

Perry County Cooperative Extension Newsletter

 Martin-Gatton
College of Agriculture,
Food and Environment

MARCH 2025

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

 facebook.com/perrycountykyextension

 perry.ca.uky.edu

 perry.ext@uky.edu

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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.



MARCH

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Charity Sewing 9 A.M.- 12 P.M. Homemaker Meeting 12P.M.	4	5	6	7 Cooking Through the Calendar 10 A.M. Root Stock Orders Pickup	8 Perry County Bee School 8 A.M.
9	10	11 Wits Workout 1 P.M. 4-H Teen Club 4 P.M.	12	13 Outdoor Adventure Club 4 P.M.	14 Open Sewing 9 A.M.- 12 P.M.	15
16	17 	18 Sew Simple 9 A.M. Lunch & Learn: Little Ones 12P.M. Wits Workout 1 P.M.	19	20 Cultural Passport Program 1 P.M. Breeding Soundness Exams Beekeepers Association Meeting 6 P.M.	21	22
23	24	25 Shaker Box Project Sheep & Goat Educational Meeting @Floyd County 5:30 P.M.	26	27 Shaker Box Project Diabetes Connections 5:30 P.M.	28	

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- PERRY COUNTY BEE SCHOOL
- FREE SOIL TESTING
- SPRING IS PULLING FORWARD

Welcome to the windy month and spring. I am for one very glad to see this winter behind us. On top of all the snow and cold temperatures, another major flood. I hope you got through this one with minimal damage. I know downtown Hazard got hit hard this time and so did Chavies.

If your farm sustained damage and losses, let us know. If we get donations of hay and feed, we will contact you.

We have a few programs and workshops scheduled in March and April. I have listed these below. We have placed flyers for all of them on the Perry County Extension webpage. Some of these have a cap on registration, so if you are interested in one or several, be sure to register.

Also, if you were approved for a CAIP grant in any County most of these will count for the educational requirement for that grant.

Hopefully, you will find some that are of interest and beneficial for you.

Charles May
County Extension Agent
Agriculture &
Natural Resources
cmay@uky.edu



UPCOMING EVENTS:

Perry County Beekeepers Association

Don't forget that the Perry County Beekeepers Association meets on the third Thursday of each month at the Perry County Extension Service Annex Building. The meetings begin at 6:00PM.

The next meeting will be on **Thursday, March 20, 2025**, and the topic will be on treating your hives for mites and small hive beetles.

Root Stock Orders

If you ordered Apple and Pear rootstock, I should have them in the office on **March 7th**. But shipping could get delayed. We will call you when we have them in. 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.

Sheep & Goat Educational Meeting

If you are a sheep & goat producer, the Floyd County Extension Service is hosting a Sheep & Goat Educational Meeting & Lamb Dinner on **Tuesday, March 25, 2025**. It will begin at 5:30PM. There is a registration fee of \$10.00 per family. To register, call the Floyd County Extension Office at (606) 886-2668.

Breeding Soundness Exams

For all you beef cattle producers out there, the old Quicksand Area ANR Agents, received a grant again this year to conduct free breeding soundness exams for bulls. The BSE will take place on **Thursday, March 20, 2025**, at the Robinson Center at Quicksand. You must reserve a time slot by calling the Perry County Extension Office. You can also have your bull (s) wormed and vaccinated at this clinic.

Perry County Bee School

As I mentioned in last Month's newsletter, we have scheduled a Beekeeping School to be held on **Saturday, March 8, 2025**. It will be held at the Perry County Extension Service Annex and main Building. It will begin at 8:00AM and run through 3:00PM.

This Beekeeping school will have a beginner track, intermediate and advanced track. The school will have an attendance limit of 100. There will be no registration fee. Lunch will be on your own. You can register by calling the Perry County Extension Office. See the enclosed flyer for more information.

Fruit and Vegetable growers Workshop

Our annual Fruit and Vegetable growers Workshop will be held on **Wednesday, April 23, 2025**. It will begin at 10:00AM and run until noon. It will be held at the Perry County Extension Service Annex Building. 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. The workshop always reaches capacity so be sure to register soon.

Free soil testing

Remember, March is free soil testing month. The Perry County Extension Office offers free soil testing the entire month of March. For information on how to take a soil sample correctly, call the Perry County Extension Office or we have a publication on how to take soil samples on the Perry County web page under the Ag & Natural Resource link.

Spring is pulling forward

This winter has been kind of rough and I suspect with the wind, cold temperatures and the snow and ice we have had, some pruning will be needed to your landscape plants.

Below is an article that will assist you with this task.

The winter months can be damaging to trees and shrubs. To ensure healthy spring plants, homeowners may want to prune the trees and shrubs around their home. But you shouldn't just prune for the sake of pruning; make sure you have a valid reason. Pruning during the late winter months allows you to remove damage caused by winter winds and precipitation.

Pruning is also a way to remove diseased, crowded or hazardous branches. When pruning trees, the size of the tree should not be reduced too much in one season. Limit the pruning amount to one-fourth of the tree's volume. Start by thinning out branches by cutting them off close to the tree's trunk or a large limb.

Leave the base of the branch, known as the collar, intact. Cutting the collar will prevent the plant from growing over the wound caused from pruning. Pruning in this manner allows for a healthy tree that is more open to sunlight and air movement. If the branch is cut back only part way, there will likely be a crowded regrowth of new branches where the cut was made. Do not seal or paint the wounds resulting from pruning, because this will only delay the tree's healing process.

Spring-flowering shrubs may need rejuvenation pruning, and the best time for that is right after they flower. If you prune a shrub before it blooms, you remove buds too soon and don't get an opportunity to enjoy those blooms. When you prune after blooming, you can still enjoy the flowers and the plant can recover, grow, and produce more buds for flowers next spring.

For rejuvenation pruning you remove one-third of the shrub's oldest growth. You need to select the thickest, darkest and unhealthiest stems or branches and cut them back. You should cut back stems to soil level and branches to the point of intersection with the shrub's main trunk. This ensures that only the youngest, most productive wood (that which produces the most and best flowers) remains a part of the shrub. During early spring you can also prune shrubs that will bloom during the summer months.

Pruning is not limited to a certain time of year. You can prune at any time if you notice damaged branches and limbs. The process is invigorating for the plants in a home landscape so you shouldn't necessarily think of pruning just as a means of size control.

If you have a plant that has grown out-of-bounds, pruning may not be the answer – you may need to consider replacing the plant with one that will reach a smaller size at maturity.

Trees and shrubs to prune in late winter/early spring while still dormant:

- Bradford pear (*Pyrus calleryana*)
- Butterfly bush (*Buddleia Davidii*)
- Crape myrtle (*Lagerstroemia indica*)
- Flowering dogwood (*Cornus florida*)
- Flowering plum (*Prunus blireana*)
- Glossy abelia (*Abelia x grandiflora*)
- Golden rain tree (*Koelreuteria paniculata*)
- Honeysuckle (*Lonicera fragrantissima*)
- Hydrangea, Peegee (*Hydrangea paniculata* 'Grandiflora')
- Potentilla (*Potentilla fruticosa*)
- Redbud (*Cercis canadensis*)
- Spirea (except bridal wreath) (*Spirea japonica*)
- Wisteria (*Wisteria* species)

Trees and Shrubs to prune in late spring/summer, after bloom

- Azalea (*Rhododendron* species)
- Beauty bush (*Kolkwitzia amabilis*)
- Bridal wreath spirea (*Spirea x vanhouttei*)
- Flowering crabapple (*Malus* species and cultivars)
- Forsythia (*forsythia x intermedia*)
- Hawthorn (*Crataegus* species and cultivars)
- Hydrangea, Bigleaf (*Hydrangea macrophylla*)
- Lilac (*Syringa vulgaris*)
- Magnolia (*Magnolia* species and cultivars)
- Mock orange (*Philadelphus coronarius*)
- Mountain laurel (*Kalmia latifolia*)
- Rhododendron (*Rhododendron* species)
- Serviceberry (*Amelanchier x grandiflora*)
- Slender deutzia (*deutzia gracilis*)
- Weigela (*Weigela florida*)

Your fruit plantings will also need to be pruned this spring before they break dormancy.

The Perry County Cooperative Extension Service offers publications that can answer many of your pruning and other gardening and landscape questions.

For more information, contact the Perry Cooperative Extension

BREEDING SOUNDNESS EXAMS

GET YOUR BULL CHECKED BEFORE BREEDING SEASON



Robinson Center - JACKSON
Dr. LW Beckley

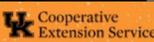
FREE

 **March 20, 2025**
10:00AM - 5:00PM

 CALL TO SCHEDULE APPOINTMENT
606-436-2044

 **PROTECT YOUR CALF CROP**
\$125/Bull Savings

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

 **Perry County Bee School**

WHEN: SATURDAY, MARCH 8, 2025
TIME: REGISTRATION BEGINS AT 8:00 A.M.
WHERE: PERRY COUNTY COOPERATIVE EXTENSION OFFICE
933 PERRY PARK RD, HAZARD KY 41701
COST: **FREE**
100 SEAT AVAILIABLE

****Deadline to register is February 28, 2025
Call 606-436-2044 to pre-register****

New/Beginner Track:	Intermediate/Advanced Track:
<ul style="list-style-type: none"> • Hive Components and Beekeeping tools • What to expect during your first year. • What am I looking for in my hive? • Q&A 	<ul style="list-style-type: none"> • Methods of splitting hives • Pest Control Management • Increasing Honey Production • Swarm Control

An Equal Opportunity Organization.

 **Perry County Fruit & Vegetable Production Workshop**

Guest speaker Dr. Shawn Wright, UK Extension Horticulture Specialist at the UK Robinson Center.

At the End of his presentation participants will receive Corn, Bean, Lettuce, Cucumber and Mustard Seeds plus 2 Apple trees.

Wednesday, April 23rd, 2025
10 AM
Limited Spots Available
Call (606) 436-2044 to register

Perry County Extension office - Annex Building
933 Perry Park Rd, Hazard KY 41701

Sponsored by: Perry County Conservation District

An Equal Opportunity Organization.

*****I don't want to alarm anyone, but I want everyone to be aware that Bird Flu is on the rise in birds and mammals, especially in dairy cows. To date in the US there have been 69 cases of Bird Flu in humans with one fatality. No human cases have been reported in Kentucky. All the 69 who had Bird Flu had exposure to animals that had it. There has been no evidence of human-to-human transmission. There are 11 Counties in Kentucky with suspect Bird Flu in animals or birds. The CDC considers the current public health risk to be low. However, outbreaks in poultry, dairy and other animals could affect our food prices more than it already has with eggs. Be vigilant if you own poultry. If you start having birds die you need to report it and have them checked. The UK Diagnostic lab is checking poultry for bird flu but a vet or our office must send them. If you have questions, you can give me a call. We have a lot of information on Bird Flu.*****

COOPERATIVE EXTENSION
University of Kentucky  

SHEEP & GOAT Educational Meeting & Lamb Dinner

Who: The County Extension Offices of Floyd, Pike, Martin, Johnson, Magoffin and Knott Counties; the Southeast Kentucky Sheep Producers Association (SEKSPA); and the University of Kentucky's Martin-Gatton College of Agriculture, Food and Environment.

When: Tuesday, March 25, 2025. Registration is from 5:30-6:00 pm EST. Lamb Dinner starts at 6:00 with the educational program to follow.

Where: Registration, dinner, and program will be held at the Floyd Co Extension Office at 3490 KY Route 321, Prestonsburg, Kentucky 41653.

How: Round-Table discussion led by: Patrick Angel, SEKSPA; Lester Brashear, Brashear Heritage Farm; Dr. Jessie Lay DVM, UK Extension Animal Health Veterinarian.

Registration Required. Please register by calling the Floyd County Extension Office at 606-886-2668. \$10.00 per family. Your registration fee will include a delicious lamb dinner with sides and a One-Year Membership to SEKSPA

This workshop qualifies for CAIP education credits

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LEXINGTON, KY 40546

 Disabilities accommodated with prior notification.

FAMILY & CONSUMER SCIENCE



**MARCH
2025**

Hello March!

I am thrilled to share with you the exciting lineup of March programs we have planned! With a diverse range of events and activities, there is something for everyone to enjoy. Join us for a month filled with laughter, knowledge, and unforgettable experiences. Don't miss out on the opportunity to be part of our vibrant community and make lasting memories this March! Get ready to embark on a journey of discovery and growth with our amazing selection of programs.

Kelsey Sebastian

Kelsey Sebastian
County Extension Agent
Family & Consumer Science
kelsey.sebastian@uky.edu

- Upcoming Events
- Monthly Recipe
- Health Bulletin
- Money Wi\$e



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Lexington, KY 40506



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This Month's Events

Charity Sewing -

First Monday of the Month

The next date is **Monday, March 3rd** upstairs in the Perry County Extension Service office building at 9 a.m. We will continue working on baby blankets and hats for ARH and lap quilts for Bluegrass Care Navigators. This program is open to anyone willing to volunteer and is a great way to get Volunteer Hours for KEHA.

Perry County Homemakers Meeting -

First Monday of the Month

The Perry County Homemaker Meeting will be held on **Monday, March 3rd at noon**. This will be a pot lunch meal so please bring a dish if you plan to attend. Call the office at 606-436-2044 to be registered.

Cooking Through the Calendar -

Once a Month

Let's begin our year with healthy meals and our Cooking Through the Calendar Program. The February class will be on **Friday, March 7th, at 10:00 a.m.**, upstairs in the regular building. This month, we will make crunchy Air-Fried Fish. New calendars for the year 2025 are now available!

"Sew" Simple -

Third Tuesday of the Month

We begin a new year of Sew Simple, on **Tuesday, March 18 at 10 a.m.** Master Clothing Volunteer Nancy Pratt will be helping us expand our sewing knowledge with this program held on the third Tuesday of the month.

Cultural Passport Program -

Once a Month

Take a look into different holidays, cultures, and countries with us in 2025! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! The second program of 2025 will be held **Thursday, March 20th at 1 p.m.** and we will be traveling to South Africa.

Lunch & Learn: Entertaining Little Ones

Keeping children engaged and learning requires intentional time together, which can be difficult, especially if the caretaker needs to get other work completed. However, we can take a tip from the success schools have in keeping children learning all day long. A major part of their success is using routines. Let's learn helpful suggestions to help create learning and engaging routines for their children. Join us Tuesday, March 18th at noon for a Lunch & Learn discussing this topic with Owsley County Agent, Rosa Smith. Call 606-436-2044 to register for lunch.

Quicksand Area Spring Homemaker Training

Call our office to register for the Spring Quicksand Area Homemaker Training hosted at the Quicksand Community Center on **April 15th**. After our morning leadership lesson, we will be making the table decorations for the KEHA State meeting. Lunch will be provided. Must be pre-registered. 606-436-2044

This Month's Events

Wits Workout

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout program to engage in all kinds of guided challenging puzzles, and learn what you can do in your daily life to keep your brain healthy while interacting with others. This program will be offered twice a month. **March dates are 11th and 18th** at the Perry County Extension office at 1 p.m. Call our office to sign up.

Diabetes Connections

Join us for the 2025 Healthy Habits Challenge in our Diabetes Connections meetings! This program is in partnership with ARH and will be held in the Annex Building at the Perry County Extension Office at 5:30 p.m. This program is designed to encourage our members to adopt healthier lifestyle choices through weight loss and wellness goals, fostering long-term benefits for diabetes management. Each month we will have diabetes-related topics, education, and recipe testing. We will be incorporating monthly accountability checks with Diabetes Connections notebooks, log sheets, weigh-ins, and free health screenings. Please see the flyer with upcoming dates and we hope you will join us.

Open Sewing Day -

Second Friday of the Month

Do you want to work on quilt blocks to send to the State Homemaker Meeting? Opening Sewing is a great time to get started. 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 are available on-site for our **March 14th, 9 a.m.-1 p.m.** class.

Kentucky Extension Homemaker

Association Conference

Save the date May 5-8th for the KEHA State Meeting in Lexington, KY. Keep your eyes peeled for your registration in the spring newsletter than should be arriving anyday. The quicker you respond the more likely you are to receive the classes you would like. They fill up fast so don't wait! Know you are attending? The hotel block is now open for reservations!

Hyatt Regency Lexington

401 West High Street, Lexington, KY 40507

Room rate \$149.00 + tax (1-4 people per room).

Online Reservations:

<https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234 (group code G-KEHA for conference rate)

Make your reservations by April 7, 2025, to secure the conference rate.

Reservation cancellations must be made by 3 p.m. the day prior to arrival to avoid a no-show charge.

NOTE: If attendees are planning to make a reservation for multiple people in a single room, each with different payment methods, and require separate receipts with individual information, please opt for a shared reservation. Kindly provide all names and payment details during the booking process or upon check-in. This will help to ensure a smooth and personalized experience for all attendees. Check in begins at 4 p.m. and checkout is at 11 a.m.

QUICKSAND AREA FCS AGENTS

PRESENTS

AREA HOMEMAKER

Training

QUICKSAND COMMUNITY CENTER
JACKSON, KY

APRIL 15TH AT 10 A.M.

REGISTER AT YOUR LOCAL OFFICE BY

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Create Your Own

SHAKER BOX

2025 March 25th and 27th
(must attend both to complete)

10 a.m.

\$45 per person

UK WOOD UTILIZATION CENTER

311 Wood Center Dr.
Jackson, KY 41339

Space limited to the first 30 people.

REGISTER NOW!

Klseba2@UKY.EDU
606-436-2044



DIABETES Connection 2025



Save the Dates!

- JAN 30** Healthy Habits Challenge Kickoff
- FEB 27** Nutrition
- MAR 27** Physical Activity and Sleep
- APR 24** Gardening
- MAY 29** Footcare for Summer
- JUN 26** Session 1 Challenge Wrap-Up/Session 2 Kickoff
- JUL 31** Eating Out with Diabetes
- AUG 28** Mental Health & Goal Setting
- SEP 25** Grocery Store Tour
- OCT 30** October 30: Medications & Technology
- NOV 20** November 20: Final Challenge Wrap-Up

Stay tuned for more info on in-person meeting location nearest you!



JOIN US AT 10A VIA ZOOM FROM ANYWHERE
zoom.us/j/91229
my.arhdiabetes.org/support

For more info:

arh.org/diabetes
606.789.3511 ext. 1229
diabetesarh@arh.org



UNDERSTANDING DIABETES TOGETHER!

SENIOR GAMES

May 15th Knott County Sportsplex for Kentucky Senior Games 2025.. Anyone age 50 or older living in Ky River Region can participate in a variety of fun games!

Age 50 or older

- AWARDS WILL BE GIVEN
- LUNCH WILL BE PROVIDED
- T-SHIRTS WILL BE AVAILABLE AS LONG AS SUPPLIES LAST

CONTACT US

For more information contact KRADD 606-436-3158 or Local Senior Citizen Center

Sponsored by :
KY Power/AEP, KY River Medical Center & Kradd





Crunchy Air Fryer Fish

Prep time: 10 minutes
Rest 10 minutes
Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:

230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:

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



ADULT

HEALTH BULLETIN



MARCH 2025

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

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

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

Continued on the next page →



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University of Kentucky Kentucky State University, US Department of Agriculture and Kentucky Councils, Cooperating



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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

→ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.



Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

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ADULT HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 3

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

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **Increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year, saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when. **Variable costs**, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

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NOTE EACH MONTHLY "PAY DAY" (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and "extras" are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly "pay day" (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don't go grocery shopping until you've shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we're trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren't wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered "a penny saved is a penny earned."

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Cooperative Extension Service

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

Newsletter

March 2025



Hey Perry County!

We regret any inconvenience caused by the unpredictable weather affecting our plans!

The **4-H Teen Club** is a fantastic opportunity for high schoolers to develop leadership skills, participate in community service, and get ready for college and future careers.

For kids aged 9-18, the **4-H Outdoor Adventure Club** offers thrilling outdoor adventures, survival skill training, and hands-on education about nature and the environment.

Both clubs provide a chance to make new friends, learn and have a blast!

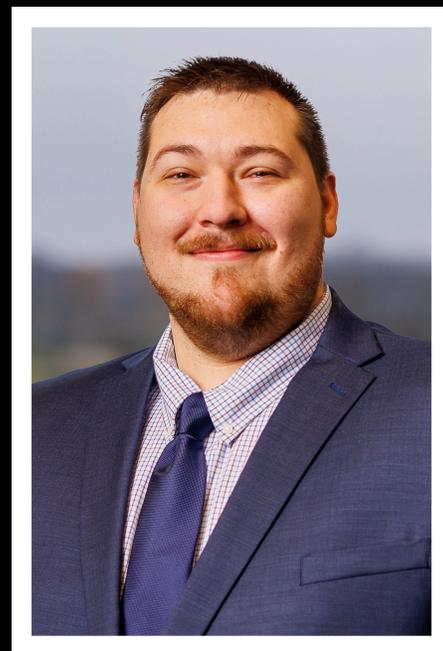
Let's seize every moment and create unforgettable memories together!
Join us now!

Jacob Singleton

County Extension Agent
4-H Youth &
Community Development
jacob.singleton@uky.edu

THIS MONTH:

- Teen Club
- Outdoor Adventure Club
- 4-H Exclusive:
- Youth Health Bulletin



4-H Youth & Community Development

Perry County Teen Club

- *Date: Tuesday March 11th*
- *Time: 4:00 – 5:00*
- *Location: Perry County
Cooperative Extension Office*
- *Participant Age: 14-18*

Join the Perry County 4-H Teen Club!

Are you a high school student looking to develop your leadership skills, get involved in your community, and prepare for life after high school? The Perry County 4-H Teen Club is the perfect opportunity for YOU!

What you'll gain:

- **Leadership Development:** Learn how to be a leader in your school, community, and beyond.
- **Civic Engagement:** Gain valuable experience in community service and making a positive impact.
- **College & Career Readiness:** Get tips and advice on preparing for college, internships, and future careers.

Connect with other teens, build your resume, and develop skills that will help you succeed in all aspects of life. This is your chance to grow, make new friends, and start planning for your future! Call our office at 606-436-2044 to sign up!

Outdoor Adventure Club

- *Date: Thursday March 13th*
- *Time: 4:00 – 5:00*
- *Location: Perry County
Cooperative Extension Office*
- *Participant Age: 9-18*

Join the 4-H Outdoor Adventure Club! Explore Nature, Learn New Skills, and Have Fun Outdoors!

Are you ready for adventure? The 4-H Outdoor Adventure Club is calling all youth ages 9 – 18. Join us for a thrilling season of learning, outdoor exploration, and hands-on experiences.

In the 4-H Outdoor Adventure Club, you will:

- **Discover the World of Natural Resources:** Learn about ecosystems, wildlife, and the environment.
- **Build Survival Skills:** Practice essential survival techniques to thrive in the wilderness.
- **Gain Outdoor Safety Skills:** Know how to stay safe while enjoying the great outdoors.
- **Explore Nature:** Participate in outdoor field trips and immerse yourself in nature's wonders.
- **Make New Friends:** Connect with other youth who share your love for adventure and the outdoors!

Call our office at 606-436-2044 to sign up!

4-H Youth & Community Development

Our communities across Kentucky and beyond are gearing up to celebrate National Ag Week, March 17-21. As part of the weeklong celebration, we are encouraging everyone to recognize and support agriculture's vital role in fueling our everyday lives.

For 4-Hers, it's a great opportunity to learn more about the food and farming community—showing their pride and appreciation for Kentucky's hard-working agricultural industry. The official theme for this year's celebration is "Agriculture: Together, We Grow."

Here are several ways to help spread the word and help youth share in the celebration:

- Take a virtual field trip. Bring the farm and farmers to you through the "Kentucky Farms Feed Me" virtual field trip series at teachkyag.org/kyfarmsfeedme, a program of the Kentucky Agriculture and Environment in the Classroom.
- Learn more about what's growing in your county. Check out the Kentucky Food and Farm website at kyfoodandfarm.info to learn what farmers are growing where you live.
- Prepare a farm-to-table feast. Serve your family a meal that highlights the quality and abundance of locally grown and raised agriculture products in Kentucky.
- Share what you know through youth group discussions. At your next 4-H club meeting, talk with your peers about what agriculture means to you and how it affects your community.
- Explore agricultural career opportunities. Careers in agriculture include a myriad of jobs in food production, agricultural engineering, environmental science, animal nutrition and more. Learning about these career possibilities is a great way to support the industry's future. Visit kyagworks.org for career profiles and job quizzes.
- Thank a farmer and anyone that contributes to agriculture. Reach out to farmers and anyone you know in your community who impacts this vibrant industry. Express your gratitude for their work and contributions.
- Spread the word on social media. Your county extension office's social media pages are an excellent place to find posts you want to share/reshare. With adult guidance, 4-Hers can remind their family and friends online of agriculture's impact on their lives.
- Participate in the Kentucky Agriculture Poster and Essay Contest. Share what Kentucky agriculture means to them through the written word or colorful artwork. The 2025 theme is "Kentucky Agriculture Makes Me Proud." Find entry information at kyagr.com/marketing/poster-essay-contest.html.

For more information on Agriculture Education Week, including the history, learning resources and to learn how you can get involved, visit kyagr.com/marketing/ag-education-week.html.

If you are looking for ways to celebrate National Ag Week with the young people in your life, it is easy for everyone to participate. Your county 4-H agent can connect you with agriculture-related learning activities and resources you can use to educate others about agriculture in your community.

Contact the Perry County Extension office for more information, programs or events going on in your county.

YOUTH



HEALTH BULLETIN



MARCH 2025

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

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THIS MONTH'S TOPIC

USE GOOD WORDS FOR FOOD



WHO-HOO!
DID YOU
HEAR THAT?
I'M NOT ALL
BAD!

The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy. The words we use when we talk about food can change how we feel about eating. If we

Continued on the next page →

By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

Continued from the previous page

say things like, "that food is unhealthy," or "you shouldn't eat that," it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, "this food gives me energy," or "this helps my body stay strong," we start to see food as something that helps us feel good.

It is important to remember that no food is really "bad." It's all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won't be as healthy. It's about having all types of food in different amounts.

When we say foods are "good" or "bad," it can make us feel like we're doing something wrong



This gives me energy.



When we eat the "bad" food, instead of using these words, we can talk about food in a more helpful way.

It's also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it's a treat or a healthy meal, food is something to enjoy.

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YOUTH HEALTH BULLETIN

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Cooperative Extension Service
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