

# Perry County Cooperative Extension Newsletter

FEBRUARY 2024

 Martin-Gatton  
College of Agriculture,  
Food and Environment

PERRY COUNTY  
EXTENSION SERVICE



AGRICULTURE &  
NATURAL  
RESOURCES



FAMILY &  
CONSUMER  
SCIENCE



4-H YOUTH &  
COMMUNITY  
DEVELOPMENT

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## 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 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.

# FEBRUARY

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Cooking Through the Calendar (TWO RECIPES) 10:00 a.m.	2 Bingocize @ Senior Center 10:00 a.m.	3
	4 Charity Sewing 9:00 a.m.  Perry County Homemaker Meeting & Lunch and Learn 12:00 p.m.	5 Bingocize @ Senior Center 10:00 a.m.	6 Livestock Judging Team Practice 3:45 p.m.	7	8	9 Open Sewing 9:00 a.m. - 12:00 p.m.
11	12	13 Valentine Sweets & Treats 1:00 p.m. 4-H Valentine Sweets & Treats 5:00 p.m. U.K. Beef Management Webinar 8:00 p.m.	14 Livestock Judging Team Practice 3:45 p.m.	15	16 Bingocize @ Senior Center 10:00 a.m. Cultural Passport Program: Carnival/Mardi Gras 1:00 p.m.	17
18	19 Reduce Fertilizer in KY Cattle Farms @ Clay County 5:30 p.m.	20 Block of the Month 9:00 a.m. - 12:00 p.m. Reduce Fertilizer in KY Cattle Farms @ Knott County 5:30 p.m.	21 Livestock Judging Team Practice 3:45 p.m. Reduce Fertilizer in KY Cattle Farms @ Lee County 5:30 p.m.	22 Reduce Fertilizer in KY Cattle Farms @ Morehead State Farm 5:30 p.m.	23	24
25	26 Carbon Credits for Woodland Owners @ Breathitt Co. 6:00 p.m. *must pre- register	27 Logger WebTV for Kentucky Master Loggers 9:00 a.m. - 4:00 p.m.	28 Livestock Judging Team Practice 3:45 p.m.	29 Bingocize @ Senior Center 10:00 a.m.		

# FEBRUARY

2024

## **Family & Consumer Science:**

- **February 1st** - Cooking Through the Calendar (TWO RECIPES), 10:00 a.m.
- **February 2nd** - Bingocize at the Senior Center, 10:00 a.m.
- **February 5th** - Charity Sewing, 9:00 a.m.
- **February 5th** - Perry County Homemaker Meeting, 12:00 p.m., with Lunch & Learn during the meeting, please pre-register
- **February 6th** - Bingocize at the Senior Center, 10:00 a.m.
- **February 9th** - Open Sewing, 9:00 a.m. - 2:00 p.m., come anytime!
- **February 13th** - Valentine Sweets & Treats, 1:00 p.m., must pre-register
- **February 16th** - Bingocize at the Senior Center, 10:00 a.m.
- **February 16th** - Cultural Passport Program: Carnival/Mardi Gras, 1:00 p.m., must pre-register
- **February 20th** - Block of the Month, 9:00 a.m. - 12:00 p.m., must pre-register
- **February 29th** - Bingocize at the Senior Center, 10:00 a.m.

## **Agriculture & Natural Resources:**

- **February 13th** - UK Beef Management Webinar, 8:00 p.m., registration is necessary.
- **February 19th** - Strategies to Reduce Fertilizer Use on Eastern KY Cattle Farms, 5:30 p.m., Clay County Extension Excel Center
- **February 20th** - Strategies to Reduce Fertilizer Use on Eastern KY Cattle Farms, 5:30 p.m., Knott County Extension Office
- **February 21st** - Strategies to Reduce Fertilizer Use on Eastern KY Cattle Farms, 5:30 p.m., Lee County Extension Office
- **February 22nd** - Strategies to Reduce Fertilizer Use on Eastern KY Cattle Farms, 5:30 p.m., Morehead State University Farm
- **February 26th** - Carbon Credits for Woodland Owners @ Breathitt County Extension Office 6:00 p.m., must pre-register.
- **February 27th** - Logger WebTV, 9:00 a.m. to 4:00 p.m., must pre-register

## **4-H Youth & Community Development:**

- **February 7th** - Livestock Judging Team Practice, 3:45 p.m.
- **February 13th** - Valentine Sweets & Treats, 5:00 p.m., must pre-register
- **February 14th** - Livestock Judging Team Practice, 3:45 p.m.
- **February 21st** - Livestock Judging Team Practice, 3:45 p.m.
- **February 28th** - Livestock Judging Team Practice, 3:45 p.m.

# AGRICULTURE & NATURAL RESOURCES

## THIS MONTH:

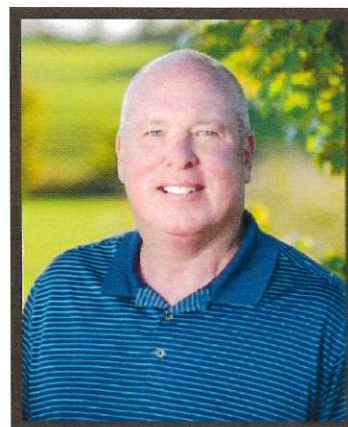
- MINI-BEEKEEPING SCHOOL
- FRUIT AND VEGETABLE GROWERS WORKSHOP
- SHEEP AND GOAT MANAGEMENT PRODUCTION WORKSHOP
- TIPS FOR THE 2024 GROWING SEASON

Happy Valentines Day everyone and welcome to February!

Hopefully this month will be a little warm and calmer than January. Get ready to mark your calendars as we have an exciting lineup of programs and workshops scheduled for February, March, and April. Hurry, as many of these events have limited spots available, so secure your spot by registering as soon as possible.

In addition to event details, we have some noteworthy announcements and valuable tips to help you prepare for the upcoming 2024 growing season. As always, feel free to reach out with any questions or concerns – I'm here to help with anything you may need!

Charles May  
County Extension Agent  
Agriculture &  
Natural Resources  
[cmay@uky.edu](mailto:cmay@uky.edu)



## UPCOMING PROGRAMS AND WORKSHOPS:

### Rootstock Orders

If you ordered Apple and Pear rootstock, those should be delivered sometime towards the end of February. All that Perry County was allotted have been spoken for. However, there may be a few extras so if you need some, call our office and get on a waiting list for any extras.

### Plant Orders

We are still taking orders for plants until March 15, 2024. The plants we have available are two varieties of Strawberries, Blackberries, two varieties of Blueberries, Raspberries & Black Raspberries, Asparagus, and Candy onions. I have placed an order form on the Perry County Extension webpage under the Ag & Natural Resource link. You can also call our office to place your order.

### Mini-Beekeeping School

This will be held on Saturday, March 30, 2024 at the Perry County Extension Service Annex Building from 10:00 a.m. to 3:00 p.m. This mini-Beekeeping school will be geared more towards beginners but will have topics for more advanced beekeepers as well. I will have more information in the March Newsletter. Lunch will be provided and there will be no registration fee. However, space is limited to 60 people. You will need to register by calling the Perry County Extension Office to reserve your seat.



### Eastern Kentucky Farmer's Conference

Hopefully, if you wanted to attend the Eastern Kentucky Farmer's Conference, you have already registered for it. The registration deadline was January 31, 2024. If you missed that date and want to attend, visit their Facebook site to see if there is still space available. The event is being held at the Morehead Conference Center. It is always a great event! The dates for the conference are February 16th and 17th.

### Carbon Credits for Woodland Owners

The Carbon Credits for woodland owners' meeting that was scheduled for Tuesday, January 16, 2024, was postponed due to inclement weather. It has been rescheduled for Monday, February 26, 2024. The meeting will be held at the Breathitt County Extension Office and will begin at 6:00P.M. You need to register if you plan to attend by calling the Perry County Extension Office.

### Kentucky Master Loggers

The Perry County Extension Service will be hosting a Logger WebTV Program on Tuesday February 27, 2024. This program will provide 6 hours of CEU's to Kentucky Master Loggers. See enclosed flyer and a flyer has been posted on the Perry County webpage. If you are a Master Logger and plan to attend, you need to register on the Master Logger webpage.

## IMPORTANT INFORMATION:

### Strategies to Reduce Fertilizer Use on Eastern Kentucky Farms

There will be several Trainings across the area on Strategies to Reduce Fertilizer Use on Eastern KY Cattle Farms. The closest one to us is at the Knott County Extension Office on February 20, 2024. See enclosed flyer for all dates and details.

### Beef Cattle Training

UK Animal and Food Sciences will be having an online Beef Cattle Training on February 13, 2024, on Mineral for beef cattle. I have placed information on the Perry County webpage on how to register for it if you are interested.

### Fruit and Vegetable Growers Workshop

Our annual Fruit and Vegetable growers Workshop will be held on Wednesday, April 17, 2024. It will begin at 10:00 a.m. and run until noon. It will be held at the Perry County Extension Service Annex Building. This program always reaches capacity, so if you want to attend, you need to register soon. Dr. Shawn Wright will be the presenter again this year. Each person attending will receive two fruit trees and a packet containing different vegetable seeds. We have a flyer posted on the Perry County webpage. To register, call the Perry County Extension Office.



### Sheep and Goat Management Production Workshop

We will be having a Sheep & Goat Management Production Workshop on Tuesday, April 23, 2024. It will be held at the Perry County Extension Service Annex Building. It will begin at 5:30PM with registration followed with a Lamb Dinner and Program at 6:00PM. If you plan to attend, you need to register by calling the Perry County Extension Service.



## Preparing for the 2024 Growing Season

The arrival of February means Spring is just around the corner, which means it's time to gear up for this year's growing season. Even though it's still chilly outside, there are some outdoor chores that need doing this month.



First, February is the best time to fertilize your fruit plantings. Fertilize cherry, pear, apple, peach, plum, blackberry, raspberry, and blueberries this month. Cherry, peach, and plum trees need 1/6 pound of a 30% nitrogen fertilizer per tree per year of age. Pear trees need 1/8 pound of a 30% nitrogen fertilizer per tree per year of age. Apple trees need 1/4 pound of a 30% nitrogen fertilizer per tree per year of age. It is best to apply the nitrogen fertilizer by spreading it around the drip line of the tree. The drip line of the tree is the area underneath the canopy of the tree. Do not exceed 3 pounds of nitrogen per tree per season regardless of age.



Blackberries and raspberries need 2 to 4 pounds of a 30% nitrogen fertilizer per 100 feet of row. Blueberries need fertilized at bloom and six weeks after bloom. Use 1 tenth pound of ammonium sulfate fertilizer per plant at each time. Ammonium sulfate helps to maintain an acid PH which blueberries need. For a complete list of fertilizers requirements for home fruit plantings, contact the Perry County Extension Office and ask for publication HO-43.

If you haven't applied a complete fertilizer to your plantings in a while, it may be a good idea to have your soil tested this season. The Perry County Cooperative Extension Service will be offering free soil testing during the entire month of March. I will discuss soil testing further in the March Newsletter.

February is an excellent time to apply miscible oil (dormant oil) to deciduous trees and shrubs. This oil will kill over wintering mites, aphids, and scale. Spray the oil when temperatures are above 40 degrees Fahrenheit, but not within 24 hours of a freeze. Because the oil kills insects by suffocation, avoid spraying on windy days to ensure that all surfaces of the plant are covered.



# AGRICULTURE & NATURAL RESOURCES

Some pruning can be done in February. Grapes especially need to be pruned in February to avoid late season bleeding. For most fruit trees, it is best to wait as late as possible and before dormancy break to prune.

You may have already begun receiving garden catalogues. These catalogues offer many choices and contain a wealth of information about varieties that will help prevent diseases caused by fungi, bacteria, viruses and nematodes. Most catalogues will state what to expect in disease resistance for each variety. Letters are often used as abbreviations in fine print. An example is tomato disease resistance where F is for Fusarium wilt, V for Verticillium wilt and N for root knot nematode. Using disease-resistant plants is the safest and most reliable way to control garden disease. It doesn't matter if the pathogen population is abundant, or conditions are ripe for disease development, because resistant varieties provide strong biological protection from disease. For a complete list of recommended garden varieties and garden information, contact the Perry County Cooperative Extension Service and ask for publication ID-128, Home Vegetable Gardening in Kentucky and ID-133, Vegetable Cultivars for Kentucky Gardens.



February through mid-April is the second-best time to seed or reseed your lawn. If you don't plan on tilling the soil before seeding, which is the best method to get a good seed to soil contact, it may be best to seed in February. We call this method Frost Seeding. You seed while the ground is still frozen, and the freezing and thawing helps to move the seed to the ground. Or you can seed ahead of a snow and let the melting snow carry the seed to the ground. You can also get the same results seeding on top of a snow but the birds like this method to and some of your seed may be consumed. Be sure to use recommended Kentucky turf varieties. You can contact the Perry County Extension Office for a complete list.

Stay safe, everyone!



## STRATEGIES TO REDUCE FERTILIZER USE ON EASTERN KY CATTLE FARMS



Contact your local Extension Office For Registration

All Programs Start at 5:30

- Using Legumes to get the Nitrogen Cycle Working
  - Feeding Hay to Recycle Nutrients
  - Clipping Weeds to Enhance Fertility
  - Having an Appropriate Stocking Rate
- Implementing Basic Rotational Grazing Without Perfect Infrastructure

### Locations and Dates:

- Feb. 19, 2024 Clay County Extension Excel Center 86 Muddy Gap Rd., Manchester, Ky 40962
- Feb. 20, 2024 Knott County Extension 149 Parks. Rd. Hindman, Ky 41822
- Feb 21, 2024 Lee County Extension 259 Industrial Park Rd. Beattyville, Ky 41311
- Feb. 22, 2024 Morehead State University Farm 25 MSU Farm Rd. Morehead, Ky 40351

Guest Speaker: Dr. Greg Halich, Associate Extension Professor with the Department of Agriculture Economics University of Kentucky

FEBRUARY 26TH  
6:00PM AT THE BREATHITT COUNTY  
EXTENSION OFFICE

DINNER PROVIDED

## CARBON CREDITS FOR WOODLAND OWNERS



Jordan M. Shockley, Ph.D.  
Associate Extension Professor  
University of Kentucky

Please call your local extension office to register:  
Breathitt  
Knott  
Lee  
Morgan  
Owsley  
Perry  
Wolfe



Jacob J. Muller, Ph.D.  
Assistant Professor of  
Herdwood Silviculture and  
Forest Operations Extension

- Topics to be covered:
- \*What is driving carbon markets
  - \*Structure of carbon markets
  - \*Current carbon programs
  - \*How much I will get paid
  - \*Concerns from an economist

- Topics to be covered:
- \*Why we are concerned about carbon
  - \*How carbon is stored in our woodlands
  - \*What wood landowners can do to increase their carbon-storing potential
  - \*And working with a forester



## Logger WebTV

FEBRUARY 27, 2024

KY COUNTY EXTENSION OFFICES  
9 a.m. - 4 p.m. EST

Hosted at the following Extension Offices:  
Boone, Breathitt, Breckinridge, Casey, Crittenden, Cumberland, Elliott, Fleming, Graves, Grayson, Hancock, Harlan, Henderson, Jefferson, Letcher, Logan, Madison, Martin, Morgan, Nelson, Ohio, Owen, Perry, Russell, Taylor and Whitley counties

\$50 course fee and, if required, \$25 renewal fee

INFO: Beth Williams, 859-257-6230

UK Cooperative Extension and  
the Perry County Conservation District  
present:

## FRUIT & VEGETABLE

# Production Workshop

## AND SEED GIVEAWAY

Join us and guest speaker Dr. Shawn Wright for our annual Fruit and Vegetable Production Workshop and receive corn, bean, lettuce, cucumber, and mustard seeds, and two apple trees!

Spots are limited so be sure to call the Perry County Extension Office to register by April 12th.

April 17, 2024 @ 10:00 a.m.

Perry County  
Extension Office  
606-436-2044

## UK Beef Management Webinar Series

Registration is necessary, however, if you received this email directly from Darrh Bullock then you are already registered. If you received this from another source, or have not registered previously, then 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.**

December 12, 2023

**Shooting the Bull: Answering all your Beef Related Questions!** – Updates and Roundtable discussion with UK Specialists

January 9, 2024

**Management decisions that impact reproductive efficiency in beef herds** – George Perry, Professor, Texas A&M University

February 13, 2024

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

For additional information please contact your local Agriculture and Natural Resources Extension Agent.

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# FAMILY & CONSUMER SCIENCE



Happy February!

I hope you all stayed warm during the January snowstorm. As we continue another winter month, it is just a reminder that our programs will be postponed if the Perry County School system is closed for weather. We have a new Cultural Passport Program that we would love to have you attend! Join us at the Senior Center for a new round of Bingocize! Keep an eye out for upcoming spring events and sign up right away as spots may be limited for certain programs. If you have specific program ideas you would like to see us feature please call our office as we always appreciate your input.

Kelsey Sebastian  
County Extension Agent  
Family & Consumer Science  
[kelsey.sebastian@uky.edu](mailto:kelsey.sebastian@uky.edu)

**FEBRUARY  
2024**

- Upcoming Events
- New Recipe
- Health Bulletin
- Money Wise



**Cooperative  
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# FEBRUARY EVENTS



## **Cooking Through the Calendar**

Cooking Through the Calendar Program will continue in 2024 as we cook a new recipe every month. Classes will be held upstairs at our office at 10 a.m. Our first class for 2024 will be Thursday February 1st. We'll be doubling up and making two recipes this month to make up for our missed January class! Savory Winter Pork Stew and Everything Tuna melts will both be prepared for you to sample. New 2024 Calendars are here!! Stop by our office for your free copy.

## **Charity Sewing**

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. The next sewing date is Monday February 5th upstairs in the Perry County Extension Service office building. Sewing starts at 9:00 AM. If you want to be involved – there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

## **Perry County Homemakers Meeting**

February 5th at 12 p.m. will be our next Perry County Homemaker Meeting. Please bring a dessert or fruit to add to the meal. Soup and sandwiches will be provided as it is a joint program with our Lunch & Learn Leader Lesson for the month. Please register by calling our office at 606-436-2044 so you can be counted.



## **KEHA Lunch & Learn Lesson: Healthy Eating Around the World**

We're going to take a trip around the globe to learn about dietary guidelines from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. Nanette Banks, Letcher County FCS Agent will be presenting this lesson on February 5th after the business portion of the Homemaker Meeting.

# FEBRUARY EVENTS

## Cultural Passport Program

Take a look into different holidays, cultures and countries with us in 2024! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! If you complete each cultural visit with us, you'll receive a fun incentive at the end of the year. In February we will focus on France Carnaval/Mardi Gras on January 16th at 1 p.m. Your passport will also include the KEHA passport program information that can be turned into the state level once you complete it.



## Drop it Like its Hot

New! 10-week healthy 2024 program starting first soon. Reminder that this doesn't have to be weight loss! Delivery method will either be a Facebook Group or mailout stay tuned for more details. After completing the 10-week program you will fill out an evaluation to receive an achievement prize pack. Lee County FCS Agent Laken Campbell will be tracking area wide results for research and would love to have you participate!

## Open Sewing Day

The second Friday of the month will now become Open Sewing Day! Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines available on-site February 9th from 9 a.m.-2p.m.



## Block of the Month

The next class will be on February 20th from 9am-12pm. This will be a makeup class from December 2023. Patterns and fabric for the blocks will be provided free but you must sign up in advance and participate in person. Special thanks to Nancy Pratt and Cheryl Leabo for leading these classes for us. Call 606-436-2044 to register.

## Sweets & Treats Workshop

A fun treat day to make festive Valentine goodies! Join us February 13th at 1 p.m. (adults) or 5 p.m. (youth). You MUST register for this workshop by calling 606-436-2044. Bring a small container to take your samples home.

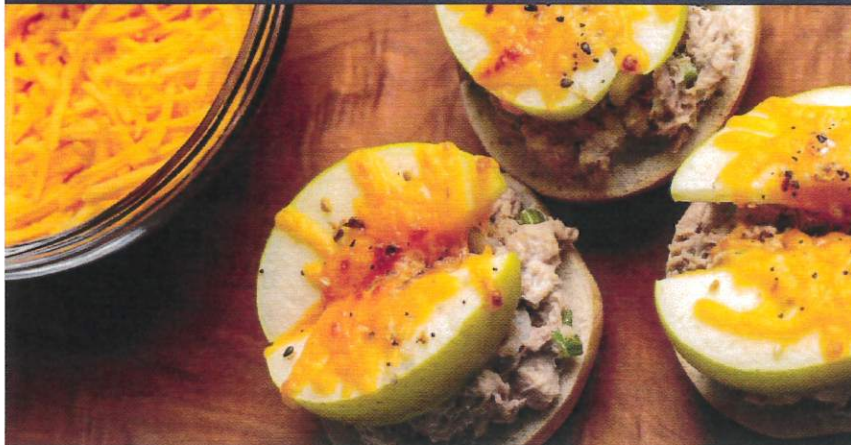


## Bingocize

Want to start an easy exercise routine and have fun playing Bingo at the same time? Join us at the Perry County Senior Center for Bingocize! Check the calendar for upcoming dates and times.



## 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

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# ADULT 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Perry County  
Extension Office  
933 Perry Park Road  
Hazard, KY  
41701  
(606) 436-2044

## THIS MONTH'S TOPIC

# WHEN AND WHERE TO GET MEDICAL CARE



**T**he types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

**Continued on the next page** →

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***If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.***



**➔ Continued from the previous page**

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

**REFERENCE:**

<https://kidshealth.org/en/parents/emergencies.html>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
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**Edited by:** Alyssa Simms  
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**Stock images:**  
Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 2

Perry County Extension Office | 933 Perry Park Road | Hazard, KY | 41701 | (606) 436-2044

## 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

## Cooperative Extension Service

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

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Disabilities  
accommodated  
with prior notification.

**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/>

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PERRY COUNTY SENIOR CENTER &  
PERRY COUNTY COOPERATIVE  
EXTENSION OFFICE  
PRESENT:

# BINGOCIZE

FRIDAY, FEBRUARY 2ND  
TUESDAY, FEBRUARY 6TH  
FRIDAY, FEBRUARY 16TH  
THURSDAY, FEBRUARY 29TH

10:00 A.M.

PERRY COUNTY SENIOR CENTER  
354 PERRY PARK RD, HAZARD, KY 41701



Cooperative Extension Service

## COOKING THROUGH THE CALENDAR

TWO RECIPES!  
Everything  
Tuna Melts &  
Winter Pork Stew

Join us on Thursday, February 1st at 10:00 a.m. As always, this class will be held at the Perry County Extension Office, and is free of charge. To register, call the office at 606-436-2044.

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606-436-2044

Cooperative Extension Service

# CHARITY SEWING

Monday, February 5  
9:00 a.m.

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. If you want to be involved - there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

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## PERRY COUNTY Homemaker MEETING

This will be a joint meeting with our Lunch & Learn Lesson for the month. Please call the office to register.

606.436.2044

February 5, 2024 @ 12:00 p.m.

933 Perry Park Road, Hazard

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# OPEN SEWING

February 9th  
9:00 a.m. - 12:00 p.m.

The second Friday of the month will now become Open Sewing Day! Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of your sewing needs. Open to anyone! Sewing machines available on site

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PERRY COUNTY EXTENSION OFFICE PRESENTS:

# VALENTINE SWEETS & TREATS

FEBRUARY 13  
1:00 P.M.

933 PERRY PARK ROAD, HAZARD  
CALL THE OFFICE TO REGISTER  
(606) 436-2044

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606-436-2044

February's Cultural Passport Program:

# MARDI GRAS CARNIVAL

Friday, February 16th

Perry County Extension Office  
1:00 p.m.

606-436-2044

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# BLOCK OF THE MONTH

FEB. 20TH  
9AM - 12 PM

We will catch up on our pattern from December 2023. Please bring all completed blocks with you, as we begin to build our quilts. Patterns and fabric for the blocks will be provided free but you must sign up in advance and participate in person. Special thanks to Nancy Pratt and Cheryl Leabo for leading these classes for us. Call 606-436-2044 to register

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# 4-H YOUTH & COMMUNITY DEVELOPMENT

## Newsletter February 2024



### Welcome to February!

This month offers a mix of in-school and after-school programs. We're excited to offer programs like Reality Store and Apple Tree Grafting to students in Perry County. After school, join the Livestock Judging Team for an exciting chance to evaluate different livestock species.

February is loaded with opportunities for learning and fun, so let's make the most of these engaging 4-H programs together!

### Tate Sasser

County Extension Agent  
4-H Youth &  
Community Development  
[tatesasser@uky.edu](mailto:tatesasser@uky.edu)

A handwritten signature in black ink that reads "Tate Sasser".

### THIS MONTH:

- February Programs
- 4-H Exclusive: Skills for Speech



## What's Happening in February:

### In-School Programs

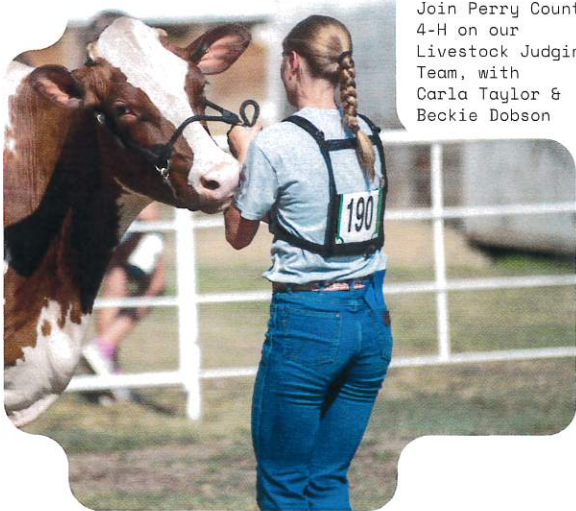

- **Health Rocks** instills invaluable confidence and communication skills necessary to make responsible decisions and develop the internal strength to resist risky behaviors.
- **Rocketry** works with school STEM teachers to engage interest in science and technology.
- **Apple Tree Grafting** aims to teach students the horticultural technique of grafting, where they learn to combine the desirable traits of different apple tree varieties to create a new, unique tree with improved qualities. This will be held at Perry Central.
- **Reality Store** will be February 28th at Perry Central.

If you are interested in these programs or any others being offered at your students school, please contact your school FRYSC Personnel or 4-H Agent Tate Sasser.

### After-School Programs

- **Livestock Judging Team** works with students to learn breed standards and market expectations and use the skills to compete at the state level. If you are interested in joining, please contact 4-H Agent Tate Sasser, or Ms. Carla Taylor and Ms. Beckie Dobson at Perry Central.

## Livestock Judging Team



Join Perry County 4-H on our Livestock Judging Team, with Carla Taylor & Beckie Dobson

Meetings held Perry Central High School

Ages 9-18

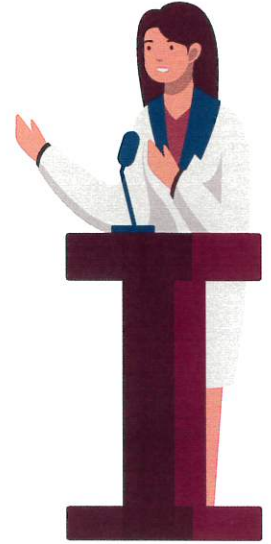
Every Wednesday @ 3:45 p.m.

4-H Exclusive:

## Essential Skills for Speech Contest Success

The State 4-H Communication Contest is just on the horizon. This contest brings youth from across the state to a one-day culminating event. Youth who have competed and won at their area level earn the opportunity to participate. There are several categories for youth to enter as they begin this process at the county level such as speech, demonstration or mock job interview contests.

From there, they will be placed in a category based on age or a core subject area. Core areas include Agriculture, Communication and Expressive Arts, Family and Consumer Sciences, Health, Leadership, Natural Resources and Science, and Engineering and technology. Youth are scored based on certain criteria during this contest and, depending on the score, can advance from the county to area contests and then to the state level. At the end of the contest, the top-scoring youth will be named the champion for that category.



To perform their best, young orators must be equipped with specific skills to ensure their success. These contests are not just about speaking well; they are about captivating an audience, conveying a message effectively and showcasing confidence and clarity.

### 1. Understanding the Audience:

Youth must understand their audience. Different audiences have varied interests, levels of understanding and expectations. Speakers should learn to tailor their speech to resonate with their listeners, whether it's a panel of judges or a crowd of their peers.

### 2. Research and Content Development:

A well-informed speech is the backbone of effective communication. Presenters should thoroughly research their topic and provide their findings in an organized, engaging manner. This involves critical thinking and the ability to discern credible sources.

# 4-H Youth & Community Development

## 3. Structuring the Speech:

A clear structure is crucial. Beginning with an engaging introduction, transitioning into a well-organized body, and ending with a memorable conclusion helps retain the audience's attention. Young speakers should learn the art of crafting each part effectively.

## 4. Mastering Public Speaking Techniques:

Public speaking is an art that includes mastering body language, vocal variety and eye contact. Coaches should emphasize the importance of gestures, facial expressions and movement to add dynamism to the speech.

## 5. Overcoming Stage Fright:

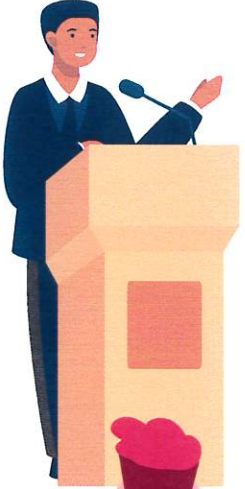
Building confidence is essential. This includes strategies to overcome nervousness, such as deep breathing exercises, practice and positive visualization.

## 6. Rehearsal and Feedback:

Regular practice and constructive feedback are invaluable. Speakers should rehearse their presentation multiple times and seek feedback to refine their delivery.

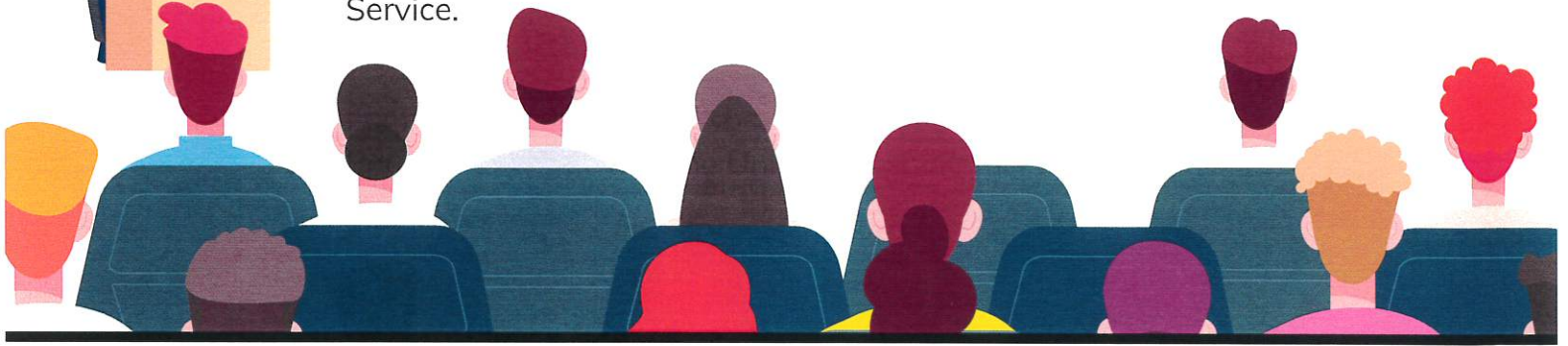
## 7. Embracing Originality and Authenticity:

Encouraging young speakers to be themselves and express their unique perspectives adds authenticity to their speech, making it more relatable and impactful.



Preparing young speakers for communication contests involves a holistic approach beyond mere verbal proficiency. It's about instilling confidence, teaching the nuances of effective communication, and encouraging a personal touch that resonates with the audience. With these skills, young orators are not just prepared for contests; they are equipped for life-long effective communication.

For more information on speech contests, contact the Perry County office of the University of Kentucky Cooperative Extension Service.





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