



## 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](mailto: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)**

### Potential Damage

While a cicada emergence is truly an amazing experience for many, it can be very damaging to some crops like fruit trees, particularly young trees. The damage is done by the female during egg laying. She uses her egg-layer (ovipositor) to tear 1/3-inch slits into pencil thick limbs. She may make a dozen or more of these in a row, then in each of the slits she can lay a dozen or more eggs. These limbs are weakened and often crack and droop or break off entirely from the tree. This damage can disfigure young trees. After about 5 to 6 weeks, the eggs hatch and the nymphs drop to the ground where they tunnel through the soil in search of roots to feed on for the next 16 and a half years.

### Monitor & Manage

Growers east of Hopkinsville and Henderson to the Virginia/West Virginia state line will need to monitor their trees and vines through May and watch for the cicadas gathering or any evidence of egg laying damage. There is a good chance that cicadas will not cause a problem with any one specific orchard as they usually gather within pockets in a county, but they will attack apples, peaches, grapes, and other fruit trees. Preventive sprays are not recommended as the cicadas don't occur everywhere. There is usually a 10-day or so window after emergence before they begin laying eggs, so there is a wide opportunity to monitor and treat as needed. Of the sprays available, the pyrethroids appear to be the most effective, but Sevin is also good. Be sure to read the label and match the correct insecticide with the type of tree needing treatment.

**FIGURE 2. EGG-LAYING BY PERIODICAL CICADAS CAN CAUSE SIGNIFICANT DAMAGE TO CULTIVATED AND FOREST TREES. FLAGGING OF DAMAGED LIMBS IS A COMMON SUMMER SIGHT WHERE THESE CICADAS HAVE BEEN. (PHOTO: KEN YEARGAN, UK PROFESSOR EMERITUS).**





AG & NATURAL RESOURCES  
NEWSLETTER

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**On apples, try to limit the use of pyrethroids due to their toxicity to European red mite and wooly apple aphid predators and their long-residual activity. However, when periodical cicada populations are excessive, many growers have made the decision to use a pyrethroid to prevent the limb damage at the risk of triggering mite problems. The last time this brood emerged, one grower noted that he used a pyrethroid and fought mites the next 2 years, but he felt that he made the correct decision with the large numbers of cicadas that emerged in his orchard. Sevin (carbaryl version), when used early in the growing season (within 30 days of petal fall), has the potential to thin the fruit; it is used as a thinner during this period. Use caution as the rate used to control insects is greater than the rate used to thin apples.**



**FIGURE 3. A FUN ACTIVITY FOR KIDS: HAVE THEM SPOT A RARE BLUE-EYED CICADA.**



## AG & NATURAL RESOURCES NEWSLETTER



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Ag & Natural Resources Agent



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

#### Recovering Emotionally from a Disaster

Disasters such as hurricanes, earthquakes, transportation accidents, or wildfires are typically unexpected, sudden, and overwhelming. For many people, there are no outwardly visible signs of physical injury, but there can be nonetheless an emotional toll. It is common for people who have experienced disaster to have strong emotional reactions. Understanding responses to distressing events can help you cope effectively with your feelings, thoughts, and behaviors, and help you along the path to recovery.

#### What are common reactions and responses to disaster?

Following disaster, people frequently feel stunned, disoriented or unable to integrate distressing information. Once these initial reactions subside, people can experience a variety of thoughts and behaviors. Common responses can be:

- **Intense or unpredictable feelings.** You may be anxious, nervous, overwhelmed, or grief-stricken. You may also feel more irritable or moody than usual.
- **Changes to thoughts and behavior patterns.** You might have repeated and vivid memories of the event. These memories may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating. It may be difficult to concentrate or make decisions. Sleep and eating patterns also can be disrupted—some people may overeat and oversleep, while others experience a loss of sleep and loss of appetite.
- **Sensitivity to environmental factors.** Sirens, loud noises, burning smells, or other environmental sensations may stimulate memories of the disaster creating heightened anxiety. These “triggers” may be accompanied by fears that the stressful event will be repeated.
- **Strained interpersonal relationships.** Increased conflict, such as more frequent disagreements with family members and coworkers, can occur. You might also become withdrawn, isolated, or disengaged from your usual social activities.
- **Stress-related physical symptoms.** Headaches, nausea, and chest pain may occur and could require medical attention. Preexisting medical conditions could be affected by disaster-related stress.

#### How do I cope?

Fortunately, research shows that most people are resilient and over time are able to bounce back from tragedy. It is common for people to experience stress in the immediate aftermath, but within a few months most people are able to resume functioning as they did prior to the disaster. It is important to remember that resilience and recovery are the norm, not prolonged distress.

There are a number of steps you can take to build emotional well-being and gain a sense of control following a disaster, including the following:

- **Give yourself time to adjust.** Anticipate that this will be a difficult time in your life. Allow yourself to mourn the losses you have experienced and try to be patient with changes in your emotional state.
- **Ask for support from people who care about you and who will listen and empathize with your situation.** Social support is a key component to disaster recovery. Family and friends can be an important resource. You can find support and common ground from those who've also survived the disaster. You may also want to reach out to others not involved who may be able to provide greater support and objectivity.
- **Communicate your experience.** Express what you are feeling in whatever ways feel comfortable to you—such as talking with family or close friends, keeping a diary, or engaging in a creative activity (e.g., drawing, molding clay, etc.).
- **Find a local support group led by appropriately trained and experienced professionals.** Support groups are frequently available for survivors. Group discussion can help you realize that you are not alone in your reactions



## AG & NATURAL RESOURCES NEWSLETTER



**Shad Baker**  
Ag & Natural Resources Agent



and emotions. Support group meetings can be especially helpful for people with limited personal support systems.

- **Engage in healthy behaviors to enhance your ability to cope with excessive stress.** Eat well-balanced meals and get plenty of rest. If you experience ongoing difficulties with sleep, you may be able to find some relief through relaxation techniques. Avoid alcohol and drugs because they can be a numbing diversion that could detract from as well as delay active coping and moving forward from the disaster.
- **Establish or reestablish routines.** This can include eating meals at regular times, sleeping and waking on a regular cycle, or following an exercise program. Build in some positive routines to have something to look forward to during these distressing times, like pursuing a hobby, walking through an attractive park or neighborhood, or reading a good book.
- **Avoid making major life decisions.** Switching careers or jobs and other important decisions tend to be highly stressful in their own right and even harder to take on when you're recovering from a disaster.

### When should I seek professional help?

If you notice persistent feelings of distress or hopelessness and you feel like you are barely able to get through your daily responsibilities and activities, consult with a licensed mental health professional such as a psychologist. Psychologists are trained to help people address emotional reactions to disaster such as disbelief, stress, anxiety, and grief and make a plan for moving forward.

Since 2006, the United States and Panama have maintained a barrier zone in eastern Panama. This barrier zone prevents NWS from moving north from South America to screwworm-free areas in Central and North America.

In 2023, APHIS confirmed an unprecedented number of NWS cases in Panama. Since then, cases have been detected in every Central American country and Mexico.

### Hosts

NWS can affect livestock, pets, wildlife, occasionally birds, and in rare cases, people.

This pest can infest a wide variety of wounds, from tick bites to cuts and dehorning or branding wounds. Infestations are very common in the navels of newborn animals and the genital regions of their mothers.

feed on living tissue.

### Impact

NWS can threaten the livelihood of livestock producers. It can cause millions of dollars' worth of production losses and economic damage. Screwworm also pose a threat to humans in infested areas.

### What You Can Do

Immediately report signs of screwworm to your local veterinarian, State veterinarian's office, or USDA ([www.aphis.usda.gov/contact/animal-health](http://www.aphis.usda.gov/contact/animal-health)). Look for the following signs in warm-blooded animals (including pets and birds):

- Irritated behavior
- Head shaking
- The smell of decay
- Presence of maggots in a wound

If you travel with a dog to regions affected by screwworm, know the requirements for returning to the United States. Go to [www.aphis.usda.gov/pet-travel/another-country-to-us-import/dogs](http://www.aphis.usda.gov/pet-travel/another-country-to-us-import/dogs) for more information.

If you live or are traveling in areas affected by screwworm, have your animals inspected before you move them. Use available animal checkpoints to prevent the spread of this pest.

### Learn More

For more information about screwworm, including information on the NWS outbreak in Central America and Mexico, go to [www.aphis.usda.gov/livestock-poultry-disease/cattle/ticks/screwworm](http://www.aphis.usda.gov/livestock-poultry-disease/cattle/ticks/screwworm).

For information on how screwworms affect people or to report human disease, please visit [www.cdc.gov/myiasis/about/about-new-world-screwworm-myiasis.html](http://www.cdc.gov/myiasis/about/about-new-world-screwworm-myiasis.html).



**Shad Baker**  
Ag & Natural Resources Agent

# AG & NATURAL RESOURCES NEWSLETTER



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## NWS Flies And Maggots: What They Look Like

The adult screwworm fly is about the size of a common housefly (or slightly larger), with orange eyes, a metallic blue or green body, and three dark stripes along its back. The name screwworm is thought to refer to the feeding behavior of the maggots as they burrow (screw) into the wound, feeding as they go like a screw being driven into wood. Maggots (larvae) cause extensive damage by tearing at the hosts' tissue with sharp mouth hooks. The wound can quickly become enlarged and deeper as more maggots hatch and feed on living tissue.



Mature larvae

Magnified mature larvae



Screwworm pupae

## How To Spot an Infestation



Fly with egg mass on wound



Close-up female fly, eggs, and maggots on wound



Severe screwworm myiasis on dog's neck



Infested deer with extensive tissue damage



NWS flies attracted to an animal wound

## NWS Infestation: What To Look For

- Any warm-blooded animal (including birds and humans) with maggots in wounds or other body openings (like nose, ears, umbilicus, or genitalia) that are draining or enlarging.
- Animals that may have recently suffered from a wound or surgical procedure. Wounds as small as tick bites attract flies.
- Egg masses may be around or in the wound; larvae may be visible by the third day of infestation.
- Because they feed on live flesh, NWS maggots may burrow deep into wounds or openings, while other species of maggots may appear around the outer surface of the wound.
- Screwworm infestations are very painful. Animals may become depressed, stop eating, and separate themselves from other animals or people.
- Secondary infection may occur in an NWS-infested wound. Left untreated, animals may die within 1 week of being infested.



Scan the QR code to learn more about NWS.

Photo credits: Images in "NWS Flies and Maggots" are by COPEG. The third image in "How To Spot an Infestation" is by Winthorpe Marsden, Jamaican Ministry of Agriculture; the second and fourth images are by Samantha Gibbs, U.S. Fish and Wildlife Service. All other images in this brochure are by USDA employees.

## Report It

**Immediately report any suspicious wounds, maggots, or infestations** to a local accredited veterinarian, your State Animal Health Official, or a USDA veterinarian.

**Anyone may report suspected cases of screwworm.** While most reports will likely come through veterinarians and diagnostic laboratories, we need everyone to be on the lookout. This disease is serious and can have catastrophic impacts on U.S. agriculture and animal and public health. Catching it early and eliminating it quickly is vital.

If you hear of or see anything you think could be NWS, we want to know about it. **Report it** right away to your local accredited veterinarian, State Animal Health Official, or a USDA veterinarian.

### ATTENTION ACCREDITED VETERINARIANS!

You are **legally required** to report all diagnosed or suspected cases of a communicable disease to USDA and your State Animal Health Official. This requirement applies to any disease for which USDA has a control or eradication program in place and for any animal diseases not known to exist in the United States. (See 9 CFR 161.4 f, h for more detail.)

## Contacts

### State Animal Health Officials

[usaha.org/saho/](http://usaha.org/saho/)

### USDA-APHIS Veterinary Services

[www.aphis.usda.gov/contact/animal-health](http://www.aphis.usda.gov/contact/animal-health)

**USDA** Animal and Plant Health Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE



**Report any suspected NWS cases to your State Animal Health Official or a USDA veterinarian!**

USDA is an equal opportunity provider, employer, and lender. | Issued January 2018 | Slightly revised January 2025 | Program Aid No. 2222





# AG & NATURAL RESOURCES NEWSLETTER

**Shad Baker**  
Ag & Natural Resources Agent



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



Sterile fly

## New World screwworm (NWS) myiasis is a serious disease that can affect livestock, pets, wildlife, and in rare cases, people.

It is a painful condition in which the larvae (maggots) of the NWS fly (*Cochliomyia hominivorax*) burrow into the flesh of a living animal. This causes serious, often deadly damage to the animal. The economic impact of NWS is also severe. During the 20th century, the presence of NWS cost the U.S. livestock industry more than \$100 million annually.<sup>1</sup>

The flies spend most of their time in forests and other wooded areas, but will also seek host animals in pastures and fields if available. Open wounds attract the flies and are what they feed on and live in to survive.

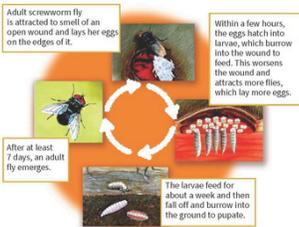
The U.S. Department of Agriculture (USDA) needs your help to keep NWS out of our country. Read on to learn more about NWS, what an infestation looks like, and where to report possible cases of it. Together, we can protect the United States from this horrific disease.

## Infestation: What Happens?

Screwworm infestations begin when a female fly lays eggs on a wound or orifice of a live warm-blooded animal. Female flies are attracted to the odor of a wound or opening such as the nasal or eye openings, umbilicus of a newborn, or genitalia. Wounds as small as a tick bite may attract a female to feed. One female can lay up to 3,000 eggs in her lifespan.

Eggs hatch into larvae that burrow into the wound to feed on the living flesh. After about 7 days of feeding, larvae drop to the ground, burrow into the soil, and pupate. The adult screwworm fly emerges from the soil after 7-54 days depending on temperature and humidity. Female flies mate after 3 days, and males can mate within 24 hours of maturation.

## NWS Life Cycle



## Sterile Insect Technique: How Does It Work?

To eradicate NWS, sterilized pupae may be placed in chambers at strategic locations throughout an infested area. Sterile flies may also be dispersed from aircraft over larger areas. As male flies emerge from the chambers, they seek out mates. Because female screwworm flies mate just once in their lifespan, the only eggs she will lay are not viable and will not develop into maggots. The population ultimately dies out as more sterile screwworm flies are released. The population of fertile screwworm flies dies off naturally over a few lifecycles.



Sterilized NWS pupae released in infested area

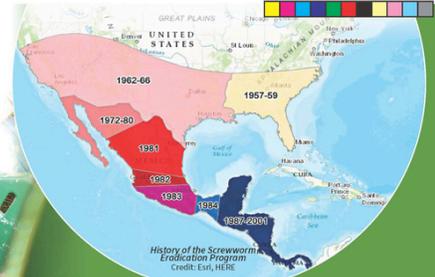
In October 2016, USDA and the Florida Department of Agriculture and Consumer Services announced the detection of NWS. It was successfully eradicated by March 2017 using this same method to eliminate screwworm from the United States once again. This was the first local infestation in the United States in more than 30 years and the first infestation in Florida in over 50 years.

## NWS: What's the Impact?

Another incursion into the United States could cost millions of dollars from livestock losses, trade embargoes, and eradication work. Pets, livestock, wildlife, and even humans may suffer and die from screwworm myiasis.

## 2016-2017 NWS Outbreak By the Numbers

- 136 wildlife cases
- 15% of endangered Key Deer died from screwworm infestation
- 9 domestic animal cases
- Over 17,000 animals inspected at checkpoint leaving surveillance zone
- More than 188 million sterilized pupae placed in 35 sites over 6 months
- Approximately \$3.2 million in taxpayer dollars spent on eradication efforts



## History of Eradication

An eradication program to remove NWS from the United States began in 1957. It used a biological control technique (sterilized insects) developed by USDA's Agricultural Research Service. This method is an ecologically safe and proven way to eradicate NWS fly populations by taking advantage of the fly's own biology. The sterile-insect approach eradicated NWS from the United States in 1966.

In a cooperative program, the Panama-United States Commission for the Eradication and Prevention of Screwworm (COPEG) maintains a permanent sterile fly barrier along the border of Panama and Colombia to prevent the re-establishment of screwworms.

<sup>1</sup>Woody, J.E. 1991. Screwworm control and eradication in the Southern United States of America. Special Issue of World Animal Review FAD, pp. 18-27. [www.fao.org/docrep/042/042010a.htm](http://www.fao.org/docrep/042/042010a.htm)

Credit: Illustrations by USDA Animal and Plant Health Inspection Service; text adapted from pp. 218-219 in Atlas of Transboundary Animal Diseases by Peter J. Fernandez and William R. White (Paris: World Organization for Animal Health, 2016).



**Shad Baker**  
Ag & Natural Resources Agent

AG & NATURAL RESOURCES  
NEWSLETTER



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

Cooperative Extension Service

PLEASE JOIN US FOR

# Watermelon Workshop

**JUNE 10@NOON**

478 EXTENSION DR  
WHITESBURG

RSVP  
CALL TO REGISTER  
633-2362

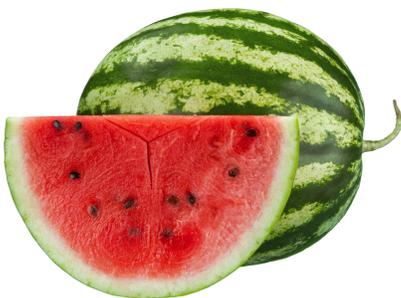
Cooperative Extension Service

# Squashes Workshop

June 11@ noon

Letcher County Extension Office

Call and register 633-2362



Cooperative Extension Service

# Gourds & Pumpkins Workshop

June 12@ noon

Letcher County Extension Office

Call and register 633-2362





# AG & NATURAL RESOURCES NEWSLETTER



**Shad Baker**  
Ag & Natural Resources Agent



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

Horse Radish  
Workshop




June 24<sup>th</sup> @ Noon  
Letcher County  
Extension  
Call 633-2362  
to register

Cooperative  
Extension Service



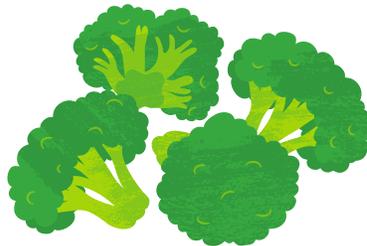
## FALL COLE CROP

(CABBAGE, BROCCOLI,  
CAULIFLOWER)

JUNE 25 @ NOON

LETCHER CO EXTENSION  
OFFICE

call 633-2362 to register





# AG & NATURAL RESOURCES NEWSLETTER

**Shad Baker**  
Ag & Natural Resources Agent



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

		June 2025						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6	7
		Seed lettuce as a companion plant to tomatoes	Seed parsley Seed snap beans and carrots	Seed summer squash and corn for late crop	Seed cabbage, broccoli, Brussels sprouts and cauliflower for late crop	Plant tomatoes Seed pumpkins and winter squash	Seed leaf and bibb lettuce Plant a late crop of Irish potatoes	
	8	9	10	11	12	13	14	
	Mulch garden to conserve soil moisture Plant celery	Monitor for garden pests Summer prune apples and peaches	Pinch blackberry canes	Begin control measures for squash vine borer	Seed sweet corn, beans, pumpkins and winter squash Begin bagworm control	Seed basil as tomato companion plant		
	15	16	17	18	19	20	21	
	Side-dress sweet corn that is knee-high with additional nitrogen	Transplant thyme Deadhead annual flowers Turn compost	Prune spring-flowering shrubs Plant peppers	Control cabbage worms with DiPel® or row cover	Renovate strawberries after last harvest	Seed or transplant gourds Pinch back garden mums		
	22	23	24	25	26	27	28	
	Seed dill Seed or transplant cantaloupes for fall	Treat lawn for white grubs End asparagus harvest	Prune pine trees Seed Brussels sprouts	Seed peppers Seed or transplant savory Harvest beet greens	Plant late tomatoes and peppers Fertilize asparagus Seed peppers	Add non-seed-bearing weeds to compost Plant basil		
Stake peppers Transplant rosemary Plant cilantro and parsley 29	Seed half-runner and pole beans Harvest summer squash frequently							



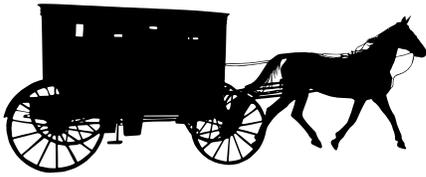
# FAMILY AND CONSUMER SCIENCES NEWSLETTER



Nanette Banks  
Family and Consumer Sciences



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



**HOMEMAKER TRIP TO CASEY COUNTY  
JUNE 2ND  
LEAVING THE EXTENSION OFFICE AT 7:30 AM**



**WALK YOUR WAY WALKING PROGRAM/CHALLENGE  
JUNE 4<sup>TH</sup> JUNE 9<sup>TH</sup>  
JUNE 17<sup>TH</sup> JUNE 23<sup>RD</sup>  
JUNE 30<sup>TH</sup>  
10:00 AM**

**LETCHER COUNTY EXTENSION OFFICE**

 **TRAVELING WITH EXTENSION**  
We will be learning about the fusion of traditions, cultures and flavors of Cuba



**June 4 @ 11:00**  
Letcher County Extension  
Please call to pre-register by  
May 27, 633-2362



**PASTA**  
*(parenting a second time around)*  
**June 6 @ 10:30 am**  
Jenkins Library





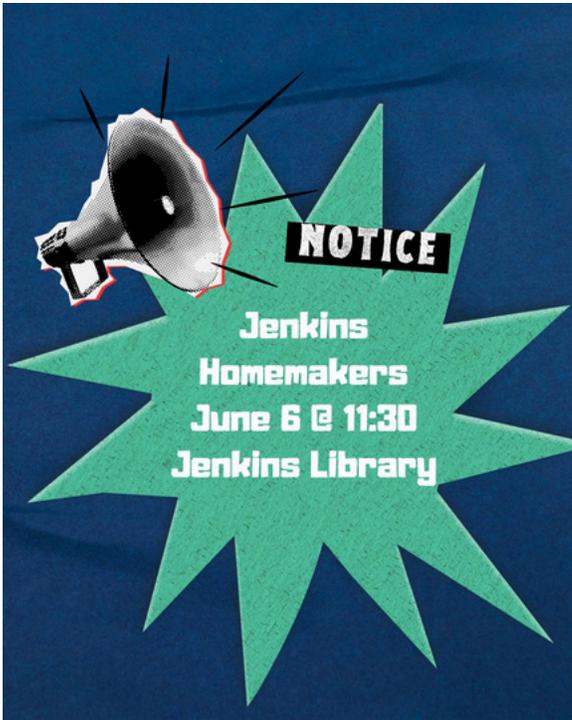
**FAMILY AND CONSUMER  
SCIENCES  
NEWSLETTER**



Nanette Banks  
Family and Consumer Sciences



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





**FAMILY AND CONSUMER  
SCIENCES  
NEWSLETTER**



Nanette Banks  
Family and Consumer Sciences



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

**HOMEMAKER  
GAME  
DAY**

Cooperative Extension Service

**Game Day:**

- Paid Homemaker
- Bring your favorite game day snack
- New games
- Socialize
- Eat some game day snacks

**JUNE 9<sup>TH</sup> @  
11:00 AM**

**Register : 633-2362**

**478 EXTENSION DR  
WHITESBURG**

**COME SEW WITH US**  
**JUNE 11<sup>TH</sup> BREATHITT CO**  
**LEAVING EXTENSION OFFICE**  
**AT 8:00 AM**  
**JUNE 12<sup>TH</sup> PERRY CO**  
**LEAVING EXTENSION OFFICE**  
**AT 8:30 AM**

**SEWING WORKSHOP**  
**JUNE 16<sup>TH</sup>**  
**10:00 AM OR 1:00 PM**  
**STAR TABLE TOPPER**  
**LIMITED SEATS**





**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** 

**GRAB & GO  
GRAB & GO  
SANDWICH**

**JUNE 17** **PRE REGISTER**  
633-2362






**WITS  
WORKOUT**

**JUNE 17TH  
&  
JUNE 30TH**

**11:00**  
LETCHER CO  
EXTENSION OFFICE

ENGAGING INTERACTIVE, AND  
EDUCATIONAL BRAIN HEALTH  
PROGRAM






**FAMILY AND CONSUMER  
SCIENCES  
NEWSLETTER**



Nanette Banks  
Family and Consumer Sciences



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

**Plate it up!**  
Cooperative Extension Service

**June 26 @ 11:00**  
*Letcher County Extension*  
During this class we will be discussing  
*Kentucky Proud products*

Triple Berry Crisp      Pre-register by June 19th 633-2362      Broccoli Brunch Casserole



**DIABETES SUPPORT GROUP  
JUNE 26<sup>TH</sup> @ 1:00**

**PRE-REGISTER BY JUNE 19TH**

**IF YOU ARE NOT ABLE TO ATTEND IN PERSON  
YOU CAN JOIN BY ZOOM.**



Nanette Banks  
Family and Consumer Sciences

**FAMILY AND CONSUMER**



**SCIENCES**



**&**

**4-H**



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

UK Cooperative Extension Service

# SUPER STAR CHEF

July 8<sup>th</sup> and 9<sup>th</sup>  
10:00-2:00

Come learn cooking skill like a chef

Ages 9-18

The poster features a dark blue background with several bowls of food: a shrimp dish with green beans, raspberries, a bowl of rice with chopsticks, and a bowl of soup with shrimp and basil. A cartoon chef in a white uniform and hat is holding a spoon and a pot. A calendar icon is also present.



4-H



# NEWSLETTER

Crystal Smith  
4-H Youth Development

- 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.



# Cloverbuds





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



# HOMESCHOOL CLUB





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





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



# FARM TO TABLE DAY CAMP

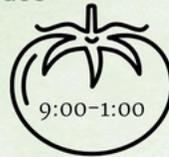
1<sup>st</sup> Day : Extension Office Greenhouse Tour  
and visit a local produce production

2<sup>nd</sup> Day: Animal Production on a farm and  
go get local produce to make a meal

3<sup>rd</sup> Day: Make a meal out of local produce

**June 16-18**

Ages 9-18



Please call and register :  
633-2362



TEEN CLUB MEETING  
JUNE 2 @ NOON  
LETCHER COUNTY  
EXTENSION OFFICE



**4-H FUN DAY**

COME JOIN US WITH A DAY  
OF FUN!!

LEARN 4-H DANCES

LEARN ABOUT 4-H

PROGRAMS

AN LOTS OF FUN GAMES.

EVERYBODY WELCOME

AGES 9-18





4-H



## NEWSLETTER

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

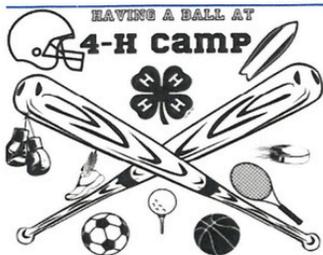
**HEART** - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

**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

Discover  
Yourself  
in 4-H



 Cooperative  
Extension Service

# LETCHER COUNTY

# 4-H CAMP

July 22, 2025- July 25, 2025

4-H camp is for youth ages 9-13 (or 8 years old turning 9 before the first day of camp). Application are available at the Letcher County Cooperative Extension Service. Spots are on a first come first serve a \$75.00 deposit is required to hold each camper a spot. For more information contact Crystal Smith 633-2362.

**CAMP REGISTRATION IS LOACED ON THE LETCHER COUNTY EXTENSION WEBPAGE OR YOU CAN COME BY THE LETCHER COUNTY EXTENSION OFFICE!**

**AN EQUAL OPPORTUNITY ORGANIZATION.**



4-H



# NEWSLETTER

Crystal Smith  
4-H Youth Development

- 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.

## What do you do at Camp?

Camp is packed with activities from dawn to dusk! Campers will take classes offered by certified instructors in classes like:

- + Swimming
- + Canoeing
- + Archery
- + Nature
- + Ropes/Zip Line
- + Arts & Crafts
- + Rifle
- + Sports
- + Fishing
- + Lots More!

Plus, you'll have the chance to take part in exciting team challenges, nightly dances, campfires, night hikes, and more!

## Where do we sleep?

Campers stay in cabins with trained teen and adult leaders. Boys and girls are in separate cabins on separate sides of the camp.

If you would like to bunk with a friend, we can do that! Just be sure to indicate their name on the pre-registration form.

**Sign-up today!**

**Classes Fill Up Quick!**



## Who can go to 4-H Camp?

4-H Camp is for all Letcher County youth that **there ages 9-13 years old (Or 8 and entering the 4th grade in the Fall). Junior Counselors in training are 14-15 years old, junior counselors are ages 16-18 years old.**

## How much does it cost to go to 4-H Camp

**\$75.00 deposit to hold spots. We have scholarships available to assist in paying the cost.**

**To be eligible for a scholarship,** you must complete the pre-registration form in this brochure and submit it to the Extension Office by **May 16, 2025.**

## How do I register?

Complete the pre-registration form on the back of this brochure and return it to the Extension Office. A deposit of \$75.00 is due with the application to reserve your space at camp.

You will receive additional forms in the mail that must be completed prior to camp. We are limited on the number of youth who can attend-get your application in early!



# Sign Up Today!

To reserve your spot at 4-H Camp, please complete and return the pre-registration form in this brochure. Additional registration materials will be sent for you to complete.

A \$75.00 deposit is required with your pre-registration form to reserve your spot and to apply for a scholarship.

**Please return forms by CASH or MONEY ORDER ONLY!!**

## Mail form and payment to:

Letcher Co. Extension Office  
PO Box 784  
Whitesburg, KY 41858

## For more info, contact:

**Crystal Smith**  
Letcher Co. 4-H Youth  
Development Agent

Phone: 606-633-2362

## Email:

crystal.smith@uky.edu

Find us on

Facebook



Letcher County  
**4-H SUMMER CAMP**  
July 22- 25, 2025



**FRIENDS!  
FUN!  
ADVENTURE!**



4-H



# NEWSLETTER

Crystal Smith  
4-H Youth Development

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## 2025 4-H Camp Preregistration Form



Camp Fee: **Camp Dates: July 22 - 25, 2025**  
**(\$75.00 deposit required; scholarships available!)**

Camper's Name \_\_\_\_\_ Birth Date \_\_/\_\_/\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Gender (Circle One) Male / Female School Attended \_\_\_\_\_

Race/Ethnicity \_\_\_\_\_ Grade \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Have you attended 4-H Camp before? \_\_\_\_\_ If so, how many years? \_\_\_\_\_ Camper would like to bunk with \_\_\_\_\_

Custodial Parent(s)/Guardian(s) Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Work Phone \_\_\_\_\_ Email \_\_\_\_\_

Will the camper need special accommodations while at camp due to any allergies, disability, or medical condition? If so, please explain. \_\_\_\_\_ **REMEMBER: You will have to fill out the complete Health & Registration Form before your child can attend 4-H Camp. We will send these to you once we have processed this pre-registration form!**

### Class Ballot

At 4-H Camp, you will be able to take 4 classes. Please select your top 8 classes from the list below. **Rank them 1-8.**  
 Go on line to [www.uky.ag/letcher](http://www.uky.ag/letcher) to download descriptions for all these classes or contact our office!

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Fishing       | <input type="checkbox"/> High Ropes/Zip Line | <input type="checkbox"/> Nature         |
| <input type="checkbox"/> Beg. Swimming | <input type="checkbox"/> Crafts              | <input type="checkbox"/> Tie-dying      |
| <input type="checkbox"/> Low Ropes     | <input type="checkbox"/> Science             | <input type="checkbox"/> Gaga Ball      |
| <input type="checkbox"/> Ad. Swimming  | <input type="checkbox"/> Riflery             | <input type="checkbox"/> Bicycles       |
| <input type="checkbox"/> Basketball    | <input type="checkbox"/> Nature              | <input type="checkbox"/> Field Games    |
| <input type="checkbox"/> Volleyball    | <input type="checkbox"/> Bee's               | <input type="checkbox"/> Flag Foot ball |
| <input type="checkbox"/> Canoeing      |  | <input type="checkbox"/> Corn Hole      |
|  |  | <input type="checkbox"/> Arts           |
|  |  | <input type="checkbox"/> Archery        |

How many in your family will be attending 4-H Camp? \_\_\_\_\_

Certification of Applicant  
 I do hereby certify that the information provided above is correct.

\_\_\_\_\_  
 Signature of Parent or Guardian

**Cash or Money Order ONLY**  
 Letcher County 4-H Council  
**Please return (with \$75.00 deposit) to:**  
 Letcher Co. Extension Office  
 PO BOX784  
 Whitesburg KY 41858  
 606-633-2362  
 Crystal.Smith@uky.edu



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

Return Service Requested