

# Powell County Extension News

February, 2024



## This month at the Extension Office

Thursday  
**1** **Beginners Beekeeping at 6:30 p.m.**

Tuesday  
**6** **Evening Homemakers Self-Care at 6:30 p.m.**

4-H Cooking Club at 4:30 p.m.

4-H Poultry Club at 5:30 p.m.

Monday  
**12** **Homemakers Quilt Club at 11:00 a.m.**

Powell & Clark County Beekeepers at 6:30 p.m.

Tuesday  
**13** **Clay City Homemakers at 11 a.m.**

Savor the Flavor at 5:30 p.m.

4-H Livestock Club at 5:30 p.m.

Thursday  
**15** **Beginners Beekeeping at 6:30 p.m.**

Tuesday  
**20** **4-H Art Club at 5:30 p.m.**

Thursday  
**22** **Beginners Beekeeping at 6:30 p.m.**

Friday  
**23** **Date Night Cooking at 6 p.m.**

Tuesday  
**27** **4-H Cloverbuds at 5:30 p.m.**

### 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.

# Volunteer Spotlight



## Roberta Frazier

### What is your role in Extension?

Currently, I am the 4-H Council President and a member of the Extension District Board

### How did you first get involved with Extension?

I became a volunteer in Shooting Sports and Cooking Club when my nephew and niece were little. (many years ago) I have participated in various roles since then.

### Which quality do you most like in a person?

Trustworthy

### What do you enjoy most about volunteering?

I enjoy helping others..

### What are some of your hobbies?

Reading, crafting, puzzles/games, gardening and working in the yard

### As a child, what did you want to be when you grew up?

I wanted to be an architect or a librarian



# Agriculture and Natural Resources



## Jason Vaughn

Powell County Agent for  
Agriculture & Natural Resources

*Jason Vaughn*



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



[powell.ca.uky.edu/anr](http://powell.ca.uky.edu/anr)



## Powell & Clark County Beekeepers

will meet Monday, February  
12th at 6:30 p.m. at the  
Clark County Extension  
Office

*A potluck dinner will be served.*



## MONTHLY FORAGE TIPS

- Continue grazing stockpiled tall fescue if available.
- Begin frost seeding with 6-8 lb/A red and 1-2 lb/A ladino white clover on closely grazed pastures.
- On pastures with lower fertility, consider adding 10-15 lb/A annual lespedeza to the above recommendation.
- Consider applying 40-50 lb/A nitrogen in mid- to late-February on some pastures to promote early growth.
- Service and calibrate no-till drills. (Information available at the Extension Office)
- Apply lime and fertilizer according to soil test if not done in fall.

# Beginners Beekeeping Workshop

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

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

## Topics will include:

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

**6:30 p.m.**

**February 1st, 15th,  
22nd, and 29th**

**at the Powell County  
Extension Office  
169 Maple St.,  
Stanton**

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

## Cooperative Extension Service

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



# Winter and Early Spring River Flooding

Jane Marie Wix – National Weather Service Jackson, KY

I came across an interesting quote recently from a man named Dean Acheson that said, “You can’t argue with a river - it is going to flow. You can dam it up, put it to useful purposes, you can deflect it, but you can’t argue with it.” As we head into the winter months, rivers seem to become more “argumentative” as they swell and flood. So why do we typically see most of our river flooding in the winter and early spring here in Kentucky?

There are several factors...

1. During the winter months, the lack of vegetation, and the cold and occasionally frozen ground make it unable to absorb as much water. This creates more runoff into area creeks and streams, and eventually into the riverways.
2. The winter also tends to bring more amplified/stronger storm systems, which can result in more widespread significant precipitation. Typically in the spring and summertime, heavy precipitation associated with storms is more localized, while in the winter, it can cover vast expanses, leading to more impacts on the rivers.
3. Jam - it isn’t just for bread! Ice floating down the river can get backed up and dam up the waterway, known as an ice jam. The water behind the jam will rise and flow out of the banks, leading to a real flooding. Subsequently, the jam will eventually release, sending large chunks of ice down the river, and leading to potential damage downstream as well. This is more typical farther north than Kentucky, where rivers are more likely to freeze over.
4. As we head into the early spring months, or even a warm spell after a large winter event, rising temperatures begin to melt away at the snow and ice on the ground. If too much ice or snow melts at once, this creates a large amount of runoff into the waterways, leading to significant river rises. This gets amplified when heavy rains also fall on top of the melting ice and snow.
5. According to FEMA and the National Inventory of Dams (2007), there are more than 80,000 dams in the United States. Dam failure or levee breaches can occur with little warning. Failures and breaches can be slow, lasting from days to weeks, or can be very abrupt with profound impacts to locations downstream. Causes of dam failure vary from natural causes such as prolonged rainfall, landslides, earthquakes, or erosion - to human causes such as improper maintenance and design, and negligent operation.



Clay City, KY. Persistent heavy rain causes major flooding across east Kentucky February 27-March 1, 2021 (NWS Jackson)

Know your risk... Is your home, business, or school near a river or stream? Are you in the flat land adjacent to that river or stream? More than likely if you answered yes, you are located in a floodplain. Floodplains are the natural overflow for rising waters in these streams and rivers, and were formed/flattened by repeated flooding and water flows. Where is water likely to collect on the roadways you most often travel? What is the fastest way to get to higher ground? Knowing the answers to these questions ahead of time can save your life.



**Follow Powell County  
Livestock Association on  
Facebook!**

**POWELL COUNTY**  
LIVESTOCK ASSOCIATION



# Kentucky Rabbit Stew

Servings: 12

Serving Size: 1 1/2 cups

## Ingredients:

- 1 rabbit (3 pounds) cut into pieces
- ¾ cup all-purpose flour, divided
- 3 tablespoons vegetable oil
- 5 stalks celery, chopped
- 2 medium onions, thinly sliced
- 1 ½ teaspoons salt-free zesty herb blend
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon rosemary
- ½ teaspoon ground sage
- 1 bay leaf
- 4 cups water
- 4 cups low-sodium chicken broth
- 2 cups diced carrots
- 4 medium potatoes, peeled and diced
- 4 ounces mushrooms, sliced
- 1 cup cold water



*A hearty rabbit stew with potatoes, mushrooms, carrots, and celery makes a complete meal.*

## Directions:

Coat rabbit pieces in ½ cup flour. Heat oil in a large covered pan over medium heat. Brown rabbit pieces on all sides in oil. Add celery, onion, zesty herb blend, salt, pepper, rosemary, sage, bay leaf, water, and broth. Bring to a boil. Reduce heat to simmer. Cover and simmer for 2 hours. Lift rabbit pieces out of broth and remove bones, if desired. Return meat to pan. Add carrots, potatoes, and mushrooms. Cook for an additional 30 minutes or until vegetables are tender. Combine remaining ¼ cup of flour with cup cold water. Stir until well-blended with no lumps. Stir flour mixture into broth. Cook and stir until broth has thickened. Remove bay leaf before serving.

**Source:** Adapted from “Kentucky Rabbit Stew” by Martha Yount, Regional Specialist for Nutrition Education

Nutrition facts per serving: 260 calories; 6g total fat; 1.5g saturated fat; 0g trans fat; 90mg cholesterol; 350mg sodium; 22g carbohydrate; 2g fiber; 4g sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of Calcium; 30% Daily Value of Iron; 20% Daily value of Potassium

## UK Beef Management Webinar Series

Registration is necessary, please send an email to [dbullock@uky.edu](mailto:dbullock@uky.edu) with Beef Webinar in the subject line and your name and county in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. All meeting times are 8:00pm ET/7:00pm CT.

**February 13, 2024**

What's the Cost of a Cheap Mineral – Katie VanValin, Assistant Extension Professor,  
University of Kentucky

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[www.FromTheWoodsToday.com](http://www.FromTheWoodsToday.com)

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From the Woods Today is a weekly internet show co-hosted by Renee' Williams and Billy Thomas with UK Forestry and Natural Resources Extension.

The show airs live on Wednesdays at 11 a.m. EDT. Links to live shows are posted on [www.fromthewoodstoday.com](http://www.fromthewoodstoday.com) just prior to the show.

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**Powell County Soil Conservation now has a post driver for rent.  
Makes installing fences quicker and easier.**

Contact Powell County Soil Conservation for rental information, 663-2896 or stop by at 201 Main St., Stanton



# Six easy steps to maximize your pasture success with clover frost seeding

Source: Jimmy Henning, Plant and Soil Science Professor

Kentucky's weather conditions are predictably unpredictable. During the Kentucky Forage and Grassland Council assembly in November, board members discussed a possible shift in optimal timing for frost seeding clover -- broadcasting red clover into winter wheat just before green-up -- due to the increasingly milder winters. With that said, be careful when making statements about Kentucky weather as weather variation complicates predicting the optimum period for frost seeding clovers.

As legumes, clovers are an essential part of a strong and healthy nitrogen cycle in grasslands. Distributing six pounds of red clover and one to two pounds of white clover over a grassy area with some bare soil in the later part of winter, combined with minimal competition control, can develop high-quality pasture.

The advantages of cultivating clover are substantial, encompassing natural nitrogen fixation, and enhanced forage quality and yield. Particularly noteworthy is recent U.S. Department of Agriculture research indicating that red clover can significantly mitigate the vasoconstrictive effects of toxic endophyte tall fescue, making it an exceptionally valuable crop.

Frost seeding is a preferred establishment method due to its minimal equipment requirements. Typically, a small spinner seeder attached to a tractor or four-wheeler is all you would need for seed distribution. Red and/or white clover are well-suited for frost seeding as they exhibit rapid germination, shade tolerance, and vigorous root and shoot development in their seedling stages. Their small, smooth seeds are readily incorporated into the top quarter inch of soil through natural weather patterns or animal movement.

Despite the numerous advantageous clover traits are for establishment, it is crucial to adhere to the fundamental requirements of forage establishment, even in low-input methods like frost seeding.

These essentials include:

1. Conduct soil analysis and apply necessary nutrients. Clovers thrive in soil with a pH of 6.5 to 7 and medium to high levels of phosphorus and potassium. Nitrogen should only be added when diammonium phosphate is required for phosphorus provision.
2. Choose a high-quality variety. Opt for an improved variety with established performance and genetics. Selecting a superior red clover variety can yield up to three tons more hay per acre and extend the stand's lifespan compared to common, unclassified seeds. The University of Kentucky provides extensive yield data and persistence of white and red clover varieties for hay and pasture, available at [http://forages.ca.uky.edu/variety\\_trials](http://forages.ca.uky.edu/variety_trials). It is advisable to check with seed suppliers to see if your favorite variety is available.
3. Apply an adequate quantity of seed. Typical seeding rates range from 8 to 12 pounds of red clover and one to two pounds of white/ladino clover per acre. A reduced rate, such as six pounds of red and one pound of white clover, still results in over 55 seeds per square foot (37 red and 18 white).



# Six easy steps to maximize your pasture success with clover frost seeding

Source: Jimmy Henning, Plant and Soil Science Professor

4. Ensure seed contact with bare soil. Removing excess grass or thatch, revealing bare ground, is imperative before overseeding. A major cause of frost seeding failures is excessive ground cover. Farmers can achieve bare soil exposure through controlled cattle movement or mechanically using a chain harrow.

5. Achieve optimal seed-soil contact. Frost seedings rely on precipitation and the freeze-thaw cycle to integrate clover seeds into the top quarter inch of soil. Utilizing a corrugated roller post-seeding can further enhance soil contact.

6. Manage competition the following spring. Avoid additional nitrogen application on overseeded fields. Be prepared for timely mowing to control grass or weed overgrowth above the clover. Although clover seeds are inherently vigorous, controlling competition can expedite and improve establishment.

With careful attention to soil fertility, variety selection, seeding rate, seed placement and competition management, clover can be successfully frost seeded into existing grass pastures. For more information on horticulture frost seeding, contact your Powell County Extension office.

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## NUISANCE WEED SPRAYING PROGRAM

This program consists of weed spraying demonstration plots. The department will provide the sprayer and enough chemical for the treatment of 10 acres of agricultural land or 100 gallons of spot spraying mix to be used on agricultural land. The department's representative will demonstrate proper mixing and application techniques. A number of nuisance weeds can be treated under this program depending on the needs of the participant. This program is limited to broadleaf weeds.

### **Broadcast Spraying demonstration plots consist of:**

10 acres of agricultural land will be treated with chemical provided by the department  
Application is performed with a two-wheeled trailer type sprayer equipped with boomless nozzles  
If additional chemical is provided by the participant, an additional 10 acres can be treated.

### **Spot Spraying demonstration plots consist of:**

100 gallons of broadleaf chemical mix which is applied until sprayer is empty  
Application is performed with a two-wheeled trailer type sprayer equipped with a handheld spray wand used by the tractor operator  
If additional chemical is provided by the participant, an additional 100 gallons can be sprayed.

### **For each demonstration:**

The participant must provide water source  
The participant must provide tractor and operator  
All chemical products must be labeled and the product label will be strictly followed  
A maximum of 7 participants per county

This program is designed to target weeds that have a negative impact on the participant's agricultural production. There will be an annual online application period to participate in this program. You may submit an application using our on-line services (located in the top menubar) from February 1 to February 29 of each year. <https://www.kyagr.com/consumer/nuisance-weed-spraying-program-application.aspx>

## Annual Plant Sale



### Allstar or Earliglow Strawberry Plants

Plants come in bundles of 25 at \$7.50 per bundle.

Allstar Strawberries are June bearing and produce a larger berry.

Earliglow Strawberries are June bearing and producer a sweeter, smaller berry.



### Chandler and Duke Blueberry Bushes

The plants are sold individually and cost \$10.00 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

**\$5.00 per plant**

### Natchez Blackberry Plants

**\$5.00 per plant**

### Millennium Asparagus

**\$3.00 per plant**

## Deadline to order is March 8th

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



Receipt No. \_\_\_\_\_

# 2024 Plant Order Form

## Cooperative Extension Service

**Purchaser Information:**

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

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

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

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

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

Powell County

169 Maple St.

Stanton, KY 40380

(606) 663-6405

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7.50 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$10 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$10 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$3 each	
_____ bundles	Onion plants (Candy)	\$6 (bundle of 60)	
		Total Due	

**Pre-payment is required by Friday, March 8th for all plant orders.  
Make checks payable to: Powell County Farmers' Market**

**Payment Information:**

Amount Paid: \_\_\_\_\_

Date: \_\_\_\_\_

Received by: \_\_\_\_\_

Check No.: \_\_\_\_\_ or Cash \_\_\_\_\_

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



# FAMILY AND CONSUMER SCIENCES

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



## Kendyl Redding

Powell County Agent for Family & Consumer Sciences

*Kendyl Redding*

606-663-6405

 [Kendyl.Redding@uky.edu](mailto:Kendyl.Redding@uky.edu)

 Powell County FCS Extension

 [powell.ca.uky.edu/fcs](http://powell.ca.uky.edu/fcs)

## EXTENSION HOMEMAKERS

### EVENING HOMEMAKERS

will meet Tuesday, February 6th at 6 p.m.

### QUILT CLUB

Quilt Club will be meeting February 12th at 11 a.m. at the Extension Office

### CLAY CITY HOMEMAKERS

will meet February 13th at 11 a.m. at the Extension Office.

### PLANNING COMMITTEE

will meet Friday, March 1st at 10 a.m.

## Self-Care



What does it mean to take care of yourself?  
Join us to learn how to extend the same time,  
kindness, and consideration to yourself as  
you do to those around you.

Powell County Extension Office  
Tuesday, February 6th  
6:00 pm

# Savor the Flavor

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment



## COOKING WITH OILS AND VINEGARS

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store – or they may be already in your cupboard!



Menu includes:

- Balsamic Veggie Pasta
- Tomato Basil Salad
- Balsamic Berries with Honey Yogurt

**Tuesday, February 13th**

**5:30pm-7:30pm**

**Powell County Extension Office**

**Registration is required, space is limited!**

**Must be 18 years or older to attend.**



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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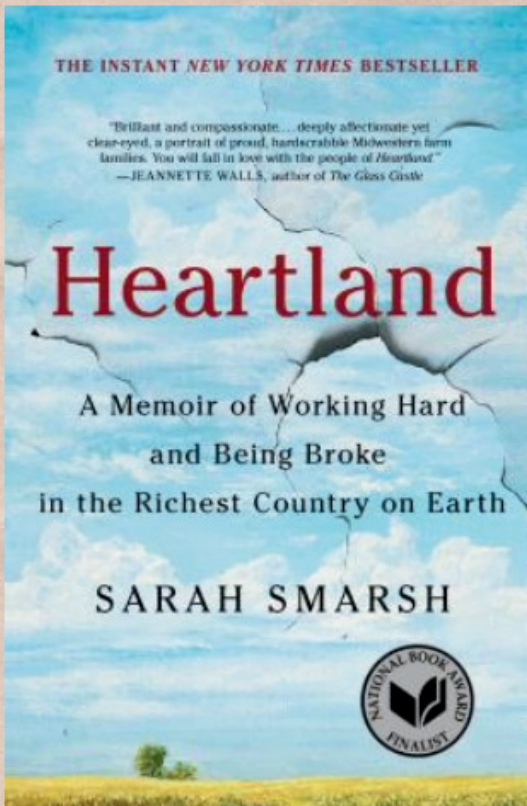
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# BIG BLUE BOOK CLUB



Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

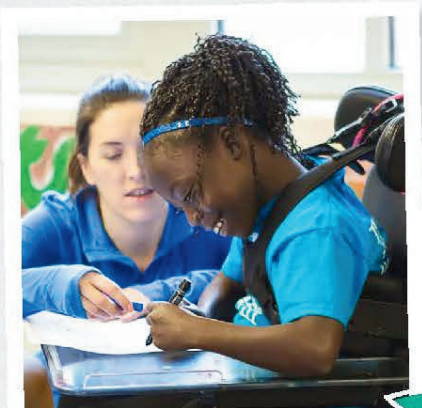
Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!





# Girls on the Run is for **EVERY** girl.



**Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls of all abilities will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 5 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.**

## Why it Matters

**IT'S FUN. IT'S EFFECTIVE.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than **40%\***



**97%** of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Program starts: February 13th at Bowen Elementary Tuesdays/ Thursdays 3:15-4:30pm Program Fee: \$40.00

Contact: Kendyl Redding at 606-663-6405 or [kendyl.redding@uky.edu](mailto:kendyl.redding@uky.edu) for questions.

**LEARN MORE AND REGISTER TODAY AT [WWW.GOTRCENTRALKY.ORG](http://WWW.GOTRCENTRALKY.ORG)**





# February DATE NIGHT COOKING



GRAB YOUR SPOUSE, PARTNER, FRIEND, OR OTHER LOVED ONE ON THE LAST FRIDAY OF EACH MONTH AND SPEND AN EVENING COOKING TOGETHER! LEARN WAYS TO MASTER THE KITCHEN, PREPARE HEALTHY, DELICIOUS DISHES FOR TWO.

FRIDAY, FEBRUARY 23RD  
POWELL COUNTY EXTENSION OFFICE  
6:00 - 8:00 PM

REGISTRATION REQUIRED! SPACE IS LIMITED

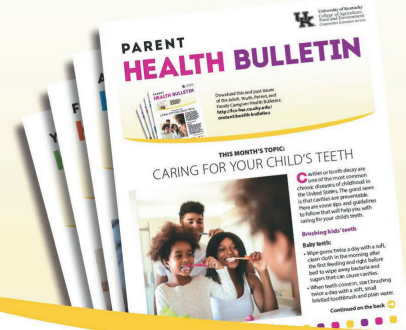
REGISTER  
NOW





# PARENT

# HEALTH BULLETIN



**FEBRUARY 2024**

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

## THIS MONTH'S TOPIC

# LIMIT YOUR CHILD'S EXPOSURE TO CAFFEINE



**M**any adults drink a cup of coffee in the morning to help wake up or a soda in the afternoon for a pick-me-up. That's because of the caffeine. Caffeine is a natural chemical found in tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (gives cola its flavor). Caffeine is classified as a drug because it stimulates the central nervous system. It can make people feel more alert and energetic, and has similar effects in kids and adults. While food and drinks with caffeine are everywhere, it is wise to limit caffeine consumption, especially in children.

**Continued on the next page** ➔





## *Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine.*

### ➔ Continued from the previous page

In both children and adults, too much caffeine can cause negative health effects such as:

- jitters and nervousness
- upset stomach
- headaches
- problems with concentration
- trouble sleeping
- faster heart rate
- higher blood pressure

Especially in young children, it doesn't take a lot of caffeine to produce these effects. Caffeine sensitivity refers to the amount of caffeine that will cause an effect in someone. Caffeine sensitivity is mostly related to daily caffeine intake, but the smaller the person, the less caffeine you need to produce side effects. Kids are more sensitive to caffeine than adults.

Caffeinated drinks, like sodas, coffee, tea, and energy drinks, often also contain lots of sugar. Kids and teens who fill up on them get lots of empty calories without the vitamins and minerals they need for their bodies to grow and develop. Children ages 12 and younger do not need any caffeine at all; teens are encouraged not to consume any more than 100 mg daily.

Parents can help children look at food and drink labels to determine if the item contains caffeine, help monitor how much they consume, and guide children toward alternative drink and treat choices. The list below contains common sources of caffeine and how much caffeine a serving contains.

- **Jolt soft drink** (12-ounce can): 71.2 mg
- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg



Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine. You can still allow the occasional soda or tea — just make it decaffeinated.

If your child consumes a lot of caffeine, cut back slowly. Abruptly stopping caffeine may cause withdrawal symptoms (like headaches, low energy, and irritability), especially for those who consume a lot of it.

#### REFERENCE:

<https://kidshealth.org/en/parents/child-caffeine.html>

**ADULT**  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2024

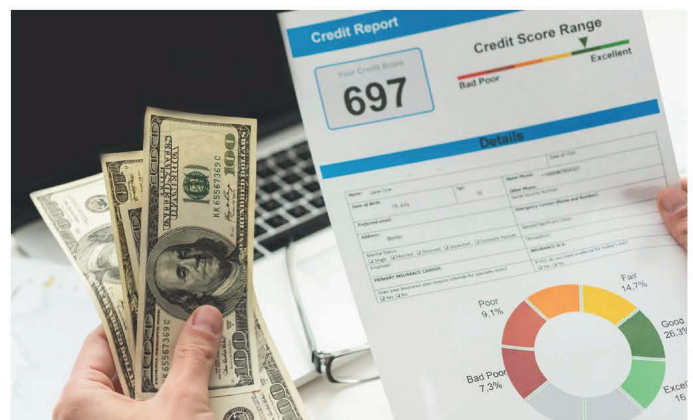
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: BULKING UP A THIN CREDIT FILE

Your credit score is used when you apply for new credit, but also it could be used to check your reliability for insurance, rent, or a new job. However, some people have not yet had enough credit to generate a file. FICO, the largest company that provides software for calculating credit scores, estimates that 53 million people in the U.S. do not have enough data in their credit files to generate a FICO Score.

A credit score tells businesses how likely you are to pay back what you owe in a timely way. Your score is based on the information in your credit report, such as payment history, length of time you've had accounts open, and how often you open new accounts. Those who don't yet have a file are sometimes called "credit invisible." Others may have a file, but their past credit practices may have led to a score that is not as high as they might wish.

The good news is, there are a few tools available to those who wish to bulk up a thin credit file, either to create a score or to improve the score they already have. Two of these tools are called Experian Boost and UltraFICO.



### ULTRAFICO

UltraFICO is a free service that uses additional information that you agree to share to generate this special score. Using a secure online portal, you link your banking accounts, such as checking or savings, so that your banking activity can be weighed in with your credit report data. This score does not replace your traditional score or become part of your credit report. You use an opt-in feature to share it with lenders. This score may be helpful if you have consistently kept positive balances averaging at least \$400 in your bank account.

### EXPERIAN BOOST

Experian is one of the three credit reporting bureaus, and it offers its own free service

## **THE BEST WAY TO BUILD AND MAINTAIN A GOOD CREDIT SCORE IS TO PAY BILLS ON TIME, PAY DOWN BALANCES, AND AVOID NEW DEBT.**



called Experian Boost. Boost considers monthly bills you pay that are not normally included in your credit report. You connect the bank account you use to pay your bills and select the bills you want to have counted in your Experian credit file. The system will look through two years of payment history for qualifying bills with recent on-time payments. The following types of bills and payments could qualify: phone, rent, utilities, television, insurance, internet, and video streaming services.

### **VANTAGESCORE**

VantageScore is an additional scoring model that lenders and businesses might use. Its scoring model can generate a score as soon as one month after a credit account is opened, which is faster than FICO's 6-month or more model. Most of the time there is no way to know in advance whether a lender will use Vantage or FICO scores. However, if credit is denied, the lender will disclose the score and the factors that led to the outcome.

### **A NOTE OF CAUTION**

Be aware that once you grant access to the additional information counting toward your score, you must be willing to accept the consequences. Just as paying on time and keeping credit charges low will help, the opposite can hurt your score. If you grant access to either your bill payment history or your bank accounts, you will need to ensure that you make those payments on time, that you maintain a balance, and don't overdraw your account in order for it to reflect positively on your score.

These programs may help pad your file, but they aren't a "cure-all." Remember, the best way to build and maintain a good credit score is to pay bills on time, pay down balances, and avoid new debt.

### **REFERENCES:**

<https://www.fico.com/ultrafico>

<https://www.experian.com/consumer-products/score-boost.html>

<https://www.vantagescore.com/consumers/how-credit-scores-work/>

Written by: Kelly May | Edited by: Nichole Huff and 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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JANUARY / FEBRUARY 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Make resolutions stick: Focus on family

**T**his is the year to add to the health of your family. Try a few of these ideas:

### Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.** Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



### Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

### 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

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## SMART TIPS

# Muscle strengthening activities and health

**A**dults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

## FOOD FACTS

# Proteins

**P**rotein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

### How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

### What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

## PARENT CORNER

# Raise healthy eaters in the new year

**R**ing in a new year by teaching kids the value of food and nutrition.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.

- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.

- Teach basic skills for making good food choices away from home.

This may seem like a long to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>





**Supplemental  
Nutrition  
Assistance  
Program**

# TIPS & TRICKS

## *Everything Tuna Melts*

### Nutrition

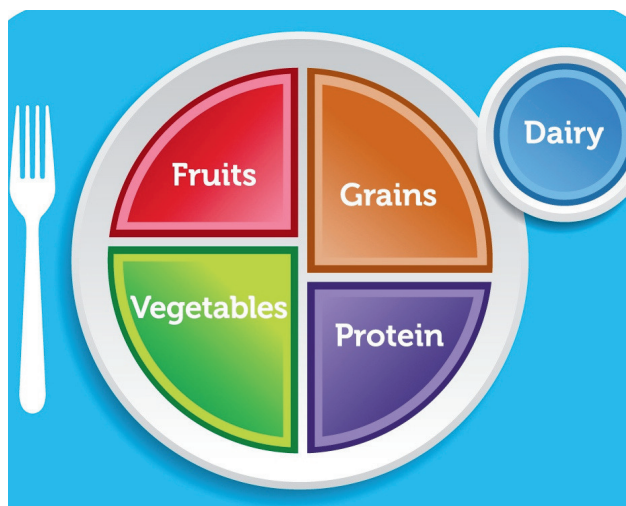
- Seafood has a range of important nutrients, including omega-3 fatty acids.
- Many Americans meet the protein recommendations for meat, poultry, and eggs, but do not meet the recommendations for seafood, nuts, seeds, and soy products. Meeting the recommendations for these protein food subgroups can help increase intake of important nutrients, including unsaturated fats, dietary fiber, and vitamin D and help to limit intake of sodium and saturated fats coming from processed meat and poultry.
- The Dietary Guidelines recommends eating fish or seafood as a protein source at least twice a week.

### Cooking Tips

- This recipe is very adaptable to use what you have on hand. Making changes can give you a fresh flavor and it keeps mealtime from getting boring.
- If you do not have whole-wheat bagels, substitute with whole-grain English muffins, hamburger buns, or whole-wheat bread. Or try everything-flavored bagels and skip the seasoning in the recipe.
- Try substituting canned or cooked chicken for tuna.
- You can substitute any sliced fruit or vegetable for apple slices. If fresh fruit is not available, use canned varieties. Try tomato slices or pineapple slices instead of apples to add variety.
- If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.
- Everything bagel seasoning might be an unfamiliar ingredient.

Dollar stores and discount grocery stores often carry everything bagel seasoning at affordable prices.

- If you do not have a working oven, you can toast the bagels in a toaster, add the toppings, and melt the cheese in a microwave at the end. You can also make these in an air fryer. Toast the bagels first, then add the toppings, and return to the air fryer to melt the cheese.



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





## Everything Tuna Melts



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

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

**Note:** This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

**Makes 5 servings**  
**Serving size: 2 bagel halves**  
**Cost per recipe: \$7.52**  
**Cost per serving: \$1.50**

### Nutrition facts per serving:

320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

### Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service







# 4-H Youth Development



## Emilee Hager

Powell County Agent for 4-H  
Youth Development

*Emilee Hager*



606-663-6405



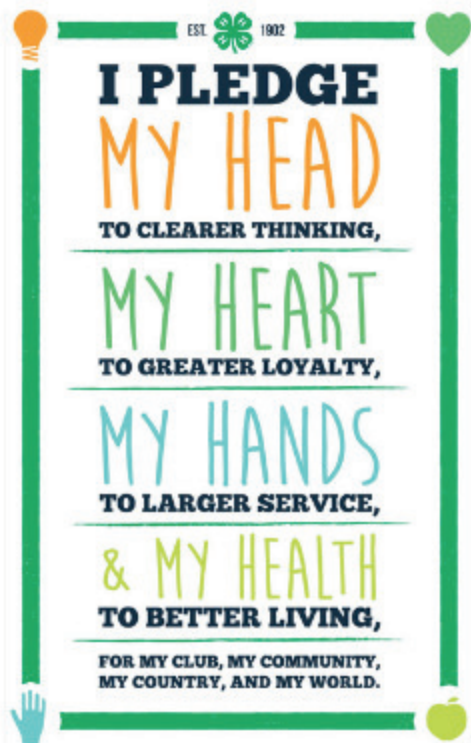
Emilee.Hager@uky.edu



Powell County 4-H



[powell.ca.uky.edu/4H\\_Youth\\_Development](https://powell.ca.uky.edu/4H_Youth_Development)



Powell County 4-H is selling Rada Cutlery and merchandise to help raise money for youth activities in Powell County. You can order online and have your items shipped directly to you. Visit our link below to place your order.

Thank you for your support!

[https://radafundraising.com?  
rfsn=2394695.a8003c](https://radafundraising.com?rfsn=2394695.a8003c)



# 4-H Cooking Club

OPENED TO ALL YOUTH AGES 9-18 YEARS OLD

Meetings will be the 1st Tuesday of each month



- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

**February 6th  
4:30 to 5:30**

169 Maple Street  
Stanton Ky. 40380

For more information contact: 663-6405

An Equal Opportunity Organization



## POWELL COUNTY 4-H POULTRY CLUB

Meeting the 1st Tuesday each month @ 5:30

Open to youth 5-18 years old

Members will learn breeds and species, anatomy,  
showmanship, and responsible ownership

**Next Meeting: February 6th**

NO JANUARY MEETING

Meetings will be held monthly at the Powell County Extension Office

For more information  
contact us at 663-6405  
or [emilee.hager@uky.edu](mailto:emilee.hager@uky.edu)







# 4-H LIVESTOCK CLUB

LIVESTOCK CLUB MEETS THE 2ND TUESDAY OF EACH MONTH AT 5:30PM

**Livestock Animal Not Required!**



NEXT MEETING ON February 13th

169 Maple Street  
Stanton Ky. 40380

- Curing Country Hams
- Showing Livestock
- Educational Opportunities
- Public Speaking
- To meet new friends

For more information Contact Emilee 663-6405



 Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky. 

## 4-H Art Club

MEETS THE 3RD TUESDAY OF EVERY MONTH

Opened to ages 5-18 years old

**FEBRUARY 20TH**  
5:30 to 6:30pm

169 Maple Street  
Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405



# Under the Big Top

BE THE STAR OF THE SHOW



## 4-H Camp 2024

**July 15 - 19, 2024**

JM Feltner 4-H Camp London, KY

**Cost: \$300**

Includes lodging, food,  
t-shirt, activities & class fees

**Applications will be available March 1st**

FUN & CREATIVE ACTIVITIES  
**4-H CLOVERBUD CLUB**

OPEN TO YOUTH  
Ages 5-8 years old

Tuesday, February 27th  
5:30 to 6:30

EXTENSION OFFICE  
169 MAPLE STREET  
STANTON, KY

For more information contact Emilee at 663-6405

Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

AN EQUAL OPPORTUNITY ORGANIZATION

The poster features a cartoon boy with brown hair, wearing a red shirt and blue pants, holding a large yellow pencil. He is standing next to a whiteboard with green circular patterns. The background is blue and yellow with decorative elements like clover leaves and swirls.

### DON'T FORGET

In the event that there is no school in Powell County due to weather conditions, ALL 4-H activities and/or meetings will be cancelled for that day as well.