

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

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COUNTY ANNUAL MEETING CULTURAL ARTS CHECK-IN

If you plan to enter a Cultural Arts exhibit for the County Annual Meeting, please read this article carefully:

CULTURAL ARTS ENTRIES ARE DUE AT THE EXTENSION OFFICE BETWEEN 10:00AM-2:00PM ON THURSDAY, APRIL 21, 2022.

Entries will not be accepted after this date and time. All entries will be judged on Thursday, April 21, 2022.

COUNTY ANNUAL MEETING GREENBO LAKE STATE RESORT PARK FRIDAY, APRIL 22, 2022

Registration: 9:00 a.m. to 10:00 a.m.

Cost: \$20

Deadline: April 8

Entertainment: Anne Stephens

Cultural Arts Judging: Thursday, April 21, 2022

ANNUAL MEETING ATTENDANCE RESPONSES DUE APRIL 8

Deadline for your County Annual Meeting attendance response is Friday, April 8. Make sure you let the Extension Office know who plans to attend and payment of \$20 per person. Please, send one (1) check per club to the Extension Office with a roster of names for nametags.



April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SCHEDULE OF EVENTS

- April 9- Kite Day– McKell Football Field
- April 13: Quilt Guild Sit-N-Sew —9:00am at Extension Office
- April 17: Easter
- April 21: County Cultural Arts check-in—10AM-2PM
- April 22: County Homemakers Annual Meeting at Greenbo Lake State Resort Park
- April 27: Quilt Guild meeting—10:00am at Extension Office

ROLL CALL

What is the spring flower you are most excited to see after a long winter?



THOUGHT FOR THE MONTH

“A gush of bird-song, a patter of dew, a cloud, and a rainbow’s warning, suddenly sunshine and perfect blue. An April day in the morning.”

Harriet Prescott Spofford



May 2022

SCHEDULE OF EVENTS

- May 11: Quilt Guild Sit-N-Sew— 9am at Extension Office
- May 10-12: KEHA Annual Meeting— Owensboro, KY
- May 25: Quilt Guild Meeting — 10:00am at Extension Office
- May 30: Memorial Day— OFFICE CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

ROLL CALL

National Chocolate Chip Day is celebrated May 15. What have you used chocolate chips for other than cookies?

THOUGHT FOR THE MONTH

“All you need is love. But a little chocolate now and then doesn't hurt.”
- Charles M. Schultz



NORTHEAST AREA ANNUAL MEETING

The Northeast Area Homemakers Annual Meeting will be held on Saturday, October 8, 2022, at the Community Center in Salyersville, KY.

Registrations will be mailed sometime this summer once all plans are finalized.

Save the date.

2022 COUNTY FAIR

Claudine Williams has volunteered to continue as chair for the Ag/Home Economics building. They are depending on Homemakers to serve as workers. If you are will to serve as a volunteer, please contact Claudine at (606) 473-3885.

This year's County Fair theme is "Home, Sweet Home." Please contact Claudine in advance if your club wishes to decorate a booth in the building.

KEHA ANNUAL MEETING TO BE HELD IN OWENSBORO ON MAY 10-12, 2022

The 2022 KEHA Annual Meeting will be held on May 10-12, 2022 at the Convention Center in Owensboro. Please contact the Extension Office if you plan to attend.

KEHA CULTURAL ARTS AWARDS

If you had an article that received 1st place at the Northeast Area Annual Meeting, please bring the article to the County Extension Office and it will be taken to the KEHA Annual Meeting at the Convention Center in Louisville on May 9, 2022. Have your article at the Extension Office by **May 2, 2022**; and have it properly labeled.

We have the state required registration cards at the office, contact the Extension Office at 606-836-0201.

2022 GREENBO OPEN HOUSE

Greenbo Open House will be held

The theme is "Memories of Christmas Past"

Dates of the Open House are:

- November 29—Decorating of Lodge
- December 3 & 4—Open House
- January 3—Removal of decorating items





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2022

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

THIS MONTH'S TOPIC: SPRING CLEAN YOUR BUDGET

As you spring clean your home this year, also consider spring cleaning your household budget. Like our homes, our budgets need annual maintenance. As changes occur with our income, expenses, and financial goals, we need to be in the habit of regularly evaluating our spending and savings practices. Whether you're preparing for tax season, or dreaming of your next vacation, spring cleaning your household budget keeps your wallet focused on financial priorities.



REMOVE "DUST BUNNIES"

Start financial spring cleaning by looking at what's collecting dust in your accounts. Is there a service, membership, or subscription you're no longer using? To save money, clean up any automated charges you may have forgotten about. Did you start a free trial but forgot to cancel it? Have you stopped going to the gym but never ended your membership? Are you paying for a home phone line you never use? Or a data storage plan you don't need anymore? Is there a monthly subscription that would be cheaper if you paid annually? Overlooked fees, services, and recurring charges are often easy "cleanups" that will put money back in your account.

MAKE FINANCIAL REPAIRS

Like our homes, our budgets may need repairing from time-to-time. Consider your **needs** (such as housing, food, and monthly bills) versus **wants** (such as streaming services, restaurant meals, and anything "extra"). Are your financial priorities aligned? Do you focus on purchases that are most important to your family? You may need to identify parts of your budget that need repair. Also take the time to reflect on any changes to your financial situation. Have you taken on any new debt or added any new reoccurring expenses? If so, make sure they are reflected in your current budget.



START FINANCIAL SPRING CLEANING BY LOOKING AT WHAT'S COLLECTING DUST IN YOUR ACCOUNTS



Look ahead to expenses you anticipate in the upcoming year or next few years. Then draft a savings plan so that you're prepared when the time comes. Perhaps you're saving for a child's braces, a vehicle for a teen driver, or a new dishwasher. Work backward from the expected purchase date to determine how much money to save from each paycheck. For example, if you anticipate your 8-year-old will need braces in three years (estimated cost \$5,000), you'll need to save approximately \$140 a month for three years to pay for the braces in full.

CELEBRATE YEARLY SUCCESSES

Each year it's also important to recognize (and celebrate!) any financial progress you've made. For example, have you paid off a debt, saved for an intentional purchase, started an emergency fund, or contributed to your retirement account? These financial practices require discipline and deserve recognition. As you review past

spending trends and spring clean your budget, be sure you are "paying yourself first" by including consistent contributions to savings.

KEEP YOUR FINANCES ON-TRACK

Spring cleaning your budget does not mean removing all flexible spending. Rather, look at it as "tidying up" your spending choices so you know where your money goes each month. This keeps your financial priorities in focus. A helpful way to see where your money goes is to track your expenses. Try using a simple tracking tool such as this one provided by the Consumer Financial Protection Bureau at <https://www.consumerfinance.gov/about-us/blog/track-your-spending-with-this-easy-tool/>. Tracking your spending includes saving your receipts and tallying everyday purchases and recurring bills. This spring, give your household budget a refresh and set yourself up for financial success all year long.

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

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

KITE DAY

SATURDAY, APRIL 9, 2022
10 AM - 2 PM



MCKELL MIDDLE SCHOOL
FOOTBALL FIELD
FREE!



EVENT PARTNERS

Greenup County Tourism
Greenup County Family Resource Centers
Greenup County Schools Literacy Grant
Greenup County Extension Service



- FREE snow cones from Kona Ice
- FREE cotton candy
- FREE Face Painting
- FREE small kites for kids
- FREE make-and-take hand kites for young kids
- FREE books for kids
- See kite themed artwork by students from all three school districts in Greenup County
- GIANT balloon sculpture!
- Photo booth
- Animal spinners
- Wind Socks
- Special guests throughout the day
- Live music by student groups
- **Dragonfly Food Truck—featuring kid friendly options for Kite Day!**

Bring your own kite and/or purchase one from New Era Kite Club, priced \$5—\$100+.
They will have their vendor trailer on site and will demonstrate their big kites.

For more information, contact Anne Stephens at 606-836-0201.

#TourGreenup



**Greenup County
Farmers Market**
"soft opening"



Spring Market

Shop with us for Mother's Day!

Outdoors at the Greenup Extension Office

May 7, 2022

10 AM - 2 PM



**For more information, call the Extension
Office 606-836-0201 or email
anne.stephens@uky.edu**

ADULT HEALTH BULLETIN



APRIL 2022

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

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THIS MONTH'S TOPIC:

HOW TO HANDLE CHRONIC STRESS



April is National Stress Awareness Month, and while stress is unavoidable for the majority of us, there are many ways to help prevent and manage it.

Everyone feels stressed from time to time. Stress can be a positive thing and is sometimes needed when we need to be on high alert like when competing in sports, working on an important project, or facing a dangerous situation. However, if stress lasts a long time — a condition known as chronic stress — that “high-alert” response becomes harmful rather than helpful.

We all experience stress in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a

Continued on the back →



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.



Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.

→ Continued from page 1

physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. If that stressor does not go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems.

It is natural to feel stress and anxiety. Below are ways to help yourself and others manage stress:

- **Get enough sleep.** Shoot for seven or more hours per night.
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.** People who spend time with family and friends find healthier ways to cope with stress.
- **Set priorities and boundaries.** Decide what must be done first and what can wait. Say no to new tasks if they are putting you into overload.

- **Think positive.** Note what you have accomplished at the end of the day, not what you have failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

REFERENCES:

- <https://www.stress.org>
- <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
- <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress>

***If you or someone you know is in crisis,
call the toll-free, 24-hour
National Suicide Prevention Lifeline
at 1-800-273-TALK (1-800-273-8255).***

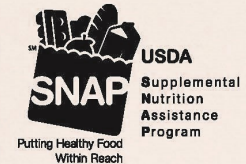
**ADULT
HEALTH BULLETIN**

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com





NO FUSS OVEN FRITTATA



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

- 2 teaspoons vegetable oil
- 1 small onion, diced
- 1 (8-ounce) package fresh sliced mushrooms
- 1 bunch asparagus, trimmed and sliced into 1 1/2-inch pieces
- 8 eggs
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 3/4 cup shredded sharp cheddar cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and asparagus with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cool running water, being sure to remove any dirt; pat dry.

3. Preheat oven to 350 degrees F.
4. Heat oil in a large ovenproof skillet. Add onion, mushrooms, and asparagus. Cook until tender (about 5 minutes). Remove from heat.
5. Crack eggs into a bowl; add black pepper and salt. Whisk until mixture is uniform in color and texture.
6. Pour eggs over vegetables in skillet. Sprinkle top with shredded cheese.
7. Place skillet in preheated oven. Bake 10 to 15 minutes until eggs are firm and a thermometer inserted into the center reaches 160 degrees F.
8. Cut into six slices and serve warm.
9. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 1 slice
Cost per recipe: \$8.82
Cost per serving: \$1.47

Nutrition facts per serving:
190 calories; 13g total fat; 5g saturated fat; 0g trans fat; 265mg cholesterol; 380mg sodium; 6g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugar; 14g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 8% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





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

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RETURN SERVICE REQUESTED

Sincerely,

Lora Pullin,
Greenup County
Extension Agent for
Family and Consumer
Sciences

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