & Crafts	RED
Serenity Vanover	4-H Arts & Crafts	BLUE
Serenity Vanover	Photography	RED
Serenity Vanover	Photography	WHITE
Serenity Vanover	Needlework	BLUE
Zoey Hobbs	Photography	WHITE
Zoey Hobbs	Photography	RED
Zoey Hobbs	Photography	BLUE



Don't miss this wonderful night of spooky tales and shocking scares as The Leslie County Community Foundation and Mary Breckinridge's Wendover present the annual Ghost Walk. Local storytellers share their best spine-tingling tales while LCHS students do their best to scare you out of your wits! It's a fantastic night where we raise funding for the Leslie County 4H and the LCHS Humanities Department. And at only \$5 a head, it's practically a penny per scream!

RETURN SERVICE REQUESTED

Leslie County Cooperative Extension  
22045 Main Street #514  
Hyden, KY 41749-8568

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

