

March
2024



Family &
Consumer
Sciences

Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service
Letcher County
478 Extension Rd
Whitsburg, Ky 41858
606-633-2362

Letcher
Homemakers
Mar 12 @ 10:30
Jeremiah Baptist

Crafty Cut-ups
Mar 12 @ 10:00
Letcher County
Extension

Cowan
Homemakers
Mar 14 @ 11:00
Cowan Community
Center

Jenkins
Homemakers
Mar 8 @ 11:30
Jenkins Library

FCS Council mtg
March 7 @ noon
Scholarship Council
March 7th @ 11



HOMEMAKER CLUBS MONTHLY MEETINGS

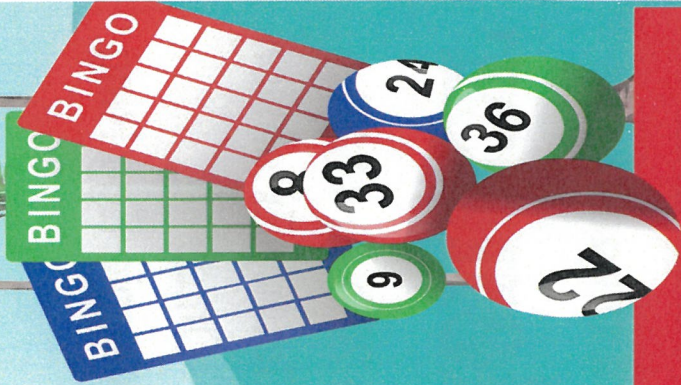
Call 606-633-2362 for
information on any of these
clubs

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

BINGOCIZE

Bingocize is a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get people moving and socializing. We will be meeting for 10 weeks on the following dates in:

March: 5th, 7th, 11th, 14th, 20th, 22nd, 26th @ 1:00. We will meet March 28th @ 11:00. Please call and pre-register. For more information contact Nanette Banks at 606-633-2362.



606-633-2362

Letcher County Extension

Nanette Banks

Letcher County Extension Agent
for Family & Consumer Sciences
Education

Cooperative Extension Service

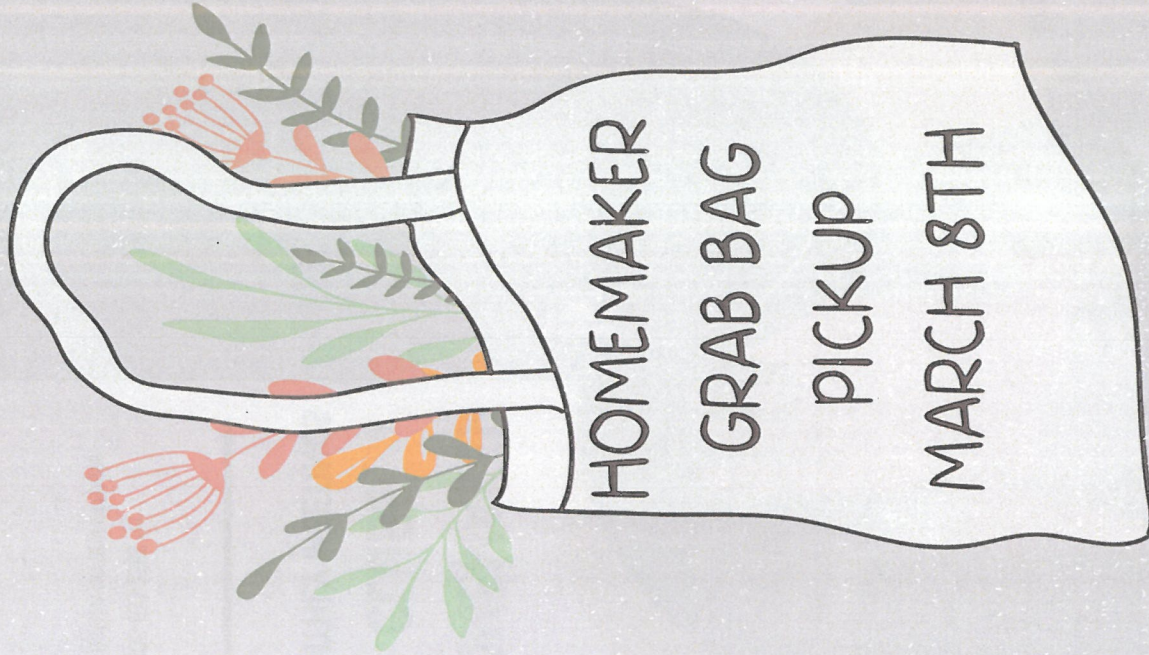
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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 receipt or realization 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.



Beginning at 8:00 for those that have signed up
for more info call Nanette Banks 633-2362

Cooperative
Extension Service

COOKING THROUGH THE

Calendar

March 20th @ 11:30

Letcher County Extension
Office

Making Veggie Egg Ring

For more information on how you can attend
these **FREE** cooking classes, please contact
your local **Cooperative Extension office:**

Letcher County Extension Office
478 Extension Dr
Whitesburg, KY 41858
(606) 633-2362



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 receipt or realization 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

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506





Sewing Workshop
March 21st @
10:00am or 1:00 pm

we will be making a pin cushion/thread basket. Basic sewing skills required. Limited number of slots available. Pre-register by March 15 to ensure we have enough materials.

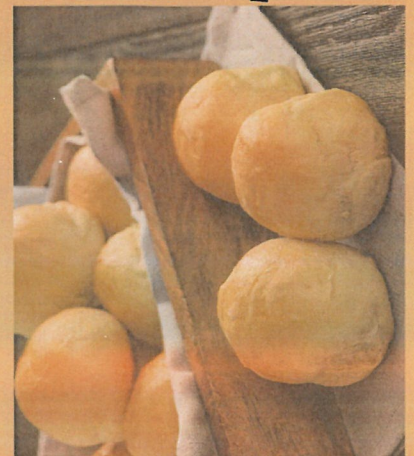


QUICK YEAST ROLLS WORKSHOP



MARCH 22ND @ 11:30 AM
LETCHER COUNTY
EXTENSION OFFICE

Please join us for a one-hour workshop on how to make and bake some classic holiday rolls in just 30 minutes. Please pre-register by March 15th. Limited number of spots available.





PBPT TRAINING

Please call and register by March 21st.
For more information contact Shad
Baker or Nanette Banks at 633-2362

MARCH 25 @ 5:00
Letcher County
Extension



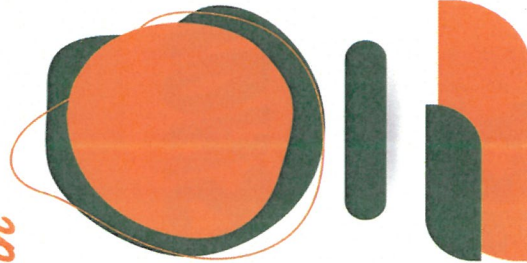
TRAVELING THE WORLD WITH EXTENSION

March 26th

11:30

International Cooking Series
without leaving your kitchen

- different cultures
- history of food

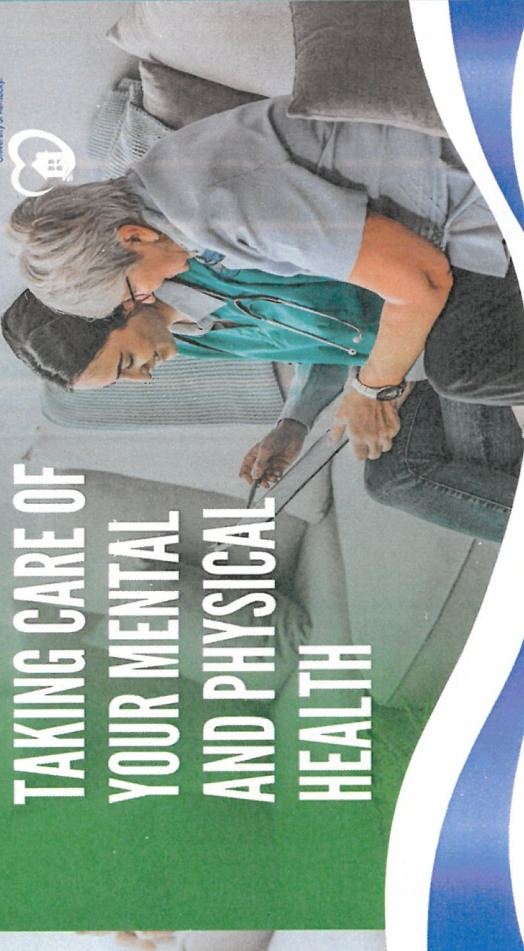


Register by March 20th 633-2362



SELF CARE: TAKING CARE OF YOUR MENTAL AND PHYSICAL HEALTH

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



Self-care is essential for maintaining overall well-being, encompassing both mental and physical health. It involves nurturing yourself emotionally, mentally, and physically to reduce stress, enhance resilience, and improve quality of life. Taking time for activities such as exercise, meditation, hobbies, and relaxation can help alleviate stress and promote a sense of balance. To learn more about self-care join us:

MARCH 28TH @ NOON



PLEASE CALL AND REGISTER
BY MARCH 21ST

606-633-2362

DIABETES SUPPORT GROUP

MAR 28

Last Thursday
of each month



1PM Whitesburg

Letcher County UK
Extension Office
@ 478 Extension Drive

NEW LOCATION!

DISCUSSION TOPIC:
**Neuropathy:
Coping with the Pain**

Join us in person at 1pm at the Letcher County UK Extension Office. Family and support caregivers are welcome to attend. All those with diabetes in attendance will receive a \$20 Food City gift card. *(pre-registration is required)*

Or join us at 10AM via zoom from anywhere:



10AM: JOIN VIA ZOOM
zoom.us/j/arthdiabetessupport



TO PRE-REGISTER
OR FOR MORE INFO:

606.789.3511
ext. 1229

 diabetesarh1@arh.org



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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.



ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



Become a fan of MONEYWISE on Facebook! Facebook.com/MoneyWise



ADULT HEALTH BULLETIN

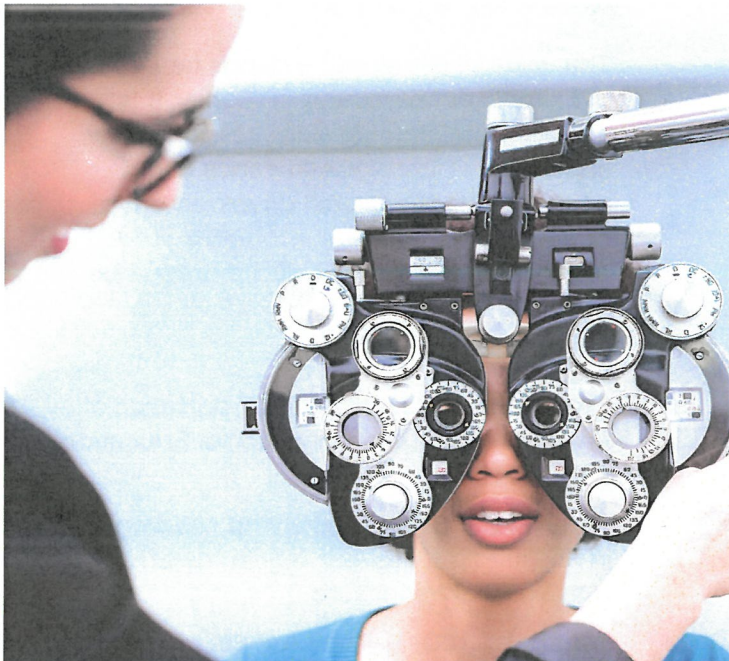


MARCH 2024

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

Letcher County
Extension Office
478 Extension Dr
Whitesburg, KY
41858
(606) 633-2362

THIS MONTH'S TOPIC SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

Continued on the next page →

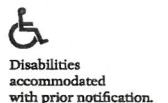


Cooperative Extension Service

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





If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people’s eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family’s eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun’s rays).
- Quit smoking or don’t start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





Family &
Consumer
Sciences



UK Martin-Gatton
College of Agriculture,
Food and Environment



HIKING FOR HEALTH



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



"WE ARE STARTING THIS
EXCITING PROGRAM AGAIN ON
APRIL 12TH, PLEASE WEAR
APPROPRIATE CLOTHING AND WEAR
APPROPRIATE SHOES. PLEASE
PRE-REGISTER FOR THIS
PROGRAM BY APRIL 5TH, FOR
MORE INFORMATION CONTACT
SHAD BAKER OR NANETTE
BANKS AT 633-2362



Spring Forward- Be Prepared

Brandon Peloquin– National Weather Service Wilmington, OH



As March begins and winter starts to wind down, now is the time to start thinking about being prepared for what the unpredictable spring weather can throw at us. March is a transitional month where we need to be prepared for anything and everything. In recent years, we've seen snow and cold snaps, but we've also experienced flooding and tornadoes as well. March tends to represent the battle between winter ending and spring beginning. Eventually, as we move into April and May, signs of winter disappear and spring develops in full force.

Spring can bring beautiful weather, with warm temperatures and sunny skies - great to get the flowers blooming. But it can also bring violent, dangerous weather. Do you or your family know what to do if severe weather strikes where you are? Preparation can be key for everyone's safety!

Always be weather aware! Make sure you know the weather risks of the day ahead of time. When severe thunderstorm, tornado, and flash flood warnings are issued, having multiple methods to receive these warnings and weather information is very important for you to be able to take the appropriate action. This could include a NOAA weather radio, a reverse call system, television/radio, or nearby sirens if you are outdoors. In addition, you should know what to do when these warnings are issued. Have a plan - and put that plan into action. Make sure you have a [safety kit](#) ready to go, as well as a point of contact who can make sure everyone is accounted for and safe.

A **Severe Thunderstorm Warning** means severe weather (damaging winds at least 60 mph and/or large hail of 1 inch or greater) has been reported by spotters or indicated by the National Weather Service's radar. Take shelter in a substantial building, away from windows. If the severe thunderstorm warning states winds in excess of 80 mph, treat it like a tornado warning.

A **Tornado Warning** means a tornado has been spotted or indicated by radar. There is imminent danger to life and property. Take action now! Move to the basement or an underground cellar if possible. If an underground shelter is not available, move to an interior room (multiple walls between you and the outside of the house) on the lowest floor of a sturdy building. You should be sheltered well away from windows or any outside doors. The smaller the interior room the better (closet, bathroom, hallway).

A **Flash Flood Warning** means a flash flood (rapid rise of water) is imminent or occurring and could infringe on property or threaten life. If you are in a flood prone area, move immediately to higher ground. Do NOT try to travel across flooded roadways. Know ahead of time which roads are likely to flood, and what other routes out are available (if any). If water is starting to rise, go ahead and evacuate before it's too late.

Make it a point to *practice* your severe weather plan. The month of March is a great time to pick a day to simulate that severe weather is happening and to practice your plan with family members and friends so that everyone knows what to do and where to go in an actual severe weather situation.

After a long winter, we all look forward to the warmer and sunnier days of spring. However, the risk for hazardous weather also increases, so being prepared now can help limit the impact.



March 5, 2024 @ 6:00 pm

Join Zoom Meeting

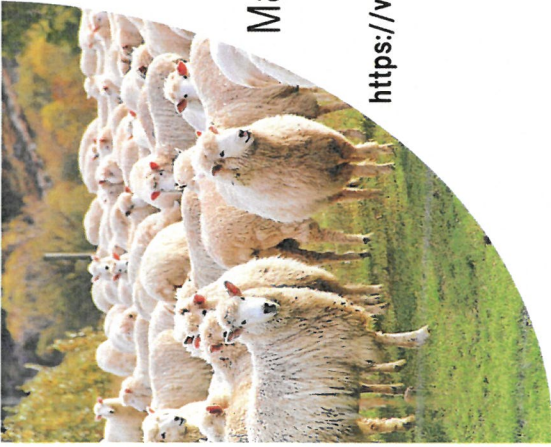
<https://virginatech.zoom.us/j/82878736105>

Meeting ID: 828 7873 6105

SPRING SHEEP MANAGEMENT

Presented by Hunter Romano

- ✓ Lambing
- ✓ Mud
- ✓ Parasites
- ✓ Pasture Maintenance



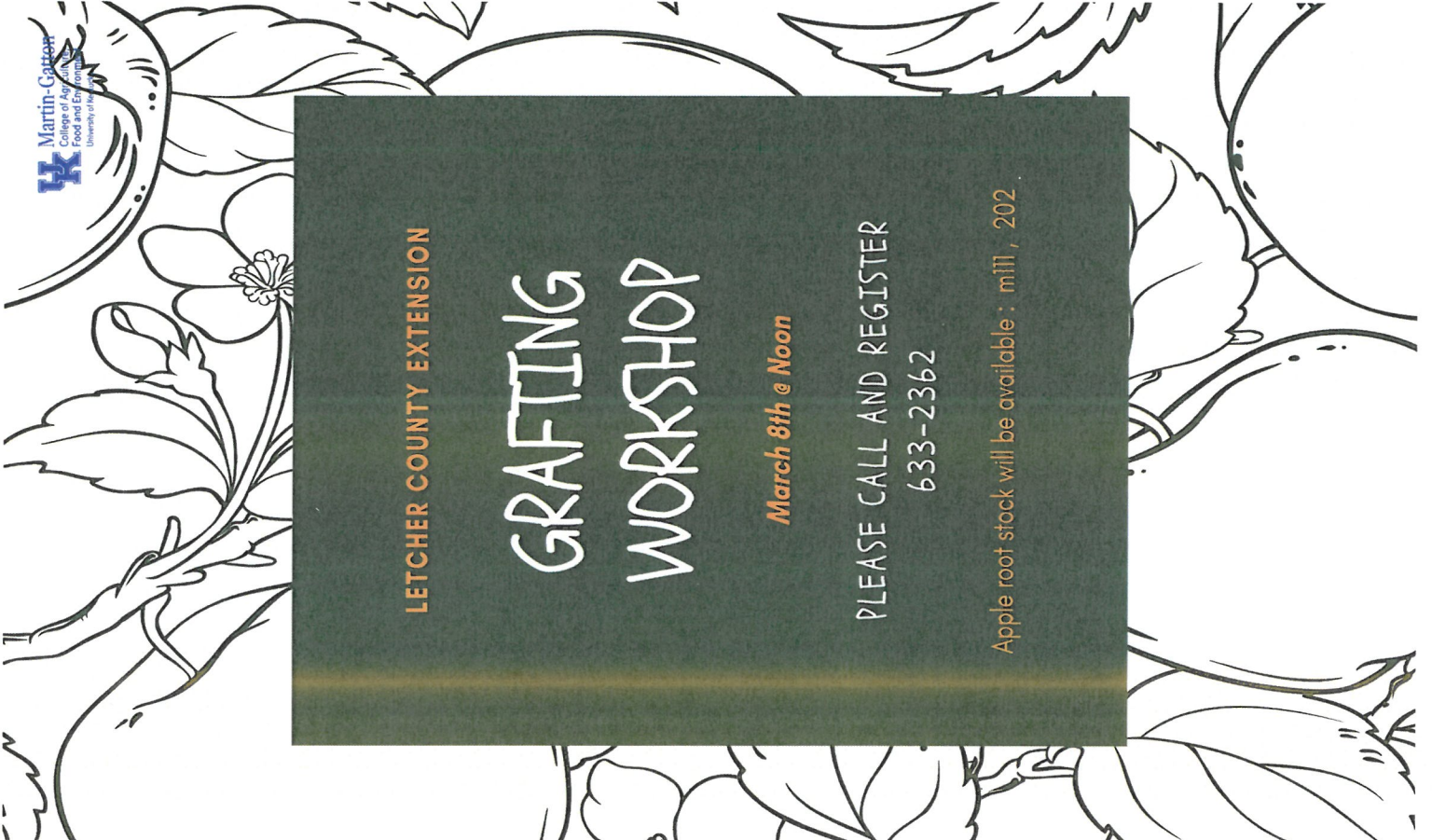
LETCHER COUNTY EXTENSION

GRAFTING WORKSHOP

March 8th @ Noon

PLEASE CALL AND REGISTER
633-2362

Apple root stock will be available : mill , 202





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



Seed Starter Program March 14 @ 12 (at the greenhouse)



Please call and register 633-2362

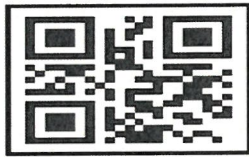


educational programs or Kentucky Cooperative Extension serve as people regardless in economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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

SILVOPASTURE WEBINAR SERIES

Manage Your Woodlands and Livestock in a
New-Old Way

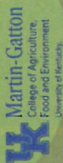


Register at:
bit.ly/3RSU9fN
Or Scan Qr Code

March 5th - 1pm

**SILVOPASTURE PRODUCERS SHARE THEIR
STORIES AND ANSWER QUESTIONS:
A PANEL DISCUSSION**





Tree Give away

KY DEPARTMENT OF FORESTRY
WILL BE AT THE LETCHER COUNTY
EXTENSION OFFICE



MARCH 2, 2024

478 EXTENSION DR WHITESBURG, KY 41858

FOR MORE INFORMATION CALL 633-2362
SPEAK WITH SHAD BAKER



FREE
25 STRAWBERRY
PLANTS FOR
ATTENDEES
DOING A
SURVEY

LETCHER COUNTY
EXTENSION

STRAWBERRY WORKSHOP

APRIL 3 @

12:00

CALL 633-2362 TO
PRE-REGISTER
LIMITED SLOTS
AVAILABLE



March							2024
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 Seed peppers (indoors) for high tunnel production	2 Seed globe artichokes (indoors)	
3	4 Order rhubarb crowns Order specialty seed potatoes	5 Seed microgreens Plant or seed shallots	6 Plant broadleaf evergreens Seed leeks as transplants	7 Turn compost Plant onion sets	8 Remove dead leaves from overwintered strawberries	9 Take cuttings from herbs Seed chives	
10	11 Seed leaf lettuce and spinach (indoors)	12 Seed tomatoes (indoors)	13 Seed peppers (indoors)	14 Seed Swiss chard (indoors) Divide old rhubarb planting	15 Seed peas (outdoors) Plant nonflowering trees and shrubs	16 Seed radishes, spinach and leeks (outdoors)	
17	18 Seed parsnips Plant roses	19 Spring Begins Seed salsify Set head lettuce	20 Seed celery as transplants Seed celeriac	21 Seed eggplant (indoors) Fertilize spring-flowering bulbs	22 Plant asparagus (outdoors) Transplant strawberry plants	23	
24	25 Plant rhubarb	26 Fertilize asparagus and rhubarb beds	27 Begin dogwood anthracnose control Use row covers for freeze protection	28 Seed lavender (indoors) Seed cutting celery (indoors)	29 Sow rosemary seed Plant table grapes	30 Plant horseradish	
31							

KENTUCKY **COOPERATIVE EXTENSION**

DELIVERING RESEARCH-BASED KNOWLEDGE AND SKILLS TO IMPROVE THE LIVELIHOODS OF KENTUCKY RURAL AND URBAN POPULATIONS

SHEEP & GOAT Management & Production Workshop & Lamb Dinner

March 7th – 6:00 pm
Letcher County Extension Office
478 Extension Drive, Whitesburg, KY

Who: Southeast Kentucky Sheep Producers Association (SEKSPA); Letcher, Harlan, Knott, Perry, Pike, Dickenson (VA), & Wise (VA) County Extension Offices; Pine Mountain Settlement School, Kentucky State University

What: This workshop will cover small ruminant management and production and will be beneficial to new and experienced sheep and goat producers

When: Thursday, March 7th, 2024. Registration is from 5:30-6:00 pm. Lamb Dinner starts at 6:00 with the educational program to follow

Where: Registration, dinner, and program will be held at the Letcher County Extension Office at 478 Extension Drive, Whitesburg, KY 41858

Limited Seating! Registration Required!

Please register by calling the Letcher Co Extension Office at 606-633-2362. \$10.00 per family. Your registration fee includes a LAMB DINNER with sides and a One-Year Membership to SEKSPA.

This workshop qualifies for CAIP education credits

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

LEIGH KENTON
Educational programs of Kentucky Cooperative Extension serve all people regardless of income, race, sex, or social status and are not restricted on the basis of race, color, ethnic origin, national origin, religion, political beliefs, sex, marital status, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperative LEIGH KENTON, KY 40368

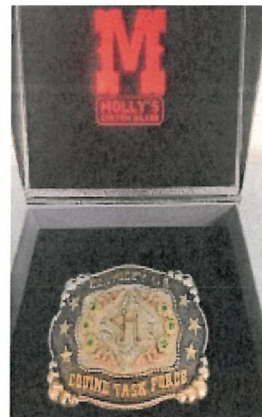


Letcher County has two members of the 4-H Equine Task Force for the 2023-2024 4-H Program year. Alyssa Baker and Aaralyn Jordan had the opportunity to attend the KEEP Day at the Capitol in Frankfort, Kentucky on February 14, 2024. Youth paged, meet legislatures, and learn about equine policy.



Equine Task Force

The 4-H Equine Task Force is working hard on their passion projects that will be showcased at the 2024 Kentucky Volunteer Forum! We spent our last meeting talking about fundraising initiatives, upcoming trips, participating in leadership activities, and they got their buckles!





Crystal Smith
4-H Agent



LETCHER COUNTY 4-H SUMMER CAMP

BE THE STAR OF THE SHOW!



UNDER THE BIG TOP

LETCHER, CLAY, PERRY LESLIE

HARLAN

JM FELTNER
4-H SUMMER CAMP

JULY 30 -

AUGUST 2, 2024

 **Sign ups begin** 

March 2024

Please call us for any questions at the Letcher County Extension Office today at: 606-633-2362





Crystal Smith

4-H Agent



LEITCHER COUNTY 4-H ART CLUB



International Series Continues with:

IRELAND

JACK BUTLER YEATS



ARTS

Tuesday, March 26th
3:30 – 5:30 PM

At the Leitcher County Extension Office

Please call us at: 6066332362 to sign up or to ask any questions!

ALL FOR ART & ART FOR ALL

welcome to

Leitcher County 4-H Art Club

We believe that art is for everyone and there is value and enrichment in a diverse creative experience. From fine art and famous artist studies to open-ended artful play and guided crafting sessions... we provide experiences that keep you creating and connecting with the people who matter most.



Leitcher County 4-H

CLOVERBUDS

Get your child started in 4-H early with Cloverbuds!

An introductory club into 4-H for kids between the ages of 4-8 years old.

**LEITCHER COUNTY
EXTENSION OFFICE**

MARCH 6TH AT 3:30 PM

Please call us at: 6066332362 for any questions or to sign up!





Crystal Smith

4-H Agent




 **Letcher County 4-H**
Homeschool Club

March 12th
1:00 - 2:30 PM
Letcher County Extension
Office

Please call us for any questions or to sign up at: 606-633-2362



 Martin-Gatton College of Agriculture, Food and Environment

 **Letcher County 4-H**
TEEN CLUB 

MARCH 27TH | 3:30 PM
LETCHER COUNTY EXTENSION OFFICE

With 4-H you gain an advantage in life. You learn life skills, community service, leadership, kindness, and friendship. Do you know a pre-teen or teen, ages 12-18 years old, that has these skills to develop? Come join us for our March Club.

Please call us to sign up or for any questions at:
6066332362



Crystal Smith
4-H Agent



BE THE STAR OF THE SHOW!



**UNDER
THE
BIG TOP**



**2024
4-H SUMMER CAMP
JULY 30-
AUGUST 2, 2024**

**PLEASE CALL US
@606-633-2362**





Crystal Smith
4-H Agent



Cloverbuds Valentines Lesson



Homeschool Japan Lesson!





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

Letcher County
478 Extension Dr
Po box 784
Whitesburg, Ky 41858

RETURN SERVICE REQUESTED



Shad Baker
Agriculture & Natural Resources



Nanette Banks
CEA for Family & Consumer
Sciences Education



Crystal Smith
4-H Youth Development