



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Powell County Extension News

February, 2023

Cooperative Extension Service
Powell County
169 Maple Street
Stanton, KY 40380
(606) 663-6405
powell.ca.uky.edu

EVENTS THIS MONTH

February 3rd
Cook Together, Eat Together

February 7th
Girls on the Run

February 7th
4-H Cooking Club

February 7th
Homemakers Evening Club

February 13th
Powell & Clark County Beekeepers

February 14th
4-H Livestock Club

February 14th
Clay City Homemakers

February 16th
National Farm Machinery Show Trip

February 18th
A Very February Event

February 20th
4-H Camp Applications Available

February 21st
4-H Art Club

February 27th
Stories, Songs, and Stretches

February 28th
4-H Cloverbuds Club Meeting

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

**BECOME A 2023 4-H SUMMER CAMP COUNSELOR
JUNIOR COUNSELORS
NEEDED**

Are you 15 - 18?
Looking for a leadership opportunity?
Love summer camp?

SIGN UP NOW

**POWELL COUNTY 4-H PROGRAM
JM FELTNER CAMP, LONDON KY
JULY 17 - 21**

Applications are available now
ALL new and returning counselors are asked to apply.
This will help us place counselors in the correct cabins

FOLLOW THIS LINK TO GET YOUR APPLICATION
https://uky.az1.qualtrics.com/jfe/form/SV_bQOFx7WPrist75c

*Powell & Clark County
Beekeepers Association*

will meet Monday, February 13th at
6:30 p.m. at the
Powell County Extension Office.

Dinner will be provided, members are welcome to bring a dessert

For more information contact Jason Vaughn, Powell County
CEA for Agriculture and Natural Resources, 606-663-6405

College of Agriculture,
Food and Environment
Cooperative Extension Service

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.



Disabilities
accommodated
with prior notification.

Agriculture and Natural Resources



Jason Vaughn

Jason Vaughn
Powell County Extension Agent
Agriculture and Natural Resources

Jason.vaughn@uky.edu

A Word From the Agent:

I hope everyone is staying warm and dry through these dreary days. For me, winter is a time to reflect and plan. I like to spend time planning for the year to come and figuring out what I did wrong in the past. The February newsletter has articles that will help you get off to a good start in 2023.

I invite anyone interested to join me on a trip to the National Farm Machinery Show in Louisville on Thursday, February 16. We will leave at 8:30 in the morning and return by 3:30 or so. The cost is free with transportation provided. Folks will just need to bring lunch money with them. It will be a fun day. Contact the office to reserve your seat in the van.

POWELL COUNTY
LIVESTOCK ASSOCIATION



 Like us on
Facebook

From The Woods Today

Wednesdays @ 11am EDT

A weekly show focusing on Kentucky woodlands and wildlife



FromTheWoodsToday.com

UK leads series of webinars for backyard poultry owners

In conjunction with the Universities of Wisconsin, Florida, Minnesota, The Ohio State University and Utah State University, the University of Kentucky will host 10 Zoom sessions in 2023 on everything from reproductive issues to managing poultry flocks on pasture.

Backyard chicken flocks are popular in [urban and suburban communities](#) throughout the country. Most owners raise them for [eggs](#), meat, controlling pests and sometimes, just as pets. Preparation is essential for a thriving backyard flock. The University of Kentucky College of Agriculture, Food and Environment is leading a series of webinars throughout the coming year on various aspects of raising backyard poultry.

In conjunction with the Universities of Wisconsin, Florida, Minnesota, The Ohio State University and Utah State University, UK will host 10 Zoom sessions in 2023 on everything from reproductive issues to managing poultry flocks on pasture.

“Backyard poultry has gotten really big recently and UK is taking the lead on providing science-based information to small and backyard chicken producers through our website, Facebook page and our monthly webinars,” said Jacqueline Jacob, an extension project manager in the UK Department of Animal and Food Sciences who puts together the yearly event.

Chickens were not considered livestock by American farmers in the early 1900s; eggs were regarded as a delicacy, and chicken meat was served only on special occasions. The U.S. government appealed to backyard chickens after the start of the First World War, though. Foraging chickens produced their own food, composted kitchen scraps, controlled harmful garden insects, tilled soil and ultimately increased the availability of food supplies to send to troops in Europe.

Following World War II, this mentality faded as people moved to the suburbs, and backyard chickens were replaced by industrial poultry.



While Jacob does not have specific numbers for backyard flocks, she said suburban poultry has made a comeback over the past several years, and skyrocketed when COVID-19 hit. With schools closed and workers laid off, furloughed or working remotely, many Americans saw starting a backyard flock as a rewarding project for the weeks or months of confinement at home.

“Chickens are beneficial for several reasons,” said Jess Slade, native plants curator at The Arboretum State Botanical Garden of Kentucky, who purchased her backyard flock at the height of the COVID-19 pandemic. “They produce colorful eggs with rich, orange yolks that beat any grocery store egg in flavor and beauty. I currently have a flock of eight chickens of various breeds and they are a delight to watch and care for – plus the eggs make great gifts for friends and neighbors.”

Aside from fresh daily eggs, meat and a great source of garden compost, poultry can also be an excellent educational tool for children.

“Taking care of your own chickens is a great learning tool,” Jacob said. “Children learn about respect for life, general biology, caring for one another and responsibility. Some families consider their flocks ‘Chicken TV.’ They sit and watch their chickens’ daily activities and have a blast doing it.”

To see all webinars, visit <https://poultry.extension.org/webinars>.

WINTER EQUIPMENT MAINTENANCE

Just because it is cold outside, doesn't mean your lawn and landscape work is complete. There are many chores that can, and should be done during the winter months. Cold weather is the time to service your tools and power equipment, build a new compost bin, calibrate your sprayer, or even identify some winter annuals for proper control methods later.

Starting your mower, tiller, weed eater, or blower next spring can be easy with a few winter preparations. Gasoline breaks down over time, leaving a gummy residue inside your equipment's carburetor and fuel tank. When you start up your equipment in the spring, this residue gets sucked into tiny holes inside the carburetor called "jets" and stops them up. When this happens, it takes a skilled mechanic to clean the tank and carburetor. To prevent this, always drain fuel and add a fuel stabilizer to the tank. Pull the cord or turn the engine a couple of revolutions to work the stabilizer through the fuel system for best protection.

Many times our equipment gets neglected during the year while it is used regularly. Winter is the best time to make sure you have a fresh oil change. Drain the oil using the drain plug typically on the side or underside of the engine. Add new oil per manufactures recommendations and change filter if applicable. Make sure you dispose of oil properly and do not leave the equipment without oil (you might forget to add it in the spring causing serious damage to the engine).

Air filters are often overlooked and arguably, the most important maintenance item on many pieces of equipment. A precise mixture of air and fuel is needed for combustion engines to run smoothly. The air filter will ensure only clean, dust free air enters the combustion chamber. Many filters are disposable and will need to be replaced but some are the washable sponge type. Wash them with warm water and a small amount of soap; rinse and allow to dry thoroughly; and then add a little engine oil to the sponge. This will allow the filter to collect dirt and debris even better! If you use your equipment in a dusty environment, you probably should clean it much more often. Look over all of your equipment for signs of wear. Often, cables get worn or rusty. A little lubricating oil will help tremendously on rusty cables before they get too stiff and break. Check for debris built up in the tines on your tiller or around your blade(s) of your mower. A clean piece of equipment is a happy piece of equipment. Engines produces a lot of heat which wears on the metal and decreases the life of the engine. A dirty engine retains more heat than a clean one. Take some time to clean debris and built up grime from all surfaces.

Winter is a great time to take a look at the underside of you mower. Grab the blade and push it up and down opposite the direction it turns. If you feel movement, you could have bearings bad in the spindle. Repairing them now will prevent even costlier repairs later.

Many of these maintenance items are fairly simple and will add to the useful life to your equipment. Some maintenance will prevent the need for a skilled mechanic often correlating to costly repairs. If you find problems that you are familiar with, make sure to get some expert advice from a local repair shop. Whether you do it yourself or have a repair shop do it, take a few hours this winter and take care of the equipment that takes care of your lawn and gardens!

FROST SEEDING CLOVER: A RECIPE FOR SUCCESS

Legumes are an essential part of a strong and healthy grassland ecosystems. They form a symbiotic relationship with Rhizobium bacteria in which the bacteria fix nitrogen from the air into a plant available form and share it with the legume. Clover also increases forage quality and quantity and helps to manage tall fescue toxicosis. In the past, the positive impact of clover on tall fescue toxicosis has always been thought to simply be a dilution effect, but new research from the USDA's Forage Animal Production Unit in Lexington shows that compounds found in red clover can reverse vasoconstriction that is caused by the ergot alkaloids in toxic tall fescue. The primary compound found in red clover is a vasodilator called Biochanin A. Clover stands in pastures thin overtime due to various factors and require reseeding every three to four years. There are several techniques for reintroducing clover into pastures including no-till seeding, minimum tillage, and frost seeding. Of these techniques, frost seeding requires the least amount of equipment and is the simplest to implement. Frost seeding is accomplished by broadcasting clover seed onto existing pastures or hayfields mid to late winter and allowing the freezing and thawing cycles to incorporate the seed into the soil. This method works best with red and white clover and annual lespedeza. It is NOT recommended for seeding grasses or alfalfa. This publication covers the important factors for successful frost seeding. Find this and related publications at the UK Forage Website under the "establishment" tab. <https://forages.ca.uky.edu/establishment>

Frost Seeding at a Glance (from the new pub.)

- Legumes are an essential part of sustainable grassland ecosystems.
- Overseeding may be required to maintain and thicken stands.
- Frost seeding is the simplest method for reintroducing clover back into pastures.
- Control broadleaf weeds fall prior to frost seeding.
- Soil test and apply any needed lime or fertilizer before frost seeding.
- Suppress the existing sod and reduce residue with hard grazing in the fall and winter.
- Choose well adapted varieties of red and white clover using the UK forage variety testing data.
- Calibrate seeder and check spread pattern.
- Broadcast 6-8 lb/A of red clover and 1-2 lb/A of white clover that has been inoculated in mid-February (no later than early March).
- Control competition from existing grasses by grazing pastures in short intervals until clover seedlings become tall enough to be grazed off.
- Put pasture back into your regular rotation once seedlings reach a height of 6-8 inches.

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

START THE YEAR RIGHT WITH GOOD RECORD-KEEPING PRACTICES

Record-keeping is not everyone's favorite activity, but with a little time, patience and a commitment to get it done, your financial life will be more peaceful.

Record-keeping tasks don't have to be difficult. Think of it as a way to keep track of your operation that will help you make better long-term decisions. You can use a ledger book or a computer—whatever helps you maintain consistency. Software programs can help you make sense of your data.

Software has become more user-friendly over time, and while it may not make the record-keeping process fun, it could help you see the overall picture of your operation. Some programs track purchases and how you use each item on a particular enterprise or field. You'll be able to keep track of repair and maintenance records for specific farm equipment and produce balance sheets, income statements and cash flow budgets.

For many livestock operations, a good time to start keeping records is when your veterinarian comes to check your animals. Vets usually charge per head, so that data can help you develop a list of animals that need attention. You can use the same data to develop health histories of your animals, which will lead to more informed exams and diagnoses in the future.

Make record-keeping a team effort for your family. Sit down and work on the records and budget together. Perhaps one person can read the information while another person types it into the software program or writes it in the ledger book. You won't become overwhelmed if you do a little bit each day and don't save it all up for the end of the year. Year-end procedures also can feel more satisfying if you've done the work throughout the year. You can generate year-end reports with a few simple clicks and not have to sort through stacks of bills lying around the home or office.

The University of Kentucky College of Agriculture, Food and Environment's Department of Agricultural Economics has several tools online that could help with budgeting and decision-making. Visit <https://agecon.ca.uky.edu/budgets> to see what is available.

For more information about record-keeping and a variety of other farm management topics, contact the Powell County Cooperative Extension Service.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

**Powell County Extension Service
Powell County Nutrition Education
Powell County Livestock Association
Powell County 4-H**



**Follow us
on Facebook**



**Like us on
Facebook**

Annual Plant Sale



Allstar or Earliglow Strawberry Plants
Plants come in bundles of 25 at \$6.00 per bundle.
Allstar Strawberries are June bearing and produce a larger berry.
Earliglow Strawberries are June bearing and produce a sweeter, smaller berry.



Chandler and Duke Blueberry Bushes
The plants are sold individually and cost \$9.00 per bush. Anyone ordering blueberry bushes will need to order at least one of each variety for cross pollination purposes.



Candy Onion sets
These jumbo onions are sweet and mild with lasting quality and good flavor
\$6 per bundle of 60 sets

Prelude Raspberry Plants
\$5.00 per plant

Jewel Black Raspberry Plants
\$6.00 per plant

Natchez Blackberry Plants
\$5.00 per plant

Millennium Asparagus
\$3.00 per plant

Deadline to order is March 10th

Pre-payment is required with all plant orders. Order will not be complete until payment is received. For more information, contact the Powell Co.

Extension Office at 663-6405

Make checks payable to and mailed to:
Powell County Farmers' Market
169 Maple St., Stanton, 40380



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAMILY AND CONSUMER SCIENCES

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



Kendyl Redding

Kendyl Redding
Powell County
Extension Agent for
Family and Consumer
Sciences

Help us grow our community!

POWELL CO. HOMEMAKER EVENING CLUB



The first Tuesday of each month

FEBRUARY 7, 2023
6:00 P.M. - 7:30 P.M.

Powell County Extension Office
169 Maple St, Stanton



CLAY CITY Homemakers

Will meet Tuesday,
February 14th at 11 a.m. at
the Extension Office.

"The eight laws of health" will
be taught by Karen Phillips

Lunch Hostesses: Alice
King and Joanne DeFilippo



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

Stories, Songs, and Stretches

Join us the last Monday of each month for Stories, Songs, and Stretches! This program helps your child develop early learning skills through yoga-inspired movement. For children K-3 and their adult caregivers.

Powell County Public Library

February 27, 2023

4:00 p.m.



COOK TOGETHER, EAT TOGETHER



College of Agriculture,
Food and Environment
Cooperative Extension Service

Powell County Extension Office
First Friday at 5:30-7:00 pm

- 2/3** Cooking Social 6: Slow Cooker Meals
- 3/2** Cooking Social 7: Snacks
- 4/7** Cooking Social 8: Shopping Smart

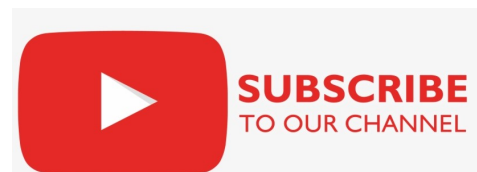
REGISTER HERE



Powell County Extension Service
Powell County Nutrition Education
Powell County Livestock Association
Powell County 4-H



Powell County FCS Extension



Powell.extension





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



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

Why it Matters

IT'S FUN. IT'S EFFECTIVE.

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



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



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

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

Registration Opens: 1/24 at www.gotrcentralky.org

Program Starts: T/TH 3:30-4:45 beginning 2/7

Program Location: Bowen Elementary

Program Fee: \$169.60

Financial Assistance is Available

Contact: Heidi Guckenberger

heidi@gotrcentralky.org |

LEARN MORE AND REGISTER TODAY AT WWW.GOTRCENTRALKY.ORG



Girls on the Run es para **TODAS** las niñas.



¡Girls on the Run es un programa extraescolar como ningún otro! Dos veces por semana durante 10 semanas, niñas de todas las capacidades se divertirán, harán amistades, aumentarán sus niveles de actividad física y aprenderán habilidades importantes para la vida. Entrenadoras capacitadas y atentas guían a las niñas de 3 a 5 grado a través de lecciones interactivas y actividades que requieren correr. La temporada termina con una carrera de celebración no competitiva de 5 km.

Por qué es importante ES DIVERTIDO. ES EFICAZ.

La participación en Girls on the Run transforma las vidas de las niñas ayudándolas a confiar en si mismas, desarrollar relaciones sanas y sentirse bien consigo mismas, tanto interna como externamente.



Las niñas que estuvieron menos activas al inicio del programa, aumentaron su actividad física en más del 40 %*



El 97 % de las participantes dijo que aprendió habilidades críticas para controlar las emociones, resolver los conflictos, ayudar a los demás o tomar decisiones intencionales*

* Los resultados se basan en un estudio independiente realizado en 2016 por la experta en desarrollo positivo de los jóvenes, Dra. Maureen R. Weiss, Ph.D.

La inscripción comienza: 1/24 at www.gotrcentralky.org

Fecha de inicio del programa: T/TH 3:30-4:45 beginning 2/7

Ubicación del programa: Bowen Elementary

Tarifa del programa: \$169.60

Ayuda financiera disponible

Contacto: Heidi Guckenberger

heidi@gotrcentralky.org |

OBTÉN MÁS INFORMACIÓN E INSCRÍBETE HOY EN WWW.GOTRCENTRALKY.ORG



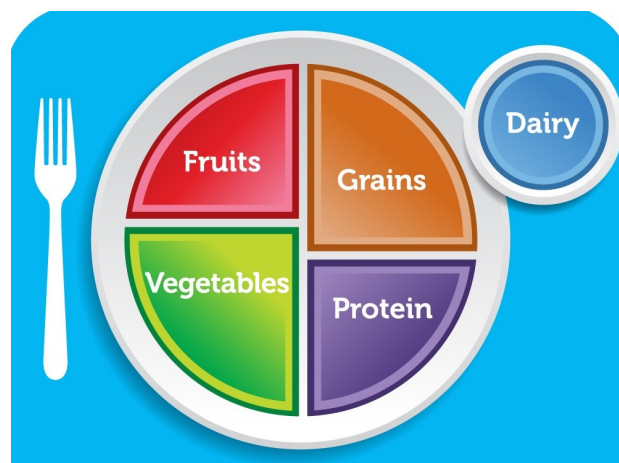
Supplemental Nutrition Assistance Program



Nutrition

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

The Dietary Guidelines recommends eating fish or seafood as a protein source at least twice a week. Brown rice is a whole grain. Whole grains are sources of magnesium and selenium. Magnesium is a mineral used for lots of functions in the body, including building bones. Selenium helps with immune function among many other things. Brown rice is higher in fiber than white rice.



Cooking Tips

Use one onion and a bell pepper in place of the frozen vegetables for this dish. Or you can use whatever combination of vegetables you prefer. Cook fish to an internal temperature of 145 degrees F. It should flake easily but remain moist and tender. Brown rice takes longer to cook than white rice. If you substitute white rice in this recipe, be sure to check it sooner than the recipe says. If you are new to searing fish, expect the pan to smoke a bit. Be sure to follow recipe directions precisely to avoid burning the food or causing too much smoke.

Physical Activity Tip: *Move More and Sit Less*

Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous intensity physical activity to help gain some health benefits. It is recommended for adults to get at least 30 minutes of physical activity in daily, but you don't have to do it all at once. You can spread your activity out during the day and break it up into smaller chunks of time.

Recipe of the Month



Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.

11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Makes 6 servings

Serving size: 1 fish filet and 1/2 cup rice

Cost per recipe: \$11.44

Cost per serving: \$1.91



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

Nutrition facts per serving:

260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service



4-H Youth Development



Emilee Hager

Emilee Hager
Powell County Extension Agent
4-H Youth Development

Emilee.hager@uky.edu

Enroll in Kroger's **FREE** Community Rewards Program

- Have your Kroger Plus Card ready!
- Visit [kroger.com/communityrewards](https://www.kroger.com/communityrewards)
- Sign in to your online Kroger Plus Card account, update, or create one
- Scroll down to **ENROLL NOW** in the Community Rewards Program
- Find **POWELL COUNTY 4-H Council**, select, and save/enroll to complete



\$8

Discount when buying more than one.



4-H COUNCIL

VALENTINE'S DAY FUNDRAISER

Nothing says **I Love You** like a cute Valentine for your favorite kids!



Valentine includes stuffed animal, Kool-Aid Drink pouch, pencil, straw, assorted stickers and candy

FREE Delivery to all Powell County Schools (including daycares, preschools, etc.)

Use link to place and pay:

https://uky.az1.qualtrics.com/jfe/form/SV_b9PFCFIImTPm9Jc



UPCOMING

4-H Meetings

FEBRUARY 7TH

4-H Cooking Club

Open to youth in the 6th - 12th grade

Next meeting will be Feb. 7th

4 p.m. to 5:30 p.m.

FEBRUARY 21ST

4-H Art Club

Open to youth ages 5-18

Next meeting will be February 21st

5:30 p.m. to 6:30 p.m.

FEBRUARY 14TH

4-H Livestock Club

Open to youth ages 5-18

Next meeting will be February 14th

6 p.m. to 7 p.m.

FEBRUARY 28TH

4-H Cloverbud Club

Open to youth 5 to 8 years old

Next meeting will be February 28th

5:30 p.m. to 6:30 p.m.



4-H SUMMER CAMP

JULY 17TH-21ST



College of Agriculture,
Food and Environment
Cooperative Extension Service

CAMP APPLICATIONS AVAILABLE FEBRUARY 21ST!





A VERY FEBRUARY EVENT

- LEARN ALL THINGS ABOUT THE HEART AND LISTEN TO YOUR OWN HEARTBEAT!
- TIE AND TAKE HOME A CELTIC HEART KNOT!
- CELEBRATE NATIONAL BIRD FEEDING MONTH: DESIGN A BIRD FEEDER AND LEARN ABOUT RESIDENT BIRDS!



**WHEN: 10-NOON, SATURDAY, FEB
18TH**

WHERE: CITY HALL IN CLAY CITY



POWELL COUNTY 4-H

4-H

cloverbud club

For
Ages 5
to 8

Fun & Creative
Activities

Meeting the 4th
Tuesday of each
month
5:30 to 6:30

at Powell County Extension
Office, 169 Maple Street

interested in leading this
club??

- contact the office
today!

Register
Today!



For more information:
emilee.hager@uky.edu
Call 606-663-6405



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.



I Pledge

my **HEAD**
to clearer thinking,

my **HEART**
to greater loyalty,

my **HANDS**
to larger service, and

my **HEALTH**
to better living, for

my **Club**, my **Community**,
my **Country**,
and my **World**.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H Youth Development

Open to ages 5-18

4-H ART CLUB

Express yourself through
different types of art
each month!

Tuesday, February 21st
5:30 - 6:30 pm

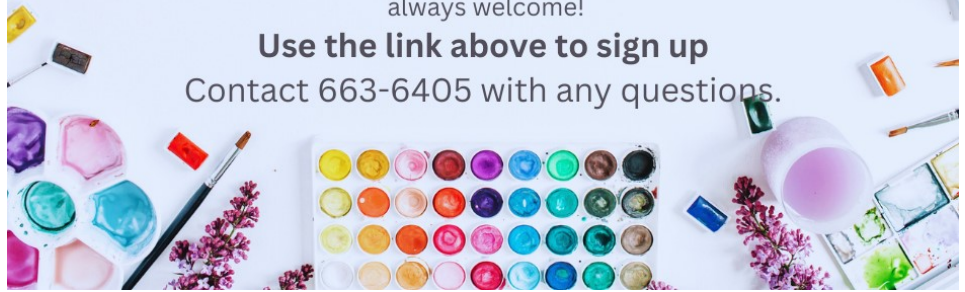
Powell Co. Extension Office

Cost: **FREE**,
just sign up!

New members, beginner and advanced
always welcome!

Use the link above to sign up

Contact 663-6405 with any questions.



Open for
6th - 12th
graders

POWELL CO. 4-H TEEN COOKING CLUB

TUESDAY
FEBRUARY 7TH
4 PM TO 5:30 PM

New
members
always
welcome!

169 Maple St.
Powell Co.
Extension Office

For more information: 663-6405 or emilee.hager@uky.edu

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, Cooperative
LEXINGTON, KY 40546



Disabilities
accommodated
with proper
notification