

Family & Consumer Sciences

TAYLOR COUNTY FCS EXTENSION NEWSLETTER

March 2024



Index

Upcoming Classes	2
Upcoming Events	3
Save the Dates	4
Book of the Month	4
March Calendar	5
Health Bulletin	6-7
Recipe	8

Patrick L. Hardesty
Taylor County Contact Agent
for Family & Consumer Science



Cooperative Extension Service
Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718
(270) 465-4511
Fax: (270) 789-2455

SPRING IS THE TIME TO ORGANIZE, CLEAN UP YOUR FINANCIAL APPS

This year, there's a new item to incorporate into your spring-cleaning ritual: thoroughly examining your financial applications. Right now is an opportune moment to sift through your financial apps, checking for any lingering balances. If you discover surplus funds sitting idly, consider moving this money to a high-yield savings account. Such accounts often offer more favorable interest rates and increased safety, allowing your money to grow. Additionally, extend this routine to include any rebate or coupon applications you regularly use. It's easy to accumulate rewards and forget, but periodically checking these apps can reveal significant redeemable value. Converting these rewards into cash or depositing them into a savings account provides security and potentially earns you interest. This practice tidies up your digital financial footprint, enhancing your financial security and growth.

Digital payment platforms like Venmo, PayPal and Cash App are on the rise. These apps offer convenience and flexibility, making them popular choices for a wide range of transactions. A survey conducted by NerdWallet, in partnership with the Harris Poll, found that about two-thirds of mobile payment app users keep funds in their accounts. Notably, nearly half of these users have more than \$100 in their account at any given time, suggesting a significant level of trust and reliance on these platforms for financial management.

However, this trust may be somewhat misplaced regarding the security of stored funds. While these apps excel at facilitating quick transfers, they are not designed with the same protective measures as traditional banking institutions. Banks and credit unions provide insurance through organizations like the Federal Deposit Insurance Corporation – more commonly known as the FDIC – ensuring that customers' deposits are protected up to certain limits. Unfortunately, many mobile payment apps do not offer this level of security, leaving users' balances potentially exposed. This distinction is crucial for users to understand, as it affects the safety and security of their funds. In the digital age, being vigilant about where and how money is stored is more important than ever, prompting a need for greater awareness and careful financial management.

Source: Kelly May, Senior Extension Associate

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





Upcoming Classes



Kitchen Towel Sewing

Join us each month to sew a fun, festive pattern onto kitchen towels! On March 4th at 5:30 p.m. and March 6th at 1:00 p.m., we will be sewing on shamrock or Easter egg patterns. **Kits will be provided for a \$5 fee or \$3.75 if you bring your own towel.** Please pay for your kits at the office before the day of the class to reserve your spot.

T-Shirt Quilt Class

Create your own t-shirt quilt with a new and reoccurring group! Join Kris Fixari on Tuesday, March 5th at 10 a.m. to learn how to and begin sewing your own t-shirt quilt. Participants will need to bring their own t-shirts and supplies. Please call (270) 465-4511 to RSVP.



Painting Class

Easter is almost here! Learn how to paint your own "He is Risen" painting with Jackie Thomas on Monday, March 11th at 5:30 PM and Tuesday, March 12th at 1:00 PM. **Participants must pay a \$20 fee due to the cost of supplies.** Please pay your fee before the day of the class at the Extension Office to reserve your spot.

Quilt Class

Learn how to make a Kaleidoscope Quilt at this beginners class on March 12th at 1 PM and March 21st at 5:30 PM. **Participants will need to bring general sewing supplies (i.e., sewing machine, thread, 1-1/4 yards of border print with print parallel to the selvedge edge, scissors, cutting mat, rotary cutter, etc.)** Please call to RSVP!



Finger Foods Class

Finger foods are a great way to feed a crowd at any event. Learn how to make several finger food recipes, including Debbie Wilcoxson's famous Chex Mix! Join us on Thursday, March 14th at 1:00 PM at the Extension Office. Spots are limited! Please call (270) 465-4511 to RSVP.

Trinket Bowls Class

Learn how to make a Rope Trinket Bowl! There is a **\$2** fee to cover the cost of supplies, which will be available in a kit at the class. Join us on Wednesday, March 20th at 10:00 a.m. and 1:00 p.m. Spots are limited! Please pay your fee before the day of the class at the Extension Office to reserve your spot!



**All classes that require a fee must be paid before signing up for the class!
You may stop by the Extension Office to make your payment.**



WITH TAYLOR COUNTY EXTENSION HOMEMAKERS!

MEMBERSHIP EVENT

MONDAY, MARCH 25
6:00 PM

FOOD, FUN & FELLOWSHIP

POTLUCK EVENT - BRING YOUR FAVORITE CAMPING OR PICNIC DISH TO SHARE!

CALL (270) 465-4511 BY
WEDNESDAY, MARCH 20 TO RSVP!



All Blood Types Needed



Blood Drive

Taylor County Homemakers

Extension Office Meeting Room
1143 South Columbia Ave
Campbellsville, KY 42718

Monday, March 4, 2024
1:00 p.m. to 6:00 p.m.



Scan the code to sign up now!

Come to give blood March 1-24 for a \$10 e-gift card to a pet supply merchant of choice! Give blood, treat your pet & make a paw-sitive impact this spring. PLUS automatically be entered for a chance to win a \$3K gift card (5 winners!)

Blankets of Love



Tuesday,
March 19
1:00 p.m.

Join the Taylor County Extension Homemakers in making tied fleece blankets to donate to the Taylor Regional Cancer Center and Dialysis Centers in Taylor County!

No sewing required!
Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

For questions, please call (270) 465-4511.



Taylor County Homemakers are in need of fleece material to make more no-sew blankets. If you would like to donate fleece material, please drop it off at the Extension Office. Each side of the blanket takes 2 yards.

FAMILY & CONSUMER SCIENCES



LOW IMPACT FITNESS

Thursday's at 1:30 p.m.

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

Notice the new time!

For questions, please contact the Taylor County Extension Office at (270) 465-4511.

SPRING CLEANING YOUR HOME & FINANCES

Thursday, March 28
10:00 a.m.
Taylor County Extension Office
1143 S. Columbia Ave.
Campbellsville, KY

Homemaker
Leader Lesson
All are welcome!



HAPPY EASTER



Save the Dates

New Monthly Programs



Crafternoon

A new monthly series dedicated to crafts, friends & fun. Join us every month on the second Wednesday at 1 pm. In March, we will be crafting Sock Bunnies on the 13th. There is a \$5 fee for supplies.



Decluttering & Organizing Series

Join us every month for this new series on decluttering and organizing your home one room at a time. We will meet monthly on the third Thursday at 1 pm. This month's meeting is March 21st.



Lunch & Learn

Learn how to make the monthly recipe from the Food & Nutrition Recipe Calendar, grab a bite to eat & learn a new skill! Join us every month on the fourth Wednesday at 11 am. On March 27th, we will be eating Veggie Egg Rings and learning about Ultimate, Fun Things to do in the Spring .

Book of the Month

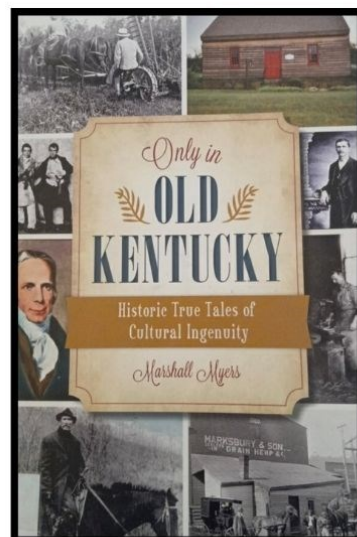
Only in Old Kentucky: Historic True Tales of Cultural Ingenuity

Marshall Myers

"Only in Old Kentucky" offers a series of novel and fascinating stories of bygone days from Cadiz to Versailles. Kentucky's saltpeter reserves take a backseat to coal mining today but plays a critical role in military engagement of yesteryear. Devil John Wright morphed from a civil war soldier to a circus performer to a legend. Dueling so shaped the early commonwealth that to this day, officials have to take an oath promising to refrain from doing so. Author Marshall Myers tracks down Kentucky's hidden oddities, curiosities, and captivating stories Kentucky history has to offer. A really good read for people who have lived in Kentucky all their lives or those that have moved here that would be interested in Kentucky's culture and history. It covers communities' odd names, coal camps and settlement schools, feuds between families, civil war, and the Madrid earthquake of 1811. A very interesting book from cover to cover!

Debbie Holt is a Mailbox Member and Chairperson of Food and Nutrition.

This book is not listed on the KEHA Booklist. If it was, it would be listed under the 'Kentucky' category. It is available at the Taylor County Library.



2024 MARCH Events

KE NTUCKY NEAFCS Extension Association of Family and Consumer Sciences



SUN MON TUE WED THU FRI SAT

					1	2
3	4 Blood Drive 1:00 PM - 6:00 PM Kitchen Towel Sewing 5:30 PM \$5 Fee	5 Quilting Group 9:00 AM T-Shirt Quilt Class 10:00 AM	6 Area Cultural Arts Competition Kitchen Towel Sewing 1:00 PM \$5 Fee	7 Homemaker Council Meeting 10:00 AM Low Impact Fitness 1:30 PM	8	9
10 Daylight Saving Time	11 Painting Class 5:30 PM \$20 Fee	12 Quilt Class 1:00 PM See materials listed in class description Painting Class 1:00 PM \$20 Fee	13 Crafternoon 1:00 PM \$5 Fee	14 Finger Food Class 1:00 PM \$5 Fee Low Impact Fitness 1:30 PM	15	16
17 *HAPPY ST. PATRICK'S DAY*	18	19 Blankets of Love 1:00 PM	20 Trinket Bowls 10:00 AM 1:00 PM \$2 Fee	21 Decluttering & Organizing Series 1:00 PM Low Impact Fitness 1:30 PM Quilt Class 5:30 PM → See materials listed in class description	22	23
24 Happy Easter!	25 Homemaker Membership Event 6:00 PM	26	27 Lunch & Learn 11:00 AM	28 March Leader Lesson 10:00 AM Low Impact Fitness 1:30 PM	29	30
31						

Circle of Friends:

Second Tuesday Monthly,
6:30 pm

Modern Day Homemakers:

Second Monday Monthly,
6:30 pm

Harmony Club:

Second Tuesday Monthly,
12:30 pm

Saloma Road:

Second Thursday Monthly,
10:00 am

Sidetracked Homemakers

Second Tuesday Monthly,
6:00 pm

Mannsville:

Second Thursday Monthly,
6:00 pm

Quilters Group:

First Tuesday Monthly,
9:00 am

Bunco Club:

Third Tuesday Monthly,
6:00 pm

Mastering Skills:

Second Monday Monthly,
12:30 pm

Quilts of Honor:

Fourth Wednesday Monthly,
10:00 am

ADULT HEALTH BULLETIN



MARCH 2024

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

Taylor County Extension Office
 1143 S Columbia Ave
 Campbellsville, KY
 42718
 (270) 465-4511

THIS MONTH'S TOPIC SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

Continued on the next page ➔



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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





Asparagus Ham Quiche

1 pound fresh asparagus,
 trimmed and cut into ½ inch
 pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells

1 egg white, slightly beaten
2 cups shredded reduced fat
 cheddar cheese
4 large eggs
1 container (5.3 ounces)
 plain Greek yogurt

⅓ cup 1% milk
¼ teaspoon
 ground nutmeg
¼ teaspoon salt
¼ teaspoon
 pepper

Preheat oven to 400 F. **Place** asparagus
 in a steamer over 1 inch of boiling water
 and **cover**. **Cook** until tender but still
 firm, about 4-6 minutes. **Drain** and **cool**.
Place ham and onion in a nonstick skillet
 and **cook** over medium heat until lightly
 browned. **Brush** pie shells with beaten
 egg white. **Spoon** the ham, onion and
 asparagus into pie shells, dividing evenly
 between the 2 shells. **Sprinkle** 1 cup
 shredded cheese over the mixture in each
 shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and
 pepper. **Pour** egg mixture over the top of
 the cheese, dividing evenly between the
 2 shells. **Bake** uncovered in a preheated
 oven until firm 25-30 minutes. Allow to cool
 approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g
 fat, 4.5 g saturated fat, 65 mg cholesterol,
 370 mg sodium, 14 g carbohydrate,
 1 g fiber, 3 g sugars, 10 g protein.



Buying Kentucky Proud is easy. Look for the label
 at your grocery store, farmers' market, or roadside stand.