



Clay County
Cooperative
Extension Service

Email: 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:

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



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.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
				<div><p>May 08 at 5PM Rawlings & Stinson Park</p></div> <div>Conservation District Tree Giveaway</div>	<div>Create & Inspire Homemaker Club</div>	<div>Conservation District Tree Giveaway at Oneida Homecoming Event</div>
11	12	13	14	15	16	17
<div></div>	<div>4-H Home-School Club 11:00 AM</div> <div>Mental Health Monday 5:00 PM</div>	<div>Homemaker Card Club</div> <div>Clay County UNITE Coalition Rebuild 12:00 PM</div>	<div>Last Day to Order Monarch Waystations</div>	<div>WTA Needlework Seminar 10:00 AM-3:00 PM</div>		<div>Pins & Needles Homemaker Club</div> <div>Monarch Waystation Pick-Up & Planting Demo</div>
18	19	20	21	22	23	24
	<div>4-H Cooking Club 4:00 PM</div> <div>Buttercream Basics 5:30 PM</div> <div>Woodland Owner Field Day 6:00 PM</div>	<div>4-H Art Club 4:00 PM</div>		<div>Beekeeper's Meeting 6:00</div>		
25	26	27	28	29	30	31
	<div>4-H Summer Photo Challenge Week One</div>				<div>4-H Summer Photo Challenge Week One Photos due</div>	



AGRICULTURE/NATURAL RESOURCES



On behalf of the citizens of Clay County, we extend our deepest gratitude to the following individuals and organizations who stepped forward in our time of need. The generous donations of agricultural supplies for those affected by the recent flooding have made a profound difference in the lives of our farmers and families.

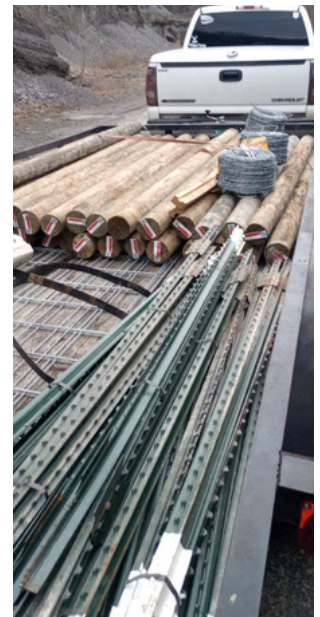
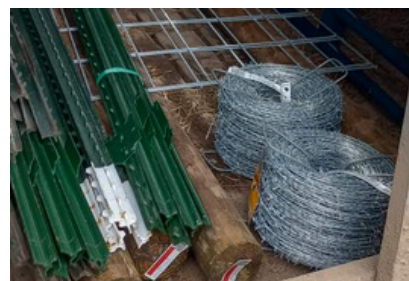
We are especially grateful for the compassion, prompt action, and commitment to standing with us during this challenging time. Clay County will not forget your kindness! As others around our state have also been struck with tragedy, let's remember, as a community, to help our neighbors who are in need just as they have helped us.

Clay County would like to send a huge shout out to the following for their donations:

Gallatin County Conservation Board
Gallatin County Farm Bureau
Dan Peterson Agency Manager
Brad & Kelly Noel
Brian & Crystal Noel
Parker Keyes
Grant County Farm Bureau Federation
Scooter Arnold Insurance Agency
Casey Stewart with Armor Services
Mary Klayer
Mary Jane Day
Kyle Kelly, SK Farms
Kenton County Farm Bureau
Bryan and April Wainscott
Jones Brothers Farms
Farm Bureau Federation District 7
Farm Bureau Federation District 8

Ashley Adkins

Ashley Adkins
Agent for Agriculture & Natural Resources
Clay County
Email: ashley.adkins@uky.edu



POLLINATORS

MONARCH WAYSTATION KIT ORDER, PICK-UP & PLANTING DEMONSTRATION

A Monarch Waystation is a place that provides Monarch butterflies with the resources they need to survive and reproduce.

We are currently taking orders for Monarch Waystation kits. Kits will include everything you need to create a habitat that supports the entire life cycle of the Monarch butterfly. Kits are \$75 and can be ordered until May 14th.

Kits will be available for pickup on May 17th from 10:00 AM - 1:00 PM. Jimmy Sizemore will be doing a planting demonstration at that time as well.

Please call 598-2789 to place your order! Pickup and planting demo will be at the EXCEL Building, 86 Muddy Gap Rd.



WOODLAND OWNER FIELD DAY

MAY 19TH, 6:00 PM

Location:

156 Laurel Branch Rd.
Manchester, KY

FREE & open to
landowners in
Clay &
surrounding
counties.

Topic:
Hands-On
Invasive
Control
Workshop

Do you own forests or woodlands in Southeastern Kentucky? Join us on May 19th at 6:00 PM for a Hands-On Invasive Control Workshop led by Will Bowling. We will be meeting at 156 Laurel Branch Rd, Manchester, KY 40962 (First driveway on the right coming off Hwy 11). Please call 598-2789 to register.

Clay County Conservation District Tree Giveaway



The Clay County Conservation District will be giving away Redbud & Dogwood Trees at The Good Continues Event on May 8th at Rawlings & Stinson Park beginning at 4:30 PM. They will also be giving away trees at the Oneida Homecoming Event at the Oneida Park on May 10th beginning at 10:00 AM. A Soil Tunnel Display will be set up at both events as well to provide a walk-through experience, illustrating the world beneath our feet and the importance of soil health and its functions.

Clay County Beekeeper's Association
EXCEL Building
Thursday, May 22nd at 6:00 PM

The Clay County Beekeeper's Association meets the fourth Thursday of each month at the EXCEL Building, 86 Muddy Gap Road.

If you are interested in becoming a beekeeper, feel free to contact Clay County Extension Office at 598-2789 to learn about our local organization meetings. New members are always welcome!





4-H Events



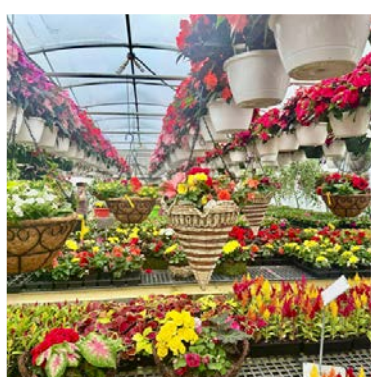
Get Involved in 4-H!

Alissa Ackerman

Alissa Ackerman
Agent for 4-H/Youth Development
Clay County
Email: alissa.ackerman@uky.edu

4-H Homeschool Club

Clay County 4-H would like to thank Pine View Farm for allowing our 4-H Homeschool Club to visit their greenhouses where we gained numerous beneficial gardening tips!



4-H Cooking Club

The 4-H Cooking Club meets monthly to create a variety of delicious recipes while learning new tips and how to be safe in the kitchen!



2025 4-H Summit

We appreciate our Clay County delegates, Alexis Akers, Abigail Garrard, and Del Bermel for attending the 2025 4-H Summit where students participated in numerous educational workshops and contributed to a community service project!





Clay County 4-H would like to congratulate all Communications Day participants! Thank you to all teachers, judges and parents that made this day possible!

Speech Results:

9 Year Old Speeches:

Ella Jackson, More Than Notes: The Power of Music,
Grand Champion

Shaylee Goodin, My Trip to Clearwater Beach Florida,
Blue Ribbon

Natalie Asher, Feathers, Farms and Fun: All About Chickens,
Blue Ribbon

10 Year Old Speeches:

Jace Smith, My Trip to 4-H Camp,
Grand Champion

Cambree Holland, Palmer: More Than Just a Pet,
Blue Ribbon

11 Year Old Speeches:

Jace Peters, When I Got My First House Pet,
Grand Champion

Marcus Adams, Cooper's Journey Home: A Dog's Tale,
Blue Ribbon



Demonstration Results:

Ashlyn Adams, Family & Consumer Sciences: The Secret for a Perfect Recipe, Grand Champion

Lucas Howard, Science, Technology & Engineering: Stay Safe, Ride Strong: Bike Safety Essentials, Grand Champion


Emma Kulp, Foods: Blend Up Some Health, Grand Champion

Bristol Smith, Performing Arts: Blow Your Own Horn! How to Play the Trumpet, Grand Champion

Ashlyn Collett, Performing Arts: How to Play the Clarinet, Blue Ribbon

Jon Holden Smallwood, Visual Arts: Get Ready to Flip Out! Flip Book Fun, Grand Champion



 Cooperative
Extension Service

4-H HOMESCHOOL Club

May 12th @ 11:00

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.

JOIN THE

4-H Cooking Club



 Cooperative
Extension Service

May 19th at 4:00 PM
Clay County Extension
Office

Please call 598-2789
to register!


Each meeting focuses
on new cooking skills
& recipes!



Ages: 9-18, if
younger, an adult
must be present



4-H Art Club

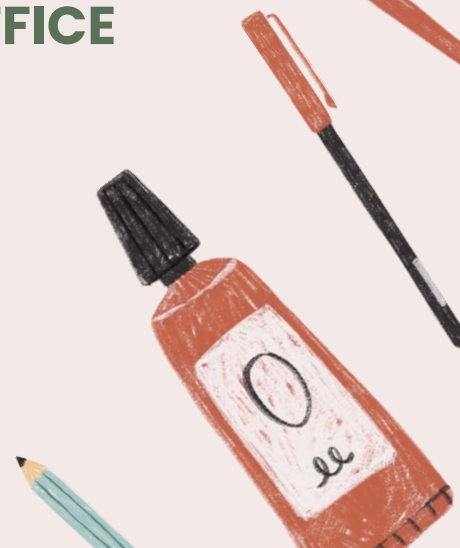
 Cooperative
Extension Service

MAY 20TH 4:00 PM
CLAY COUNTY EXTENSION OFFICE
69 JAMESON RD.

FREE & OPEN TO AGES 9-18
CALL 598-2789 TO REGISTER!

See you there!

WEBSITE: CLAY.CA.UKY.EDU





4-H SUMMER PHOTO CHALLENGE

Refer to back page for more detailed category information!

**WEEK 1:
MAY 26TH-
30TH**

NATURAL RESOURCES

- Forest
- Water
- Wildlife
- Natural Scenic
- Native Plants
- Insect

Photos Due: May 30th

**WEEK 2:
JUNE
2ND-6TH**

HORTICULTURE

- Single black & white
- Single color
- Sequence of 4 photos
- Horticulture collection

Photos Due June 6th!

**WEEK 3:
JUNE 9TH-
13TH**

AGRICULTURE

- Livestock
- Crops
- Life Cycle
- Ag Scenic
- Farm Equipment
- Companion Animal

Photos Due June 13th

DETAILS

When submitting photos, you must submit your name, subject of photo, location & equipment used.

Send all photos via Facebook messenger:
Clay County Cooperative Extension Service

Kentucky 4-H Youth Development

Natural Resources

764a Forest – Photograph showing Forest (large area dominated by trees) and/or Forestry Activities

764b Water – Photograph showing still or moving natural water system or water activity

764c Wildlife – Photograph showing unrestrained and live wildlife in natural habitat; Domestic animals are not permitted

764d Natural Scenic – Photograph showing natural scene [manmade object not as subject of photograph]

764e Native Plants – 1 – 5 Photograph(s) of Kentucky Native Flora in natural area [not garden] - a plant that occurs naturally in the place where it evolved.

764f Insect – Photograph of insect(s) unrestrained and live in natural habitat

Horticulture

771 Single black and white. Horticultural subject or activity. (Maximum size: 8" x 12")

772 Single color. Horticultural subject or activity. (Maximum size: 8" x 12")

773 Sequence of 4 photographs. B&W or Color representing a horticultural event or activity that tells a visual story, chronologically, without the use of words.

774 Horticulture collection (B&W or color), consisting of 6 photographs.

Agriculture

765a Livestock – Photograph uses livestock as the main subject.

765b Crops – Photograph uses crops as main focus.

765c Life Cycle – 1-5 photograph(s) clearly showing at least one phase of life cycle (birth, growth, death).

765d Agriculture Scenic – Landscape photograph with agriculture as the main focus.

765e Farm Equipment/Implement – Photograph with agriculture equipment/implement as main subject.

765f Companion Animal – 1 photograph with a companion animal as the subject.





4-H PROJECT DAYS

Sand Art & Print Making

Painting & crafting-June 4th at 2pm

Fluid Art

Abstract painting techniques- June 5th at 2pm

Summer Canning

Canning cucumbers & dried apples- June 18th at 1pm

Let's Bake

Learn about KY State Fair Recipes & bake your very own!
July 2nd at 1pm



4-H Project Showcase

July 7th-8th (Enter Projects, 8-4pm)

REGISTER NOW!

Call the Clay County Extension Office at 598-2789!

And the Winner is...



Congratulations to Malinda Hibbard for winning our Facebook Promotion!! We want to thank everyone who has shared, liked, and tagged friends to help us promote our new Facebook Page!



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

Go Bananas Milkshake
Servings: 3
Serving Size: About 3/4 cup



Ingredients:

- 1 cup skim milk
- 2 frozen bananas, overly-ripe works best (also best to peel bananas before freezing).
- 1 teaspoon vanilla extract

Directions:

- Wash hands with soap and water.
- Remove bananas from freezer and allow to thaw about 3 minutes. Peel.
- Place ingredients into a blender and blend until smooth (45 seconds to 1 minute).
- Pour into glasses, and serve immediately.

Notes:

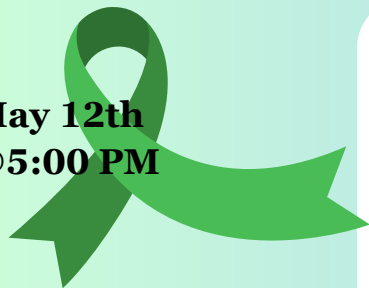
Possible add-ins for more flavor – cocoa, nutmeg, cinnamon, coconut flakes, peanut butter, or other fruits.




Nutrition facts per serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 35mg sodium; 22g total carbohydrates; 2g fiber; 14g total sugars; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium.

Source: Jeannie Najor, Program Coordinator II with the Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

May 12th
@5:00 PM



**Clay County Cooperative
Extension Service**
69 Jameson Rd.

 **(606) 598-2789**

 **clay.ca.uky.edu**

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 5:00 PM at the Clay County Extension Office, 69 Jameson Rd. Please call 598-2789 to register.

This month's Mental Health Monday will be May 12th.



CLAY COUNTY EXTENSION

Buttercream Basics

May 19th at 5:30 PM

Clay Co. Extension Office

69 JAMESON RD, MANCHESTER

Join us for an evening of fun and learning as we explore a topic that can be as beautiful as it is delicious - cake! Eleanor Robinson, a local cake artist, will walk us through some buttercream basics as we decorate a small cake that will make any summertime gathering a bit sweeter.

CALL 598-2789 TO REGISTER.

WEBSITE: CLAY.CA.UKY.EDU

We encourage you to attend the upcoming The Good Continues event, presented by AdventHealth Manchester. The Good Continues is an amazing event dedicated to celebrating the vibrant community of Clay County. This event promises to be an exciting opportunity for residents to come together, enjoy various activities, and recognize the positive contributions within our community. Be sure to stop by our Clay County Extension and Nutrition Education Program tables!

Event Details:

- Date: Thursday, May 8, 2025
- Time: 5:00 PM
- Location: Rawlings and Stinson Park, Manchester, KY
- Admission: Free

Event Highlights:

- Food Trucks: Enjoy a variety of delicious food options from local vendors.
- Live Entertainment: Experience live performances that will keep you entertained throughout the event.
- Inflatables: Fun inflatable attractions for children and families.
- Face Painting: Creative face painting for kids to enjoy.
- Local Vendors: Explore and support local businesses and artisans.
- Disney Princesses: Meet and greet with beloved Disney princesses, perfect for photo opportunities.



May 08 at 5PM

Rawlings & Stinson Park

Additional Information:

- Bring Your Own Lawn Chair or Blankets: Make yourself comfortable and enjoy the festivities.
- Celebrate Clay County: This event is a wonderful opportunity to celebrate the good that is continuing in Clay County and to foster a sense of community and togetherness.



2025 Homemaker Grab & Go Kits

Quarterly Grab & Go Crafting Kits are now available to all paid Clay County Extension Homemakers. These kits contain the materials and instructions for creating a craft at home. Kits can be picked up in the office Monday-Friday from 8:00 AM - 4:00 PM.

This quarter's kit is now available!! Kits include materials to paint your own mini barn quilt.

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, May 9th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.



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 May 13th.

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 on May 17th.



WTA-NEEDLEWORK SEMINAR

MAY 15, 2025 10 AM - 3 PM

CLASS DESCRIPTIONS

(see other side for additional classes)



- **HAND EMBROIDERY BASICS** FEE: **\$3.00** Hazel Jackson
- Participants will learn basic embroidery stitches using a self sticking flower motif. Design will be in a 4" hoop.
- Kit included in class fee.



- **ENGLISH PAPER PIECING** FEE: **\$7.00** Sheryl Bowling
- Students will get hints (and maybe shortcuts) to accurately piece a simple hexagon flower. Teacher will provide materials and tools to complete one 6" block and a handout explaining the method with ideas of where to go from here. The block can be turned into a finished mug rug/coaster or you can continue to add blocks from scraps at home to complete a larger project. Student only need to bring enthusiasm and willingness to learn!



- **JELLY ROLL RACE QUILT** FEE: **FREE** Devonna Hisel
- This is a fun and easy class - at the end of class you will have a 50" x 64" quilt top! You must know how to sew a straight seam to take this class. You will need to bring a working sewing machine* with foot pedal, power cord, and manual; extra bobbins; needles; and white thread or color of your choice, . *If you don't have a machine, contact us. There are a limited number available for use and these will be reserved on a "first come, first served" basis. Jelly rolls will be provided for this class! If you have fabric scissors, quilting ruler, rotary cutter, and cutting mat, please bring. Be sure to put your name on your items. This class will take BOTH sessions.



Questions may be directed to your County FCS Extension Agent at the following numbers

Bell County Extension Office: 606-337-2376	Jackson County Extension Office: 606-287-7693	Rockcastle County Extension Office: 606-256-2403
Clay County Extension Office: 606-598-2789	Knox County Extension Office: 606-546-3447	Whitley County Extension Office: 606-549-1430
Harlan County Extension Office: 606-573-4464	Laurel County Extension Office: 606-864-4167	

WILDERNESS TRAIL AREA - NEEDLEWORK SEMINAR REGISTRATION FORM

Attendee Information (class selection on other side of form)

Name _____

Address _____

Phone _____

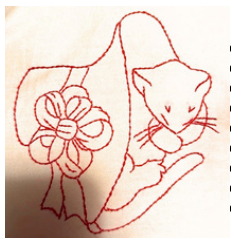
E-Mail _____

Make checks payable to: Rockcastle County Food and Nutrition Fund
Mail Registration Form and Payment to: Rockcastle County Extension Office,
1050 West Main St., Mt. Vernon, KY 40456

Needlework Seminar will be held at the Clay County Cooperative Extension Service EXCEL Building 86 Muddy Gap Rd, Manchester, KY 40962

CLASS DESCRIPTIONS

(see other side for additional classes)



REDWORK

FEE: \$5.00

Lora Howard

Redwork is a method of embroidery using one color and one stitch to make many interesting and beautiful designs. Redwork example shown is for inspiration. Students will be working on a dragon fly or flower.



CROCHET

FEE: FREE

Delaney Eubanks

Learn the fundamentals of crochet while creating a practical and useful dishcloth. You'll learn basic stitches like chaining, single crocheting, and pattern reading. All materials provided.



CROSS STITCH

FEE: \$8.00

DeRhonda Hubbs

Enjoy a brief history of counted cross stitch and learn some of the pros and cons of this relaxing past time. The class will include of the items needed to make a simple design.(cloth, thread, needle, hoop and pattern). A variety of completed patterns will also be displayed to tempt you to become a stitcher.



DIAMOND ART COASTERS

FEE: \$8.00

Lora Davidson

Join us for a fun and creative class where you'll learn how to make beautiful diamond art coasters! Perfect for beginners and craft lovers alike, this hands-on workshop will guide you through the process of applying sparkling resin drills to create stunning, functional coasters. All materials are provided just bring your creativity!

Please note that not all designs will be the same as pictured

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



Disabilities
accommodated
with prior notification.

Please choose the classes you would like to attend. While every effort will be made to place you in your first choice, please also mark your 2nd, 3rd, and 4th choices. Payment will be for your first choice and registration fees. Refunds will be made if needed.

Morning Session (10 AM - 12 PM)

- ☐ Hand Embroidery Basics (\$3.00)
- ☐ Crochet (Free)
- ☐ English Paper Piecing (\$7.00)
- ☐ Cross Stitch (\$8.00)
- ☐ Diamond Art Coasters (\$8.00)
- ☐ Jelly Roll Race Quilt (Free) this is an all day class, lasting through both AM and PM sessions

Afternoon Session (1 PM - 3 PM)

- ☐ Hand Embroidery Basics (\$3.00)
- ☐ Crochet (Free)
- ☐ English Paper Piecing (\$7.00)
- ☐ Redwork (\$5.00)

Registration fee of \$10 includes lunch - Your choice of Grilled Chicken or Philly Cheesesteak.

Please write checks for registration fee amount plus amount for **first choice class**.

Registration Total

Registration Fee: \$ 10.00

Morning Session: _____

Afternoon Session: _____

TOTAL REGISTRATION: _____

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

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

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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

Clay County UNITE Coalition Rebuild

The Clay County UNITE Coalition is rebuilding—and we need YOU to be part of this exciting new chapter! Whether you're passionate about creating positive change, building a healthier community, or connecting with others who care, there's a place for you here.



WHEN?

May 13th, 2025
Noon

WHERE?

Excel Building
40 State Hwy 687, Manchester, KY 40962

Lunch Provided.

*Discuss UNITE's initiatives in prevention, education, law enforcement, and treatment.
Discover how you can participate in the fight against substance misuse.*

Participants include engaged citizens, government leaders, school administrators, religious representatives, business officials, civic organization members, treatment providers, criminal justice representatives, and parents or caregivers.

To **RSVP**, please contact Clay County Coalition Coordinator Hannah Gadd.
Phone: (606) 416-8828
Email: hgadd@OperationUNITE.org



UK Cooperative
Extension Service
Clay County
PO Box 421 / 69 Jameson Rd
Manchester, KY 40962-0421

CLAY COUNTY COMMUNITY FARMERS MARKET



OPENING DAY



JUNE 7TH
9AM-1PM

EXCEL - 86 MUDDY GAP RD

**SHOP
LOCAL**