

**Agriculture/Natural Resources • Family & Consumer
Sciences • 4-H/Youth Development**

**Cooperative
Extension Service**
Clay County
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Extension News February 2012

February 2012						
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Homemaker Club Meetings

- Cheap Clippers- 2nd Fri. – 6:30 p.m.
- Burning Springs – 3rd Thurs. – 2:00 p.m.
- Pins & Needles – 3rd Sat. – 10:00 a.m.
- Happy Homemakers – 2nd Sat. – 2:00 p.m.
- Delicious Divas – 3rd Mon. – 6:00 p.m.
- Sunshine – 2nd Wed. – 1:00 p.m.
- Scrapbooking – 3rd Fri. – 6:00 p.m.

Inside This Issue

- ◆Using Your Woodlot to Increase Farm Income
- ◆Pruning & Grafting Demonstrations
- ◆What Exactly is 4-H?
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- ◆Homebased Microprocessor Workshop Flyer
- ◆February Calendar

◆How often do you hear “*What’s for dinner?*” Do you have very little time to prepare nutritious food for yourself or your family? Attend these two programs to help you prepare nutritious meals for dinner for your family. You can attend both or just one of the programs. Call 598-2789 to register.

...Crock Pot Meals for the Busy Cook will be **February 6th at 6:00 p.m.** Use your crock pot for preparing a nutritious family meal. You can be at



work, a ball game, or shopping and your food will be ready when you get home. It does require some pre-planning though.

...Freezer Meals for the Busy Cook will be **February 13th at 6:00 p.m.** Prepare meals that can be frozen and fixed for dinner later by adding a salad or bread. These meals can be nutritious and good tasting for your family.



Weigh Down in Clay County - Biggest Loser will start on **February 7, 2012 at 6:30 p.m.**

We will meet on February 14th and 21st at 6:30 pm. **Cost for registration is \$5.** We will be meeting once a month on March 13th, April 3rd and May 1st. Registration cost is \$5. You will also pay \$1 for each week that you gain any weight. To be considered for the pot of money, you must attend the first three sessions, weigh-in weekly, and participate in the walking video for three sessions.

This weight loss program allows participants to select the type of weight loss program that works for them. Participants will have about 10 choices to choose from that can help them to control their weight. Participants will meet on the above dates. Everyone will continue the program and come into the Extension Office to weigh-in weekly during the weeks that a meeting is not scheduled. We will be exercising during the scheduled meetings.

Each meeting will run about 1 hour - 1 1/2 hours. During our last meeting on May 22nd at 6:30 pm, we will announce the participant that will receive the pot of money. The pot of money will consist of the \$5 registration fee and the \$1 per week if you have gained any weight. Those that don't come in and weigh weekly will not be considered for the "money pot".

This session of Weigh Down in Clay County - Biggest Loser is co-sponsored by Clay County Physical Therapy & fitness, Memorial Hospital and Clay County Cooperative Extension Service. We will be able to offer you a 15-minute session with personal trainers, Charlie Rawlings or Randy Owens, and a \$15 membership to the Fitness Center for the months of February - May 2012. This is a 40% reduction in the membership fee. If you stop attending the sessions, your membership stops to the Fitness Center.

We will be doing sugar, cholesterol and blood pressure screening at the beginning and end of the program.

Call the Clay County Extension Office at 598-2789 to register. Open to the public!

◆**Corn Silage Production & Economics for Beef Cattle** will be held Monday, **February 13, 2012** at the Robinson Center for Appalachian Resource Sustainability Auditorium in Jackson, KY. The meeting will begin at 6:30 p.m. Speakers will be Dr. Chad Lee and Dr. Kenny Burdine. The program is free and no registration is required.

◆**Yo Yo Pillow Workshop** will be on **February 16th at 4:00 pm**. Yo Yo's are a heritage skill quilting technique that allowed women to use every scrap of fabric they had left. They have been used for rugs, quilts, table linens, vests and pillow covers. You will learn how to make yo yo's and sew them together to make a pillow top. Hand sewing only. No machine sewing. You will need to purchase a pillow form to make your pillow. All other supplies will be furnished. Call 598-2789 to register.

Dr. Deborah Hill will be at the Clay County Extension Office on Thursday, February 16, 2012 at 6:00 p.m. to present a program entitled **"Using Your Woodlot To**

Increase Farm Income". Dr. Hill is a recently retired UK Forestry Specialist. This meeting is sponsored by the Red Bird Farmers Project but is open to the public.

Landscape Pruning Workshop and Demonstration



Landscape tree pruning can be a lot different than pruning fruit trees...and topping is not the only option! Join us at the **Laurel County Extension Office on Thursday, February 16, at 6 PM** as Bill Fountain from UK's Horticulture Department discusses the how's, why's, and when's for pruning landscape trees.

On **Friday, February 17, at 1 PM**, Bill will conduct a hands-on demonstration of landscape tree pruning at the Laurel County Extension office. This workshop will be outside so please dress appropriately for the weather conditions. These workshops are free, but pre-registration is required for planning purposes. Please call the Clay County Extension Office at 606-598-2789.

Fruit Tree Pruning and Grafting Time!

The Laurel County Extension Office annual **Pruning and Grafting Workshops** have been scheduled for Tuesday, **February 21**. Guest presenter, John Strang, from the UK College of Agriculture's Horticulture Department, will be conducting a workshop at the **Laurel County Extension Office** at 10 AM about grafting fruit trees. The workshop will be repeated at 6 PM that evening. Sessions are limited to 50 people and are expected to fill quickly. To register for the grafting class, contact our office at 606-598-2789.

Chris Smigall will also be conducting a fruit tree and berry pruning demonstration from 1:30-3:00 PM at a location to be determined. Space in the class is not limited, but pre-registration is necessary so we can provide directions to the pruning location. Call the office at 606-598-2789 to register.



♦**Saving Energy with Home Landscaping** will be on **February 29, 2012** at **10:00 am** in the Extension Office meeting room. Learn how to save energy using your homes’

landscaping at this homemaker leader’s training. **Please notice this is a date change.** This program is free and open to the public.

Clay County will be hosting the **Homebased Processing and Microprocessing Workshop** on **April 16th from 9:30 a.m. - 3:30 p.m.** at the Clay County Extension Office. Do you grow your own fruits, vegetables, nuts or herbs in Kentucky? Do you like to can your produce? Are you interested in a homebased business? Are you interested in selling home canned products at your local farmers market? Then the Homebased Microprocessor Program might be for you! Registration fee is \$50, made payable to University of Kentucky and mailed to Dr. Sandra Bastin, 206 Funkhouser Building, University of Kentucky, Lexington, KY 40506-0054. Please register online at www.ca.uky.edu/agc/micro or by email to debbie.clouthier@uky.edu or by phone at 859-257-1812. After the completion of the workshop and the passing of two exams, you will receive a certificate and a Ball Blue Book. For more information about the program visit www.ca.uky.edu/ag/micro. Flyer is enclosed.

We are taking orders for Apple and Pear Rootstock at \$1.00 each. Call the Extension Office at 598-2789 to place your order.



As I get started in my new career I know I may hear this question, “what exactly is 4-H?” 4-H is the largest youth organization in America. It involves young people ages 9-19.

4-H members participate in club meetings and “learn by doing” in a variety of project areas. Some examples of these projects include speech and demonstrations, livestock, electric, woodcraft, photography, foods, and home environment. Each member can participate in the project area(s) of their choice. These projects promote leadership and build self-esteem.

4-H provides opportunities for participation in organized 4-H clubs, project groups, 4-H school enrichment programs, 4-H camp, county fair, and other special activities.

4-H provides specific educational programs that children may not receive in the school system, such as an appreciation for how we get our food, hunter safety certification classes, and an understanding of the American economy and the way local businesses operate just to name a few.

I look forward to working with the local community on building a long lasting 4-H program that will see today’s youth come back as adults and be positive, active members of society.



Thank you

**Ashley Adkins
County Extension Agent
For 4-H/Youth Development**

Starting a Successful Savings Plan

Many people start the New Year with a financial resolution: to reduce debt, save money, spend money more wisely, increase their retirement savings or something similar. But despite good intentions, New Year's resolutions often get abandoned. To stay on track, consider the following tips, which are designed to help you achieve your financial goals.



Write down the goals and post them in a visible place to serve as a daily reminder. The fridge, bedroom mirror or your computer are good places to keep your goals in sight.

Plan out step by step what you have to do to achieve your goals. This kind of planning forces you to visualize and then to realize the steps. For instance, if you want to save \$2,000, you might open a savings account and have a set amount moved into the account each time you get a paycheck. That way, the money is “gone” before you can spend it and will accumulate in small increments, usually 26 or 12 “payments”. So you aren't tempted to use the money for another reason, think of it as literally paying a debt to yourself.

Track your progress. Putting pen to paper, creating a spreadsheet, or filling in a ledger—these regular reminders help you remember your goals and how important they are.

Take pride in your accomplishments, even the small ones, because they add up quickly. Eating breakfast at home every morning could save you \$3 to \$5 dollars a day which, over a year's time, adds up to a savings of \$750 to \$1,250. Even forgoing just one breakfast out a week could put an extra \$150 to \$250 in your wallet.

Don't get discouraged if you need to rethink your goals. Economic uncertainty is the new reality, so it's important not to underestimate how things can change quickly.

Unforeseen circumstances, such as a reduction in working hours or a large medical

expense, could force you to change your savings plan. The best way to cope with these kinds of situations is to be fiscally fit, and if you are already following a plan, then you're working to achieve fiscal fitness.

Source: Jennifer Hunter, UK Extension Specialist

Upcoming Programs

- **Soup for the Diabetic** – March 8th at 6:30 pm
- **Candy Arrangement** – March 15th at 5:00 pm
- **Understanding the Food Label** –
March 28th at 10:00 am
- **Table Top Corn Hole** – March 29th at
6:00 pm (tentative)
- **Area Homemaker Council Meeting** – April
4th 10:00 am London

Small Farms and Gardens Project

Interested in growing a garden this year? Need help in getting started? Please contact Leah Coughlan, Christian Appalachian Project, Inc. (CAP) at 598-5280 to see if you qualify. The office is located at 769 Muddy Gap Road (down the road from the McDonalds and Manchester Square entrances). Space is limited so call soon!



Kentucky Horse Council asks horsemen to participate in Kentucky Equine Survey

The Kentucky Horse Council is asking Kentucky horsemen to participate in a full, statewide survey of all breeds and disciplines of horse, ponies, mules, and

donkeys, the first such survey in Kentucky in 35 years.

In a letter of Kentucky horsemen, the council stressed that getting accurate figures for the horse community is critical to developing plans to improve the industry, access more trails and equine facilities, access equine business opportunities, and get public officials' attention.

This survey is being done by the University of Kentucky and the University of Louisville, in partnership with the Kentucky Horse Council and the National Agricultural Statistics Service. To read more about the study, go to <http://www2.caluky.edu/equine/kyequinesurvey>. The deadline is February 17, 2012.

This survey can only be effective if we have a comprehensive list of horse owners and equine farms and facilities in the state. This needs to include the many people in our state who keep horses for recreational purposes and do not have equine-related businesses. The National Agricultural Statistics Service (NASS) Kentucky Field Office, a Kentucky-based USDA unit which has responsibilities for surveying other livestock entities, will handle the polling and survey mailing. The questions for the survey have been developed by UK, U of L, and KHC.

The council asked horsemen to submit their names and contact information to NASS. The council noted that none of these names will ever be released to any other organization. The NASS privacy policy is available for review at www.nass.usda.gov/About_NASS/Confidentiality_Pledge/index.asp.

Horsemen who wish to send their names to NASS for the survey may fill in the form at <http://www.kentuckyhorse.org/KES-names/>.



February 14, 2012

Handwritten signature of Lora Lee Frazier Howard in blue ink.

Lora Lee Frazier Howard
County Extension Agent
For Family & Consumer Science

Handwritten signature of Jeffrey H. Casada in blue ink.

Jeffrey H. Casada
County Extension Agent
For Agriculture/Natural Resources

Handwritten signature of Ashley Adkins in blue ink.

Ashley Adkins
County Extension Agent
For 4-H/Youth Development

Youth Health Bulletin

Be Safe and Enjoy the Snow

This time of year, you may wake one morning to find that you will not be going to school because of snow! Having snow on the ground can be a lot of fun. There are many things you can do outside such as building a snow fort or a snowman. But, before you go running outside to enjoy the winter white, make sure you are being safe!



Dress in many layers: Being outside in the wintertime does not have to mean you will be cold. If you dress properly there is no reason that you cannot enjoy the snow. The best way to dress is to put on many layers of clothing. The benefit of having lots of layers is that as you run around

outside and as you warm up, you can take off a layer as needed.

Depending on how cold it is outside, there may be some days when you need more layers than others. If you think you will be cold, you are better off to put on extra layers. You can always take them off later if you get too warm.



How to layer:

- For your top - Start with a warm, long-sleeved undershirt such as a thermal shirt. Next put on a turtle neck, and then 1 to 2 more shirts, a sweater and a coat. You can adjust your layers to

suit the weather outside.

- For your bottom - You will want to layer on the bottom too. If you have a pair of thermal pants put those on first and then layer on another pair of pants. If you have waterproof pants those would work best to help keep you dry and warm. Pants such as jeans and khakis are not good at keeping you warm. In fact, if you fall down and get jeans or cotton pants wet, you will end up colder because they will stay wet!

- Other important layers - Do not forget to layer your socks and if you have some waterproof shoes wear those as well. Sneakers tend to get very wet and your feet could get cold in a hurry.

Do not forget that you will need a hat for your head! A hat will help to keep you warm. Other items that will help you stay warm are be scarves, earmuffs and gloves. Have you ever worn two pairs of gloves? It may take a little

time to get ready to go outside, but it will be worth it to be able to play in the snow!

Drink something warm

Drinking something warm, like hot chocolate will help warm you up from the cold and keep you from becoming dehydrated. No matter what you drink, it is a good idea to drink something as soon as you get in from playing in the snow.

Listen to your body

When you are playing outside you may not realize that you are getting too cold. If you are starting to shiver or your teeth are chattering — it is time to go inside. If you start to feel tired or dizzy, that is also a sign that you should head inside right away. Being outside when there is snow on the ground can be a lot of fun. Make sure you are being careful and staying safe by layering your clothes, listening to your body and drinking something after coming inside.

REFERENCES: Nemours Kids Health: How to be safe in ice and snow. February 2011

Adult Health Bulletin

Yearly Checkups and Screenings

Checkups

- **Annual exam with health care provider** – Even though you may be healthy, it is important to schedule a visit with your health care provider once a year. This is a time for you to discuss: health screenings, medical issues, vaccination updates and support for lifestyle changes such as weight loss or new exercise programs.



- **Dental visits** – Adults should be visiting their dental provider on a regular basis for cleanings and oral exams

- **Eye doctor** – Adults should have an eye exam every two years, unless they notice issues or changes with their vision. If you have noticed changes with your vision, you should see an eye doctor immediately.

Screenings For everyone:

- **Colorectal cancer** – The first screening for colorectal cancer should happen at age 50. If your family has a history of colorectal cancer, you may need screenings at an earlier age. Talk to your health care provider about the test and your screening options.

- **Diabetes** – Diabetes screenings are usually done when you go to your annual checkup. Diabetes can lead to problems with eyes, feet, kidneys, and other organs.

- **High blood pressure** – This screening also is commonly done during an annual exam. High blood pressure is considered 140/90. Talk to your doctor if you have high blood pressure.



- **Cholesterol** – Cholesterol should be checked regularly. If you use tobacco, are obese, have diabetes, have high blood pressure, have a family history of heart disease or a personal history of heart disease, talk to

your health care provider.

For women:

- **Mammograms** – Talk to your health care provider about whether or not you should have a mammogram. Factors that may influence when you have mammograms are family history, age, overall health and personal concerns.

- **Cervical cancer** – Women between the ages of 21 and 65 should have a Pap test every 1 to 3 years. Generally, if you are over 65 and have had normal Pap test results, you will not need further screening. If you have had a hysterectomy for a reason other than cancer, you will not need a Pap test.

- **Osteoporosis (bone thinning)** – This screening should be conducted around the age of 65 to check bone strength. If you are younger than 65 years of age, talk to your health care provider about osteoporosis screening and whether or not you should participate.

For men:

- **Prostate cancer** – Men over the age of 50 should discuss prostate cancer screenings with their health care provider. A health care provider may suggest a screening at an earlier age, depending of family and personal history.

Immunizations

- **Flu shot** – A yearly flu shot is recommended for all adults.

- **Pneumonia shot** – A pneumonia shot is recommended for persons ages 65 or older.

Talk to your health care provider about other vaccinations to confirm that you are up to date.

Checkups, screenings, and immunizations are important for staying healthy. By visiting your health care provider on a regular basis, you will be better able to maintain a functional and happy life.

REFERENCES:

- US Department of Health and Human Services. Women: Stay healthy at any age.

- <http://www.ahrq.gov/ppip/healthywom.htm>

- Medline Plus. Physical exam frequency.

- <http://www.nlm.nih.gov/medlineplus/ency/article/002125.htm>

Homebased Microprocessor Workshop



Registration fee is \$50.00, payable to
University of Kentucky, mailed to:

Dr. Sandra Bastin
206 Funkhouser Building
University of Kentucky
Lexington, KY 40506-0054

- ◆ Do you grow your own fruits, vegetables, nuts or herbs in KY?
- ◆ Do you like to can?
- ◆ Are you interested in a homebased business?
- ◆ Are you interested in selling home canned products at your local farmers market?

Then the Homebased Microprocessor Program might be for you!

Join us from 9:30 am to 3:30 pm on April 16, 2012

Clay County Extension Office, 69 Jameson Rd

Please register online at www.ca.uky.edu/agc/micro or by email to debbie.clouthier@uky.edu or by phone at 859-257-1812.

**For more information
about the program visit www.ca.uky.edu/ag/micro**

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Unless otherwise stated, all meetings will be held in the Extension Office Meeting Room.			1	2 	3	4
5	6 Crock Pot Meals for the Busy Cook Cook 6:00 pm	7 Weigh Down in Clay County 6:30 pm	8	9	10	11 Southeastern KY Bee School McCreary High School - 8:00 a.m.
12	13 ♦Freezer Meals for the Busy Cook 6:00 pm ♦Corn silage Production & Economics for Beef Cattle Jackson, KY 6:30 pm	14 Weigh Down in Clay County 6:30 pm 	15 National Farm Machinery Show Louisville 15 TH - 18 TH	16 ♦ Yo Yo Pillow Workshop-4 pm ♦Landscape Pruning Workshop Laurel Co.-6 pm ♦Using Your Woodlot to Increase Farm Income 6 pm	17 ♦Landscape Pruning Demo Laurel County 1:00 pm	18 National Farm Machinery Show Louisville
19	20  President's Day	21 ♦Weigh Down in Clay County 6:30 pm ♦Pruning & Grafting Workshop Laurel Co. 10 am & 6 pm	22	23 CAIP Construction Meeting for Fencing & Farm Structure & Commodity Handling Investment Areas	24	25
26	27 Homemaker Council Meeting 3:45 pm	28	29 Saving Energy With Home Landscaping 10 am	For more information on the Farm Machinery Show go to http://www.farmmachineryshow.org/		