

BACK TO SCHOOL



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 - [Clay County Cooperative Extension Service](#).
Go to our page & check out events.



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.



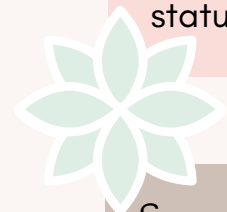
Many stressful factors plague us on a constant basis. Social media, 24/7 news alerts and demands from work and home help to create a world full of noise and chaos. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly tense encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.

Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on deep breathing and clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and your reactions to life's stressors.



Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown it is effective to reduce stress and may offer other positive benefits including decreased anxiety and depression. Some studies have shown mindful eating can also be a great tool for weight management. You can practice mindfulness any time or any place, as long as you turn your focus inward and allow distractions to fade away.

For more information on mindfulness, contact Brandy Napier, Agent for Family & Consumer Sciences, Clay County Cooperative Extension Service at 598-2789 or stop by the office at 69 Jameson Road, Manchester. Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



Source: Kerri Ashurst, Senior Extension Specialist & Janet Mullins, Extension Professor.



Brandy Napier
Brandy Napier,
Agent for Family & Consumer Sciences
Clay County
Email: brandy.napier@uky.edu

Family & Consumer Sciences

UPCOMING EVENTS

Create & Inspire Club

The Create & Inspire club, led by Lona Cornett, meets on the 2nd Friday of each month from 10:00 AM - 5:00 PM at the EXCEL Building, 86 Muddy Gap Road. Club members can work on their choice of enjoyable hobbies, whether it be quilting, painting, embroidery, or whatever they would like to bring! Bring your project and join us for a creative and inspiring day! Our next meeting will be Friday, August 9th.

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 Clay County Cooperative Extension Service, 69 Jameson Road. We always welcome new members. Our next meeting will be August 13!



Mental Health Mondays

Join us for a new series that focuses on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session will focus on helping you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting.

Our first session- Pressed Flower Lanterns will be August 12th at 5:00 PM. Please register by calling 598-2789 by 4:00 PM on Tuesday, August 6th.

Our second session- Textured "Clay" Vases will be August 26th at 5:00 PM. Please register by calling 598-2789 by 4:00 PM on Tuesday, August 20th.

Both sessions will be at the Clay County Extension Office, 69 Jameson Road.



Sourdough Starter Class

Few things taste as good as warm, fresh-from-the-oven bread!

Breadmaking has long been considered a real labor of love, perhaps especially when it comes to sourdough. We hope to show you just how simple & delicious it can be! Join us as we learn to make our own sourdough starter. Class will be held on Thursday, August 15th at 5:00 PM at the Clay County Extension Office, 69 Jameson Road. Please call 598-2789 by 4:00 PM on Monday, August 12th to register.

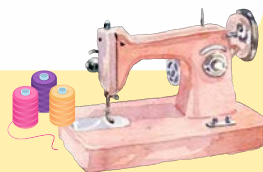




Pins & Needles Sew a Jelly Roll Day

Pins & Needles 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 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! Call 598-2789 for more information. Our next meeting will be August 17th!



The Pins & Needles Club will be hosting a special class on National Sew a Jelly Roll Day. The class will be held at the Excel Building, 86 Muddy Gap Road, on Saturday, September 21st. There will be a \$20 fee for all non-Homemaker members. If you aren't a member of Pins & Needles, this would be an excellent opportunity to check them out! Below is an example of this year's beautiful pattern.

Preserving Fruit Workshop

Wouldn't a berry pie or peach cobbler be a wonderful addition to your holiday table? Please join us on August 22nd at 5:00 PM at the Clay County Extension Office, 69 Jameson Road, as we learn to preserve fruits for long-term storage. Please call 598-2789 to register by 4:00 PM on Monday, August 19th.



Agriculture/Natural Resources



Ashley Adkins

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

KFGC Field Day

The Kentucky Forage and Grassland Council and Marion County Extension Field Day will be held Tuesday August 13th at Star Hill Farm from 4:30-7:45EDT in Loretto, Kentucky.

Participants will see and learn about grazing warm season cover crops, rotational grazing, native warm season grasses and pollinator production as well as sorghum production for syrup and silage. UK Extension Specialists, Maker's Mark staff, and others will highlight forage production innovations at the farm at multiple tour stops.

Come learn more about grazing strategies and regenerative agriculture! A meal will be provided for participants at the end of the field day at the restaurant. Field day cost is \$20 per person. Register for the Field Day on the link below:

<https://KFGCMakersMark.eventbrite.com>

Clay County Beekeepers Association

The Clay County Beekeepers will meet on Thursday, August 22nd at 6:00 PM at the EXCEL Building, 86 Muddy Gap Road. New members are always welcome. If you are interested in joining or becoming a new beekeeper, please contact Clay County Cooperative Extension at 598-2789 for more information.



Bull Value Assessment Program

There will be a bull value assessment program held on September 19th and September 26th at 6:00 PM at the WTA Marketing Alliance in London. This will be a two-part educational program. See Flyer on following page for detailed information. Please call Clay County Cooperative Extension Service at 598-2789 to register!

Bull Value Assessment Program

September 19th & 26th

6 PM

3610 Slate Lick Church Rd.
London, KY 40741

Topics Covered

Breeding Soundness Evaluations
Nutritional Management
Sire Genetics
Target Market Selection
Tools for Bull Selection



This will be a **two-part educational program** with a significant producer participation component. The first session will be formal classroom education. At the end, each producer will be assigned one of five scenarios, receive a sales catalogue with the task to research the bulls and determine which ones would be suitable in their assigned scenario. Videos of the bulls will be available online. Participants will return the following week for the second part of the curriculum with the responsibility of buying a bull to fit their assigned scenario at the “Mock Auction”. Producers can come early and view the bull videos and ask questions of the sales team. At the designated time the auction will begin, and all bulls will be sold to the highest bidder while viewing the video of each bull. At the conclusion of the sale the “sales team” will determine the relative value of each sale; this will be done by comparing the sale price against the determined value of each bull. An informal educational program will conclude the auction to discuss which bulls fit each scenario the best. This discussion will include common mistakes, missed opportunities and other teachable moments from the auction.

YOU MUST REGISTER BY CALLING YOUR LOCAL COOPERATIVE EXTENSION OFFICE





4-H Events



Alissa Ackerman

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

Get Involved in 4-H!

4-H Homeschool Club

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 to enhance our knowledge in many different areas! Our next club meeting is August 13th. Please call 598-2789 to register. You will be notified of specific details once you register! This club is FREE & open to ages 9-18.

4-H Cooking Club

Join us as we continue to make a variety of summer and KY State Fair recipes! We will be meeting on August 22nd at 4:00 PM at the Clay County Extension Office. This club is FREE & open to ages 9-18. You must call to register.



4-H Project Showcase

Congratulations to all 4-H Project Showcase participants! Your dedication and effort are greatly appreciated!



4-H Art Club

If you enjoy being creative or need another way to escape, join the 4-H Art Club! Our next club meeting will be on August 20th at 4:00 PM at the Clay County Extension Office. You must call to register in order for us to prep for supplies. This club is FREE & open to ages 9-18.



Kentucky State Fair

Mark your calendars for the KY State Fair on August 15th-25th in Louisville, KY! Be sure to stop by Cloverville to see all the great 4-H Projects and much more!



Congrats!



4-H Project Showcase Results:

Arts: Acrylic Painting

Junior Division:

Braxton Asher—Blue Ribbon
Bryson Smith—Blue Ribbon
Charlie Gray—Blue Ribbon
Hayden Jackson—Blue Ribbon
Kaden Brock—Blue Ribbon
Layla Estep—Blue Ribbon
Lexia Miller—Blue Ribbon
Reuben Cornelison—Blue Ribbon
Sarah Fee (2)—Blue Ribbon
Shelby Davis—Grand Champion
Taylor Parsley—Blue Ribbon

Senior Division:

Arraya Salyers—Grand Champion

Trends

Braxton Asher—Blue Ribbon
Bryan Smith—Blue Ribbon
Charlie Gray—Blue Ribbon
Layla Estep—Blue Ribbon
Matthew Henson—Grand Champion
Shelby Davis—Blue Ribbon

Drawings

Sarah Fee—Grand Champion
Sarah Fee (2)—Blue Ribbons

Senior Division:

Arraya Salyers—Grand Champion

Water Color

Braxton Asher—Blue Ribbon
Bryan Smith—Blue Ribbon
Hayden Jackson—Blue Ribbon
Sarah Fee—Blue Ribbon
Shelby Davis—Grand Champion

Sculpting

Braxton Asher—Blue Ribbon
Braxton Asher—Blue Ribbon
Layla Estep—Blue Ribbon
Layla Estep—Grand Champion

Home Environment

Addison Cornett—Grand Champion

Needlework

Small Crochet Items:
Addison Cornett (purse)—Grand Champion

Intermediate Crochet Items:

Addison Cornett (doll)—Grand Champion
Addison Cornett (baby items)—Blue Ribbon

Photography

Agriculture: Crops

Addison Cornett—Grand Champion
Gage Gibson—Blue Ribbon
Del Brumel—Blue Ribbon

Agriculture: Life Cycle

Gage Gibson—Grand Champion

Agriculture: Farm Equipment

Addison Cornett—Grand Champion
Reuben Cornelison—Blue Ribbon

Agriculture: Companion Animal

Gage Gibson—Blue Ribbon
Addison Cornett—Grand Champion
Morgan Oetzel—Blue Ribbon
Reuben Cornelison—Blue Ribbon

Natural Resources: Forest

Chaz Brumel—Grand Champion





Natural Resources: Water

Mack Sumrell—Blue Ribbon
Lexia Miller—Blue Ribbon
Chaz Brumel—Blue Ribbon
Del Brumel—Grand Champ

Natural Resources: Wildlife

Addison Cornett—Grand Champ
Addison Cornett—Blue Ribbon

Natural Resources: Natural Scenic

Addison Cornett—Blue Ribbon
Chaz Brumel—Blue Ribbon
Del Brumel—Blue Ribbon
Gage Gibson—Blue Ribbon
Maddie Sumrell—Blue Ribbon
Reuben Cornelison—Grand Champion

Natural Resources: Native Plants

Addison Cornett (3)—Blue Ribbon
Del Brumel—Blue Ribbon
Gage Gibson—Grand Champion
Mack Sumrell—Blue Ribbon
Morgan Oetzel—Blue Ribbon

Natural Resources: Insect

Addison (2)—Grand Champion
Gage Gibson—Blue Ribbon
Lexia Miller—Blue Ribbon
Morgan Oetzel—Blue Ribbon

Horticulture

Single Color

Bella Gibson—Grand Champion
Del Brumel—Blue Ribbon
Gage Gibson—Blue Ribbon
Mack Sumrell—Blue Ribbon
Maddie Sumrell—Blue Ribbon

Horticulture

Collection

Bella Gibson—Blue Ribbon
Gage Gibson—Grand Champion
Maddie Sumrell—Blue Ribbon

FCS

Family

Chaz Brumel—Grand Champion

Culture

Bella Gibson—Blue Ribbon
Maddie Sumrell—Grand Champion

Patterns/Designs

Mack Sumrell—Blue Ribbon

Leadership: Formal/Candid

Gage Gibson—Grand Champion

Leadership: Urban Scenic

Addison Cornett—Grand Champion
Maddie Sumrell—Blue Ribbon

Leadership: Event

Reuben Cornelison—Blue Ribbon

SET: Movement

Gage Gibson—Grand Champion

SET: Machinery/ Equipment

Gage Gibson—Blue Ribbon
Reuben Cornelison—Grand Champion

Health: Stress Relief

Gage Gibson—Grand Champion

Health: Healthy Eating

Gage Gibson—Grand Champion

Communications/Expressive Arts

Instrument:

Del Brumel—Grand Champion

Communications/Expressive Arts:

Cultural Arts Event:

Chaz Brumel—Grand Champion

Communications/Expressive Arts:

Created Art in Community:

Chaz Brumel—Grand Champion
Lexia Miller—Blue Ribbon
Reuben Cornelison—Blue Ribbon

Communications/Expressive Arts:

Words:

Bella Gibson—Blue Ribbon



4-H Club Activities

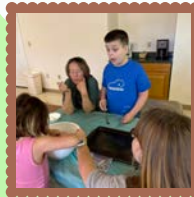
4-H State Communications Day

Congratulations to Lucas Howard, Aliyah Collett, Jace Smith, Bristol Smith & Jaxon Collins for participating in the 4-H State Communications Day Contest!! All received blue ribbons! Awesome job!



4-H Cooking Club

Our 4-H Cooking Club members put their skills to use and made scones for the first time! We look forward to seeing many more State Fair recipes entered for the 4-H Project Showcase!



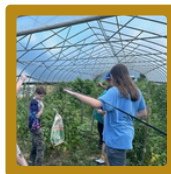
4-H Art Club

This past month, Ms. Pam led our 4-H Art Club & members created their own puppet theaters! All projects turned out wonderful!



4-H Homeschool Club

Our 4-H Homeschool Club members had the privilege of touring Tolman and Charlotte Mills' farm, where they learned the importance of growing their own food and received tips on raising a garden. Thank you for a great tour!



Let's Garden

We were delighted to have Drucie Brown as our guest speaker for the 4-H Let's Garden Program. Her insightful gardening tips were invaluable, and we eagerly anticipate the growth of our succulent plants this summer!





4-H IN-SCHOOL CLUBS

 Cooperative
Extension Service

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.



RETURN SERVICE REQUESTED

Breakfast Pizza

Servings: 12

Serving Size: 1/12 pizza (3-inch square)

Ingredients:

- Cooking spray
- 2 (8 ounce) tubes reduced-fat crescent rolls
- ½ pound breakfast sausage
- 1 cup (4 oz) fresh mushrooms, chopped or sliced
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- ½ cup tomatoes, chopped
- 4 eggs, well beaten
- 1 cup shredded cheddar cheese

Directions:

- Preheat oven to 375 degrees F. Spray a cookie sheet with cooking spray.
- Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
- Pinch up the edges to hold toppings.
- In a skillet, brown sausage and drain.
- Sprinkle sausage, mushrooms, onion, green pepper, and tomatoes evenly over the dough.
- Pour eggs over top and sprinkle with cheese.
- Bake for 20 minutes or until lightly browned.
- Cut into squares with a pizza cutter and serve.

Option: Fat & cholesterol content can be reduced by using low-fat cheese and 6 egg whites instead of 4 eggs.



Pizza for breakfast? Why not?! This quick and easy recipe will have your kids jumping out of bed in the morning!



Nutrition facts per serving: 250 calories; 17g total fat; 7g saturated fat; 0g trans fat; 75mg cholesterol; 580mg sodium; 18g carbohydrate; 0g fiber; 3g sugar; 10g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Megan Finney, former student, University of KY