



Family & Consumer Sciences

TAYLOR COUNTY FCS EXTENSION NEWSLETTER

July 2023



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It is my pleasure to introduce myself as the new Family & Consumer Sciences Agent at the Taylor County Extension Office! I am from Burkesville, Kentucky, located in Cumberland County. I graduated from Cumberland County High School in May 2020 and earned my Undergraduate Degree from Lindsey Wilson College in April 2023. I am currently living in Adair County with my husband. As the FCS Agent, it is my intention to serve Taylor County and each individual citizen. If there is a need within the community that you notice, please reach out to me, and I will work to meet that need. It is an honor to both work at the Taylor County Extension Office and to serve this community.



Family & Consumer Sciences Agent

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UPCOMING EVENTS



Kentucky State Fair

Homemaker Debbie Wilcoxson will be driving a 15 passenger van to the Kentucky State Fair on August 22nd! Please contact the Extension Office to sign up if you are interested in attending. More details will be available in the August newsletter.



Canning Class

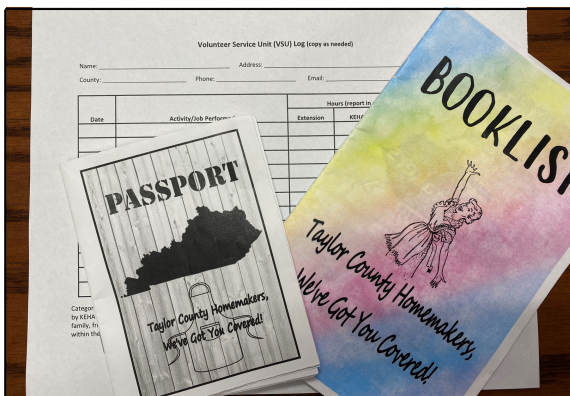
Green County FCS Agent Katelyn Squires will be teaching a water bath canning class at the Taylor County Extension Office on Friday, July 21st. The class will be held from 11 am to 1 pm EST in the kitchen. The class will be limited to 15 participants. Please call (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.



No July Events

Homemakers will be taking the month of July off to rest and prepare for the new fiscal year and will resume in August. Please keep an eye out for upcoming events in August that will be advertised on the Taylor County Extension Homemakers Facebook page and in our next monthly newsletter.

REMINDERS



Homemaker Reports Due

2022-2023 volunteer hours, passports, and reading lists were due July 1st, 2023. If you have not turned in these reports yet, please turn those in at the office or e-mail cmorris@uky.edu as soon as possible.



Homemaker Annual Meeting

The Homemaker Annual Meeting will be held on August 29th in Meeting Room A & B. Registration will begin at 5:30 pm and the event at 6:00 pm.



Homemaker Dues

Make sure to pay your annual Homemaker membership dues to be a returning Homemaker. Membership dues are only \$10 per year.

July 2023

BOOK OF THE MONTH

Carolyn Morris, Modern Day Homemakers Club



Kentucky Bluegrass Series: Tears of Betrayal, Love in the Bluegrass

Sherry A. Burton

Sherry Burton, Kentucky author, has written two captivating novels that were literally almost impossible to put down. *Tears of Betrayal* is about a lonely wife and mother who learns of her husband's betrayal on the day of his funeral when she is served divorce papers. But the betrayal doesn't end there. As she continues with his funeral, more betrayals surface and in the days to come even more. She questions her life and her future. As I stated earlier, I could hardly put this book down. Then, the sequel *Love in the Bluegrass*, is staged in Lexington, Kentucky and captivates the reader with love, trust, horses and even mentions the Kentucky Wildcats. Sherry Burton was at the state Homemakers meeting in Louisville with a display of her books and I was able to have a wonderful conversation with her and her husband. Her books are on the best sellers list on Amazon. I give both of these books five stars. Both of these books can be checked out at the Extension Office. These books fall under the category of fiction or Kentucky in the KEHA reading list.



Reviewed by Carolyn Morris, Modern Day Homemakers Club.

ADULT HEALTH BULLETIN



JULY 2023

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: INFANT CORD BLOOD BANKING



Expecting a baby can be an exciting time for soon-to-be-parents. It can also be overwhelming, with many decisions to make. One such decision parents today face is whether to donate, bank, or discard their baby's umbilical cord blood. Parents need to decide by the time of arrival or registration at the hospital or birth center where the child is to be born. Here are some things to consider when deciding what to do with your child's cord blood:

Cord blood is the blood contained in the placental blood vessels and umbilical cord, which connects an unborn baby to the mother's womb. Cord blood has hematopoietic progenitor cells (HPCs). At birth, cord blood is collected or "recovered" from the umbilical cord, if desired.

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If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth.



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HPCs are blood-forming stem cells. HPCs are found in bone marrow, peripheral blood, and cord blood. These types of stem cells are routinely used to treat patients with cancers such as leukemia or lymphoma and other disorders of the blood and immune systems.

You can donate cord blood to a public cord blood bank, which will store it for potential future use by anyone who may need it. Alternatively, parents may arrange to store the cord blood in a private cord bank. That way the child from whom it was recovered can use it later if needed. First- or second-degree relatives can also use it.

Donating cord blood to a public bank adds to the supply and can potentially help others. Donating to a public bank is especially important for ethnic minorities, who are not well represented in cord blood banks. Public cord blood donation increases the chance of all groups finding a match. Only certain hospitals collect cord blood for storage in public banks, so ask your local hospital or birthing facility if this is a possibility for you.

If you decide to store cord blood in a private bank for personal or familial use later, you should

find out the total cost, including charges for collecting and processing cord blood and the annual storage fees. Prices for these services vary greatly.

If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth. They can help you to ensure your wishes are followed and answer any questions you may have about cord blood banking.

More information on donating cord blood to a public cord blood bank, as well as banking cord blood with a private cord blood bank for personal or family use, is available on the Health Resources and Services Administration (HRSA) website: <https://bloodstemcell.hrsa.gov>.

REFERENCES:

- <https://www.fda.gov/vaccines-blood-biologics/consumers-biologics/cord-blood-banking-information-consumers>
- <https://www.acog.org/womens-health/faqs/cord-blood-banking>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

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THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

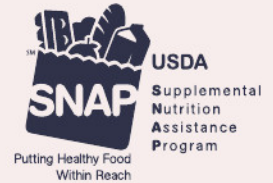
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92



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

Nutrition facts per serving:

350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

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