



JULY 2023



# CLAY COUNTY EXTENSION NEWS

## EXTENSION EVENTS

How can I stay up-to-date?

*Clay County  
Cooperative  
Extension Service*

**PO Box 421/69 Jameson Rd  
Manchester, KY 40962  
606-598-2789 or 2786  
Fax: 606-598-2695  
Email: [clay.EXT@uky.edu](mailto:clay.EXT@uky.edu)  
Open: Monday-Friday  
8am - 4 pm**

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

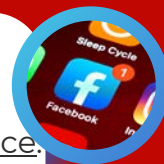
### Monthly Newsletter

Call or email to be added to the monthly mailing or 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>





# 4-H Events

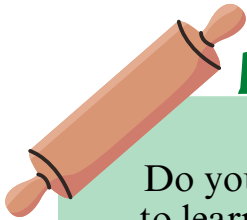


*Alissa Ackerman*

Alissa Ackerman  
Co. Extension Agent for 4-H/Youth  
Development Ed.  
Email: [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu)

**NOTICE!!! You MUST CALL 598-2789 TO REGISTER FOR ANY PROGRAMS BY THE REGISTRATION DATE!**

**GET INVOLVED IN 4-H THIS SUMMER!**



## Let's Bake

Do you enjoy baking or want to learn more? Join us on July 13th at 1:30 at the Clay County Extension Office. We will focus on KY State Fair recipes! Limited spots are available and you must call to register by July 7th. You must be 9-18 years of age to participate.



## 4-H Council

4-H Council will meet on July 12th at 11:30 am at the Clay County Extension Office.

## 4-H Natural Resource & Environmental Science Academy

Mark your calendars for July 14th in Western Kentucky.



## 4-H Project Showcase

Don't forget to enter projects! Youth are encouraged to enter projects they have worked on throughout the year that can be related to a variety of topics— photography, sewing, art, horticulture, food preservation and more. This is an opportunity to show off your hard work! Enter projects July 14th at the Clay County Extension Office (8-4pm). Projects will be on display 12PM-4PM, July 17th. Grand champs will be eligible for the KY State Fair entries.



## 4-H Art Club

Do you love being creative or looking to make new friends? Mark your calendars for our next club that will meet July 18th at 2:00PM, Clay County Extension Office. You must call to register at 598-2789. This program is free but you must be 9-18 years of age to participate.





# 4-H SUMMER CAMP REMINDERS:



- 4-H Summer Camping Date: August 1st-4th at J.M. Feltner 4-H Camp in London
- If you haven't already, complete and return ALL camp paperwork ASAP!
- If you are a new camper, call to the Clay County Extension Office to sign-up for the camper/parent orientation Tuesday, July 18th at 12:00 or Thursday, July 20th at 3:30. You only have to attend one orientation.
- Everyone will be receiving an information packet in the mail regarding what to pack, arrival times, etc.
- Teens age 15 and up are required to attend a Teen Orientation on July 10th at the Leslie County Extension Office. Due to limited transportation, you must call to sign-up.

 Cooperative  
Extension Service



**Congrats!**

**Congratulations and good luck to 4-H State  
Communications Day participants!**

**Braxton Asher  
Gracen Caldwell  
Sarah Fee  
Charlie Gray  
Sydney Nolan  
Brian William  
Smith  
Jace Smith**





# 4-H Project Showcase

July 14th - 8:00am - 4:00pm  
Clay County Extension Office

COOPERATIVE EXTENSION



**FREE & open to all youth ages 9-18**

Want to show off your talents? Enter items for 4-H Project Day! Items include photography, crafts, woodworking, foods, sewing, geology and much more! Projects will be judged and participants will receive ribbons. Those receiving Grand Champion will be eligible to enter items for Kentucky State Fair.

Call 598-2789 to receive a packet of ideas and to register! You can also check out the Kentucky State Fair Catalog at <https://4-h.ca.uky.edu/content/state-fair-catalog>, to view all categories and rules for entering.



**All projects will be judged and on display to the public:  
July 17th from 12:00 pm - 4:00 pm  
Clay County Extension Office**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# LET'S BAKE!

Join us at our next Cooking Club as we learn  
how to bake a few KY State Fair recipes!

July 13th

2:00 PM

Clay County Extension Office



Age: 9-18

Register by July 7th at 598-2789



## 4-H Art Club

Tuesday, July 18th

2:00PM

Clay County Extension Office

Age: 9-18

You must call to register by July  
12th at 598-2789!



## Basket Weaving

We were very impressed with our basket weaving skills! 4-Hers created their very own basket. Great job, everyone!



## 4-H Art

Art Club members created a mixed media project just in time for July 4th! Our next meeting will be held July 18th, 2:00 pm



## Teen Conference

Kentucky 4-H Teen Conference was a success! 4-Hers experienced dorm life at the University of Kentucky, toured campus, participated in educational majors, minors and completed a community service project!

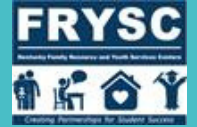
## 4-H Baking

4-H Baking participants learned basic baking skills and kitchen safety at our summer baking programs! Youth baked brownies followed by making very berry salsa for a topping! Everyone is encouraged to enter recipes on July 14th for our 4-H Project Showcase



## 4-H Photography Days

Everyone had a fabulous time at 4-H Photography Days! Participants learned basics photography skills, tips, and traveled to Salt Works, Chesnut House, Levi Jackson Park and Cumberland Falls!



# 4-H PAINTING EVENT



**JULY 26TH**

**2:00 PM**

**EXCEL BUILDING**

This is a family painting event open to youth ages 5-18 & parents/ grandparents or guardian.  
You must call 598-2789 to reserve your spot by July 21st. Spots are limited.

## Clay County Beekeepers Meeting

July 27th  
6:00 pm

**EXCEL Building**

*Join us & find out what all the buzz is about!*

**CLAY COUNTY COMMUNITY FARMERS MARKET**



# NOW OPEN



Saturdays  
9AM-1PM

**SHOP LOCAL**

EXCEL - 86 MUDDY GAP RD



# Family & Consumer Science

**Emily F. Boggs**  
Co. Extension Agent for Family & Consumer Sciences Ed.  
Email: [emilyf.boggs@uky.edu](mailto:emilyf.boggs@uky.edu)

Clay County Community,

I am writing to you today with bittersweet news. As you may have heard, I will no longer be your Family and Consumer Sciences Agent as of June 20th.

This was a difficult decision to make, as I have so enjoyed my job with Extension. I have had the best Homemakers, council members, community partners, and program participants that I could have ever asked for. I want to thank each and every one of you for welcoming a Leslie County native into your community with open arms.

My reason for leaving this position is very personal, and I wish everyone nothing but the best going forward. I still fully support Extension and their mission and hope to continue staying involved with Extension to some level. I will never forget my time here and will always be thankful for the people I have met and worked with. I never anticipated leaving so early, but sometimes life is a funny thing!

Thank you again everyone for your kindness and support. Best of luck to you in your future endeavors!

Well wishes,

*Emily F. Boggs*







# Fruit Dip

Servings:3

Serving Size:1/4 cup

Ingredients:

- 1 cup low-fat vanilla yogurt
- ¼ cup sugar
- ¼ cup orange juice
- 2 cups low-fat or fat-free whipped topping, thawed
- Various fruits, cut into pieces (e.g., strawberries, cantaloupe, bananas, apples, pineapple, peaches, kiwi)

Directions:

1. Mix yogurt, sugar and orange juice until smooth.
2. Fold in whipped topping.
3. Serve with fruits.

**NUTRITION FACTS PER SERVING:** 190 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 60mg sodium; 32g carbohydrate; 0g fiber; 29g sugar; 17g added sugar; 2g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

To view the Health Bulletins on-line, here is the link:

<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## JULY 2023 HEALTH BULLETINS

**Adult Health Bulletin**  
*Topic: "Infant Cord Blood Banking"*

**Youth Health Bulletin**  
*Topic: "The 5 S's of Sun Safety"*

**Parent Health Bulletin**  
*Topic: "Prevent Sunburns This Summer"*

**Family Caregiver Health Bulletin**  
*Topic: "The Power of Connection Improves Health and Well-being"*

If you would like a copy of these health bulletins, give us a call at 598-2789 and we will mail them out to you.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

## THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

### STAYCATIONS

A staycation, which joins the words stay and vacation, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

### TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs - such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

### PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



## **KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.**



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around - whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

### **BUDGETING**

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

### **RESOURCES:**

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021 ). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

Written by: Miranda Bejda and Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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University of Kentucky  
College of Agriculture,  
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Cooperative Extension Service

Clay County  
P.O. Box 421, 69 Jameson Road  
Manchester, KY 40962-0421

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RETURN SERVICE REQUESTED

YOU'RE  
INVITED

# WELCOME RECEPTION/ RETIREMENT PARTY

July 7th 2-5:00 PM  
Clay County Extension Office



Ashley Adkins



Judy Asher