

Extension News

Agriculture*Family & Consumer Science*4-H Youth Development

Finding Motivation to Stick to Your Exercise Resolutions

Source: Katherine Jury, extension specialist for family health

You may have a goal of becoming more active this year but might be finding it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic.

Physical activity has a ton of benefits including aiding in weight loss, boosting your immune system, relieving stress and helping to lower your blood pressure. The goal is to get 150 minutes of physical activity each week.

While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

- Make it manageable. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day.
- Make a plan. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit in. Once you have an exercise schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.
- Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Your activity does not have to be difficult. It could be as simple as walking around your neighborhood or dancing to music each day.
- Find ways to make it social. Some people find it helpful to have an exercise partner or join a gym class for motivation. Get a workout buddy while you are doing the activity find a virtual exercise class. You can also make it a family activity by encouraging them to be active with you.

This issue:

FCS Program Highlights

Homemaker Happenings

Program Flyers

4-H Camp


Ag update

Recipe

April Calendar



Family and Consumer Science Program Highlights/Updates

 Cooperative Extension Service

Living with Alpha-gal Syndrome

When: Thursday, May 29
Time: 7:00 PM EDT/6:00 PM CDT
Where: Zoom

Presenters: **Heather Norman-Burgdolf, PhD**
 Associate Extension Professor
 Department of Dietetics and Human Nutrition

Register: ukfcs.net/AgS or scan the QR Code below

Jonathan Larson, PhD
 Assistant Extension Professor
 Department of Entomology

Hannah Tiffin, PhD
 Assistant Professor
 Department of Entomology

Heather Shaw
 Area Agent
 Nutrition Education Programs

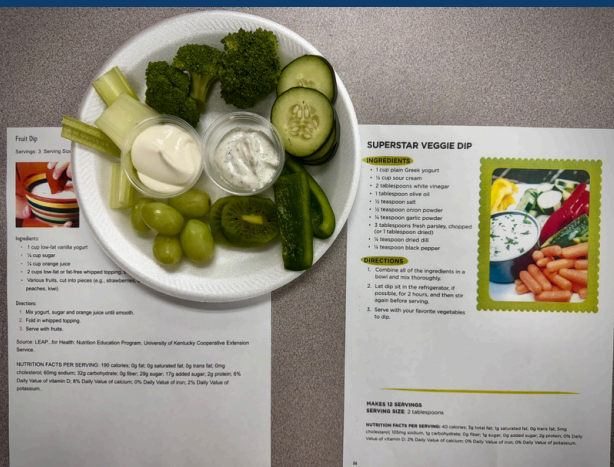


 Martin-Gatton
 College of Agriculture,
 Food and Environment



Home Ec Club

Students in the Home Ec Club made a veggie and fruit dip and tried a variety of green foods.



Laugh & Learn Playdate

Join our 12-month Laugh and Learn program that targets school readiness. Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities and free play. *All children must be accompanied by an adult.

DATE: APRIL 24TH **TIME:** 3:30 P.M.

FOR: AGES 5 & UNDER



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, 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.

WALK YOUR WAY CHALLENGE

Come and Join Us!

Have you decided it is time to get off the couch, but are not sure how to start? Start slow, Start smart, Start with us!

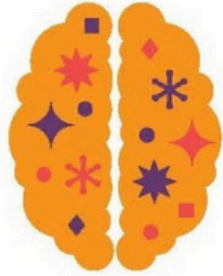
This 12 week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU.

DATES AND TIMES

March 13th @ 5 PM	April 23rd @ 5 PM
March 19th @ 11:30 AM	April 30th @ 11:30 AM
March 26th @ 5 PM	May 7th @ 5 PM
April 2nd @ 11:30	May 14th @ 11 AM
April 9th @ 5 PM	May 21st @ 5 PM
April 16th @ 11:30	June 5th @ 5 PM

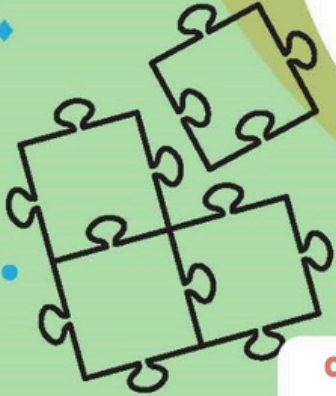
Call to register at
606-464-2759





WITS WORKOUT

An engaging, interactive,
and educational
brain health program



Our brains control essential executive functions, such as speaking, thinking, learning, making sound decisions, and remembering. In addition to physical exercise, getting at least seven to eight hours of quality sleep and eating a heart-healthy diet improves brain fitness for maintaining long-term cognitive health in older adults.

DATES AND TIMES

~~March 15th @ 5:30 PM~~

~~March 19th @ 12 PM~~

~~March 26th @ 5:30 PM~~

April 2nd @ 11:30 AM

April 9th @ 5:30 PM

April 16th @ 12 PM

April 23rd @ 5:30 PM

April 30th @ 12 PM

May 7th @ 5:30 PM

May 14th @ 11:30 AM

May 21st @ 5:30 PM

June 5th @ 5:30 PM

CALL TO REGISTER
606-464-2759



COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

Cooperative Extension Service

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

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Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

\$50
Fee


April 17, 2025

9:30 a.m. - 2:30 p.m.

Lee County Extension Office
259 Industrial Park Road
Beattyville, KY 41311

To register & for additional
dates/locations:
ukfcs.net/HBM

(606) 464-2759

 **Cooperative
Extension Service**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

WHO IS A BEGINNING SEWER?

A beginning sewer is anyone that has an interest in sewing but has limited or no sewing experience.

WHO IS A MASTER CLOTHING VOLUNTEER?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

HOW DO I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

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LENINGTON, KY 40546

ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



2025

COME SEW WITH US

HOSTED BY COOPERATIVE
EXTENSION SERVICE AND
QUICKSAND MASTER
CLOTHING VOLUNTEERS

JUNE 11, 2025

**BREATHITT COUNTY
EXTENSION OFFICE
10 A.M. - 1:30P.M.**

JUNE 12, 2025

**PERRY COUNTY
EXTENSION OFFICE
10 A.M.—1:30 P.M.**

COOPERATIVE EXTENSION



HEART POT HOLDER

Perry County MCV
Nancy Pratt will
teach your how to
make this heart
potholder. Limit 10
per class.



NOTEBOOK COVER

Wolfe County MCV Gayle Hensley
will help you create a fun
customized notebook cover for
your favorite book or journal.



APPLIQUE TEA TOWEL

Owsley County
MCV Cheryl
McCauley will
teach you the
technique of how
to make a
beautiful
Applique Tea
Towel.



PILLOWCASE WITH FRENCH SEAMS

Wolfe County MCV Rita Rogers will
help you create this stunning
customized pillowcase with french
seams if you register for her class.



SHOULDER WRAP HEATING PAD

Letcher County MCV Lisa Ison will
guide you step by step with this
Shoulder Wrap Heating Pad for
ultimate relaxation. Limit 5 per class.



Must pre-register by May 9th for classes.

REGISTRATION FORM

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m. to allow time for check-in. Classes are assigned on a first come, first serve basis so please return in a timely fashion.

_____ Heart Pot Holder

_____ Applique Tea Towel

_____ Shoulder Wrap Heating Pad

_____ Notebook Cover

_____ Dish Towel Apron

_____ Zipper Pouch

_____ Pillowcase with French Seams

Location: Breathitt _____ Perry _____

Name

Address

Phone

Mail form and \$5.00 registration fee to:

Perry County Extension Office
933 Perry Park Road
Hazard, KY 41701



Entertaining Children

Participants learned tips and tricks to entertaining little ones.



Reminder!!!!
Log those volunteer hours



Passport Challenge

EXPLORE KENTUCKY

Adventure calls, and it's time to answer. Let's embark on a journey of discovery and self-exploration. Log your journey throughout Kentucky in your "passports" that you will get from the Extension Office. Join us for our kick off to our passport challenge.

Can't attend? Stop by the Lee County Extension office to pick up your passport.

FREE!!!

DATES & TIMES:
 APRIL 23RD @6 PM
 JUNE 13TH @2 PM



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**

Date Change!!!



Martin-Gatton
College of Agriculture,
Food and Environment

Camp Dates: June 6th – 9th

Dear Parent/Guardian and Camper,
Greetings from Lee County 4-H!
The attached forms are required to register for the 2025 Lee County 4-H Camp! Please complete and return these forms as soon as possible to reserve your spot at this year's 4-H Camp. The 4-H staff is looking forward to another great camping season in 2025!

Age Requirements:
Campers: 9yrs – 14yrs
Jr. Counselor: 15yrs
Sr. Counselor: 16yrs – 17yrs
Adult Counselor: 18yrs +
*Contact the Lee County Extension Office for counselor applications.

Deadlines:
*The deadline for registration is **May 1, 2025**.
*No applications will be accepted after this date.
*Camp slots fill up on a first come, first serve basis. We will begin a waiting list for vacated spots once all available spots have been claimed.

To Register:
Complete the attached forms and return to:
Lee County Extension Office
259 Industrial Park Road
Beattyville, KY 41311

Cost: \$31.25
Includes transportation, 3 nights lodging, 12 meals, 2 snacks per day, class fees and t-shirt.
*All fees must be paid with registration/application.
*Payment methods accepted: cash or check
*Make checks payable to Lee County 4-H

Orientation:
All individuals attending camp and their parent/guardian must attend camp orientation.
This includes new and returning campers as well as counselors.
Orientation will be **May 19-21, 2025**, at the Lee County Extension Office during the hours of 1:00 pm – 5:00 pm.
Please call to make an appointment.

For more information contact the Lee County Extension Office @ **(606) 464 - 2759**

Cooperative Extension Service

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

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Disability services are available with prior notification.



Get your 4-H camper ready for adventure with these nine prepping exercises

SOURCE: JOEY BARNARD, PRINCIPAL SPECIALIST, CAMPING, 4-H YOUTH DEVELOPMENT

4-H Camp is an exciting opportunity for youth, but a group living environment with high independence can also be stressful. Basic tasks like managing one's own belongings and navigating the campgrounds can be a big adjustment. Parents and caregivers can make sure their future campers are physically, mentally, and emotionally prepared for their upcoming 4-H adventure with these nine helpful exercises:

1. Pack a suitcase with your child a few days before camp. Packing clothes in Ziploc bags with day labels can help your child stay organized; dirty clothes can then be repacked at each day's end in the empty bags.
2. Practice stocking a daypack. Help your child pack their own backpack with items they'll need for a typical camp day, including a towel, a Ziploc bag for a wet swimsuit, sunscreen, water bottle, hat, and sunglasses. At camp, counselors will also help campers review the schedule and remind them to double-check belongings before moving between activities.
3. Test-drive a shower caddy for toting toiletries. To manage camp toiletries, try using a small backpack for dry items and a caddy or waterproof bag for wet items. Practice using a caddy at home for bathing, brushing teeth, getting ready for the day, and going to bed.
4. Help your child keep track of shower time. Camp shower lines can be long. Practice five-minute showers before camp. The showers at camp are private, but for children who are modest, they can always shower in bathing suits.
5. Prepare to "pitch in" to keep the camp clean. To get into the routine, encourage your youth to sweep, wipe the kitchen table after meals, and make the bed daily.
6. Get comfortable with tracking time and monitoring surroundings. Camp gets busy! 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. Before camp, take family walks to prepare your child for hiking.
7. Encourage your child to stay hydrated by drinking plenty of water. To determine how many ounces your child should drink daily, divide your child's body weight by two. Start using a camp water bottle in the weeks before camp to track water intake.
8. Learn how to air-dry wet items. No one likes moldy clothes! Teach your child to use a clothesline and space items out to dry in the sun.
9. Teach your child how to take a break. Discuss ways your child can find quiet time in a busy environment and how to recognize when a break is needed. Your camper can ask a counselor for quiet time. Talk about managing emotions, too. Give your child a scenario and discuss what to do if problems arise.

Above all, remind your youth 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 are committed to supporting your camper.

Strategies for Managing the Spring Flush

Chris D. Teutsch, University of Kentucky Research and Education Center at Princeton

In March and April grass growth in the Commonwealth's pastures goes from 0 to 60 mph in just a few short weeks. We often find ourselves impatiently waiting for grass to start growing and then just a few short weeks later wondering what we are going to do with it all! The following suggestions can help you to optimize spring grass growth and utilization.

- **Implement rotational grazing.** To fully utilize the spring flush of pasture growth YOU must be in control of grazing. In a continuous grazing system, the cows are in charge. By utilizing rotational stocking, you start to make the decisions. Implementing a rotational stocking system may be as simple as closing some gates or stringing up some polywire.
- **Feed a little hay in late winter and early spring.** It is tempting to just let cattle roam and pick pastures for early grass growth, but this can set pastures back and reduce overall dry matter production. It is important to restrict cattle to one area, feed a little hay, and allow pastures to accumulate 4 to 5" of growth before starting to graze.
- **Start grazing at 4 to 5" of growth.** Another common mistake that graziers make is waiting too long to start grazing. If you wait until the first paddock is ready to graze, 8-10" of growth, by the time you reach the last paddock it will be out of control. Starting a little bit early allows you to establish a "grazing wedge" (Figure 1).
- **Rotate animals rapidly.** It is important to realize that grazing pastures closely and repeatedly as they initiate growth in early spring can reduce production for the entire season. Therefore, it is important to keep animals moving rapidly through the system. The general rule is that if grass is growing rapidly then your rotation should be rapid. This will allow you to stay ahead of the grass by topping it off and keeping it in a vegetative state.
- **Do not apply spring nitrogen.** Applying nitrogen in the spring will make the problem of too much grass at once even worse. In many cases you are better off applying nitrogen in late summer or early fall to stimulate growth for winter stockpiling.
- **Remove most productive paddocks from rotation and harvest for hay.** Graze all paddocks until the pasture growth is just about to get away from you and then remove those productive paddocks from your rotation and allow them to accumulate growth for hay or baleage harvest.
- **Increase stocking rate in the spring.** An alternative to harvesting excess forage as hay or baleage is to increase your stocking rate by adding more animal units in the spring and then decreasing animal numbers as plant growth slows due to higher temperature during the summer months. While this is a viable approach, it is not practical on smaller or part-time operations.
- **Even out seasonal distribution of forage by adding warm-season grasses.** Adding a well-adapted warm-season grass that produces most of its growth in July and August would allow you to concentrate grazing on your cool-season paddocks during periods of rapid growth (spring flush). After cool-season grass growth slows in late spring and early summer, animals can be shifted in the warm-season paddocks for summer grazing.
- **Bush-hog out of control pastures.** The benefits of clipping include maintaining pastures in a vegetative state, encouraging regrowth, and controlling weeds. Clipping pastures costs money, so make sure that the primary reason for bush-hogging is pasture management, not aesthetics.
- **Stockpile out of control pastures for summer grazing.** Although forage quality decreases as the plant matures, the quality of spring stockpiled pasture is sufficient for dry cows and in some cases can result in reasonable gains on growing animals during the summer months. This is especially true if using novel endophyte tall fescue and the pastures were clipped at the early boot stage to promote vegetive regrowth. This could be a cost-effective and simple way to provide additional grazing during the summer months.

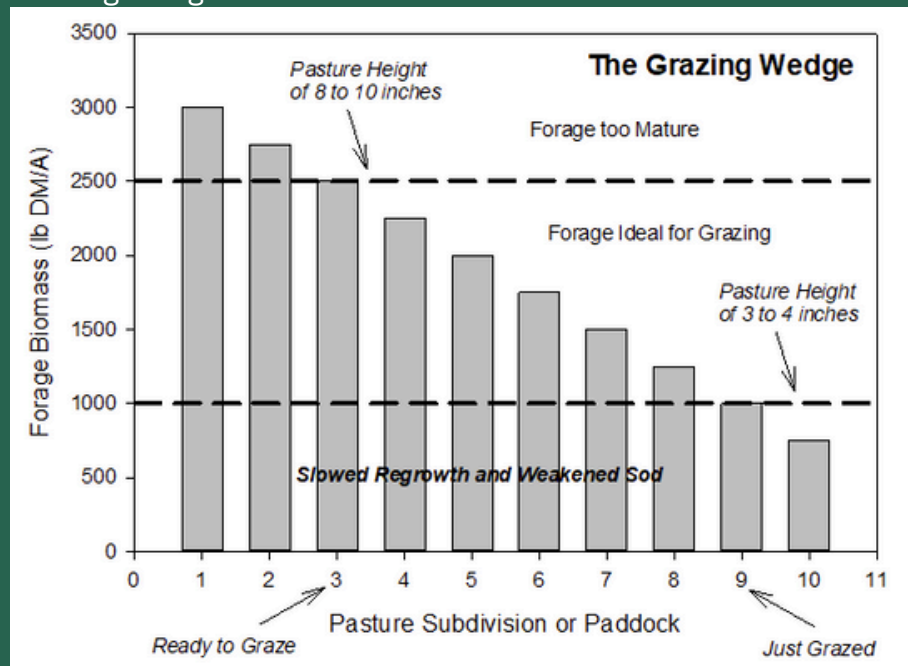


Figure 1. The "grazing wedge" simply refers to having pasture subdivisions or paddocks at varying stages of regrowth from just grazed to ready to graze.

**WANT TO GET FUNDING TO IMPROVE YOUR LAND BUT
DON'T KNOW WHERE TO BEGIN? GET A FARM NUMBER!**

***FREE FARM NUMBER
REGISTRATION CLINIC
LEE & OWSLEY COUNTIES***

MONDAY, APRIL 7, 2025

2:00 PM-7:00 PM

**LEE COUNTY COOPERATIVE EXTENSION OFFICE
259 INDUSTRIAL PARK RD,
BEATTYVILLE, KY 41311**

- The Farm Number Registration Clinic is a FREE opportunity to register for a FSA Farm Number and speak with experts about funding opportunities for improving the ecological, recreational, and economic value of your land
- This clinic brings the FSA agents to the Cooperative Extension office, making the registration process more accessible for Lee County residents. Typically, you would have to go in-person to the USDA Service Center in Jackson, Breathitt County.
- A Natural Resources Conservation Services (NRCS) agent and Conservation District representative will also be present to discuss what financial assistance programs are available to registered Farm Number holders

**Follow the link to register:
<https://shorturl.at/POuxy>**



LiKENKnowledge.org

CONTACT

Kevin Slovinsky

Director fo Land & Revenues

Kslovinsky@likenknowledge.org



www.likenknowledge.org

IF YOU WANT TO ACQUIRE A FSA FARM NUMBER FOR YOUR LAND, PLEASE REGISTER USING THE QR CODE/LINK BELOW OR CONTACT US.

In order to acquire a FSA Farm Number, please try and bring the following documents:

1. Copy of your deed or lease;
2. Copy of Tax Map/Property Card (in color);
3. Completed AD-2047 form
 - We will have copies of this at the clinic, you can complete it there. You will need to know your Social Security Number (SSN)

If you have trouble getting any of the above documents, let us know and we can help you! Contact information is on the front page. Don't let document requirements stop you from getting a Farm Number!

REGISTER NOW



<https://shorturl.at/POuxy>

SCAN ME





Ted John



Laker Campbell



Eric Collins



Help Us Update Our Mailing List!



We want to make sure you receive our newsletter in the way that works best for you! Whether you prefer to get it by email or through traditional mail, we'd love to hear from you.

As we update our mailing list, please let us know your preferred delivery method. If you'd like to switch to email for quicker access and fewer paper copies, or if you'd rather continue receiving a printed version, just reach out and let us know.

Contact us at 606-464-2759 or stop by our office to update your preferences. We appreciate your help in keeping our communications running smoothly!

Lean Green Lettuce Tacos

- | | | |
|---|---|---|
| 8 large lettuce leaves | ¾ pound extra lean ground beef | 1 tablespoon finely chopped cilantro |
| 1½ cup cooked brown rice | 1 small zucchini, chopped | 1 teaspoon lime juice |
| ¾ cup fresh corn kernels | 1 ounce packet low-sodium taco seasoning | 1 tomato, chopped |
| 1 cup canned black beans, drained and rinsed | 4 ounces low sodium tomato sauce | 1 small red onion, chopped |
| 1 tablespoon olive oil | | |

Wash and dry lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.





BE SURE TO CHECK OUT OUR FACEBOOK PAGE AND GIVE US A "LIKE" SO YOU CAN BE UPDATED ON CURRENT PROGRAMS.



04

APRIL

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Commodities	2 Walk This Way @11:30 Wits Workout @12	3	4	5	6 Blood Drive
7 Free Farm Number Registration Clinic 2-7 PM After School Club @Elem School 4th & 5th Grade	8	9 Survive & Thrive 10-12 📢 Walk This Way @5 Wits Workout @5:30	10	11	12	13
14 After School Club @Elem School 4th & 5th Grade	15 Spring Homemaker Training @10 @RCARS	16 Walk This Way @11:30 Wits Workout @12	17 Homebased Micro-processing Workshop @9:30-2:30	18	19	20 
21 After School Club @Elem School 4th & 5th Grade	22 	23 Walk This Way @5 Wits Workout @5:30 Passport Challenge @6	24 Laugh & Learn @3:30PM ages 5 and under 	25	26	27
28 After School Club @Elem School 4th & 5th Grade	29 Diabetes Support Group @6 PM 	30 Walk This Way @11:30 Wits Workout @12				

- Services**
- Farm Planning
 - Gardening
 - Forge Evaluations
 - Crop Evaluations
 - Timber Stand Improvement
 - Pest & Disease Diagnostics
 - Lawn Care
 - Landscape Evaluations
 - Pond Management
 - Hay & Soil testing
 - Beef Quality & Care Assurance
 - free on the KY Beef Network
 - Pressure Gauge Testing

