

Powell County Extension News

February 2025

This month at the Extension Office

February 6

Diabetes Support Group 1:00pm

February 26

Powell County Health Department
Preparedness Event

February 11

Clay City Homemakers

4-H Livestock Club 5:30pm

February 27

4-H Homeschool Club

February 13

4-H Homeschool Club



Follow
Us on
Social
Media



Instagram [powell_extension](https://www.instagram.com/powell_extension)



Powell County Extension Service
Powell County 4-H
Powell County Nutrition Education Program
Powell County Farmers' Market
Powell County Livestock Association

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.

FAMILY AND CONSUMER SCIENCES

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



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

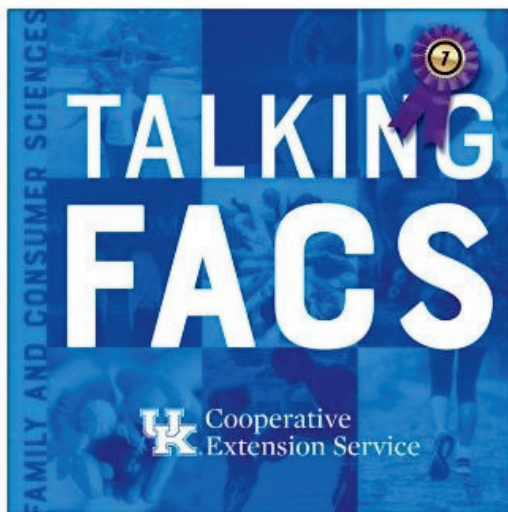
606-663-6405

 Kendyl.Redding@uky.edu

 [Powell County FCS Extension](#)

 powell.ca.uky.edu/fcs

FAMILY & CONSUMER SCIENCES



Learn the facts with the Talking FACS podcast!

Talking FACS is a podcast offering research-based information on various topics, including addiction, aging, air quality, nutrition, cancer, career development, civic engagement, disaster recovery, family finance, food safety, mental health, parenting, and physical activity.

Partnerships with UK Healthcare's Markey Cancer Center and the UK College of Dentistry have inspired two spin-off shows, Cancer Conversations and KY Smiles, which are both available on Talking FACS.



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

March 24, 2025

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

Powell County Extension Office
169 Maple Street
Stanton, KY 40380

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

(606) 663-6405

kendyl.redding@uky.edu

 Cooperative
Extension Service

**Cooperative
Extension Service**

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

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



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with prior notification.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

STRENGTHS OF NEURODIVERSE CHILDREN

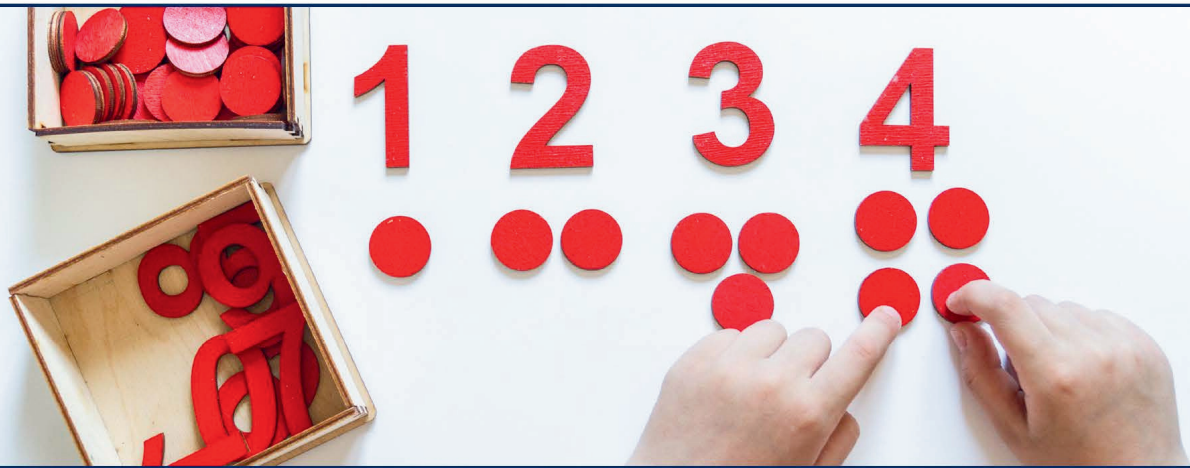
The challenges of neurodiversity can sometimes be tough for kids and parents, but



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.



CREATE OPPORTUNITIES TO TEACH



TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- **Make it practical.** Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- **Use tools.** When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.
- **Create opportunities to teach.** Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.

- **Talk about risks and rewards.** It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

RESOURCES

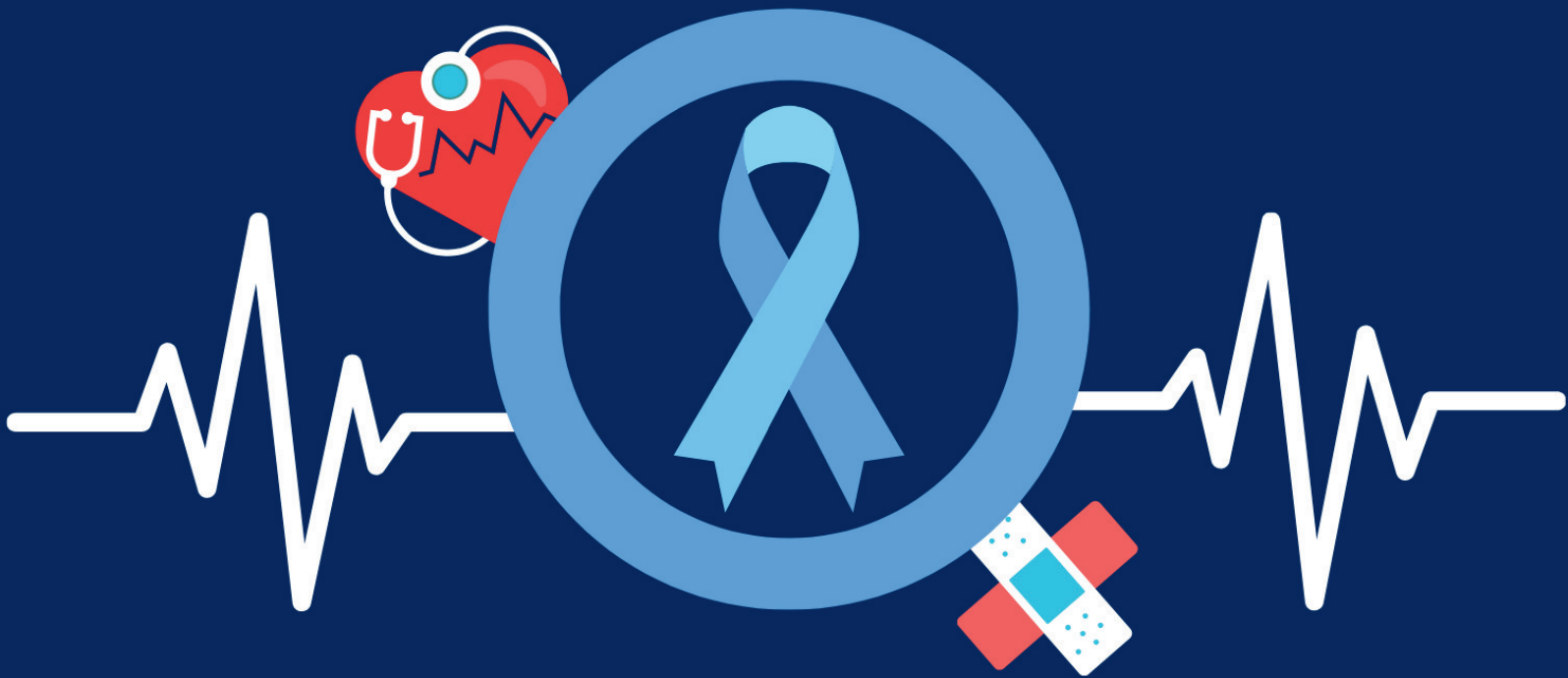
<https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity>

<https://nclld.org/join-the-movement/understand-the-issues/>

<https://www.financialplanningassociation.org/article/journal/NOV21-inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>

Written by: Whitney Holmes, M.Ed. - Associate Director of Learning Services, University of Kentucky Athletics
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

DIABETES SUPPORT GROUP



**HEART HEALTH
FEBRUARY 6TH AT 1PM
POWELL COUNTY EXTENSION OFFICE**

JOIN US FOR:

- Guest Speaker Felicia Estes
- Recipe Demonstration
- Games

PLEASE RSVP

Call Renee Jones at the Powell
County Health Department to
RSVP: 606-663-4360

Information about the Kentucky State University Cooperative Extension Program

Seasonal CRD Preparedness Tips

January: Extreme Weather Preparedness

As winter storms are becoming more prevalent within this season, there is higher risk for car accidents and extreme cold. Blizzards can bring extreme temperatures, high winds, and freezing rain/snow. See the following tips to stay safe in this winter season:

1. Learn the types of winter storms

Winter Weather Advisory:

- Issued during snow, freezing rain, freezing drizzle, and sleet

Could lead to life-threatening situations if ignored

Winter Storm Watch:

- Are usually issued 12 to 48 hours before the beginning of a Winter Storm
- Issued for: blizzard, heavy snow, heavy freezing rain, or heavy sleet

Winter Storm Warning:

- Issued typically 12 to 24 hours before the event is expected
- Issued for: heavy snow, heavy freezing rain, or heavy sleet

If your car skids:

Remain calm, ease your foot off the gas and turn your wheels in the direction you want the front of the car to go

If trapped in your car, then stay inside:

Run the motor about 10 minutes each hour for heat. While running the motor, open the window a little for fresh air to avoid carbon monoxide poisoning. Be visible to rescuers by turning on your dome light at night, tie a bright colored cloth to your antenna/door, and raise your hood (after snow stops)

3. How to handle extreme temperatures

Limit your time outside: If you need to go outside, then wear layers of warm clothing and watch for frostbite and hypothermia

Frostbite: causes loss of feeling and color around the face, fingers and toes

- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room, soak the area in warm water, use body heat to warm, and do not massage or use a heating pad.

Hypothermia: An unusually low body temperature
A body temperature below 95 degrees is an emergency

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: Go to a warm room. Warm the center of the body first (chest, neck, head and groin). Keep dry and wrapped up in warm blankets, including the head and neck.

Reduce the risk of a heart attack:

- Avoid overexertion when shoveling snow and walking in the snow
- Passing out in the snow (without help) is deadly



2. Practice car safety during winter storms

Stay off roads if at all possible

If you must go out, then let someone know your route and times

Sources:

- <https://www.ready.gov/winter-weather>
- <https://www.weather.gov/safety/winter-during>
- <https://canva.com>

ADULT HEALTH BULLETIN



FEBRUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC CAN YOU STOP CANCER BEFORE IT STARTS?



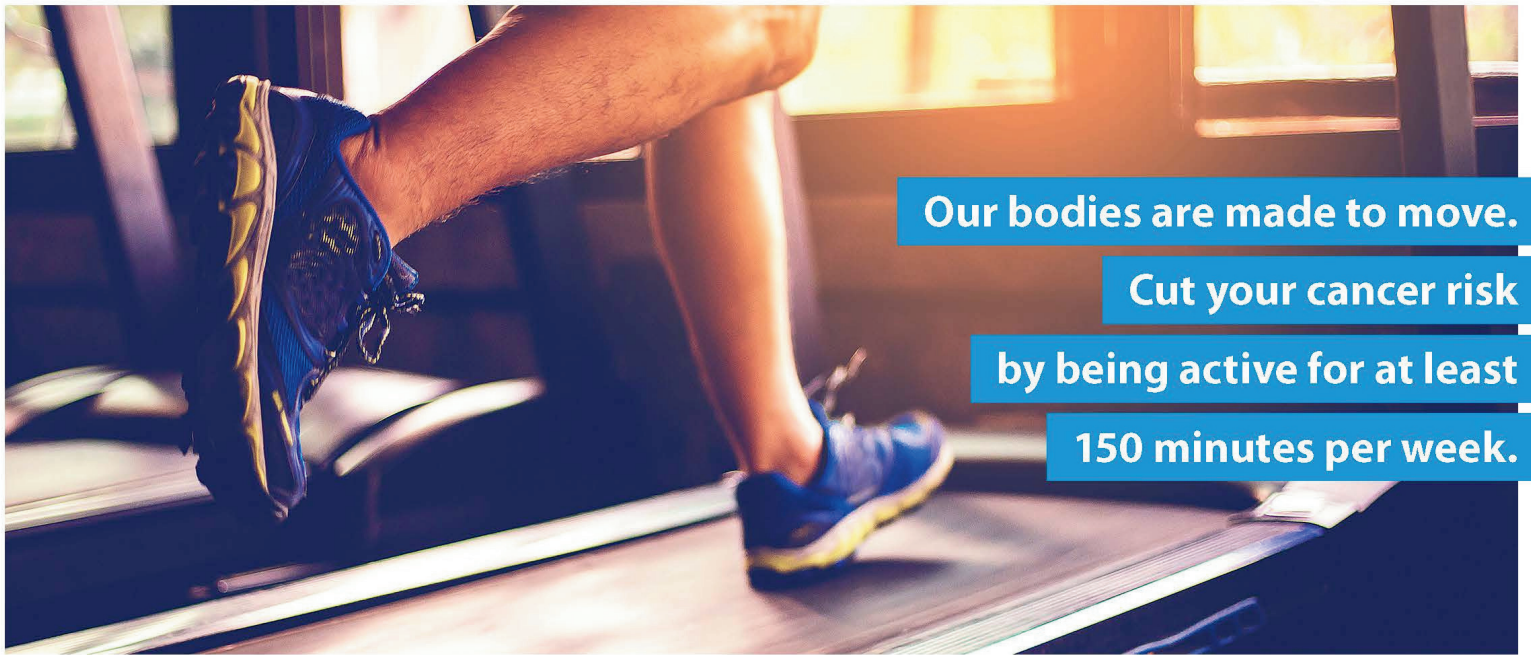
The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

Continued on the next page →





Our bodies are made to move.

Cut your cancer risk

by being active for at least

150 minutes per week.

→ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:

<https://prevention.cancer.gov>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





Supplemental Nutrition Assistance Program




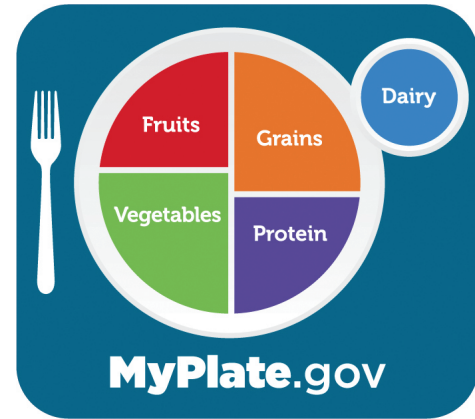
April Tipton

Powell County NEP Program
Assistant Senior

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 april.tipton28@uky.edu

 Powell County Nutrition Education



Start simple with MyPlate

Meet your food
group goals one
step at a time





Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48

Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension





TIPS & TRICKS

Cauliflower Bites

Nutrition

- This dish is a unique and flavorful way to add more vegetables to your diet. People who eat fruits and vegetables as part of an overall healthy diet are likely to have reduced risk of some diseases.
- Cauliflower is a good source of vitamin C. The body needs vitamin C to make collagen, a protein required to help wounds heal. In addition, vitamin C improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease.

Cooking Tips

- Preparing vegetables in different ways brings out different flavors. Totally different flavors come out of the same vegetable when prepared raw, steamed, air fried, or roasted. If you think you don't like cauliflower but haven't had it with buffalo sauce in an air fryer or roasted, try this recipe! You may be surprised.
- Cauliflower is a somewhat-mild tasting vegetable and can pair well with most savory flavors. Try using different sauces in this recipe like teriyaki sauce or regular barbeque sauce.
- Wash the cauliflower ahead of time so it has time to dry before you coat it with sauce. This will allow the sauce to stick to the cauliflower better.
- Instead of using fresh cauliflower, try using 24 ounces of frozen cauliflower.



For additional resources and recipes, visit our website at planeatmove.com





4-H Youth Development



Emilee Bryant

Powell County Agent for 4-H Youth Development

Emilee Bryant



606-663-6405



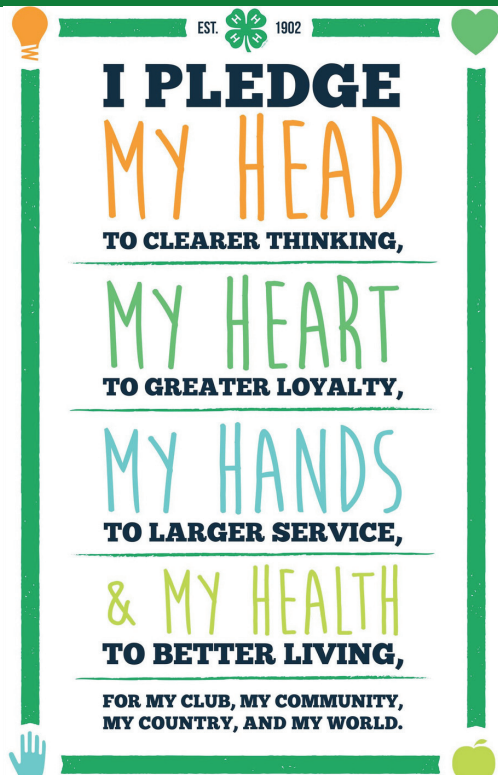
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



EMPOWER YOUTH TO BE DIGITALLY RESPONSIBLE

Social media is popular but poses risks. Parents should know the platforms their children use, set clear expectations for safe use, encourage kindness, and discourage cyberbullying.

Remember, social media posts are permanent and can have lasting effects. Set a good example by practicing healthy social media habits.



UK Cooperative Extension Service

DID YOU KNOW

The 4-H Health and Wellness Education program is designed to promote the holistic well-being of youth through a comprehensive approach that integrates positive youth development principles.

#amplifyky4h

Source: Rachel Guidugli
An Equal Opportunity Organization.

A decorative banner at the top features a string of four hearts in shades of pink and red. To the left is a large pink padlock with a keyhole, and to the right is a large red heart. The background is filled with small red hearts and dots.

YOU ARE INVITED TO

Area C1- C2 4-H Middle School Retreat

A decorative horizontal line with a wavy pattern and small hearts is positioned above the date. There are also several large, hand-drawn style hearts scattered around the text.

FEBRUARY 16-17
2025

THERE WILL BE LOTS OF FUN
ACTIVITIES, WORKSHOPS, AND
FUNSHOPS FOR MIDDLE SCHOOLERS.
THERE WILL ALSO BE A VALENTINES -
THEMED DANCE AND A MOVIE!

\$60

A decorative border on the left and right sides of the poster features roses in various shades of pink and white. There are also several large, hand-drawn style hearts scattered throughout the lower half of the poster.

CLARK COUNTY EXTENSION
OFFICE, 1400 FORTUNE DR,
WINCHESTER, KY 40391

FOR MORE INFORMATION CONTACT YOUR
COUNTY 4-H AGENT

C1-C2 Area

4-H Middle School Retreat

February 16th-17th

Delegate Information

Name _____ County _____

Age _____ Race _____ Gender _____ Grade _____

Address: _____

Email: _____

T-shirt Size: _____ Youth or Adult? (circle one)

Allergies: _____

_____ I DO have a 4-H enrollment packet on file at the Extension Office.

_____ I DO NOT have a 4-H enrollment packet on file at the Extension Office.

Cost: \$60 Youth and Teens

Adults: \$75

Please make check payable to your county's 4-H Council.

Deadline to register: _____





Area C1-C4 Middle School Retreat Medication Form 2023



Participant's Name	County

	Name of Medicine	Dosage	Time of Medicine (Check all that apply)						Notes (e.g., as needed, take w/ food)
			Breakfast	Lunch	Dinner	Bedtime	Other		
1									
2									
3									
4									
5									
6									

DIRECTIONS:

Place the following items in a clear bag: (1) medications in original containers, (2) this completed form (3) photo of participant. On the outside of the bag write (with a permanent marker) the participant's name and county.

ADULT USE ONLY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	PHOTO
Breakfast								
Lunch								
Dinner								
Bedtime								
Other								
As needed								

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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

February Meeting

4-H LIVESTOCK CLUB

Tuesday

February 11th @ 5:30 pm

Powell County Extension Office

ALL youth in need of educational hours should attend.

Questions? Contact 663-6405 or emilee.hager@uky.edu



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Agriculture and Natural Resources
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4-H Homeschool Club

February 13th and 27th
1pm - 5 to 8 years old
2pm - 9 to 18 years old



TEEN HOMEMAKERS



OPEN TO 6TH - 12TH GRADE

MARCH 7TH @ 3:45 PM

JOIN OUR NEWEST CLUB FOR TEENS.
OUR MEETINGS WILL INCLUDE SERVICE PROJECTS,
LIFE SKILLS, AND FUN!
MEETINGS WILL TAKE PLACE THE 1ST AND 3RD
FRIDAY EACH MONTH, AFTER SCHOOL

Call us at (606)663-6405 OR Text (740) 312-1487 to sign up!

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Disabilities accommodated with prior notification.

SAVE THE DATE!

JULY 7TH-11TH, 2025

4-H Summer CAMP!

APPLICATIONS WILL BE AVAILABLE IN MARCH

FOR MORE INFORMATION ON 4-H CAMP OR ANY OF OUR 4-H PROGRAMS,
CALL US AT 663-6405.



Agriculture and Natural Resources



Jason Vaughn

Powell County Agent for
Agriculture & Natural Resources

Jason Vaughn



606-663-6405



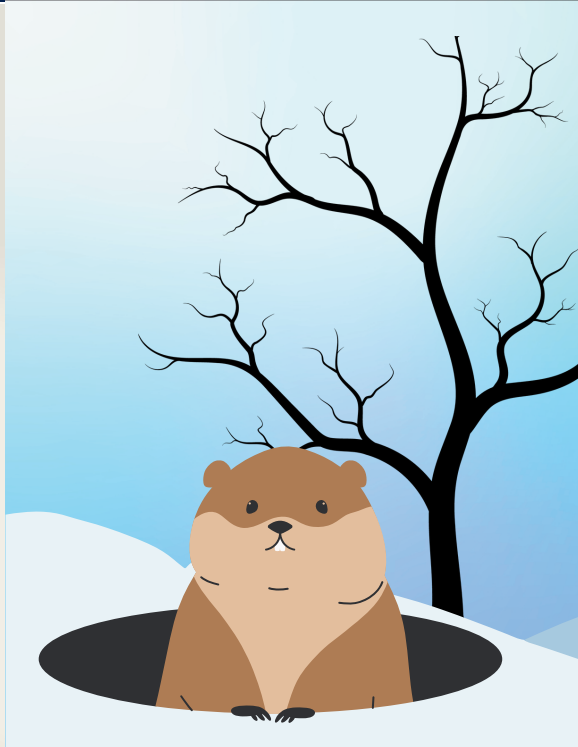
Jason.Vaughn@uky.edu



Powell County Livestock Producers



powell.ca.uky.edu/anr



 College of Agriculture,
Food and Environment
Animal and Food Sciences

UK Beef Management Webinar Series

Registration is necessary. To register, please send an email to dbullock@uky.edu with Beef Webinar in the subject line and your name and county in the message.

You will receive the direct link with a password the morning of each meeting. This invitation will link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. **All meeting times are 8:00pm ET/7:00pm CT**

February 11, 2025

Marketing Opportunities for the Spring – Kenny Burdine, Professor, and Kevin Laurent, Extension Specialist, University of Kentucky

March 11, 2025

Preparing for a Successful Spring Breeding Season – Les Anderson, Extension Professor, University of Kentucky

April 8, 2025

Health Update and Internal Parasite Field Study Results – Michelle Arnold, Extension Veterinarian, and Jeff Lehmkuhler, Extension Professor, University of Kentucky

For additional information please contact your local Agriculture and Natural Resources Extension Agent.

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LEXINGTON, KY 40546



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with prior notification.

Beginners Beekeeping Workshop

Join us for this **FREE** workshop taught by Larry Young, 2021 Kentucky Beekeeper of the Year and President of the Clark & Powell Beekeepers Association.

Great for anyone interested in beekeeping or as a refresher for existing beekeepers!

Topics will include:

- **What to expect the first year of beekeeping**
- **Beekeeping equipment costs**
- **Pest and diseases of bees**
- **Selecting a site for your hive**
- **And much more!**

6:30 p.m.

February 6

February 13

February 20

February 27

**at the Montgomery
County Extension Office
106 E Locust St.,
Mount Sterling**

**For more information or to register, contact the Powell
County Extension Office, 663-6405**

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