

November 2024



Happy Thanksgiving!



Clay County Cooperative Extension Service

Email: [clay.EXT@uky.edu](mailto:clay.EXT@uky.edu)

Open: Monday-Friday  
8am - 4 pm

Location of EXCEL:  
86 Muddy Gap Rd

Agriculture/Natural Resources - Family & Consumer Sciences - 4-H/Youth Dev.

# EXTENSION EVENTS

How can I stay up-to-date?

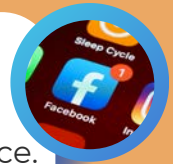
## Monthly Newsletter

Call or email to be added to the monthly email list.



## Facebook Page

"Like" our Facebook page - [Clay County Cooperative Extension Service](#). Go to our page & check out events.



## Webpage

Check out the county webpage at <https://clay.ca.uky.edu>



PO Box 421 / 69 Jameson Rd | Manchester, KY 40962 | P: 606-598-2789 | F: 606-598-2695 | <https://clay.ca.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

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.

# November 2024



Sun      Mon      Tue      Wed      Thu      Fri      Sat

						1	2
3	4	5	6	7	8	9	
			CCMS Enrichment with JAG Program	CCHS Enrichment Program	OBI 4-H Clubs		
			Get the Beef on Beef Workshop 5:00 PM	Holiday Cooking School 5:00- 7:00 PM	Create & Inspire Homemaker Club 10:00 AM-5:00 PM		
10	11	12	13	14	15	16	
	Goose Rock Elem. 4-H Clubs	Hacker Elem. 4-H Clubs					
	Mental Health Monday 5:00 PM	Homemaker Card Club 1:00 PM			Burning Springs 4-H Clubs	Pins & Needles Homemaker Club	
		Crochet 101 5:00 PM					
17	18	19	20	21	22	23	
	4-H Homeschool Club	Master Logger 3- Day Training Nov. 19-21					
	Yeast Roll Workshop 5:00 PM	Oneida Elem. 4-H Clubs	Paces Creek Elem. 4-H Clubs	4-H Cooking Club 4:00 PM			
		4-H Art Club 4:00 PM					
24	25	26	27	28	29	30	
	Red Bird Christian 4-H Clubs						
	Mental Health Monday 5:00 PM	Dollars & Sense Program- Big Creek Elem.			Piggy Bank Contest Deadline		





# 4-H Events



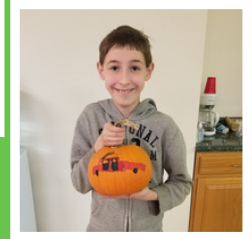
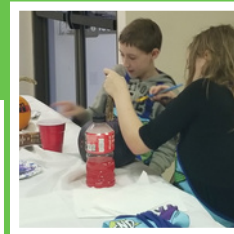
## Get Involved in 4-H!

*Alissa Ackerman*

**Alissa Ackerman**  
Agent for 4-H/Youth Development  
Clay County  
Email: [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu)

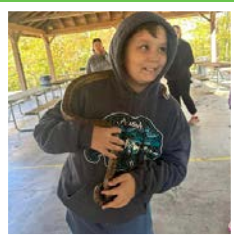
### 4-H Art Club

To kick off the fall season, 4-H Art Club members created their very own character/décor for the 4-H pumpkin contest! We enjoyed seeing everyone's masterpieces!



### 4-H Homeschool Club

We would like to thank Jehan, Park Naturalist, at Cumberland Falls State Resort Park for hosting the Reptile Program for the Clay County 4-H Homeschool Club! The kids learned numerous tips on why reptiles are important, and how they help our environment!



### 4-H Paint Day

We would like to thank Kenna Spears for leading our fabulous paint class! Remember to save your canvas paintings for the 4-H Project Showcase in July! We hope to see everyone at our next event in December.





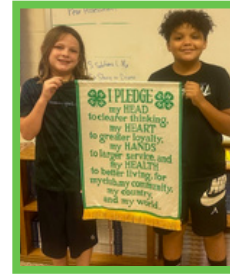
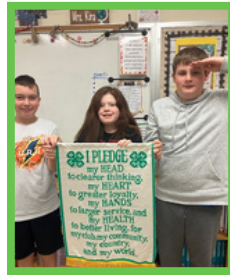
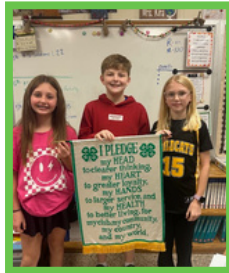
# NRESci

In September, the 4-H Natural Resource & Environmental Sciences Academy members had an overnight event at JM Feltner 4-H Camp. Each day was filled with environmental education activities. Participants focused on the areas of forestry, wildlife and water.



## 4-H In-School Clubs

We would like to welcome some of our new 4-H club officers! Clay County 4-H looks forward to working with all clubs members and officers this school year!



## 4-H School Enrichment Programs

Clay County High and Middle School students learned kitchen skills in the classroom by making their very own pumpkin pie in a cup!





# 4-H ART CLUB

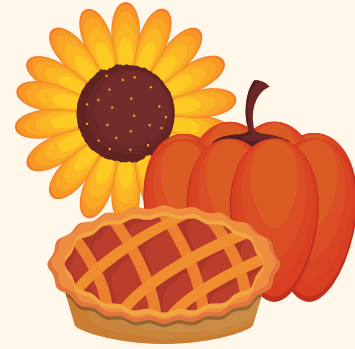
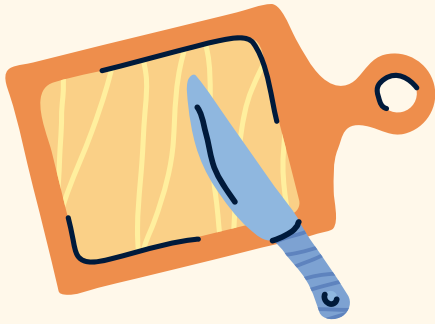


Tuesday, November 19th at 4:00 PM  
Clay County Extension Office

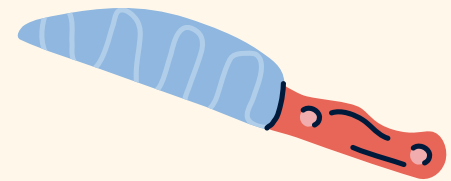
Acrylic painting, drawing,  
home environment projects,  
holiday crafts & more!



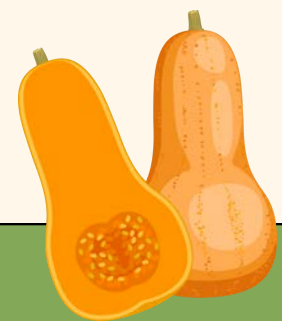
Free and open to ages  
9-18. You must call  
598-2789 to register!



# 4-H Cooking Class



Join our next class on November 21st at 4 PM. We will be making a fall soup! Class is free and open to ages 9-18. You must call 598-2789 to register!



*happy  
thanksgiving*



# 4-H HOMESCHOOL Club



November 18th!

Age 9-18

FREE!



If you are a homeschooler, we would love to have you join our 4-H Homeschool Club! We focus on a variety of topics and travel to new places every month to enhance our knowledge in many different areas! Please call 598-2789 to register.

## KENTUCKY SAVES 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **November 1, 2024**  
and ends on: **November 29, 2024 (turn in bank)**

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 7-11, 2025

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

Clay County Cooperative Extension Service  
69 Jameson Rd.  
Manchester, KY  
40962

606-598-2789

## KENTUCKY SAVES 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



# 2025 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

**CONTEST DESCRIPTION:** Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

**ELIGIBILITY:** Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**HOW TO ENTER:** To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **November 29th**
3. Winning Entries at the area level must be selected by February 7, 2025.

### CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **November 29th** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office. In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

### JUDGING CRITERIA/WINNER SELECTION

**AND VERIFICATION:** Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

**Date: TBA**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.



## 2025 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **County:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

### To be filled out by the Extension Agent accepting the entry:

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_

**Agent Name:** \_\_\_\_\_ **Circle One:** FCS 4-H Other

# 4-H IN-SCHOOL CLUBS

## Enrichment Programs

Programs offered:

- Bullying 101
- Career Readiness
- Character Building
- Communication/Leadership
- Financial Management
- Hygiene
- Manners
- Natural Resources
- Physical Activity/Nutrition



Take advantage of our awesome 4-H opportunities! If interested in having 4-H in your classroom or afterschool, please call 598-2789 or email Alissa at [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu).





# Family & Consumer Sciences

Building strong families. Building Kentucky. It starts with us!

*Brandy Napier*

**Brandy Napier,**  
Agent for Family & Consumer Sciences  
Clay County  
Email: [brandy.napier@uky.edu](mailto:brandy.napier@uky.edu)

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

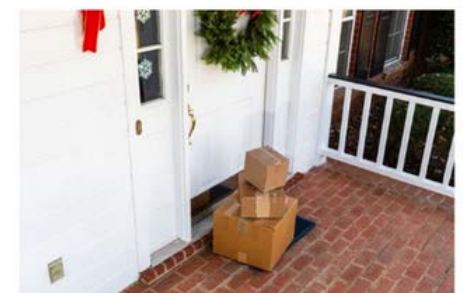
When buying online, look for a padlock symbol on the page and shop from sites that start with https:// web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.



Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.



For more ways to protect your financial well-being, contact the Clay County Extension office.

Source: Kelly May, Senior Extension Associate



## Get the Beef on Beef

Ever questioned which cuts of beef work best for stews or roasts? Would you welcome tips on stretching your dollar at the meat counter? Join us for an informative collaboration between ANR Agent Ashley Adkins and FCS Agent Brandy Napier as we bring you the Beef on Beef November 6th at 5:00 PM at the Clay County Extension Office. Please call 598-2789 to register as space is limited.

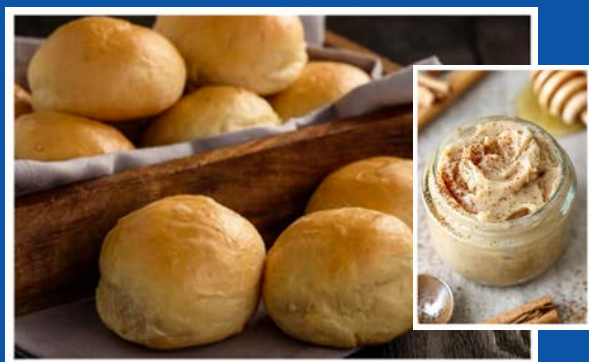


We'd love to have you join us as our Mental Health Monday's series continues. On Mental Health Mondays, we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session aims to help you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting and connecting with others. Mental Health Mondays are held at 5 PM at the Clay County Extension Office. Please call 598-2789 to register.

November 11th: Decorative decoupaged autumn cutting board.  
November 25th: Paper doily Christmas trees.

## Crochet 101

The art of crochet is as practical as it is beautiful. The skillful and wildly talented Laura Garrison will teach us the basics of this time-honored craft. You're sure to get "hooked"! Class will be held at the Clay County Extension Office on Tuesday, November 12th at 5 PM. Please call 598-2789 to register.



## Yeast Roll Workshop

No Thanksgiving table is complete without the rolls. Join us and learn to bake the most delicious yeast rolls. And, since we'd never forget the butter, we'll also learn to prepare a honey cinnamon spread to serve alongside. This perfect pairing is sure to be a holiday hit! Our Yeast Roll Workshop will be held at the Extension Office on Monday, November 18th at 5 PM. Please call 598-2789 to register.



# 2025 Homemaker Dues

It's time for 2025 Homemaker dues! Please remember to get your dues in by November 29th. Yearly dues are \$12, a portion of which is donated to ovarian cancer research. Also, new to 2025, included in your Homemaker membership will be quarterly crafting grab and go's. Each quarter, a new crafting kit, complete with materials and instructions, will be made available to all our Extension Homemakers. If you'd like to learn more about Clay County Extension Homemakers, please call the office at 598-2789 or email FCS Agent Brandy Napier at [brandy.napier@uky.edu](mailto:brandy.napier@uky.edu)



## Homemaker Card Club

Would you like to learn how to make beautiful greeting cards? Join our Homemaker Card Making Club, led by Gail Voyles! We meet the 2nd Tuesday of every month at 1:00 PM at the Clay County Extension Office. We always welcome new members. If you are not already a paid Homemaker, dues are \$12 annually. Your annual Homemaker dues allow you to join any of our Homemaker Clubs. Our next meeting will be November 12th!

## Create & Inspire Homemaker Club

Create & Inspire is Clay County Extension's newest Homemaker Club. Led by Lona Cornett, Create & Inspire meets the second Friday of each month from 10 AM - 5 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. Create & Inspire provides a warm, welcoming, and fun atmosphere that gives members the opportunity to connect with others as they work on their favorite craft or hobby. As an added bonus, members have ample space to spread out their materials and allow their creativity to flow! Bring your project and join us for a creative and inspiring day! Our next meeting will be Friday, November 8th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.



## Pins & Needles Homemaker Club

The Pins & Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the Clay County EXCEL building, 86 Muddy Gap Road. This club always welcomes new members! Bring your materials and join us with your sewing projects. Don't know how to sew, no problem...we will teach you! If you're not already a paid homemaker, dues are \$12 annually. Call 598-2789 for more information. Our next meeting will be November 16th.



# AGRICULTURE/NATURAL RESOURCES

*Ashley Adkins*

Ashley Adkins  
Agent for Agriculture & Natural Resources  
Clay County  
Email: [ashley.adkins@uky.edu](mailto:ashley.adkins@uky.edu)



## KENTUCKY MASTER LOGGER CLASS



The Kentucky Master Logger Program will be having a 3-day Master Logger Class on November 19th, 20th, & 21st at the Clay County Cooperative Extension - EXCEL Building, 86 Muddy Gap Road, Manchester, KY. The course times are from 9:00 AM to 4:00 PM each day, and lunch will not be provided.

Pre-registration is required to attend. No walk-ins allowed. For more information and to register visit:

<https://masterlogger.ca.uky.edu/classes/3-day>



Kentucky Pest News is an E-newsletter submitted by the University of Kentucky Plant Pathology, Entomology, and Weed Science Cooperative Extension Specialists in the Martin-Gatton College of Agriculture, Food and Environment. Topics cover a variety of timely insect pests, diseases, and weeds of concern that are occurring in commercial and residential plantings. Articles containing pesticide updates, Plant Disease Diagnostic Lab highlights, insect trap counts from Princeton and Lexington, and training opportunities are also often included. Newsletter articles are posted weekly throughout the year and are available at: <https://plantpathology.ca.uky.edu/extension/kpn>



## KENTUCKY BEEF NEWS & EVENTS

Off the Hoof is a KY beef newsletter published monthly by Dr. Les Anderson, a Beef Extension Specialist in the Department of Animal & Food Science at UK. Stay up to date on KY beef information and resources at: <https://afs.ca.uky.edu/beef/off-the-hoof>





# CONTROLLED BURN WORKSHOP



## WHEN

**December, 07 2024**  
**8:30am - 5pm (local time)**

## LOCATION

**Excel Building**  
**86 Muddy Gap Road**  
**Manchester, KY 40962**

**FEATURING • Controlled Burn Terminology • Implementation**  
**• Fire Behavior Factors • Controlled Burn Planning**

**[WWW.KYFIRE.ORG](http://WWW.KYFIRE.ORG)**

**REGISTRATION: Click or Scan image below**



**CONTINUING ED CREDITS**  
**MASTER NATURALIST**

**\$75 REGISTRATION FEE**

**-Lunch is included**  
**-Attendance capped at 30**

**PRESCRIBED FIRE ... IS GOOD FIRE**



### **DID YOU KNOW?**

The South prescribe burns more acres annually than any other region:

**ABOUT 6 MILLION**

In fact, several ecosystems of the South are dependent upon periodic fire to sustain healthy animal and plant communities.

**50%** or more of the wildfires that occur in the US annually are in the South.

## **BENEFITING**

**Private Landowners**

**Contractors**

**Volunteer Fire Departments**

## **Contact:**

**Daniel Skinner**

**daniel.skinner@ky.gov**

**(606) 224-5822**



# 4-H Environmental Field Day

The Clay County Cooperative Extension Office would like to thank all our partners for their participation in our annual 4-H Environmental Field Day—Clay County Soil Conservation District, Whitley County Extension ANR, Jimmie Sizemore, Red Bird Ranger District, Kentucky Waterways Alliance, Clay County Extension ANR, FCS & NEP, Clay County Public Schools, Red Bird Christian School and Oneida Baptist Institute! Youth had the opportunity to spend the day outdoors learning a variety of topics including watershed, soils, growing herbs, pollinators, tree identification, fur bearing and trapping and wildlife!







# Holiday Cooking School

Extension's Annual Holiday Cooking School is fast approaching! Please consider joining us on November 7th from 5-7 PM at the London Community Center to kick off your Holiday season with an amazing evening filled with delicious foods highlighting our Appalachian culture, as well as informative demonstrations. Please come by the Clay County Cooperative Extension Office to purchase your tickets or call 598-2789 for more information.



## Cookies with Santa

**TUESDAY, DECEMBER 17TH**  
**1:00PM-3:00PM**  
**CLAY COUNTY EXCEL BUILDING**

**Pictures with Santa, Adopt a Stuffed Animal, Cookie Decorating, Crafts, Free Books, Games, Recipe Samples & More!**

**UK** Cooperative Extension Service



RETURN SERVICE REQUESTED

## Autumn Apple Pork

Servings: 8

Serving Size: 4 ounces

### Ingredients:

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey



### Directions:

- Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
- Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
- Cook 4 hours on high.
- Unwrap both packets. Slice pork and top with apples.
- Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.



**Nutrition facts per serving:** 220 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 65mg cholesterol; 410mg sodium; 21g carbohydrate; 2g fiber; 11g sugar; 2g added sugar; 23g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

**Source:** Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service