



DECEMBER 2022/JANUARY 2023

CLAY COUNTY EXTENSION NEWS

*Merry Christmas
and
Happy New Year*

**December 25, 2022
January 1, 2023**

COOPERATIVE EXTENSION



EXTENSION EVENTS

How can I stay up-to-date?

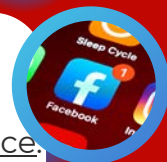
Monthly Newsletter

Call or email to be added to the monthly mailing or 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>



*Clay County
Cooperative
Extension Service*

**PO Box 421/69 Jameson Rd
Manchester, KY 40962
606-598-2789 or 2786
Fax: 606-598-2695
Email: clay.EXT@uky.edu
Open: Monday-Friday
8am - 4 pm**

Agriculture/Natural Resources - Family
& Consumer Sciences - 4-H/Youth Dev.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



Clay County Extension Office

CLOSED

December 26-30, 2022 - Christmas Holiday
January 2, 2023 New Year's Day Holiday
January 16, 2023 - Martin Luther King, Jr. Day

Weather Reminder:

**All 4-H & Homemaker Programs
are canceled if school is canceled!**



**Note: Checkout
our Facebook page for updates,
delays & closings!**

DECEMBER 2022 HEALTH BULLETINS

Adult Health Bulletin
Topic: The Winter Blues

Youth Health Bulletin
Topic: Caffeine

Parent Health Bulletin
Topic: Kids and Caffeine

Family Caregiver Health Bulletin
Topic: The Power of Photography

To check out these topics, please
visit our website at: [https://
clay.ca.uky.edu/healthbulletins](https://clay.ca.uky.edu/healthbulletins).



AGRICULTURE & NATURAL RESOURCES



Will Bowling
Co. Extension Agent for
Agriculture/Natural Resources Ed.
Email: will.bowling2@uky.edu

Dear Clay Countians,

I'm coming to you with bittersweet news. As you may have heard, I am transitioning away from my position as Clay County Ag and Natural Resources agent.

I never thought I would be leaving Extension so soon, and I expected to be in this job for the long haul when I accepted the position in early 2021. I still fully support Extension's mission and work, but over the past couple years I have come to miss my previous career in the wildlife field. So when the Rocky Mountain Elk Foundation recently created a position that I recognized would essentially be my dream job, I pursued that role and was offered the job. Still, leaving Extension has been a tough decision that I have not taken lightly.

I would like to thank each of you who have come into the office during my time as your county agent. It was truly a joy to work with you all over the past two years. Clay County has some great people, and I was honored to serve you during my time in Extension. I appreciate your willingness to allow me into your lives and your farms over the past two years.

And while I am leaving Extension, I am still going to be in the county. That being the case, I look forward to catching up with you in the coming months and years, whether at a Cattlemen's meeting or an Extension event or just happening up on each other out in the county.

Thank you again for your support over the past several years, and best of luck in all your endeavors going forward.

Best regards,



Events:

- Feeder Cattle Backgrounding Short Course**; December 15 – 16, Versailles, KY; register at <https://www.eventbrite.com/e/469124111847>
- KY Fruit and Vegetable Conference**; January 3 – 4, Bowling Green, KY; register at <https://2023kyfruitvegconference.eventbrite.com/>
- Eastern KY Farmer Conference**; February 24 – 25, Pineville, KY; registration details TBA

Fall Grazing Conference Videos

The Kentucky Forage and Grassland Council recently partnered with the University of Kentucky Forages Extension Program to conduct the 2023 Kentucky Grazing Conference. This conference had a full day of great presentations that featured both producers and some of the nation's foremost forage and pasture researchers. If you weren't able to make it to the conference, you can still access the conference material, however. All of the presentations were filmed, and have recently been uploaded to the KY Forage and Grassland Council YouTube page. You can access all of the presentations from 2023 and previous conferences at: <https://www.youtube.com/c/KYForages/videos>.

Pine View Farm Wins EKY Hay Contest

The East Kentucky Hay Contest is a friendly annual competition open to farmers in the eastern half of the state. In 2022, producers from more than 20 counties submitted nearly 500 hay samples. Each of these hay samples were tested for relative feed value and crude protein, which were combined to provide an overall hay quality score.

The biggest factors in making high quality hay are harvesting the forage at the proper growth stage and proper handling while tedding and baling. (And of course, having good hay weather after cutting certainly helps.) All of these factors came together for Pine View Farm earlier this year on Goose Rock. The Rudolph family has a lot of experience making hay and silage, and one of their sorghum-sudangrass cuttings earned the blue ribbon in the 2022 summer annual grass silage category.

Be sure to offer your congratulations next time you see them!



4-H Events



Alissa Ackerman

Alissa Ackerman

Co. Extension Agent for 4-H/Youth Development Ed.

Email: alissa.ackerman@uky.edu

COME & ENJOY THE FUN IN 4-H!



4-H Family Paint Day

(Parent/Guardian+Child)
Age: 5-18



Tuesday, December 13th
4:00PM
Clay County Excel Building






4-H Art Club Make & Take

Join us for crafts & snacks!
December 19th (1:00PM)
January 24th (4:00PM)
Clay County Extension Office
Age 5-18
You must call to register by December 14th at 598-2789







4-H Cooking Club

December 21st (1:00PM)
& January 10th (4:00PM)




Clay County Extension Office
Ages: 5-18
You must call to register at 598-2789







Cooperative
Extension Service

4-H Gingerbread House Contest



****Grand Champs will receive a door
prize, ribbon & gingerbread cookie
recipe!****

**DROP OFF: DECEMBER
14TH-15TH
CLAY COUNTY
EXTENSION OFFICE
8:00AM-4:00PM**

**WINNERS WILL BE
ANNOUNCED DECEMBER
16TH!**

**Categories : Cloverbuds (Age 5-8)
Junior (Age 9-14)
Senior (Age 15-18)
Family**



job club
KENTUCKY

2nd and 4th Tuesday
9:00-10:15am EST

December 13, 2022

**Be Strategic When Choosing Your
Professional References**

Be Strategic when Choosing your Professional References will be online on December 13th from 9-10:15 am EST presented by Caroline Francis, Ed. S., CCC, BCC, CCSP, CPRC, Director of Alumni Career Services, UK. Job seekers and career changers typically spend a great deal of time and effort on their actual job search but neglect strategically choosing and coaching their references. Learn how to put the icing on the cake and seal your next deal. Zoom attendee registration: <https://bit.ly/JOBCLUBKY>

In-Person

Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY



Online

Zoom attendee registration:
<https://bit.ly/JOBCLUBKY>



 Cooperative
Extension Service



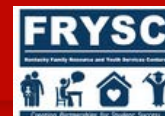
SAVE THE DATE!
Cookies with Santa



**TUESDAY, DECEMBER 20TH
1.00PM-3.00PM
CLAY COUNTY EXCEL BUILDING**

Pictures with Santa, Cookies, Story Time with Ms. Sandy, 4-H Community Service Project, Cookie Decorating, Ornament Crafts, Free Books, Games, Recipe Samples & more!

Forgiven
Logistics, LLC



4-H Updates: *What's been happening this month?*



4-H Cooking Club

Members of the Cooking Club met and created pumpkin pie parfaits for the holidays and participated in a fun, Thanksgiving activity! Mark your calendars for our next meeting in December!



4-H Art Club

Participants made a mixed media project for Thanksgiving! Don't forget these projects can be entered for our 4-H Project Showcase in the summer and KY State Fair! Our next meeting will be in December. Join us for fun crafts and snacks! Thank you to our wonderful volunteer, Pam Watterson, for teaching the program!



4-H Service Project with CCMS JAG Program

4-H has been partnering with the JAG Program each month and focusing on numerous topics including community service. This month, students participated in a 4-H Service Project by making handmade snowmen and penguins to deliver to nursing home residents around the holidays!



4-H School Clubs/Enrichment

Many club members participated in science lessons and dissected owl pellets. By doing this, students were able to identify the owl's prey and learn about their lifestyle!



Save the Date

4-H SUMMIT

6th, 7th & 8th
grades!

Join Kentucky 4-H at the 2023 4-H Summit, a leadership conference just for middle schoolers! The event will happen at two of our beautiful 4-H Camps March 16-18! Youth attend with their county delegation and get to participate in activities like 4-H T-Shirt Swap, Taste of Kentucky, 4-H 4K, Leadership Workshops, Community Service Projects and so much more! Contact Alissa Ackerman for more information!



598-2789



Save the Date!

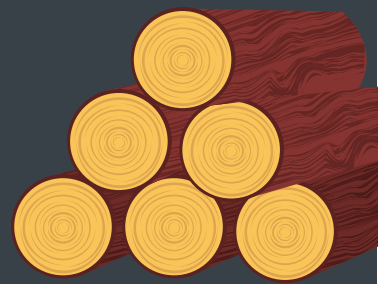
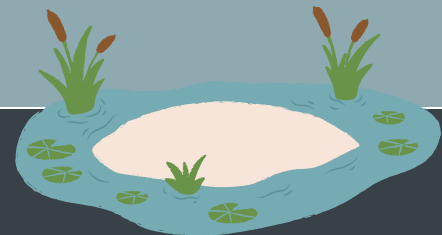


4-H SUMMER CAMP

August 1-4, 2023

JM Feltner 4-H Camp

Applications open April 3rd





Family & Consumer Science

Emily F. Boggs

Emily F. Boggs

Co. Extension Agent for Family & Consumer Sciences Ed.

Email: emilyf.boggs@uky.edu

Creative Connections Club
1st Saturday - 10am - EXCEL

Homemaker Card Club
2nd Tuesday - 1:00 pm
Extension Office

Happy Homemakers
3rd Monday - 4:00 pm

Homemaker Pins & Needles
3rd Saturday - 10am at EXCEL

CHEESE AND CORN CHOWDER



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

The last recipe in our 2022 Nutrition Education Program is Cheese & Corn Chowder. Come over to the Clay County Extension Office for our monthly Cooking Through the Calendar class on December 12th at 1:00pm and let's warm up with some soup! Please call 598-2789 to register. Free and open to the public.

COOPERATIVE EXTENSION



Creative Connections

1st Saturday of every month

10:00 AM

EXCEL

Crafters of all kinds, come join others who need a place to spread out, encouragement, or just some time to finish an ongoing project! Participants will bring their own personal projects, necessary tools, and supplies. Clay County Homemaker dues are \$12 per year.



Notice: for the month of December, Creative Connections club meeting will be the 2nd Saturday, December 10, 2022.

STAYING HEALTHY WITH DIABETES AT CHRISTMASTIME

DEC | 15 | 1 pm

Call 598-2789 to register.
FREE & open to the public.

Not Your Grandma's Brussels Sprouts

Ingredients:

- 1 pound Brussels sprouts, quartered
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons grated Parmesan cheese



Directions:

1. Preheat oven to 425 degrees F.
2. Lay Brussels sprouts on baking sheet or oven safe skillet and drizzle with olive oil. Season with salt, pepper and garlic powder. Toss to coat.
3. Bake 10 minutes, shake the pan to turn and bake for an additional
4. 8-10 minutes, until crisp and golden.
5. Remove from oven and sprinkle with grated cheese.

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 230mg sodium; 11g carbohydrate; 5g fiber; 3g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Servings: Makes 2 servings - Serving Size: 1 cup

Recipe Cost: \$1.60 - Cost per Serving: \$0.80



"It's a new year and that means a new recipe calendar! We'll be Cooking Through the 2023 NEP Calendar at the Clay County Extension Office on January 19th at 1:00 pm. January's recipe is Slow Cooker Smoky Black-Eyed Peas, so come join us and receive a calendar!" Please call 598-2789 to register. Free and open to the public



COOPERATIVE EXTENSION
University of
Kentucky
College of Agriculture,
Food and Environment

PRESERVING YOUR APPLES

**January 26, 2023 at 3 PM
Clay County Extension Office**

All of the apples have been picked from the trees and you may find yourself with some extras these days. Join us and we'll talk about a few methods of preserving them! This will be a hands-on lesson and you'll get to take home a jar of preserved apples. FREE & open to the public!

CALL 598-2789 TO REGISTER.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 12

Clay County Extension Office | 69 Jameson Rd | Manchester, KY | 40962 | (606) 598-2789

THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.



LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.

UNDERSTANDING YOUR "ESTATE"

After your death, the **full contents** of your estate must be distributed. This includes all the items you cherished within it (*and even some you didn't cherish*) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes **everything** you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. *Everything.*



YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD



ASSET DISTRIBUTION PLAN

When deciding “who gets what” in your estate, one way to simplify the process is to create an *asset distribution plan* or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the **Possession** column, list each item or group of items you find. In the next column, indicate the **Recipient** you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the **Reason** column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a **Distribution Method**, such as gift, sell, or donate.

LETTER OF LAST INSTRUCTIONS

Consider attaching a *Letter of Last Instructions* to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

TRANSFERRING CHERISHED POSSESSIONS CURRICULUM

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Transferring Cherished Possessions*, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

ADDITIONAL RESOURCES:

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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