



Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures

January has been a tough month, with the constant snow, school closures, and freezing temperatures making everything feel more challenging. Yet, snow plays a crucial role in agriculture, as it helps the soil, giving crops a better chance to thrive when spring arrives. It's also a great opportunity for children and adults to get physical activity while sledding or building snowmen.

February is often a snowy and cold month as well, so being prepared is important. In the event of another bitter cold or excessive snow event, follow our social media pages to provide guidance for food safety during power outages, tips for livestock and plant safety during extreme cold, and boredom beating youth activities available through Martin County 4-H.

Joe Maynard
Joe Maynard
4-H Agent

Asya Jarrell
Asya Jarrell
FCS Agent

Nicole Hinkle
4-H Assistant

Inside the Issue

- Informed Citizen Information
- Moneywise and Health Bulletin

- 4-H News and Updates
- Photography Spotlight
- Youth Health Bulletin

- Gardening Tips for February
- News and Updates
- Soil Sample "How To"

Stay Connected



606-298-7742



martin.ca.uky.edu



@Martin County Cooperative Extension

@martinco4H



@martin.county.4h



Family & Consumer Sciences

BECOMING AN INFORMED CITIZEN



Extension Source

Extension	Source
.gov	Governmental
.edu	Educational
.com	Commercial
.org	Organizational

Figure 1.1

Information Reliability Checklist

Consider the credibility of the source	Yes	No
1. Is the publishing organization known for accuracy and reliability?		
2. Is the author clearly identified and does the author have relevant expertise or credentials?		
3. Are facts, statements, and claims supported by evidence?		
4. Has the source been updated as new information becomes available?		
5. Has the source been reviewed or verified for accuracy by experts?		
Consider the motive of the article		
6. Would the goal of the article be considered biased?		
7. Does the article show bias or use sensationalism to persuade the reader?		

Figure 2.1

Information is constantly surrounding us, available through various channels like TV, social media, radio, newspapers, and the internet. Being an informed citizen is essential, but how can you be sure that the information you're reading comes from a credible source? On figures 1.1 and 2.1 you will find some guidelines to help you distinguish between fact and opinion. Staying well-informed is key to understanding and addressing the issues that may arise in your community. For more resources, visit UK Publication FCS6-216



FEBRUARY 2025

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

Martin County Extension Office
9 Holy Street
Inez, KY 41224
606-298-7742

THIS MONTH'S TOPIC
CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

Continued on the next page →



→ **Continued from the previous page**

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

YOUTH HEALTH BULLETIN

Written by: Courtney Luedking, PhD, MPH, RDN

Edited by: Alyssa Simms

Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nicholejhuff@uky.edu

THIS MONTH'S TOPIC: HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

STRENGTHS OF NEURODIVERSE CHILDREN

The challenges of neurodiversity can sometimes be tough for kids and parents, but



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.



Disability accommodations with prior notification

CREATE OPPORTUNITIES TO TEACH



TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- **Make it practical.** Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- **Use tools.** When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.

- **Create opportunities to teach.** Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.

- **Talk about risks and rewards.** It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

RESOURCES

- <https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity>
- <https://ncld.org/join-the-movement/understand-the-issues/>
- <https://www.financialplanningassociation.org/article/journal/NOV21-inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>

Written by: Whitney Holmes, M.Ed., Associate Director of Learning Services, University of Kentucky Athletics
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nicholejhuff@uky.edu



Photography

Hey 4-H'ers!

Through a 4-H Expressive Arts Project, you can learn how photography is a powerful way to express yourself. By capturing moments, emotions, and stories, you have the chance to share your unique perspective with others. Photography helps you develop important skills like problem-solving, attention to detail, and creativity which skills that will help you in many areas of life.

The Martin County 4-H Photography Exhibit, (coming soon) is a great way to showcase your work, get feedback from judges and visitors, and celebrate your creativity. This will be a great opportunity to build confidence, grow as a photographer, and connect with others who appreciate your art.

All photos will be on display at the Appalachian Artist Festival in August and could be chosen to represent Martin County at the Kentucky State Fair.

If you'd like to practice your skills, try the activity on the next page.



News and Updates

- Martin County Middle School Afterschool Club will resume February 6th. We will be beginning the month with S.E.T. lessons.
- Inez Elementary Afterschool Club will resume February 4th. We will be studying weather tracking and groundhog day.
- Eden Elementary Enrichment will be 2/20 and 2/27, focusing on health.
- WES Enrichment is in the planning process, but will focus on health and literacy.
- MCHS FCS class will be beginning Teen Cuisine in February.
- Third annual photography exhibit will begin in February and run to April.
- A new in office club is coming in February. We will announce this very soon!
- 4-H Program Council will be meeting in February. Please follow our social media pages for updates.





Bird's (or Bug's) Eye View

Description

What does a bug see? What does a bird see?
Create photos from different points of view!

Supplies



Camera

or



Cell Phone

Background

It is natural for us to look at our world from a 'normal' viewpoint. We view things from our standing position and it is easy to take photos in the same way.

But what does the world look like from a different point of view? What does a bug see? What does a bird see? Taking photos from a different viewpoint can make a subject more interesting, transforming the composition of the photo into something new that can catch someone's attention.

Try this activity to practice looking at things differently!



Activity Steps

Take two or three photos in each of these positions:

1. Lie on your stomach. Look at things from the ground level.
2. Lie on your back. Look up for clouds, buildings, trees, birds and planes.
3. Lean over. Look down at your feet or down from a second-floor window.
4. Bend sideways. Slant the horizon for an alternate viewpoint.

After you've taken the photos, compare the different versions you took and identify any differences between the photos. What makes each one unique?

► Learn more at 4-H.org/BirdorBug

YOUTH HEALTH BULLETIN



FEBRUARY 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>

Martin County Extension Office
9 Holy St.
Inez, KY 41224
(606) 298-7742

THIS MONTH'S TOPIC GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?



Continued on the next page →



Continued from the previous page

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.

- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.

- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.

- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.

- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:

Mental Health Foundation. (2019). Body image report - Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

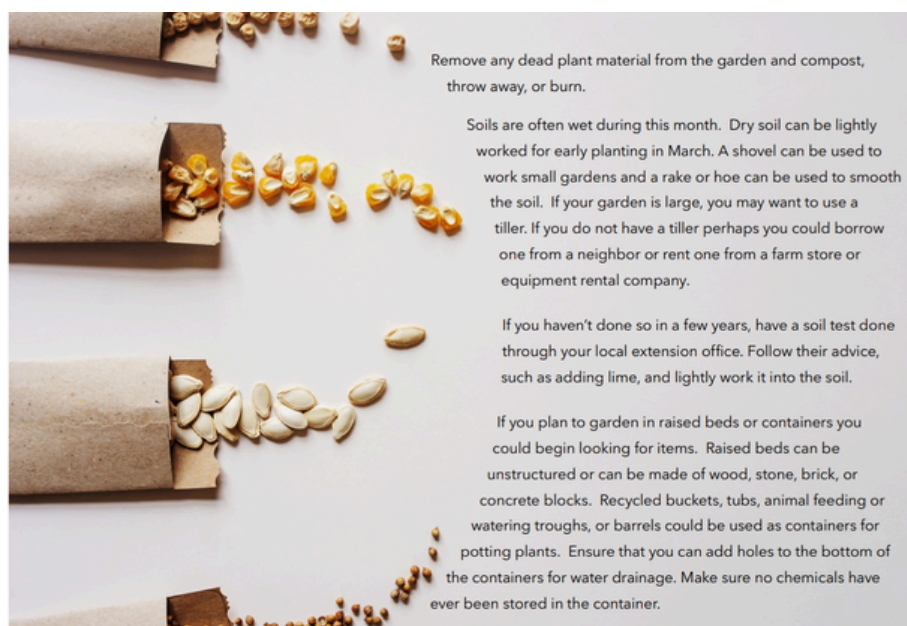
Written by:
Courtney Luedking, PhD,
MEd, RDW
Edited by: Alyssa Simms
Designed by: Rusty Marceau
Cartoon illustrations by:
Chris Wise © University
of Kentucky School of Human
Environmental Sciences)

YOUTH HEALTH BULLETIN



Agriculture & Natural Resources

In Zone 7, February is ideal for starting seeds indoors for spring planting. You can begin growing vegetables like tomatoes, peppers, and onions, or herbs like basil and parsley. Ensure your seedlings are kept in a warm, well-ventilated area to promote healthy growth. February is also a great time to prepare your greenhouse for the upcoming season. Clean your tools and ready the soil for planting. If you need any assistance with seed starting or greenhouse care, we have publications readily available in office or online.



FEBRUARY

Week 1

Fix any broken garden equipment; clean and sharpen gardening tools

Week 2

Prepare compost pile

Week 3

Order fertilizer and lime for the spring and summer

Week 4

Decide and plan how to water your garden and prepare accordingly

Garden Notes

COUNTY UPDATES

- Soil Sample Tests Available
Contact us for more information.
- Downloadable Garden Planning Calendar Available
[@ planeatmove.com](http://planeatmove.com)
- Our office has free publications and information for beginning and experienced farmers, stop by anytime during business hours to get yours.
- Be sure to follow our social media pages, website and local newspaper for upcoming workshops and classes.
- If you have an idea for workshops, classes, or programs that you would like to see this year, please let us know! We would love to hear from you. Call us at 606-298-7742 and ask for an agent.

Agriculture & Natural Resources



Soil Samples

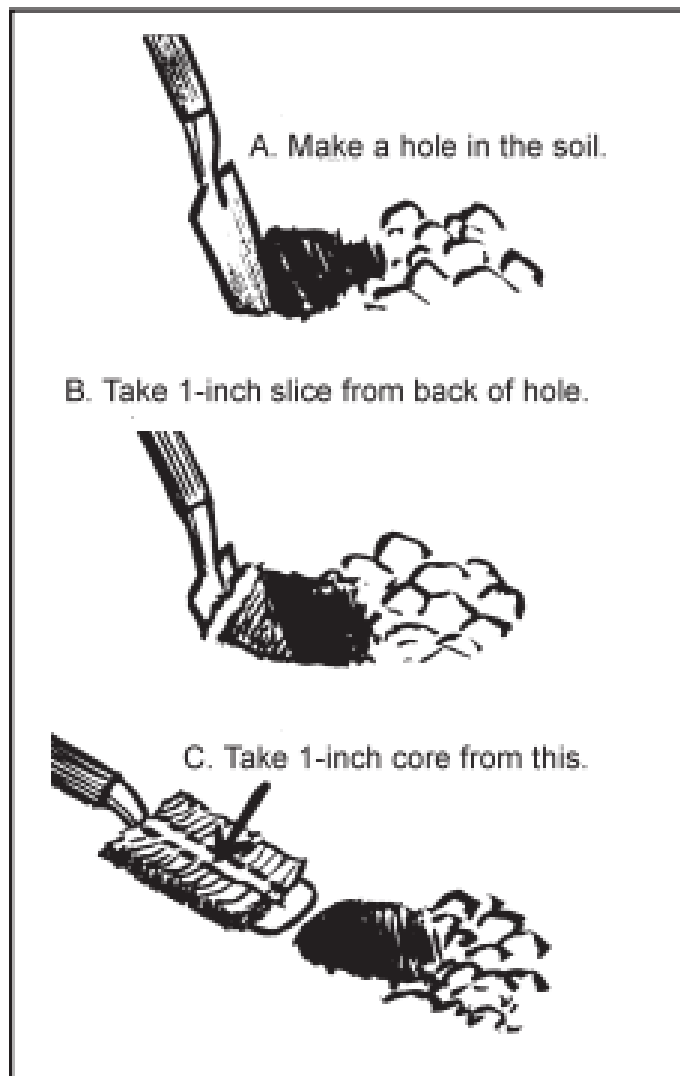
Why should you get a soil sample? The test results help determine fertilizer and lime requirements. This will save you time and money in the long run by helping you to determine the requirements based on what you want to grow. After you take the sample, return it to The Extension office. We will send your sample to UK for analysis. UK will send the ANR agent the analysis and will contact you with the information. The agent will help you with any questions and guide you in your garden planning as needed.

To take a soil sample, push a spade 7 inches into the soil and throw the soil aside. Take another 1-inch slice of soil from the back of the hole the full depth of the hole. Remove all the soil but the center 1- to 2-inch-wide core. Place this core of soil in a clean bucket (Figure 20.1). Repeat the procedure in different spots to get a representative sample of the whole garden and to get about 1 pint of soil. Mix the composite sample well and put it on some paper to dry for about two days at room temperature.

For more information, please contact us at 606-298-7742.

Source: Publication ID-128, Home Gardening in Kentucky

Figure 20.1. Taking a soil sample.



Remember:

- Label your sample with your name, phone number, email or mailing address.
- Be sure to **DRY** your sample at room temperature for about two days to ensure the sample is ready to be processed.
- Put the sample in a ziplock bag or grocery bag once dry to transport to the Extension Office.





COOKING THROUGH THE Calendar

Dates
 Jan 7th
 Feb 4th
 Mar 11th
 Apr 8th
 May 6th
 June 10th

Time: 12:00 pm

Location: 9 Holy St. Inez KY
 41224

Limited Spots Available!
 Register via QR Code or Call (606) 298-7742



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

Paper Trails

Just bring a notebook or scrapbook, your photos, and any extras you'd like to add!

February 12th
 5:00
 9 Holy St, Inez KY
 41224

an equal opportunity organization

LAUGH & LEARN PLAYDATE

Dates:
 Jan 24th
 Feb 14th
 Mar 21st
 Apr 18th
 May 16th
 June 20th

Ages
 Birth-5!

Limited
 Spots
 Available!

Time: 11:00 am

Location: 9 Holy St. Inez, KY 41224

Register via QR Code or call (606) 298-7742



Sweet Box Workshop

FEBURARY 11TH

12:00

9 HOLY STREET,
 INEZ KY 41224



an equal opportunity organization

2025

February



Cooperative
Extension Service

Tentative Schedule of Extension Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4  IES Afterschool  Pieceful Stitchers @ 5  Cooking Through the Calendar @ Noon	5	6  MCMS Afterschool	7	8
9	10	11  Sweet Box Workshop @ 12  Pieceful Stitchers @ 5  IES Afterschool	12  Paper Trails @ 5	13  MCMS Afterschool	14  Laugh and Learn @ 11	15
16	17	18  Pieceful Stitchers @ 5  IES Afterschool	19	20  EES Grades K-2  MCMS Afterschool	21	22
23	24	25  Pieceful Stitchers @ 5  IES Afterschool	26 FCS Council Meeting @ 5	27  EES Grades 3-6  MCMS Afterschool	28	



Cauliflower Bites



Prep Time: 15 minutes
Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.

9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48



Putting Healthy Food
Within Reach

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

Nutrition facts

per serving:
100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.

8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

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, disability, or any other characteristic. Programs and services may be available with prior notice. Program information may be made available in languages other than English.



 Disabilities
accommodated
with prior notification.

Lexington, KY 40506