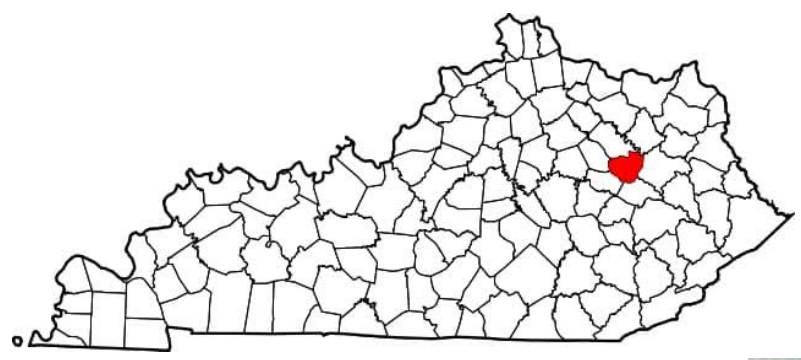


February Newsletter



Menifee County Cooperative Extension Service



Meet your Agents,

Mary McCarty-Agriculture & Natural Resources/4-H Agent

I have been an agent for 16 total years. I have been in Menifee County ANR/4-H for 8 years. My favorite thing about being an agent that not every day looks the same. My husband and I live in Bath County with our 4 legged babies. If you have ANR or 4-H questions please give me a call or stop in to see me at the office.



Mary McCarty



Ailee Lawson

Ailee Lawson- Family & Consumer Sciences/4-H Agent

I have been fortunate to work with the youth of Menifee County for two years now. I am proud to serve my hometown community as your County Agent. As a graduate student, studying nutrition at the University of Kentucky, I strive to provide nutrition knowledge to our youth and community. If you have FCS, food preservation, or 4-H questions, give me a call or stop in to Menifee CES.

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University of Kentucky
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Agriculture and Natural Resources

Predator Control & Guard Animal Management Workshop & Dinner



Who: Carter & Elliott County Extension Service and the Southeast Kentucky Sheep Producers Association (SEKSPA).

When: Saturday, April 1, 2023. Registration is from 8:30-9:00. At 9:00 am we will leave in convoy to an on-farm demonstration.

Where: Registration is at the Carter Co Extension Office at 94 Fairground Drive, Grayson, KY and the on-farm demonstration and then return to the Extension Office for lunch and classroom instruction.

Co-sponsored by: Tarter & Paris Stockyards.

Featured Speakers: UK Wildlife Specialist Dr. Matt Springer, KDA Veterinarian Dr. Beth Johnson and experts in guard animal management, predator hunting/snaring and coyote/bobcat trapping.

Registration Required. Please register by calling the Carter County Extension Office at 606-474-6686 by March 20th.

\$15.00 per family (+\$5.00 for each child over 12). Your registration fee will include a delicious lamb lunch with sides and a One-Year Membership to SEKSPA

This workshop qualifies for CAIP education credits

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

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Disabilities
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with prior notification.

Antibiotic Stewardship-What to do Now to Prepare for Changes Ahead

Dr. Michelle Arnold, UK Veterinary Diagnostic Laboratory

On June 11th, 2021, The Food and Drug Administration (FDA) finalized a Guidance for Industry (GFI) #263, which outlines the process for animal drug manufacturers to change all remaining antibiotic formulations used in animal health care from over-the-counter (OTC) to prescription status. Products commonly used by beef producers such as injectable penicillin and oxytetracycline (for example, LA-300) will no longer be available without a prescription from a veterinarian as of June 2023. Specifically, all dosage forms of medically important antimicrobials approved for use in animals will only be available from, or under the supervision of, a licensed veterinarian, and only when necessary for the treatment, control, or prevention of specific diseases. Producers will need to consult a veterinarian to obtain all antibiotics in any form (injectable, bolus, topical, intramammary) or to request a prescription to purchase them from a distributor.

FDA's goal through GFI #263 is to curb the development of antibiotic-resistant bacteria and, in turn, reduce the risk of human infections that are difficult to treat due to ineffective antibiotics. To accomplish the goal, FDA is promoting the implementation of "responsible antibiotic stewardship practices in veterinary medicine" which are defined as "actions that preserve the effectiveness of antibiotics while maintaining animal health". Examples of responsible practices include 1) only using antibiotics when necessary to treat a sick animal; 2) establishing vaccination protocols and other disease prevention plans to reduce the need for antibiotics; and 3) livestock owners and veterinarians working together to make decisions to improve the overall animal health and welfare of the herd over the long term.

Given that this change is less than 6 months away, what can a livestock producer do now to prepare for it? For a veterinarian to legally sell or prescribe prescription products, FDA states, "A licensed veterinarian may legally use or dispense a prescription animal drug only within the course of her/his professional practice where a valid veterinarian-client-patient relationship exists. Veterinarians employed by drug manufacturers or distributors may not legally dispense prescription drugs to any persons unless they meet the above criteria. Similarly, practicing veterinarians or their employees may not legally sell prescription animal drugs to walk-in customers unless the same criteria are met." Therefore, the first step to do now is establish a valid veterinary-client-patient relationship (VCPR). Kentucky has its own definition of a VCPR (see Box 1). Although the rules are straightforward, how to build a VCPR first requires communication with a veterinarian and asking the question "What do I need to do to establish and maintain a VCPR with you?" The law requires the veterinarian to be familiar with the client, the livestock, and the management of the animals on the farm through "medically appropriate and timely visits" to the place the animals are kept. Scheduling routine veterinary visits to the farm at intervals established by the veterinarian is a perfect way to meet this requirement. At a minimum, the veterinarian needs to know the livestock business you are in (commercial cow/calf; stocker/backgrounder; seedstock operation), what vaccines are routinely given and when, what diseases are recurring problems at the farm and how you typically treat them (for example, pinkeye, foot rot, bronchopneumonia, calf scours, etc.) and any health concerns that may be on the horizon. Some veterinarians will execute a written VCPR agreement although it is not required.

Once the VCPR is established and recognized by both the client and the veterinarian, then the discussions can begin regarding how to obtain prescription antibiotics after June 2023. Working with the veterinarian to establish when antibiotics are necessary before illness occurs is crucial to having the drugs on hand when needed. Setting up treatment protocols in advance with the veterinarian for common problems on your farm, including a written plan of when to treat an animal (also known as a "case definition"), what drug to use (dose, route of administration, how often to give it), what treatment records should be kept, and how withdrawal times will be recorded and observed will reduce the need for emergency veterinary visits and expedite treatment. An important piece of the protocol is to establish when an antibiotic treatment should be considered a failure and what the next step should be when failure is recognized. The treatment protocol needs to be discussed with every person on the farm who may be involved in identifying, pulling and treating an animal in the herd.

Questions to Ask Your Vet

What do we need to do to establish and maintain a VCPR?

What should my treatment records include?

What illnesses and conditions should we establish a protocol for?

How can I improve antibiotic stewardship on my operation?

How will I get a prescription for an antibiotic?



Although producers express frustration if a veterinarian does not honor a request for a prescription medication or veterinary feed directive (VFD), it is important to understand that any violative antibiotic residue detected at slaughter will result in an investigation of the veterinarian who prescribed the drug, even if the drug was administered improperly by the producer and/or instructions were not followed. In addition, if a drug is used in any manner differently from what is written on the label (known as Extra label drug use or ELDU), the meat withdrawal time usually must be extended. For example, if a higher than label dose is used, it changes when the residue concentrations will fall below the drug testing tolerance. Bear in mind that any drug delivered with a dart is considered extra label use and may require an extended withdrawal period, even when all other label directions are met. The only way a drug can legally be used extra label is when it is prescribed by a veterinarian, who must also issue an extended withdrawal interval. Veterinarians can contact the Food Animal Residue Avoidance Databank (FARAD) for guidance in establishing the required withdrawal time. **Bottom Line: Talk to your veterinarian, sooner rather than later!**

KRS Sec 321.185 Veterinarian-client-patient relationship (VCPR)

(1) In order for a veterinarian to practice veterinary medicine, a relationship among the veterinarian, the client, and the patient shall be established and maintained.

"Veterinarian-client-patient relationship" means that:

- (a) The veterinarian has assumed the responsibility for making judgments regarding the health of the animal and the need for veterinary treatment, and the client, whether owner or other caretaker, has agreed to follow the instructions of the veterinarian;
- (b) There is sufficient knowledge of the animal by the veterinarian to initiate at least a general or preliminary diagnosis of the medical condition of the animal. This means that the veterinarian has recently seen and is personally acquainted with the keeping and care of the animal by virtue of an examination of the animal or by medically appropriate and timely visits to the premises where the animal is kept; and

The practicing veterinarian is readily available or shall provide medical service for follow-up in case of adverse reactions or failure of the regimen of therapy. A new regimen of therapy shall be contingent only upon cooperation of the client and availability of the subject animal. (2) The veterinarian shall maintain records which document patient visits, diagnosis, treatment, and other relevant information.



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THE EAST KY SWEET POTATO GROWERS
ASSOCIATION PRESENTS:

Sweet Potato School

FEBRUARY 9

&

FEBRUARY 16

6:00pm @ Wood Utilization Center
Robinson Center for Appalachian Resource
Sustainability (Jackson)

Slip Production | Fencing | Deer Control
Wireworm Control | Weed Control

MEAL PROVIDED AT EACH MEETING
QUALIFIES FOR CAIP EDUCATION



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BATH, MENIFEE, & MONTGOMERY
 COUNTY EXTENSION OFFICE PRESENT
**BEEF SHORT
 COURSE**

Join us on January 17, Montgomery County 6pm
 February 16, Menifee County 6pm
 March 7, Bath County 6pm



Menifee County
 Extension Office
 140 Main St
 Frenchburg, KY 40322

A Meal will be
 provided
 RSVP at
 606-768-3866

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4-H CAMP CANINE

EASTERN
REGION



Who: ALL 4-H Members and Cloverbuds*

When: Saturday, March 25, 2023

Where: Bath Co Extension Office


Cost: \$25 (includes lunch and t-shirt)

*Cloverbuds must have an adult present to attend.

Participants can attend with or without a dog.

**Contact your 4-H agent
for more info or to
register!**



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4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18



MEET MIDDLE SCHOOLERS FROM ACROSS
THE STATE! CHOOSE WORKSHOPS OF INTEREST
TO YOU, PARTICIPATE IN A COMMUNITY
SERVICE PROJECT AND MUCH MORE!



Location: Lake Cumberland 4-H Camp

Cost: \$125

Registration Closes on: February 17, 2023



Hello Menifee Homemaker!

Happy month of love and snow! Check out the Menifee Homemaker Corner Facebook page for updates and announcements. Add current Homemaker members you know so they can see the updates as well. State meeting details are to be announced so be on the lookout for those on our Facebook. Every member will get a Homemaker Council meeting notice from now on and a monthly newsletter. Communication and fellowship is our strongest asset among our wonderful group of ladies.

Menifee Homemakers are featured in Menifee Report to the People, congratulations! We are so excited for our Cultural Arts Entries to continue to State contest/meeting. Cultural Arts Entries that are going to state, please drop off your entries no later than April 15th so I know whose pieces to take. 😊😊

Ailee Lawson Menifee FCS/4-H Agent

Important Dates:

- February 16th, 2023 Cabin Country Meeting at Menifee CES at 11am
- February 20th, 2023 First Club Meeting Menifee CES at 5:30 pm
- February 23rd, 2023 Homemaker Council Meeting at Menifee CES 12p
- April 15th, Cultural Arts winners continuing to state- entries due to FCS Agent.

Thank you, Homemaker!

See you soon!



Ailee Lawson
FCS/4-H Agent





AILEE LAWSON
MENIFEE FCS/4-H AGENT

MENIFEE COUNTY HOMEMAKERS HEAD TO STATE IN CULTURAL ARTS HERITAGE CONTEST 2022-2023



MENIFEE HOMEMAKERS
CULTURAL ARTS ENTRIES

What is Cultural Arts Heritage Contest?

The Cultural Arts and Heritage contest covers wide and diverse subjects that includes fine arts and crafts, heritage and history of both Kentucky and world cultures, literacy and reading and other areas that cover an appreciation of both the Kentucky and world culture.



IN THIS ISSUE

OUT OF THE TWENTY SEVEN HOMEMAKERS, ALL TWENTY SEVEN PLACED AT THE COUNTY LEVEL AND MOVED ON TO REGIONALS.

OUT OF TWENTY SEVEN, ELEVEN MENIFEE HOMEMAKERS PLACED AT THE LICKING RIVER AREA REGIONAL LEVEL

KEHA CULTURAL ARTS HERITAGE STATE CONTEST HERE WE COME!

january / february 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Start off the new year the MyPlate way

Step 1: Reflect and act

What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?

Step 2: Start simple

Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.

Step 3: Plan to eat more meals at home when possible

Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.

Step 4: Make a plan for grocery shopping

Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.

Step 5: Celebrate success

Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.



Source: Adapted from USDA, FNS Pub No. 924, December 2021

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BASIC BUDGET BITES

Unit pricing

What is unit pricing? The price tag on the shelf includes a lot of helpful information. Learn what the numbers mean.

- **Retail price:** This is the price you pay for each item.
- **Unit price:** This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two price tags on a shelf. Based on the unit price, you can see that the large container is a better buy because you get more for your money.



How is the unit price found?
Total Price ÷ Size = Unit Price

Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

SMART TIPS

Fruit and vegetable peels contain many nutrients

Eating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.



Source: Heather Norman-Burgdolf, University of Kentucky Extension specialist in food and nutrition, September 2021

PARENT CORNER

Winter is a great time for families

The winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much. But inside your home you can create meaningful family experiences and lots of wonderful memories.

Family time promotes positive emotional health in children. Experts say it leads to a greater likelihood that they will avoid risky behaviors such as drug use. They will also have a lower risk for depression.

Here are some ideas to think about doing with your children:

- **Story time:** Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story.
- **Kitchen time:** Spend family time cooking in the kitchen. Whip up something sweet to share for an after-meal treat. Have your children help you prepare food items. You will be teaching them valuable math and life skills.
- **Dance party:** Dancing to music is a great way to improve everyone's mood and get your hearts pumping. Let each have a turn selecting a song. Keep music at the right age level for young children.
- **Scavenger hunt:** Give children a list of objects to find and bring back to you. It can be as long or short as you wish. Start by making a list of items found around your home. Then add items that may require finding a "buried treasure."

Source: David Weisenhorn, University of Kentucky Extension FCS senior specialist for parenting and child development education, December 2021

COOKING WITH KIDS

Wally Wildcat Superhero Muffins

- 2 cups blueberries
- 1 cup sugar, divided
- 1 1/2 cups all-purpose flour
- 1 cup whole-wheat flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1/2 cup vegetable oil
- 1 cup 1% milk
- 1 1/2 teaspoons vanilla extract
- Cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat the oven to 350 degrees F. Spray an 18-cup muffin tin with cooking spray or insert paper liners in muffin cups.
3. Place 1 cup of the blueberries and 1 tablespoon sugar in a small saucepan and simmer over

medium heat, mashing berries and stirring often, for about 6 minutes until mixture is thickened and reduced to about a 1/4 cup. Cool.

4. In a large mixing bowl, stir together the remaining sugar, all-purpose flour, whole-wheat flour, baking powder, and salt.
5. Make a well in the center of the dry ingredients. Add eggs, oil, milk, and vanilla. Whisk together the liquid ingredients. Use a rubber spatula to fold together the liquid and dry ingredients, just until moistened. Fold in the remaining blueberries.
6. Divide batter equally among the muffin cups, filling about two-thirds full.
7. Spoon approximately 1/2 teaspoon of cooked berry mixture onto each cup of batter. Use a skewer

or dinner knife to gently swirl the berry topping into the batter.

8. Bake 17 to 19 minutes until muffin tops are golden. Cool for several minutes before transferring to a cooling rack.
9. Store muffins in an airtight container for up to four days or freeze up to three months.

Makes: 18 servings

Serving size: 1 muffin

Nutrition facts per serving: 180 calories; 7g total fat; 1g saturated fat; 0g trans fat; 120mg cholesterol; 220mg sodium; 27g total carbohydrate; 1g dietary fiber; 14g total sugars; 11g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension specialist, University of Kentucky Cooperative Extension Service



RECIPE

Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is

cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture to the edge of the skillet to make a hole in the middle. Crack the egg in the open area and scramble it until it is cooked through.
7. Stir all ingredients together and serve.

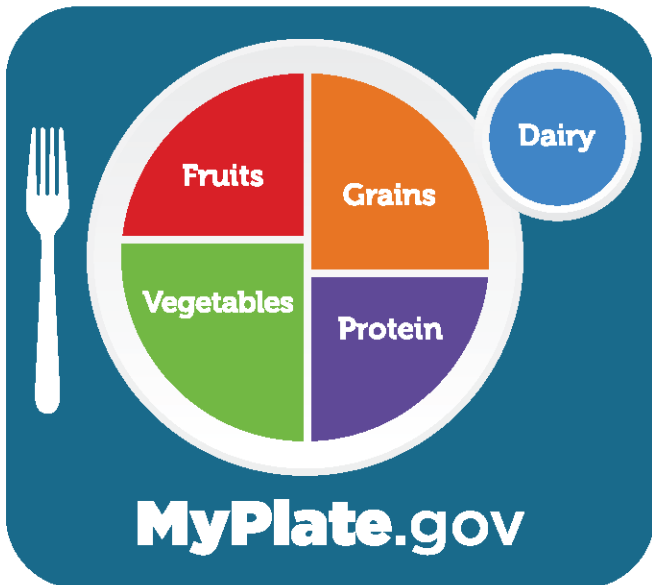
8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 1 cup

Nutrition facts per serving: 220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program assistant senior



LOCAL EVENTS

Menifee County

4-H Cooking Club February 27, 2023

Check out Menifee County Extension Facebook Page for more updates and future events.

FOOD FACTS

What's MyPlate all about?

Using the MyPlate meal plan is a simple and easy way to remember to eat in a healthy way. The MyPlate plan begins by making half your plate fruits and vegetables. But it does want you to eat more veggies than fruit. The other side of the plate is grains and protein. It calls for having a little bit more grains than protein. Dairy is on the right side of MyPlate to remind us that it is important for good health.

- **Fruits:** Focus on whole fruits.
- **Vegetables:** Vary your veggies.
- **Grains:** Make half your grains whole grains.
- **Proteins:** Vary your protein routine.
- **Dairy:** Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Source: Adapted from What's MyPlate All About? USDA, FNS-895 March 2021

If you are interested in nutrition classes, contact your Extension office.

Menifee County Cooperative Extension Office

140 Main St. Frenchburg, KY40322

(606-768-3866)

Ailee Lawson

Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 2

Menifee County Extension Office | 140 Main Street | Frenchburg, KY | 40322 | (606-768-3866)

THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.

Investing



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

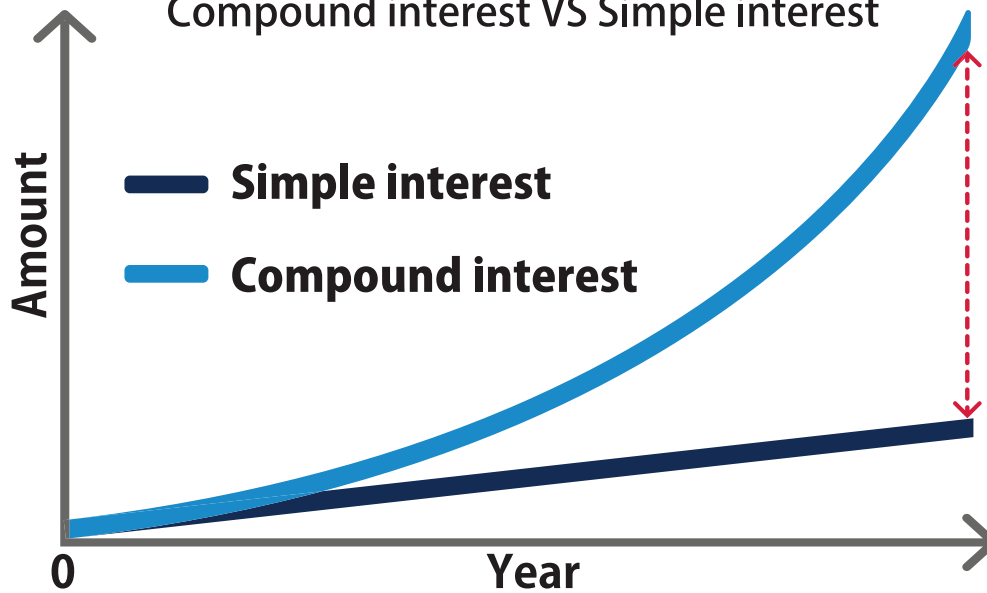
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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



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HOGS & KISSES

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Food and Environment

*I only have
pies for you*



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