

EXTENSIONEVENTS

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/claycoexte nsion



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, martial status, genetic information, age, vecteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior motice. 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.





August

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	Farmers Market 9:00 AM – 1:00 PM
3	4	5		Plan & Prep 7 for WTA Homemaker Meeting & Homemaker Advisory Council Meeting 5:00 PM	8 Create & Inspire Homemaker Club	Farmers Market 9:00 AM - 1:00 PM
10	11 4-H Home- School Club 11:00 AM Mental Health Monday 5:00 PM	Homemaker Card Club 1:00 PM Food Preservation- Red Bird Mission 5:00 PM	13	Extension District Board Meeting 12:00 PM Walk Your Way Challenge 5:00 PM	15	Farmers Market 9:00 AM - 1:00 PM Pins & Needles Homemaker Club
17	18		Lunch & Learn: Building Better Smoothies 12:00 PM	21	22	Farmers Market 9:00 AM - 1:00 PM
24	Mental Health Monday 5:00 PM	Fall Homemaker Leader Lesson Training- Laurel County 10:00 AM	4-H Cooking Club 4:00 PM	Clay County Beekeepers Association Meeting 6:00 PM	29	Farmers Market 9:00 AM – 1:00 PM
31			RENTUCKY	CHINGS LUCKY INE PLACE STATE FAIR		



4-34 Events

Alisso Ackerman

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



4-H CAMP!

Clay County 4-H had a fun and successful camping week! We cannot wait until next year to see everyone once again! We would like to thank all sponsors for making it possible for each camper to attend!



KENTUCKY 4-H TEEN CONFERENCE

Clay County 4-H would like to thank our delegates for their participation in the KY 4-H Teen Conference at the University of Kentucky. Participants had the opportunity to tour the campus, participate in various programs, and complete a service project!







4-H NRESCI ACADEMY

We would like to recognize Alexis Akers for completing 3 years of the 4-H Natural Resources & Environmental Sciences Academy. During her time in the program, Alexis had the opportunity to travel across the state and focus on various topics related to forestry, wildlife and water.

4-H NRESCi: Save the Date for upcoming event: September 23-24, 2025



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Congratulations to all 4-Hers!!!



4-H Project Showcase Results:

Alexis Akers

Art- Watercolor, Grand Champion Art- Self Portrait, Grand Champion Art- Acrylic Paint, Grand Champion

Chaz Bermel

Art- Abstract Paint (Junior Divison) Grand Champion

Del Bermel

Art Abstract Art- Grand Champion

Hannah Bratcher

Art- Sand Art, Grand Champion Print Making- Green Ribbon

Olivia Bratcher

Art- Sand Art-Red Ribbon Print Making- Green Ribbon

Gracen Caldwell

Home Environment- Grand Champion

Addison Cornett

Abstract Paint (Senior Division) Grand Champion Photography:

Communications/Expressive Arts- Grand Champion

Patterns & Designs- Grand Champion

Leadership: Grand Champion Urban Scenic- Grand Champion Urban Scenic- Blue Ribbon

SET- Red Ribbon

Leadership- Blue Ribbon Leadership- Blue Ribbon Natural Resources: Red Ribbon

Macee Collett

Art- Water Color- Blue Ribbon

Art- Self Portrait- Grand Champion (Junior)

Reuben Cornelison

Art-Abstract Art, Blue Ribbon Stamp Art- Red Ribbon Print Making- Green Ribbon

Shelby Davis

Art, Watercolor, Blue Ribbon Acrylic Paint- Blue Ribbon

Gage Gibson

Art, Abstract Art-Blue Ribbon

Bella Gibson

Art, Abstract Art, Blue Ribbon

Aubrey Hollin

Art, Abstract, Blue Ribbon
Sand Art- Red Ribbon
Print Making- Green Ribbon
Food Preservation, Pickles- Red Ribbon
Food Preservation, Dried Applies- Red Ribbon

Skyler Henson

Acrylic Paint-Blue Ribbon Home Environment- Grand Champion

Grayson Leach

Food Preservation-Dried Applies- Grand Champion Food Preservation- Pickles- Grand Champion

Lexia Miller

Art, Abstract Art- Blue Ribbon Sand Art, Blue Ribbon Stamp Art, Print Making- Green Ribbon Food Preservation, Dried Apples-Red Ribbon Food Preservation, Pickles- Blue Ribbon

Avery Preston

Food Preservation, Dried Apples-Blue Ribbon Food Preservation, Pickles- Red Ribbon

Kylie Smith

Food Preservation, Apples, Red Ribbon Food Preservation, Pickles- Red Ribbon

Makenzie Smith

Food Preservation, Apples, Blue Ribbon Food Preservation, Pickles- Blue Ribbon

Bryan Smith

Art, Watercolor- BLue Ribbon Black Pencil- Grand Champion

Piper Whitehead

Art, Watercolor- Grand Champion Art, Watercolor- Blue Ribbon Acrylic Paint- Grand Champion Home Environment- Grand Champion

Hannah Vallee

Home Environment, Blue Ribbon

Sarah Vallee

Crochet Item-- Grand Champ Crochet Item-- Blue Ribbon Crochet Item-- Blue Ribbon Acrylic Paint- Red Ribbon

Congratulations to all State 4-H Speech and Demonstration participants!!!



Speech Results: 9 Year Old Speech:



Ella Jackson, More Than Notes: The Power of Music, Blue Ribbon

10 Year Old Speech:

Jace Smith, My Trip to 4-H Camp, Blue Ribbon, 3rd Place

Demonstration Results:

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



Great Job!!!!

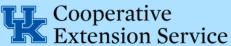












4-H HOMESCHOOL Club

Age 9-18

August 11th





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.



4-H IN-SCHOOL CLUBS

Enrichment Programs

Programs offered:

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

Take advantage of our awesome 4-H opportunities!

If interested in having 4-H in your classroom or afterschool, please call 598-2789 or email Alissa at alissa.ackerman@uky.edu.



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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. Agriculture and Natural Resources Lexington, KY 40506







4-HAAAT Club





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



WEBSITE: CLAY.CA.UKY.EDU



JOIN THE

4-H Cooking

August 27th
4:00 PM
Clay County Extension
Office

Please call 598-2789 to register!

Each meeting focuses on new cooking skills & recipes!

Cooperative Extension Service

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



FREE!!!

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



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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

Easy Sheet Pan Chicken Bake Servings: 4 Serving Size: 1 cup

Ingredients:

- Nonstick spray
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 3 bell peppers, sliced
- 1 medium red onion, sliced





Nutrition facts per serving: 270 calories; 13g total fat; 2g saturated fat; 0g trans fat; 85mg cholesterol; 380mg sodium; 11g carbohydrate; 2g fiber; 4g sugar; 0g added sugar; 27g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Directions:

- Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.
- In a medium bowl, mix chili powder, paprika, garlic powder, salt and pepper; set aside.
- Place chicken and vegetables in large bowl. Drizzle with olive oil; toss to evenly coat.
- Lightly coat chicken slices, bell peppers and onion in spice mix. Spread onto baking sheet.
- Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20-25 minutes.

Source: Katie Shoultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

RED BIRD MISSION GROW APPALACHIA

Red Bird Mission Grow Appalachia will be hosting a Food Preservation Education Class and Pressure Canner Gauge Testing with Clay County Extension FCS Agent, Brandy Napier, on August 12th at 5:00 PM at Red Bird's Annex Building. Please contact Red Bird Mission for more information at 606–598–0520.





Mental Health Mondays



Join us as our Mental Health Monday's series continues. We focus on improving mental health through:

- mindfulness practices
- self-care
- creative expression
- fellowship
- stress reduction techniques
- coping skills
- crafting
- connecting with others





Call to register **606-598-2789**

Website: clay.ca.uky.edu

August 11th & 25th @5:00 PM

Walk Your Way Challenge

Attention Summer 2025 Walk Your Way Participants: We're nearing the half way mark! Join us for our Walk Your Way Midway Meeting!

Walk Your Way is a 12-week challenge based on the National Heart, Lung, & Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU. The program includes 3 in-person meetings (beginning, mid-point, and end), a schedule and log to keep you on track, and weekly newsletters with tips and information to keep you moving.

Our next meeting for the Walk Your Way Challenge will be held on August 14th.

August 14th 5:00 PM Clay County Extension Office 69 Jameson Rd.



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Lexington, KY 40506

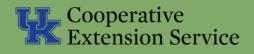




Clay County Extension

Smoothies





We are excited to introduce a new monthly series called Lunch & Learn. At these one-hour sessions, we hope to feed your brain and your belly. Lunch will be provided as we bring you quality, current, research-based information on a broad range of topics relevant to our community needs, interests, and priorities. August's session will be nutrition-focused as we learn about building healthy and delicious smoothies.

August 20th 12:00 pm Clay County Extension Office 69 Jameson Rd, Manchester KY



Call to register **606-598-2789** Website: clay.ca.uky.edu



Calling all Clay County Extension Homemakers!!!!



We have the privilege of hosting the Wilderness Trail Area Annual Homemakers Meeting this September. We will be holding a <u>Plan & Prep meeting on Thursday, August</u> <u>7th at 5:00 PM</u> at the Extension Office and invite all who may be interested in helping us make this event one to remember.

A Homemaker Advisory Council meeting will immediately follow Plan & Prep.

Mark Your Calendars:

Fall Extension Homemaker Leader Lesson Training will be held on August 26th at 10:00 AM at the Laurel County Extension Office.



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 includes materials to make a lemon pomegranate sugar scrub.

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 August 8th. 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 August 12th.

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 August 16th.







CULTURAL ARTS

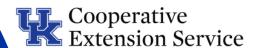


Clay County Extension
Homemakers Cultural
Arts submissions will be
accepted September 1st4th from 8am-4pm at the
Clay County Extension
Office. Submissions will
be judged at County Level
on September 5th.





WILDERNESS TRAIL AREA ANNUAL EXTENSION HOMEMAKERS MEETING



SATURDAY, SEPTEMBER 27TH

CLAY COUNTY EXCEL 86 MUDDY GAP RD, MANCHESTER, KY

\$20 registration fee payable to your local Extension Office.

Please register by September 19th.

Cultural Arts check-in & registration 9:30 AM

Meeting starts at 10:00 AM

Menu: Chicken & Dumplings & all the fixings - catered by Laura Garrison

A CELEBRATION OF COUNTIES



MORE INFORMATION & TO REGISTER:



Contact your local Extension Office



ADULT

HEALTH BULLETIN

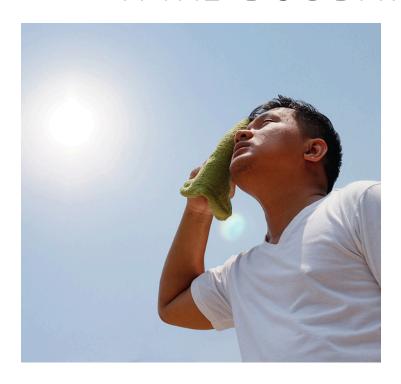


AUGUST 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ content/health-bulletins Clay County Extension Office 69 Jameson Rd Manchester, KY 40962 (606) 598-2789

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dogdays of summer" are the hottest and most humid days ofthe year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

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Continued from the previous page

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word "stroke" in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m. If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:

https://www.cdc.gov/heat-health/about

Written by: Katherine Jury,

Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

Ashley Adkins

Asinis Aukins Agent for Agriculture & Natural Resources Clay County Email: <u>ashley.adkins@uky.edu</u>

Seeking Cucumber & Watermelon Samples for Anthracnose Research!

Calling all local cucumber and watermelon producers! Do you suspect anthracnose in your fields? We need your help!

As part of an important statewide research project, we are actively collecting samples of cucumbers and watermelons exhibiting symptoms of anthracnose. Anthracnose is a fungal disease that affects various plants, including watermelon and cucumbers. It thrives in warm, rainy weather. Our goal is to identify which races of the disease are present across Kentucky, which will provide crucial information for developing more effective management strategies in the future.

How You Can Help:

If you have cucumber or watermelon plants showing signs of anthracnose (e.g., dark, sunken spots on leaves, stems, or fruit; defoliation; fruit rot), please consider submitting a sample. Your contribution is vital to the success of this research!

What to Do:

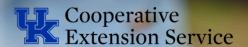
Please contact Ashley Adkins, Clay County Extension Office, at 598-2789 to arrange for sample submission or to learn more about the sampling process. We can provide guidance on how to collect and preserve samples to ensure their viability for analysis.

Your participation will directly contribute to a better understanding of anthracnose in our state and help protect future harvests. Thank you for your support of local agricultural research!









Clay County Beekeeper's Association

Thursday, August 28th at 6:00 PM

The Clay County Beekeeper's Association meets the fourth Thursday of each month at the Clay County 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!

CLAY COUNTY COMMUNITY FARMERS MARKET











SATURDAYS 9:00 AM-1:00 PM



EXCEL - 86 MUDDY GAP RD

Cooperative Extension Service

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MONEY FOR FARM IMPROVEMENTS



Eligible Incentive Areas:

- Agricultural Diversification
- AgTech & Leadership Development
- Large Animal Small Animal
- Farm Infrastructure
- Fencing & On-Farm Water
- Forage & Grain Improvement
- Innovative Ag. Systems
- On-Farm Energy
- Poultry & Other Fowl
- Value Added & Marketing

COUNTY AGRICULTURAL INCENTIVES PROGRAM (CAIP)

If you have been approved for the 2025 Clay County CAIP program, you can find all guidelines for incentive areas listed on the left by visiting the Clay County Extension Office website at the following link:

https://clay.ca.uky.edu/CAIP

Administered by Kentucky Ketch Inc. 214 3rd Street Manchester, Ky 40962 606-813-3843 bcraftb@windstream.net

CLAY COUNTY CONSERVATION DISTRICT COST SHARE PROGRAMS



- The Clay County Conservation District is currently accepting applications for KDOC Cost Share. The Application period will be open until November 15, 2025. To start the Application process, please contact the Clay County Conservation District Office to schedule a farm visit.
- The Conservation District is also accepting Orders for The Heirloom Apple Tree Cost Share Project. This project consists of one package of four Heirloom Apple Trees (Bareroot) specifically selected for this area. For more information about this project, please contact the Conservation District Office. Our phone number is (606) 598–5132. We are located at 102 Richmond Road, Suite 204; Manchester, KY 40962 and we are open between the hours of 8:30 am - 4:30 pm Monday through Thursday and 8:30 am - 1:00 pm on Friday.



The 2025 East KY Hay Contest is coming up this fall. We encourage everyone to sign up because this is more than a contest, it's a free opportunity for producers to have their hay samples tested and analyzed at the UK forage lab. The goal is to help producers understand the nutritional value of their hay, make informed decisions about feeding livestock, and potentially improve their farm profitability. You do not have to enter the contest to have your hay tested.



KENTUCKY SELLING FARMER TAX CREDIT

KENTUCKY SELLING FARMER TAX CREDIT ENCOURAGES CONTINUED USE OF AGRICULTURAL LAND FOR FARMING



The Kentucky Selling Farmer Tax Credit program grants tax credits to selling farmers who agree to sell agricultural land and assets to beginning farmers or actively engaged farmers who commit to keep farmland in agricultural production.

Farmers wanting to sell agricultural land and assets may be eligible for a Kentucky income tax credit up to 5% of the purchase price of qualifying agricultural assets, subject to calendar year and lifetime credit caps.

- Sales to beginning farmers may qualify for enhanced tax credit incentives.
- Sales involving immediate family members do not qualify for tax credit consideration.

Prior to completing a sale of agricultural assets, applicants should review the Kentucky Selling Farmer Tax Credit Guidelines for more detailed program information and eligibility requirements.

HOW DO I APPLY?

Visit

newkentuckyhome.ky.gov/

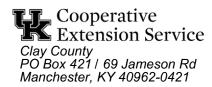
Entrepreneurship/KSFTC

for complete details.
For more information or other assistance for small businesses in Kentucky, please visit newkentuckyhome.ky.gov/entrepreneurship, email cedsbsd@ky.gov or call 800-626-2930.



\$50K IN TAX CREDITS PER CALENDAR YEAR





RETURN SERVICE REQUESTED

Your paragraph text Your paragraph text Your paragraph text