

March 2025



EXTENSION EVENTS

How to stay up-to-date?

Monthly Newsletter

Call or email to be added to the monthly mailing list



Facebook Page

“Like” our Facebook page-Letcher County Cooperative Extension

Service :

Go to our page & check out events.



Webpage

Check out the county webpage at

<https://letcher.ca.uky.edu>



Letcher County Extension

Email:

letcher.Ext@uky.edu

Open Monday-Friday
8 am-4:30pm

478 Extension Dr
Whitesburg, Ky
41858

Phone: 606-633-2362





AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

QUESTIONS AND ANSWERS: PROPOSAL TO LIST THE MONARCH BUTTERFLY AS THREATENED UNDER THE ENDANGERED SPECIES ACT

The U.S. Fish and Wildlife Service is proposing protection for one of the nation's most beloved species - the monarch butterfly - under the Endangered Species Act. For more than 50 years, the Endangered Species Act has been an effective catalyst for on-the-ground collaborative conservation, promoting the recovery of wildlife and conserving the habitats upon which they depend. Find answers to your questions on our proposal to list the monarch butterfly as threatened under the Endangered Species Act.

The U.S. Fish and Wildlife Service is announcing a proposal to list the monarch butterfly as a threatened species with species specific protections and flexibilities to encourage conservation under section 4(d) of the Endangered Species Act. The prohibitions and exceptions in the proposed rule affect monarch butterflies only in the contiguous United States, Puerto Rico and U.S. Virgin Islands (the monarch's historic range).

Our agency is also announcing 4,395 acres (1,778 hectares) of proposed critical habitat in the species' overwintering habitat in Alameda, Marin, Monterey, San Luis Obispo, Santa Barbara, Santa Cruz and Ventura counties, along coastal California.

The proposal, which appears in the Federal Register on December 12, 2024, opens a 90-day public comment period that ends on March 12, 2025. The proposed rule and supporting documents are available online at [regulations.gov](https://www.regulations.gov) under docket number FWS-R3-ES-2024-0137.

With its iconic orange and black markings, the monarch butterfly is one of North America's most recognizable butterfly species. Monarchs are known for their impressive long-distance migration and large clusters they form while overwintering. Their bright coloration serves as a warning to predators that eating them can be toxic.



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Originally native to North America, the monarch butterfly has dispersed to other parts of the world and is now non-migratory and found from the islands in the Pacific Ocean to the western edge of Europe. Despite the expansion, most monarchs continue to live and migrate in North America. North American monarchs are divided into eastern and western migratory populations. In both the eastern and western North American populations, the spring monarch migration represents a massive annual range expansion as they leave their breeding grounds and disperse across the country. The Rocky Mountains divide these two populations, limiting their contact. However, the two populations are not completely isolated from each other and still occasionally interbreed. There are also non-migratory monarchs that remain year-round at the southern end of their breeding range in North America, including in parts of Florida, the Gulf Coast, the southern Atlantic Coast and the southern Pacific Coast.

Eastern North American Monarch: The larger population of monarchs, in both individuals and range, is the eastern North American migratory population. These monarchs are found in 70 percent or more of the North American monarch range. In the fall, they may fly over 2,000 miles (3,000 km) to reach overwintering sites in Mexico. After overwintering, the monarchs fly northward into the southern U.S. in search of milkweed, their host plant, to begin laying eggs.

Western North American Monarch: The western North American migratory monarchs are found west of the Rocky Mountains. These monarchs live in warmer climates and generally migrate every fall 300 to 1,000 miles (about 500 to 1600 km), a much shorter distance than the eastern population. The western North American migratory monarchs overwinter in hundreds of groves (clusters of trees) along the California coast and into northern Baja California, Mexico. In the spring, these monarchs disperse from overwintering grounds traveling through California and the Western U.S. in search of milkweed to lay eggs and begin the breeding season.



AG & NATURAL RESOURCES NEWSLETTER



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Ag & Natural Resources Agent



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Monarch butterfly populations are in peril. Based on scientific information, summarized in our species status assessment, migratory monarchs in North America are declining and have a high probability of extinction in 60 years of 56-74% for the eastern population and 99% for the western population. Our assessment is based on evaluating the following threats: the ongoing impacts from loss and degradation of breeding, migratory, and overwintering habitat; exposure to insecticides; and effects of climate change. We determined that the species meets the definition of threatened under the Endangered Species Act, meaning it is likely to become endangered within all or a significant portion of its range in the foreseeable future.

What can I do to help monarch butterflies and their habitat?

You can plant native milkweed and nectar plants.

One of the main reasons that monarchs declined is because of the historical loss of habitat. We define monarch habitat as areas with milkweed and nectar plants. To bring back habitat on the landscape, everyone can help conserve monarch butterflies by planting native milkweed and nectar plants throughout the monarch's range. Monarchs solely depend on milkweed during the egg and caterpillar stage, and adult monarchs frequent flowers for their nectar. Adult monarch butterflies require a diversity of flowers spring through fall to ensure they have food in both their migratory and breeding habitat.

Pollinator gardens that contain native milkweeds and flowers can help many pollinators, including monarchs. There are several examples of how people are already making a positive impact for monarchs and other pollinators by growing native pollinator gardens. You can also learn how to start your own pollinator garden and be sure to remember night pollinators!

The U.S. Fish and Wildlife Service's Partners for Fish and Wildlife Program, Coastal Program, and USDA's Natural Resources Conservation Service provide technical and/or financial assistance to landowners who would like to create pollinator habitat on their land.

Our agency also works with energy and transportation sectors through the Rights of Way as Habitat Working Group and Candidate Conservation Agreement with Assurances for the Monarch Butterfly.



AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

It is important to plant native milkweed plants for monarchs, as non-native milkweed plants can harm monarchs, even if well intended. Non-native milkweed plants, like tropical milkweed (*Asclepias curassavica*) in some areas of the country, can lead to increased spread of a monarch parasite, *Ophryocystis elektroscirrha* (OE), leading to reduced monarch survival. If you have non-native milkweeds, please cut them back in the fall to mimic native plants and discourage monarchs from breeding during the overwintering period to help reduce spread of OE. Through planting native milkweed and nectar plants, we can help ensure plentiful resources to conserve pollinators, including monarchs.

What's needed to save the monarch and who will save them?

To improve future conditions so that the monarch migratory populations stabilize and grow, we need to (1) achieve a significant increase in the availability of milkweed and nectar plants in monarch breeding and migratory areas; (2) protect and enhance overwintering habitat; (3) avoid and minimize impacts to monarchs and their habitat from insecticides and herbicides; and (4) maintain public support for the conservation of monarch butterflies.

Everyone can play a role in saving the monarch butterfly

Unlike with some imperiled species, the monarch's general habitat usage and wide distribution mean all people and sectors across the United States can take action to conserve monarch butterflies. Monarch conservation can occur on land ranging in size from quite small to very large, including gardens, parks, grasslands, agricultural areas and more. Monarch conservation needs an approach that encourages and incentivizes landowners to add milkweeds and nectar plants and implement actions to maintain pollinator habitat.

Conserving eastern monarchs

Conservation efforts for the eastern North American monarchs focuses on increasing overwintering monarch populations with a goal of adding more than a billion stems of milkweed on the landscape by 2038, as outlined in the Mid-American Monarch Conservation Strategy. Twenty-nine states have agreed to participate in the strategy, which will also need support from private landowners, agricultural and non-governmental organizations, state and local governments.



AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Grafting Workshop

 Cooperative
Extension Service

March 11
Carcassone
10:00

Letcher County
Extension Office
2:00






Shad Baker
Ag & Natural Resources Agent



**AG & NATURAL RESOURCES
NEWSLETTER**



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

 Cooperative
Extension Service

SEED STARTING WORKSHOP



**MARCH 13TH @ NOON
LETCHER COUNTY EXTENSION
OFFICE**



AG & NATURAL RESOURCES
NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

MEETING NOTICE

*Ag Advancement Council
March 14 @ Noon*





AG & NATURAL RESOURCES NEWSLETTER



Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



ADVANCED Gardening Series



MARCH 17TH
@ NOON



MARCH 19TH
@
NOON



MARCH 24TH
@
NOON



PLEASE CALL & REGISTER
633-2362 LIMITED SPACES
478 EXTENSION DR
WHITESBURG, KY

MARCH 26TH
@
NOON



Shad Baker
Ag & Natural Resources Agent

AG & NATURAL RESOURCES
NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



 Cooperative
Extension Service

BEGINNING GARDENING

MARCH 20 @ NOON
LETCHER COUNTY EXTENSION
OFFICE

REGISTER NOW

606-633-2362T





AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

		March						
		2025						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	1							Seed peppers (indoors) for high tunnel production Take cuttings from herbs Seed chives
7	2		Seed globe artichokes (indoors) Order rhubarb crowns	Order specialty seed potatoes Plant or seed shallots	Seed leeks as transplants Seed microgreens	Plant broadleaf evergreens Turn compost	Plant onion sets Remove dead leaves from overwintered strawberries	
6	3		3	4	5	6		
5	4							
4	5							
3	6							
2	7							
9	10		Seed leaf lettuce and spinach (indoors)	Seed tomatoes (indoors)	Seed peppers (indoors)	Seed Swiss chard (indoors) Divide old rhubarb planting	Seed peas (outdoors) Plant nonflowering trees and shrubs	Seed radishes, spinach and leeks (outdoors)
16	17		Seed parsnips Plant roses	Seed salsfy Set head lettuce	Seed celery as transplants Seed celeriac	Spring Begins Seed eggplant (indoors)	Fertilize spring-flowering bulbs Plant asparagus (outdoors)	Transplant strawberry plants Plant figs
23	24			Begin dogwood anthracnose control				
30	31	Plant rhubarb		Fertilize asparagus and rhubarb beds	Use row covers for freeze protection	Seed lavender (indoors) Seed cutting celery (indoors)	Sow rosemary seed Plant table grapes	Plant horseradish



>>> **AG & NATURAL RESOURCES** <<<
NEWSLETTER

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Ag & Natural Resources Agent



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

Cooperative Extension Service

2025 Plant Order Form

Letcher County Cooperative Extension

478 Extension Dr
Po Box 784
Whitesburg, Ky 41858
606-633-2362

Purchaser Information:

Name: _____
Address: _____
City, State, Postal Code: _____
Telephone: _____
Email: _____

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
KY Sales tax of 6% is included in prices.		Total Due	

Pre-payment is required by **Friday, March 7**, for all plant orders.

Make checks payable to: Letcher County Ag

Payment Information:

Receipt number: _____
Paid: YES NO Date: _____
Entered in spreadsheet: YES - By: _____

Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard and/or email to let you know when the plants will be available for pickup.

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.



Shad Baker
Ag & Natural Resources Agent

➤➤➤ **AG & NATURAL RESOURCES** <<<<<
NEWSLETTER



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

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



Beekeepers Meeting

March 11 @ 6:00 pm
at Letcher County Extension
Office



IF NO SCHOOL, NO MEETING



AG & NATURAL RESOURCES

Shad Baker

Ag & Natural Resources Agent



**FAMILY AND CONSUMER
SCIENCES**

Nanette Banks

Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



PRODUCE BEST PRACTICE TRAINING

Please call and register by February 28th. For more information contact Shad Baker or Nanette Banks at 633-2362

MARCH 8 @ 9:00 AM
Letcher County
Extension





FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

BINGO-ize

10 week, evidence-based health promotion program. Combines exercise and health information with the game of bingo. Great fun way to get older adults moving and socializing. We will meet two times per week for 10 weeks.

March :
3rd, 6th,
10th, 13th, 17th,
20th, 24th, 28th, 31st

11:00 am

Call 633-2362 to register

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



Plate it up!



Plate It Up Ky Proud Cooking Class

March 6 @ noon

► Kentucky Proud Products

Recipes: prepare them
for tasting

✓ Pre-register
by March 3

✓ This will be a
monthly program

Contact Us →

Phone Number
606-633-2362





**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



Nanette Banks
Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

**MEETING
NOTICE**
*Jenkins Homemakers
 March 7 @ 11:30
 Jenkins Library*



Homemakers

**MEETING
NOTICE**
*Cowan Homemakers
 March 11 @ 11:00
 Cowan Community Center*



Homemakers

**MEETING
NOTICE**
*Crafty Cut-Ups
 March 11 @ 10:00
 Letcher County Extension
 Office*



Homemakers

**MEETING
NOTICE**
*Letcher Homemakers
 March 11 @ 10:30
 Jeremiah Missionary Baptist
 Office*



Homemakers



**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

**Homemaker Grab Bags
Are Here Ready for
pickup!**

MARCH 10
8:30-4:00

You must be pre-registered

633-2362



**GRAB!
& GO!**

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

**WITS
WORKOUT**

Join Now!

**WITS
WORKOUT**

Engaging in interactive and
educational brain health
program

**March 13rd
&
March 28th
@ Noon**

Call 633-2362 to register



FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



Compassionate and seamless care to live safely in the community.

Bluegrass Dementia Care provides comprehensive care coordination to improve the quality of life for people living with dementia and their caregivers.

Bluegrass Dementia Care provides:

- A comprehensive assessment by a Nurse Practitioner
- A Care Navigator for personalized care and support
- Person-centered care planning
- Ongoing monitoring, care coordination, and medication management
- Referrals to community-based services and caregiver support groups
- Caregiver education, skills training, and dementia diagnosis information
- Coordination of respite care
- 24/7 support

Bluegrass Dementia Care criteria:

- Diagnosis of mild, moderate, or severe dementia
- Enrollment in both Medicare Parts A & B, with Medicare as the primary payer

Bluegrass Care Navigators is participating in The Guiding an Improved Dementia Experience Model (GUIDE) and Bluegrass Dementia Care is provided through that program.

Exclusions include enrollment in Medicare Advantage or other Medicare health plans, Medicare hospice benefit, long-term nursing home residency, alignment with another GUIDE Model Participant, and non-residency in the Bluegrass Dementia Care service area.

WE'RE HERE TO HELP:

bgcarenav.org/dementia-care | 877.439.0262



Expert. Connected. Care.



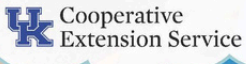

FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

ENTERTAINING CHILDREN

Lesson Date & Locations

March 27th, 2025
10:30- Letcher Co
Pre-register by March 20, 2025
Lesson Taught by Rosa Smith
Owsley Co FCS Agent

Keeping children engaged and learning requires intentional time together, which can be challenging—especially when caregivers have other tasks to complete. One key to success in schools is the use of routines to keep children learning throughout the day. This lesson will provide caregivers with practical tips for creating structured, engaging routines that make learning a natural and enjoyable part of daily life. Whether at home or on the go, these strategies will help keep children actively involved while supporting their growth and development.

An Equal Opportunity Organization



MEETING NOTICE

Homemakers Council
March 10 @ Noon






**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



MAR 27 | 1PM
Physical Activity and Sleep

Letcher County UK Extension Office
478 Extension Drive in Whitesburg

Join us at 10am via Zoom
from anywhere!

zoom.us/my/arhdiabetessupport

TO PRE-REGISTER OR FOR MORE INFO:

606.789.3511
ext. 1229

diabetesarh1@arh.org

Join us immediately after the meeting for
FREE Physical Activity Class
Kelli Haywood, certified
instructor, focuses on
chair yoga, resistance
band exercises and
mindfulness exercises.

UNDERSTANDING DIABETES TOGETHER!




**PARENTING A SECOND TIME AROUND
PASTA**

MARCH 31 ST @ 9:30 AM
LETCHER COUNTY EXTENSION

FOR MORE INFO ON THE PROGRAM CONTACT NANETTE BANKS 633-2362



**MEETING
NOTICE**

County Extension Council
March 31 @ Noon





AG & NATURAL RESOURCES

Shad Baker

Ag & Natural Resources Agent



**FAMILY AND CONSUMER
SCIENCES**

Nanette Banks

Family and Consumer Sciences

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



HIKING FOR HEALTH

April 3rd, 7th, 14th, 21st,
28th

will leave extension
office at 9 am

478 Extension Dr
Whitesburg, KY 41858
Please Call and pre-register
633-2362



**FAMILY AND CONSUMER
SCIENCES
NEWSLETTER**



Nanette Banks
Family and Consumer Sciences



PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)



**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

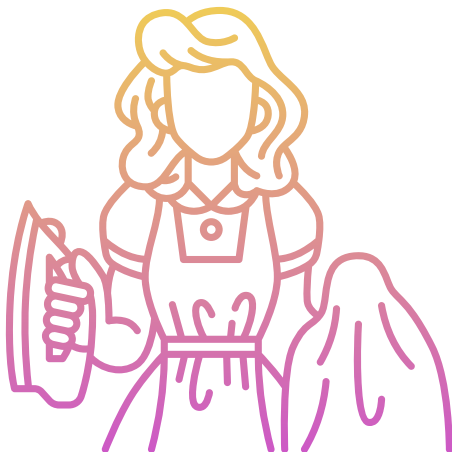
Lee County
April 9th @ 10 AM
Letcher County
April 10th @10 AM
Knott County
April 11th @10 AM

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in language other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Cooperative Extension Service

**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**

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

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



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.

Crystal Smith
4-H Youth Development

JR TEEN/TEEN CLUB

 Cooperative
Extension Service



MARCH 11 @ 4:00 PM
LETCHER COUNTY
EXTENSION OFFICE



 Cooperative
Extension Service

JOIN US FOR A

CLOVERBUDS

SCIENCE-COOKING-CRAFTS AND
MUCH MORE

March 18 @ 4:00

LETCHER COUNTY EXTENSION OFFICE

A+

MORE INFORMATION

Crystal Smith 633-2362
Crystal.smith@uky.edu





Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

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HANDS - Skills development: ability to do, skill in doing and habit of doing.

HEALTH - Physical development: understanding and appreciating a growing and changing body.



Cooperative Extension Service

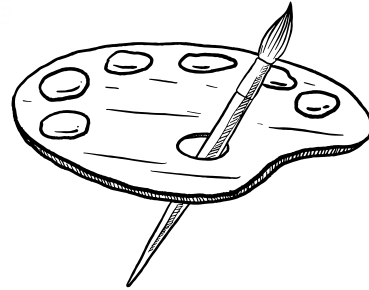
HOMESCHOOL CLUB

COME JOIN THE FUN

MARCH 26 | 1:00

LETCHER COUNTY EXTENSION OFFICE

CONTACT CRYSTAL SMITH 633-2362
CRYSTAL.SMITH@UKY.EDU



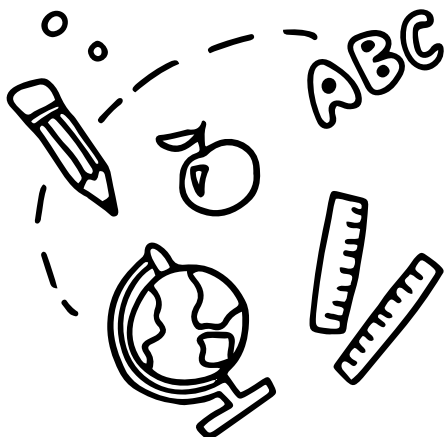
Cooperative Extension Service

ART CLUB

MARCH 27
4:00

FUN CRAFTS, DRAWING, SCULPTING & MORE

CALL AND REGISTER 633-2362
478 EXTENSION DR
WHITESBURG, KY





4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

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HEALTH - Physical development: understanding and appreciating a growing and changing body.

Crystal Smith

4-H Youth Development

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

LETS GO TEAM

4-H Camp 2025

July 22-25

**GET READY
TO LEARN
AND HAVE
FUN TOO!**

PROGRAM:

- Skill Development
- Strength Conditioning
- Game Strategy
- Team work

WHO CAN JOIN?

Age 9-18

Pick up a
application

606-633-2362

478 Extension Dr Whitesburg



Crystal Smith
4-H Youth Development



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

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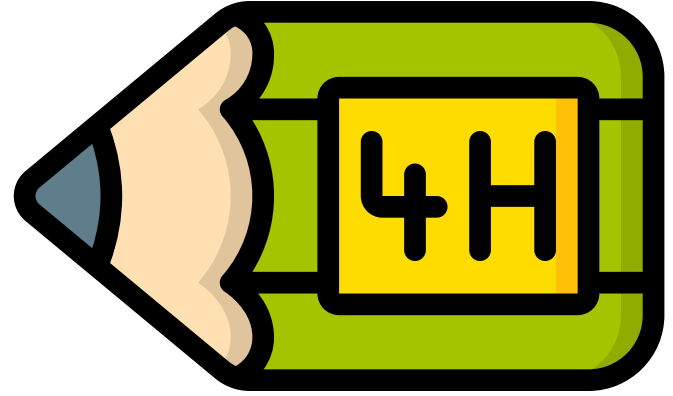
Cooperative Extension Service

5 WAYS

YOUTH CAN PARTICIPATE IN 4-H

- Organized clubs
- Special Interest/ Short Term Programs
- 4-H Camp
- School Enrichment
- Individual Study

An Equal Opportunity Organization.




Cooperative Extension Service



DID YOU KNOW?

4-H is addressing the gap by preparing our young people with the skills they need to succeed and harness their untapped talents to solve today's and tomorrow's challenges.

#amplifyky4h

An Equal Opportunity Organization.



4-H



NEWSLETTER

HEAD - Problem solving: ability to sort out complex problems.

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Crystal Smith
4-H Youth Development



Get ready for National Ag Week with 4-H!

 Cooperative
Extension Service

Take a virtual field trip with the
"Kentucky Farms Feed Me" series

Work with your family to spread
the word on social media

Learn what's growing in your
county by checking the Kentucky
Food and Farm website

Prepare a farm-to-table feast

Share what you know at
your next 4-H meeting

Explore agricultural careers

THANK A FARMER!

An Equal Opportunity Organization.



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

Return Service Requested

Complaint Procedure

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

Any employee who believes they have been discriminated against may seek resolution through a variety of paths. Discrimination may be reported to the District Director or supervisor. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Dr. Sonja Feist-Price or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (866) 632-9992.

Agents will make the public aware of the complaint procedure by placing the following statement in their newsletter at least once per year.

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.