



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
Powell County  
169 Maple Street  
Stanton, KY 40380  
(606) 663-6405  
powell.ca.uky.edu

# Powell County Extension News

January, 2023

## Save the Date!

**January 16th**

Extension Office Closed in Observance of  
Martin Luther King Jr. Day

**January 17th**

4-H Art Club

**January 21st**

February Valentine Basket Workshop

**January 21st**

Virtual Beekeeping School

**January 24th**

4-H Cloverbud Club

**February 7th**

4-H Cooking Club

**February 7th**

Homemakers Evening Club

Powell County Extension Service  
Powell County Nutrition Education  
Powell County Livestock Association



Follow us  
on Facebook

Powell County FCS Extension



SUBSCRIBE  
TO OUR CHANNEL

POWELL COUNTY 4-H

# VOLUNTEERS NEEDED

interested in cooking,  
camp, leadership, outdoor  
adventure, or livestock?

## JOIN US!

Find out how you can lead a  
club or volunteer with us  
today!



emilee.hager@uky.edu 606-663-6405

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.



# 4-H Youth Development



*Emilee Hager*

**Emilee Hager**  
Powell County Extension Agent  
4-H Youth Development

Emilee.hager@uky.edu

I pledge my **HEAD** to clearer thinking,  
My **HEART** to greater loyalty,  
My **HANDS** to larger service,  
And my **HEALTH** to better living,  
For my club, my community, my country and my world.



## 4-H Basics

### The 4-H Symbol

A green 4 leaf clover with a white "H" on each of its leaves.



### The 4-Hs

HEAD

HEART

HANDS

HEALTH

### MOTTO

"To Make the Best Better"

### SLOGAN

"Learn by Doing"

### PLEDGE

I pledge my head to clearer thinking, My heart to greater loyalty, My hands to larger service, And my health to better living, For my club, my community, my country and my world.

### COLORS

Green and White

Green represents springtime

White represents innocence



## Thank you to our adult volunteers for their year of service!



## ROBOTICS TEAM

Robotics Team competed at the FLL Regionals in December placing 2nd overall. The team is now gearing up for State on February 4th.



Enroll in Kroger's **FREE**  
Community Rewards  
Program



- Have your Kroger Plus Card ready!
- Visit [kroger.com/communityrewards](http://kroger.com/communityrewards)
- Sign in to your online Kroger Plus Card account, update, or create one
- Scroll down to **ENROLL NOW** in the Community Rewards Program
- Find **POWELL COUNTY 4-H Council**, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

## 4-H Livestock Club

Open to youth ages 5-18

Next meeting will be February 14th  
6 p.m. to 7 p.m.

## 4-H Art Club

Open to youth ages 5-18

Next meeting will be Jan. 17th  
5:30 p.m. to 6:30 p.m.

## 4-H Cloverbud Club

Open to youth 5 to 8 years old

Next meeting will be Jan. 24th  
5:30 p.m. to 6:30 p.m.

## 4-H Cooking Club

Open to youth in the 6th - 12th grade

Next meeting will be Feb. 7th  
4 p.m. to 5:30 p.m.

## Save the Date!

**4-H Summer Camp**  
**July 17th-21st**

For more information on these or other 4-H activities, contact Emilee Hager, Powell County Agent for 4-H Youth Development, 663-6405.



## I Pledge

my **HEAD**  
to clearer thinking,

my **HEART**  
to greater loyalty,

my **HANDS**  
to larger service, and

my **HEALTH**  
to better living, for

my **Club**, my **Community**,  
my **Country**,  
and my **World**.

POWELL COUNTY 4-H

4-H

# cloverbud club

For  
Ages 5  
to 8

Fun & Creative  
Activities

Meeting the 4th  
Tuesday of each  
month  
5:30 to 6:30

at Powell County Extension  
Office, 169 Maple Street

interested in leading this  
club??

- contact the office  
today!

Register  
Today!



For more information:  
[emilee.hager@uky.edu](mailto:emilee.hager@uky.edu)  
Call 606-663-6405



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# Agriculture and Natural Resources



*Jason Vaughn*

**Jason Vaughn**  
Powell County Extension Agent  
Agriculture and Natural Resources

Jason.vaughn@uky.edu

**POWELL COUNTY**  
LIVESTOCK ASSOCIATION



 Like us on  
**Facebook**

Want to learn more about  
Kentucky's forests and wildlife?  
Check out these UK Forestry Resources:



For Kentucky forestry and wildlife publications and resources visit our website.

[www.UKForestry.org](http://www.UKForestry.org)

Watch nearly 300 Kentucky videos on forestry and wildlife by visiting our YouTube channel.

<https://www.youtube.com/c/UKForestryandNaturalResourcesExtension>

To stay up-to-date on the latest Kentucky forestry and wildlife news and updates by liking us!

<https://www.facebook.com/ForestryExtension>





# EASTERN KENTUCKY

## VIRTUAL BEEKEEPING SCHOOL



**SATURDAY, JANUARY 15, 2022**

**All times are Eastern time zone**

- **9:00 a.m. Opening comments, Charles May, Perry County Extension Agent for ANR and Dr. Tammy Horn Potter, KY State Apiarist**
- **9:30 a.m. Kentucky State Beekeepers Association President, Jessica Mayes and Perry County Beekeeper Association President, Missy Fugate**
- **10:00 a.m. U.K. Entomology, Caroline Kane, "Viruses in the Hive"**
- **11:00 a.m. Eastern Apiculture Society Master Beekeeper, Kent Williams, "Producing Honey"**
- **12:00 p.m. Break**
- **12:30 p.m. Certified Kentucky Honey Program Director, Scott Moore, "Honey Labels"**
- **1:00 p.m. Larry Young, 2021 Kentucky State Beekeeper of the Year, "Beginning Beekeeping"**
- **1:30 p.m. KY Queen Breeders Association President, Dorothy Morgan "Queen Bees, How to recognize when you need a queen" & "Swarms and Chasing Feral Bees"**
- **2:15 p.m. Reminders of Beekeeper Education Events in 2022 and closing comments**

For more information and to register for the Virtual Beekeeping School, call us at the Perry County Extension Office (606-436-2044), provide your name, address, phone number and email address. A link will be sent to your email sometime a week before the school. This virtual Beekeeping school will be presented Via Zoom. Visit the Perry County Extension Service web page at <http://ces.ca.uky.edu/perry> and click on the Agriculture & Natural Resource Link for a registration form. Or contact Charles May at [cmay@uky.edu](mailto:cmay@uky.edu).

# Annual Plant Sale



**Allstar or Earliglow Strawberry Plants**  
Plants come in bundles of 25 at \$6.00 per bundle.  
Allstar Strawberries are June bearing and produce a larger berry.  
Earliglow Strawberries are June bearing and produce a sweeter, smaller berry.



**Chandler and Duke Blueberry Bushes**  
The plants are sold individually and cost \$9.00 per bush. Anyone ordering blueberry bushes will need to order at least one of each variety for cross pollination purposes.



**Candy Onion sets**  
These jumbo onions are sweet and mild with lasting quality and good flavor  
\$6 per bundle of 60 sets

**Prelude Raspberry Plants**  
\$5.00 per plant

**Jewel Black Raspberry Plants**  
\$6.00 per plant

**Natchez Blackberry Plants**  
\$5.00 per plant

**Millennium Asparagus**  
\$3.00 per plant

## Deadline to order is March 10th

Pre-payment is required with all plant orders. Order will not be complete until payment is received. For more information, contact the Powell Co.

Extension Office at 663-6405

**Make checks payable to and mailed to:**  
Powell County Farmers' Market  
169 Maple St., Stanton, 40380

# 2023 Plant Order Form

## Powell County Cooperative Extension Service

**Purchaser Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

169 Maple St.  
Stanton, KY 40380  
606-663-6405  
Powell.ca.uky.edu

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$6.00 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$6.00 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Bristol Black Raspberries	\$6 each	
	Asparagus (Millennium)	\$3 each	
_____ bundles	Onion plants (Candy)	\$6 (bundle of 60)	
		Total Due	

**Pre-payment is required by Friday, March 10th for all plant orders.**

For Office Use Only:
Amount Paid: _____
Date: _____
Received by: _____
Check No.: _____ or Cash _____

*Plants are expected to ship from the nursery during the first week of April. We will contact you to let you know when the plants will be available for pickup.*





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# FAMILY AND CONSUMER SCIENCES

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



*Kendyl Redding*

**Kendyl Redding**  
Powell County  
Extension Agent for  
Family and Consumer  
Sciences

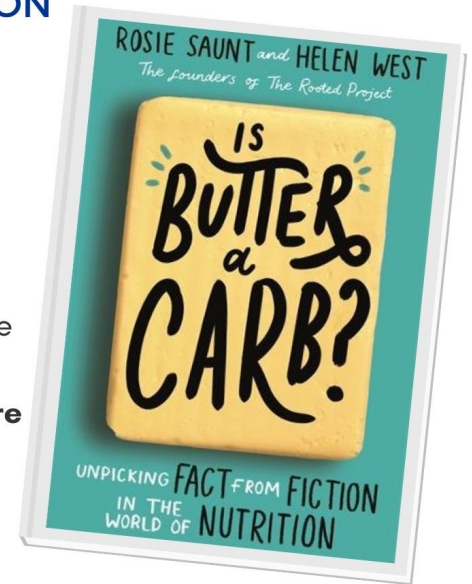


## BIG BLUE BOOK CLUB

### IS BUTTER A CARB?

#### UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



**BOOK CLUB WILL BE HELD  
ON THURSDAYS**

**MARCH 2, 9, 16, 23 AT 10AM (ET)**

**REGISTER BY JANUARY 27, 2023**

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LEXINGTON, KY 40546



Visit <https://ukfcs.net/BBBC23Book1> to register.



VALENTINE

# Basket Workshop

College of Agriculture,  
Food and Environment  
Cooperative Extension Service



January 21st

Powell County Extension Office

9:30 am - 3:30 pm

Cost: \$30

Registration required. Space limited.

Ages 18 and up.



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2023

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

## PAYING OFF DEBT:

### USING THE DEBT SNOWBALL AND DEBT AVALANCHE METHODS

Many Kentuckians have some form of debt, such as mortgages, auto loans, student loans, credit card debt, or medical bills. Debt can weigh heavily on our minds and can restrict our budgets. If you want to pay off debt in the new year, there are two tips to keep in mind. First, create a plan to reduce your debt. Then, change your borrowing and spending habits, and be careful not to take on new debt while you pay off existing debt.



#### MAKE A PLAN TO REDUCE DEBT

Goals are rarely reached by luck or coincidence. Rather, you achieve goals when you are intentional in your planning and follow-through. The same principles hold true when setting a goal to reduce debt. The first step to paying off debt is to make a plan. To do this, create a main list of all the debts you have. Writing down the information in this chart will help you decide which debt repayment strategy is best for you. Your list should include the following rows:

<b>Name of Debt</b>	<i>Credit card</i>	
<b>Total Owed</b>	\$7,500	
<b>Creditor</b>	<i>Acme Credit</i>	
<b>Interest Rate of loan or line of credit</b>	17.74%	
<b>Minimum Monthly Payment</b>	\$150	
<b>Current Monthly Payment</b>	\$200	

#### DEBT REPAYMENT STRATEGIES

There are two main methods or strategies for repaying debt: **debt avalanche** and **debt snowball**. Both options require you to pay the minimum payment on all your debts and put any extra income toward one debt at a time. The difference between the debt avalanche and debt snowball methods is which debt you focus on repaying first.

The **debt avalanche** method focuses on paying debts with higher interest rates first. Because these debts accumulate interest quickly, they increase the amount you owe. That means paying them off first will help you save money in the long run. One downside of this method is that if your debt with the highest interest rate is large, it may take a while to feel like you are making any progress toward paying it off.

The **debt snowball** method starts with the smallest debt, regardless of interest rate, and works toward



## PAY OFF SMALLER DEBTS BY INTEREST RATE AND WORK YOUR WAY UP TO LARGER SUMS



paying off debts from smallest to largest amounts. Because this method does not consider interest rates, you will not save money initially, but it can be motivating to see the progress of more quickly paying off debts. Paying off small loans may help you build momentum and confidence to tackle your larger debts later.

You can also consider a **combination of the two**. Pay off smaller debts by interest rate and work your way up to larger sums. Regardless of which method you choose, be intentional about putting any extra monthly income you have toward the selected debt until you pay that debt off. Then, take the money you have been paying on that loan, as well as any extra monthly income, and apply it to the next debt in your plan. Continue doing this until you pay off each of your loans or credit lines.

### CHANGE YOUR FINANCIAL HABITS

After you have created a plan to reduce your debt, you must change your borrowing and spending habits if you plan to achieve these goals. To start, compare your income to your expenses to determine how much money you can put toward debt repayment each month. To effectively pay off debt, your income needs to be more than your expenses. If this is not true for you, you need to identify ways to reduce your spending or increase your income. Also, try not to take on any new debt while you pay off existing debt.

### REFERENCE

<https://www.consumerfinance.gov/about-us/blog/how-reduce-your-debt/>

Written by: Nichole Huff and Miranda Bejda | 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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# ADULT HEALTH BULLETIN



**JANUARY 2023**

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

Powell County  
 Extension Office  
 169 Maple St.  
 Stanton, KY  
 40380  
 (606) 663-6405

## THIS MONTH'S TOPIC: EMERGENCY HEALTH INFORMATION (EHI) CARDS



**A**n Emergency Health Information (EHI) card can be a helpful tool. If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you. While you cannot predict when an emergency may happen, you can be prepared. Make sure that key health information is up to date, correct, and handy. If you have children, make them a card too. You may not be available to tell emergency workers about your child, and your child might not be able to communicate either.

Continued on the next page →



# An EHI card gives first responders or other emergency workers essential health information they can use to give you better care.

## → Continued from the previous page

You can find Emergency Health Information card templates online to print and fill out. You also can use an index card or other small piece of paper. Please keep in mind, not all card templates ask for appropriate information. Below is a list of information that you should and should NOT include on your EHI card.

### Information you should include on an EHI card:

- Full legal name
- Date of birth
- Medication names, doses, and schedules
- Medical equipment (Insulin pump, wheelchair, oxygen, etc.)
- Chronic medical conditions (epilepsy, diabetes, COPD, heart conditions, etc.)
- Disabilities that affect care (mobility, speech, memory loss, vision, hearing, etc.)
- Blood type
- Allergies to food or medications
- Recent immunization record
- Emergency contact name and phone number
- Medical contacts (doctors and pharmacy)

It is important to note that EHI cards are about the health and medical treatment of a person, not payment information. First responders and hospital staff do not need, nor can they require, financial information to treat you in an emergency. To protect yourself from identity theft, keep certain information separate from an EHI card.

### Information you should NOT include on an EHI card:

- Financial or banking information
- Social Security Number
- Health insurance information such as insurance provider or ID number

The purpose of an EHI card is to give first responders or other emergency workers essential health information they can use to give you



better care. Make this information easy to find. Put copies of your and your children's EHI cards in easy to see places in your home, car, and personal belongings that you carry every day.

### Where to put copies of an EHI card:

- Purse, wallet, or backpack
- First aid kits and emergency supply kits
- On your refrigerator or kitchen cabinet door
- Vehicle glove box
- On the side of children's car seats
- On mobility devices such as wheelchair or walker

#### REFERENCE:

<https://www.mayoclinic.org/first-aid/emergency-health-information/basics/art-20134333>

**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com



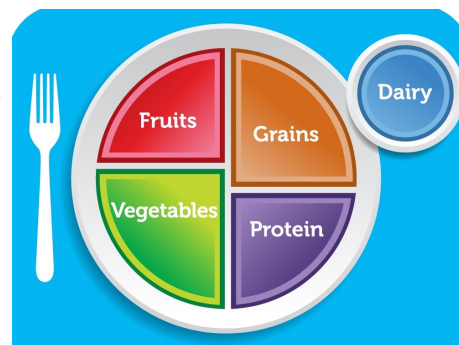


## Supplemental Nutrition Assistance Program



### Nutrition

Black-eyed peas are in the protein group. The Dietary Guidelines for Americans recommends eating more dry beans, peas, and lentils for protein. Like vegetables, beans, peas, and lentils are excellent sources of fiber, folate, and potassium. And like protein foods, they are excellent sources of plant protein, also providing iron and zinc. Many Americans do not get enough iron. Iron aids in energy production, immune function, and more. This recipe has 20% of the daily value for iron and black-eyed peas are an affordable protein food, making it a good food to add to your healthy eating on a budget plan.



### Cooking Tips

Black-eyed peas are an economical source of protein, and even more economical when cooked from dry. It's easy to do, but it takes some time, which is why a slow cooker recipe works perfectly. If you do not have Cajun seasoning, you can make your own using 1 tablespoon of chili powder, 1 teaspoon of dried thyme, and  $\frac{1}{4}$  teaspoon of cayenne pepper. The recipe calls for the removal of the ribs and seeds of the jalapeño. If you prefer a spicier dish, consider leaving a small amount of the rib and a few seeds. Beware — this can make the food very spicy! If you have not used bay leaves in cooking before, be sure to remove them before eating. Bay leaves are added in their whole, dried form for flavor. They will keep their shape throughout the cooking process and you should remove them before serving. Take note of the stovetop version of this recipe listed below the initial directions.

### Substitutions

Diced ham can be used in place of the smoked turkey sausage in this recipe. If you are looking to make this meal vegetarian, it can be made without the sausage; just increase the seasonings a bit! A leftover ham bone could be used to add some flavor as well.

### Physical Activity Tip:

#### ***Move More and Sit Less***

Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous intensity physical activity to help gain some health benefits. It is recommended for adults to get at least 30 minutes of physical activity in daily, but you don't have to do it all at once. You can spread your activity out during the day and break it up into smaller chunks of time.



# Slow Cooker Smoky Black-Eyed Peas

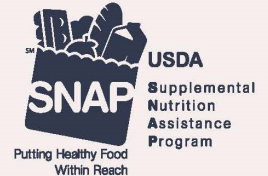


- 1 medium onion, chopped
  - 1/2 medium bell pepper, chopped
  - 2 cloves minced garlic,  
or 1/2 teaspoon garlic powder
  - 2 small or 1 large jalapeno pepper,  
ribs and seeds removed and  
finely chopped (optional)
  - 1 pound dried black-eyed  
peas, sorted and rinsed
  - 1 package (12 ounces) smoked  
turkey sausage, cubed
  - 1/2 teaspoon Cajun seasoning
  - 1/4 teaspoon ground black  
pepper, or to taste
  - 2 small bay leaves
  - 7 cups water
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.

3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

**Stovetop option:** Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$6.69**  
**Cost per serving: \$0.56**



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

**Nutrition facts per serving:**  
180 calories;  
3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium.

**Source:**  
Anita Boyd, Mason County SNAP-Ed Program Assistant Senior

