

Perry County Cooperative Extension Newsletter

 Martin-Gatton
College of Agriculture,
Food and Environment

MARCH 2024

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 perry.ca.uky.edu

 606.436.2044

 perry.ext@uky.edu

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MARCH

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Health Rocks & Character Counts @ Viper Elementary	2
Free Soil Testing available for the month of March!						
	3 Charity Sewing 9 a.m. Homemaker Silent Auction 11:30 a.m. Perry County Homemaker Meeting 12 p.m. w/ Lunch & Learn Viper Family Fun Night	4	5	6 Livestock Judging Practice ages 13+ @ Perry Central 3:30-4:30 p.m.	7 Rootstock Orders Ready for Pickup	8 Open Sewing 9 a.m. - 2 p.m.
9	10	11 Bingocize 10 a.m. Spring Yarn Wreath Workshop 1 p.m.	12 Self Care: Taking Care of Your Mental & Physical Health 10 a.m. Fruit Tree Grafting Class @ Perry Central	13 Livestock Judging Practice ages 13+ @ Perry Central 3:30-4:30 p.m.	14 Cooking Through the Calendar 10 a.m. Health Rocks & Character Counts @ Viper Elementary March Mathness @ Roy G. Eversole	15 Plant Orders Due Cultural Program: St. Patrick's Day 1 p.m. Dollars & Sense and Rocketry @ Viper Elementary
16	17	18 Bingocize 10 a.m. Drop It Like It's Hot 10-Week Program Begins	19	20 Livestock Judging Practice ages 13+ @ Perry Central 3:30-4:30 p.m.	21 Mountain Cattleman Association Meeting @ Morgan County Extension Office 6pm SET Club @ Perry Central	22 Ag Week Tours @RCARS 10am - 2pm
23	24	25 Bingocize 10 a.m.	26	27 Dollars & Sense and Rocketry @ Viper Elementary	28 Art Club w/ AAA 4 p.m. - 6 p.m.	29
30	31					30 Mini-Beekeeping School 10am - 3pm

MARCH

2024

Family & Consumer Science:

- March 4 - Charity Sewing 9 a.m.
- March 4 - Homemaker Silent Auction 11:30 a.m.
- March 4 - Perry County Homemaker Meeting 12 p.m. w/ Lunch & Learn REGISTRATION REQUIRED
- March 8 - Open Sewing 9 a.m. - 2 p.m.
- March 11 - 15 - Sign ups begin for Drop It Like It's Hot
- March 11 - Bingocize 10 a.m. @ the Perry County Senior Center
- March 11 - Spring Yarn Wreath Workshop 1 p.m. REGISTRATION REQUIRED
- March 12 - Self Care: Taking Care of Your Mental & Physical Health 10 a.m.
- March 14 - Cooking Through the Calendar 10 a.m.
- March 15 - Cultural Program: St. Patrick's Day 1 p.m. REGISTRATION REQUIRED
- March 18 - Bingocize 10 a.m. @ the Perry County Senior Center
- March 18 - Drop It Like It's Hot 10-Week Program begins REGISTRATION REQUIRED
- March 25 - Bingocize 10 a.m. @ the Perry County Senior Center

Agriculture & Natural Resources:

- March 7 - Rootstock Orders available for pickup (subject to change based on delivery times)
- March 15 - Plant Orders and Payments due
- March 21 - Mountain Cattleman Association Meeting @ the Morgan Co. Extension Office 6 p.m.
- March 22 - Ag Week Tours @ RCARS 10 a.m. - 2 p.m.
- March 30 - Mini-Beekeeping School 10 a.m. - 3 p.m.

4-H Youth & Community Development:

- March 1 - Health Rocks & Character Counts @ Viper Elementary
- March 4 - Viper Family Fun Night
- March 6- Livestock Judging Practice (13+) @ PCC 3:30-4:30
- March 12- Fruit tree grafting class @ PCC
- March 13- Livestock Judging Practice (13+) @ PCC 3:30-4:30
- March 14- Health Rocks & Character Counts @ Viper Elementary
- March 14- March Mathness @ Roy G Eversole
- March 15- Dollars & Sense and Rocketry @ Viper Elementary
- March 20- Livestock Judging Practice (13+) @ PCC 3:30-4:30
- March 21- SET Club @ PCC
- March 27- Dollars & Sense and Rocketry @ Viper Elementary
- March 28- Art Club with the Appalachian Arts Alliance 4-6pm

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

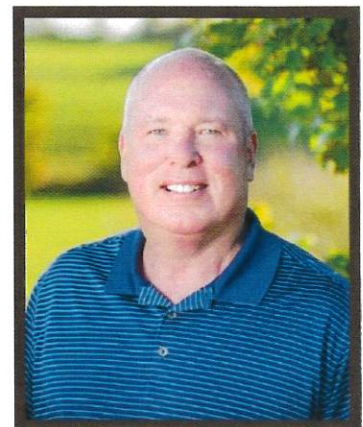
- MINI-BEEKEEPING SCHOOL
- MOUNTAIN CATTLEMEN ASSOCIATION MEETING
- SHEEP & GOAT MANAGEMENT PRODUCTION WORKSHOP
- FREE SOIL TESTING
- MASTERING THE ART OF PRUNING

Welcome to the windy month of March!

We've got a great lineup of programs and workshops in March and the coming months. You can find flyers for all of them on the Perry County Extension webpage. Some of these events have limited space, so if you want to attend, make sure to sign up early. Plus, if you've been approved for a CAIP grant, attending any of these will fulfill the educational requirement for that grant.

Hopefully, you'll discover some that pique your interest and prove beneficial for you.

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



UPCOMING PROGRAMS AND WORKSHOPS:

Rootstock Orders

If you've ordered Apple and Pear rootstock, they should be available at the office by March 7th, although there might be delays in shipping. We'll give you a call once we have them in stock. All the rootstock Perry County was allocated has been spoken for, but there might be a few extras. If you're interested, give our office a call and we'll add you to the waiting list for any additional supplies.

Mini-Beekeeping School

As mentioned in last month's newsletter, we've scheduled a mini Beekeeping School. It's set for Saturday, March 30, 2024, at the Perry County Extension Service Annex Building, starting at 10:00 AM and ending at 3:00 PM. This mini Beekeeping School is primarily designed for beginners, but we'll cover topics suitable for more advanced beekeepers too. You'll find a flyer for the event enclosed with this newsletter. Lunch will be provided, and there's no registration fee. However, please note that we have limited space available for up to 60 attendees. To secure your spot, you'll need to register by calling the Perry County Extension Office. Seats are filling up quickly, so if you're interested in attending, make sure to register as soon as possible.



Plant Orders

We're still accepting orders for plants until March 15, 2024. The available plants include two varieties of Strawberries, Blackberries, two varieties of Blueberries, Raspberries & Black Raspberries, Asparagus, and Candy onions. You can find an order form on the Perry County Extension webpage under the Ag & Natural Resource link, or you can simply give our office a call to place your order.

Fruit & Vegetable Growers Workshop

Our annual Fruit and Vegetable Growers Workshop is scheduled for Wednesday, April 17, 2024. Starting at 10:00 AM and concluding at noon, it will take place at the Perry County Extension Service Annex Building. Please note that registration for this workshop has reached its capacity and is now closed. However, we've initiated a waiting list. If you missed out on registering, give our office a call to be added to the waiting list. Dr. Shawn Wright will be returning as the presenter for this year's workshop. Each attendee will receive two fruit trees and a packet containing various vegetable seeds. You can find a flyer for the workshop posted on the Perry County webpage. To register, simply call the Perry County Extension Office.

UPCOMING PROGRAMS AND WORKSHOPS:

Mountain Cattlemen Association Meeting

Calling all Beef Cattle Producers! We're excited to announce a Mountain Cattlemen Association meeting on Thursday, March 21, 2024. It will be hosted at the Morgan County Extension Office, starting at 6:00 PM. We have an engaging program lined up for the evening, featuring DVM David Fugate and DVM Phillip Prater as guest speakers. The topics will include an open question session and discussions on herd health and calving. A meal will be provided, so please make sure to register with your local Extension Office if you plan to attend.

Ag Week Tour at RCARS

Additionally, mark your calendars for an Ag Week tour hosted by the Robinson Center for Appalachian Resource Sustainability at Quicksand on Friday, March 22, 2024. The tour kicks off at 10:00 AM and concludes at 2:00 PM. During the tour, you'll explore various topics including 2024 Research Trail Planning for Hemp and Soybeans, insights into Greenhouse and Beef Research Projects, and activities at the Wood Center. You'll even have the opportunity to learn how to make a woodworking product on-site and delve into the history of the Wood Center and the significant impact of the Wood Industry on Kentucky.



Sheep & Goat Management Production Workshop

We're excited to announce a Sheep & Goat Management Production Workshop scheduled for Tuesday, April 23, 2024. The event will take place at the Perry County Extension Service Annex Building, kicking off at 5:30 PM with registration, followed by a Lamb Dinner and Program at 6:00 PM. To secure your spot, make sure to register by calling the Perry County Extension Service. You can find the program details for the evening on our webpage.

Free Soil Testing!

Also, don't forget that March is free soil testing month! Our office is offering free soil testing throughout the entire month. If you need guidance on how to take a soil sample correctly, feel free to reach out, or check out our publication on soil sampling available on the Perry County webpage under the Ag & Natural Resource link. Additionally, it's worth considering the upcoming Periodical Cicada emergence in 2025 when planning new fruit or landscape plantings. These creatures can cause damage to small new fruit, ornamental, and vineyard plantings by splitting stems to lay eggs. To mitigate this, you might consider planting in containers until the threat passes, or using netting to protect new plantings. I'll delve into this topic more as we approach the emergence, but I wanted to give you a heads up now so you can start planning accordingly.

Mastering the Art of Pruning: A Guide for Late Winter Landscape Care

This winter has been a bit up and down, but with the mix of wind, cold temperatures, and occasional snow and ice, it's likely that some pruning will be necessary for your landscape plants. The winter months can take a toll on trees and shrubs, potentially causing damage. To promote healthy growth in the spring, homeowners may find it beneficial to prune the trees and shrubs around their property. However, pruning shouldn't be done just for the sake of it; ensure you have a valid reason for each pruning cut you make.

Pruning during the late winter months allows you to remove damage caused by winter winds and precipitation. Pruning is also a way to remove diseased, crowded or hazardous branches. When pruning trees, the size of the tree should not be reduced too much in one season. Limit the pruning amount to one-fourth of the tree's volume. Start by thinning out branches by cutting them off close to the tree's trunk or a large limb.

Leave the base of the branch, known as the collar, intact. Cutting the collar will prevent the plant from growing over the wound caused from pruning. Pruning in this manner allows for a healthy tree that is more open to sunlight and air movement. If the branch is cut back only part way, there will likely be a crowded regrowth of new branches where the cut was made. Do not seal or paint the wounds resulting from pruning, because this will only delay the tree's healing process.



Spring-flowering shrubs may need rejuvenation pruning, and the best time for that is right after they flower. If you prune a shrub before it blooms, you remove buds too soon and don't get an opportunity to enjoy those blooms. When you prune after blooming, you can still enjoy the flowers and the plant can recover, grow, and produce more buds for flowers next spring.

AGRICULTURE & NATURAL RESOURCES

For rejuvenation pruning you remove one-third of the shrub's oldest growth. You need to select the thickest, darkest and unhealthiest stems or branches and cut them back. You should cut back stems to soil level and branches to the point of intersection with the shrub's main trunk. This ensures that only the youngest, most productive wood (that which produces the most and best flowers) remains a part of the shrub. During early spring you can also prune shrubs that will bloom during the summer months.

Pruning is not limited to a certain time of year. You can prune at any time if you notice damaged branches and limbs. The process is invigorating for the plants in a home landscape so you shouldn't necessarily think of pruning just as a means of size control. If you have a plant that has grown out-of-bounds, pruning may not be the answer – you may need to consider replacing the plant with one that will reach a smaller size at maturity.

Trees and shrubs to prune in late winter/early spring while still dormant:

- Bradford pear (*Pyrus calleryana*)
- Butterfly bush (*Buddleia Davidii*)
- Crape myrtle (*Lagerstroemia indica*)
- Flowering dogwood (*Cornus florida*)
- Flowering plum (*Prunus blireana*)
- Glossy abelia (*Abelia x grandiflora*)
- Golden rain tree (*Koelreuteria paniculata*)
- Honeysuckle (*Lonicera fragrantissima*)
- Hydrangea, Peegee (*Hydrangea paniculata* 'Grandiflora')
- Potentilla (*Potentilla fruticosa*)
- Redbud (*Cercis canadensis*)
- Spirea (except bridal wreath) (*Spirea japonica*)
- Wisteria (*Wisteria* species)

Trees and Shrubs to prune in late spring/summer, after bloom:

- Azalea (*Rhododendron* species)
- Beauty bush (*Kolkwitzia amabilis*)
- Bridal wreath spirea (*Spirea x vanhouttei*)
- Flowering crabapple (*Malus* species and cultivars)
- Forsythia (*forsythia x intermedia*)
- Hawthorn (*Crataegus* species and cultivars)
- Hydrangea, Bigleaf (*Hydrangea macrophylla*)
- Lilac (*Syringa vulgaris*)
- Magnolia (*Magnolia* species and cultivars)
- Mock orange (*Philadelphus coronarius*)
- Mountain laurel (*Kalmia latifolia*)
- Rhododendron (*Rhododendron* species)
- Serviceberry (*Amelanchier x grandiflora*)
- Slender deutzia (*deutzia gracilis*)
- Weigela (*Weigela florida*)



Your fruit plantings will also need to be pruned this spring before they break dormancy. The Perry County Cooperative Extension Service offers publications that can answer many of your pruning and other gardening and landscape questions. For more information, contact the Perry Cooperative Extension Service.

FAMILY & CONSUMER SCIENCE



**MARCH
2024**

Happy March!

As we welcome spring, let's begin with some healthy practices, whether that's focusing on nutrition, exercise, or even self-care. Join us this month for our Cooking Through the Calendar class, Bingocize, Drop it Like it's Hot, and a Self-Care lesson. If you have specific program ideas you would like to see us feature, please call our office, as we always appreciate your input.

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

- Upcoming Events
- New Recipe
- Health Bulletin
- Money Wise



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Disabilities
accommodated
with prior notification.

MARCH EVENTS

Charity Sewing

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. The next sewing date is Monday, March 4 upstairs in the Perry County Extension Service office building. Sewing starts at 9:00 AM. If you want to be involved – there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!



Perry County Homemakers Meeting

March 4th at 12 p.m. will be our next Perry County Homemaker Meeting. A light lunch will be provided, but please bring a dessert or fruit to add. Please register by calling our office at 606-436-2044 so you can be counted. Remember you are holding a silent auction this month!

KEHA Lunch & Learn Lesson: Inspiring Grandchildren to be Grandcooks

We have a special opportunity to be a pilot group for a new KEHA Leader Lesson and provide feedback to State Extension Specialists. We will focus on the Inspiring Grandchildren to be Grandcooks by discussing the benefits of grandparents and grandchildren cooking together in the kitchen, developmentally appropriate ways to involve grandchildren in the kitchen, and creating a plan for working in the kitchen with grandchildren. This lesson will follow the March Homemaker meeting

Self-Care: Taking Care of Your Mental and Physical Health

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.

Prioritizing self-care also involves setting boundaries, practicing self-compassion, and seeking support when needed. By making self-care a priority, individuals can cultivate greater resilience and vitality, enabling them to thrive in all aspects of life. To learn about self-care join us at the Perry County Extension Office on March 12th at 10 a.m. Call 606-436-2044 for more details.

Homemaker Birthdays:

March 8th
Jenny Williams

March 14th
Liz Buchanan

March 27th
Doris Wegner

Cooking Through the Calendar

Cooking Through the Calendar Program will continue in 2024 as we cook a new recipe every month. Classes will be held upstairs at our office at 10 a.m. Our first class for 2024 will be Thursday March 14th. This month we will make and sample Veggie Egg Rings. New 2024 Calendars are here!! Stop by our office for your free copy.



Cultural Passport Program

Take a look into different holidays, cultures and countries with us in 2024! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! If you complete each cultural visit with us, you'll receive a fun incentive at the end of the year. In March we will visit Ireland with a closer look at St. Patrick's Day at 1 p.m. on March 15th.

Drop it Like its Hot

New! 10-week healthy 2024 program starting March 18th. Reminder that this doesn't have to be weight loss! This year we will be doing an online Facebook group method. Register at our office to pick up your challenge packet the week of March 11-15. You'll then follow along online with cooking demonstrations and lessons. After completing the 10-week program you will fill out an evaluation to receive an achievement prize pack and drop off your completed challenges at the extension office.

Open Sewing Day

The second Friday of the month will now become Open Sewing Day! Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines available on-site March 8th from 9 a.m.-2p.m.

Bingocize

Want to start an easy exercise routine and have fun playing Bingo at the same time? Join us at the Perry County Senior Center for Bingocize! Check the calendar for upcoming dates and times.

Spring Wreath Class

Join us March 11th at 1 p.m. for a Spring Yarn Wreath class in the Perry County Annex. You MUST register for this workshop by calling 606-436-2044. Spots are limited.



UK Wood Utilization Trip

April 9th we will be traveling to Jackson to the UK Wood Utilization Center again. We will be making Lazy Susans! The cost is \$45. Please call our office to reserve your spot at 606-436-2044. If you would like to ride the van, please specify when you sign up. We will leave the office at 9:15 and the class will begin at 10 a.m.

Perry County Senior Center & Perry County Cooperative Extension Office Present:

Bingocize

MONDAY, MARCH 11
MONDAY, MARCH 18
MONDAY, MARCH 25

10:00 A.M.

PERRY COUNTY SENIOR CENTER
354 PERRY PARK RD, HAZARD, KY 41701



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OPEN SEWING

Friday, March 8th
9:00 a.m. - 2:00 p.m.

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March 11th @ 1 p.m.

at the Perry County Extension Office

Spots are limited, call 606-436-2044 to register!

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COOKING THROUGH THE CALENDAR

Veggie Egg Rings

Join us on Thursday, March 14th at 10:00 a.m. As always, this class will be held at the Perry County Extension Office, and is free of charge. To register, call the office at 606-436-2044.

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PERRY COUNTY Homemaker MEETING

This will be a joint meeting with our Lunch & Learn Lesson for the month. Please call the office to register.

606.436.2044

March 4, 2024 @ 12:00 p.m.

933 Perry Park Road, Hazard

A silent auction will take place at 11:30 a.m., prior to the meeting.

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April 9th @ 10 a.m.

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CHARITY SEWING

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9:00 a.m.

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. If you want to be involved - there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

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MARCH'S CULTURAL PASSPORT PROGRAM:

IRELAND & SAINT PATRICK'S DAY

1 pm @ the Perry County Extension Office

Call 606-436-2044 to register

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SELF CARE WORKSHOP

March 12th @ 10 a.m.

Self-care is essential for maintaining overall well-being, encompassing both mental and physical health. By making self-care a priority, individuals can cultivate greater resilience and vitality, enabling them to thrive in all aspects of life. To learn about self-care join us at the Perry County Extension Office on March 12th at 10 a.m.

Location: Perry County Extension Office

For More Info: call 606-436-2044

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Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 Veggie Egg Ring
Cost per recipe: \$1.94
Cost per serving: \$0.49

Nutrition facts

per serving:

servings: 60 calories;
3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant

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ADULT HEALTH BULLETIN

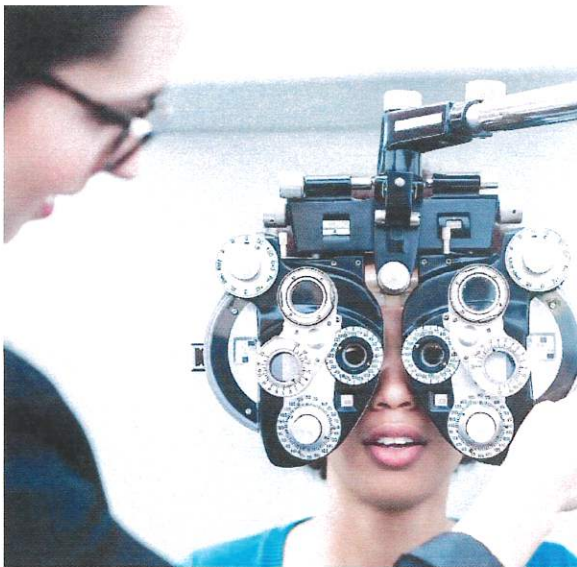


MARCH 2024

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

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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

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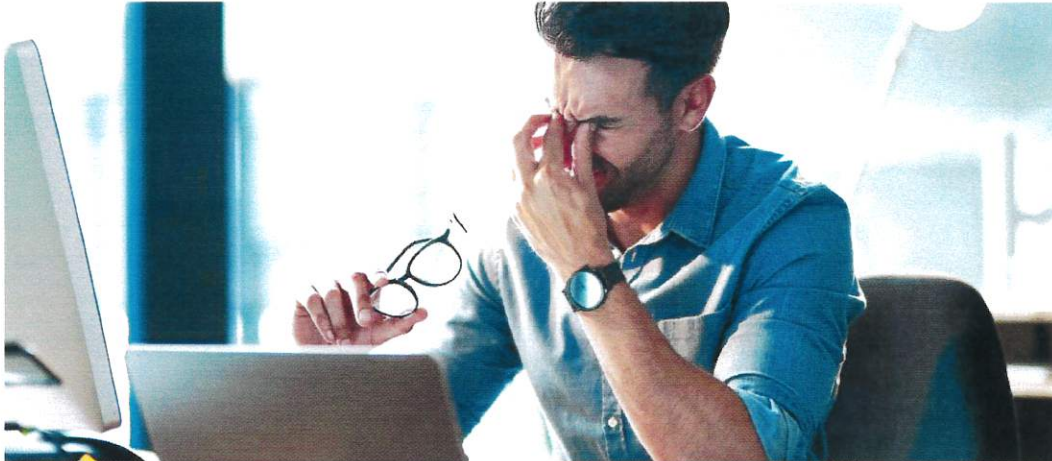
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

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**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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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.

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Disabilities
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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.

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Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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4-H YOUTH & COMMUNITY DEVELOPMENT

Newsletter

March 2024



Welcome to March!

This month, we're excited to unveil our new programs, including Dollars & Sense, Rocketry, Health Rocks, and Character Counts, launching in several schools with more to follow in the fall. In collaboration with the Appalachian Arts Alliance, we're also introducing an Art Club, while a Life Skills Club with the Perry Co. Homemakers is on the horizon. Don't forget to mark your calendars for 4-H Camp registration opening on March 18th, with this year's camp scheduled for July 30th-August 2nd. Stay tuned for updates as we gear up for another unforgettable camp experience!

Tate Sasser

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

A handwritten signature in black ink that reads "Tate Sasser".

THIS MONTH:

- March Programs
- Camp Information
- 4-H Exclusive: Getting Ready for Camp



What's Happening in March:

In-School Programs

We are so excited to bring some of our new programs to the classroom this month! We are introducing Dollars & Sense, Rocketry, Health Rocks, Character Counts in multiple schools, with many others beginning these programs in the fall.

This month we will be heading to Viper Elementary for Health Rocks, Character Counts, Dollars & Sense, and Rocketry, as well as Perry Central for our Tree Grafting Program.

If you are interested in these programs or any others being offered at your students school, please contact 4-H Agent Tate Sasser.

After-School Programs

- **Livestock Judging Team** works with students to learn breed standards and market expectations and use the skills to compete at the state level. If you are interested in joining, please contact 4-H Agent Tate Sasser, or Ms. Carla Taylor and Ms. Beckie Dobson at Perry Central. For students 13 and older.
- **Art Club** will be held on the last Thursday of each month, with the first class being March 28th at the Perry County Extension Office from 4 - 5 p.m. for students ages 9-13 and from 5 p.m. to 6 p.m. for ages 14 - 18. Please call the office to sign up.

4-H Camp

Camp registration is right around the corner! We will begin accepting applications on March 18th, please visit our website for a printable version of this years camp application or contact our office for a hard copy. We will be camping from July 30th to August 2nd this year, and will begin contacting returning campers in the coming weeks!



4-H Exclusive:

Get Your Child Ready for 4-H Camp with These 9 Exercises!

Camp is an exciting opportunity for 4-Hers, but a group living environment with high independence can also be stressful. To ensure your child maximizes their potential for success at camp, we suggest preparing for the experience weeks in advance. These nine exercises will prepare your child manage their belongings, navigate the campgrounds and prepare physically, mentally and emotionally for the experience.

1) Pack with your child and practice packing their suitcase a few days before camp. Keep their belongings in their luggage/trunk. Packing clothes in zippered plastic bags with day labels can help your child stay organized at camp. They can then repack the dirty clothes in the empty bag.



2) Practice packing your child's backpack. During camp, counselors help campers pack and review the schedule. Your child should bring a towel, a zippered plastic bag for a wet swimsuit, sunscreen, water bottle, hat and sunglasses. Counselors advise campers to double-check their belongings before leaving an area.



3) Help your child pack their toiletries. A small backpack for dry items and a caddy or waterproof bag for wet items is best. Before camp, have your child use their caddy for bathing, brushing their teeth, getting ready for the day and going to bed.

4) Camp shower lines can be long. Help your child track shower time. Practice five-minute showers before camp. Assure modest children they can always shower in their swimsuit.

4-H Youth & Community Development

5) Campers must "pitch in" to keep the camp clean. To get into the routine, help your child sweep, make their bed, wipe the kitchen table after meals and make their bed.

6) Camp can be busy. Help your child track time and monitor their surroundings. While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. In the weeks before camp, take family walks to prepare your child for hiking.



7) There is a lot of walking at camp. Teach your camper to stay hydrated by drinking plenty of water. Divide your child's body weight by two to determine how many daily ounces of water they should drink. Find their camp water bottle and practice tracking their water intake in the weeks leading up to camp.



8) No one likes moldy clothes. Teach your child to use a clothesline and space items out to dry before packing them back in the zippered plastic bag.

9) Some campers find group living stressful. Discuss ways your child can find quiet time in a busy environment and how to recognize when they need a break. Your camper can ask their counselor for quiet time. Talk about managing emotions with your child. Give them a scenario and discuss what they should do if they encounter problems.

Work through these exercises with your child throughout the weeks leading up to camp. Remind your camper that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and we are committed to supporting your camper.

For more information about 4-H camp, visit the website at <https://4-h.ca.uky.edu/camp> or contact the Perry County Cooperative Extension Service.



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