



# LIVINGSTON COUNTY EXTENSION

## Home & Family Newsletter

### April 2024



## Upcoming Programs

### April 1, 2024:

- Beginner Sewing Class 5:00 pm

### April 2, 2024:

- Open Sewing Day 9:00 am
- New Life Simplified Podcast Episode

### April 8, 2024:

- Self Care - Self Pamper 10:00 am & 5:30 pm

### April 9, 2024:

- Block of the Month Homemakers Club 9:00 am
- The Chapters Chasers Book Club 6:00pm

### April 11, 2024:

- Pinterest Club 5:30 pm
- Big Blue Book Club

### April 16, 2024:

- Pins & Needles Homemakers Group 9:00 am
- New Life Simplified Podcast Episode
- The Chapter Chasers Book Club 6:00 pm

### April 18, 2024:

- Big Blue Book Club

### April 22, 2024:

- Laugh & Learn - Livingston County Library 11:30am

### April 23, 2024:

- Unfinished Projects
- 4-H Cooking Class
- New Life Simplified Podcast Episode

### April 25, 2024:

- Big Blue Book Club

### April 30, 2024:

- Homemaker Leader Lesson - Let's Play Pickleball
- Chapter Chasers Book Club 6:00 pm
- New Life Simplified Podcast Episode

# HELLO SPRING



## Managing Seasonal Allergies

The onset of seasonal allergies and asthma cause a host of problems for the person suffering from them. It also places a substantial burden on the health-care system. A variety of environmental exposures can cause seasonal allergies, but most come from the high amount of pollen during the spring. These allergens can cause a variety of symptoms including congestion, cough, ear pressure, sinus pressure, and itchy, watery eyes. To help manage your seasonal allergies, consider the following suggestions.

- Avoid outdoor activities during high pollen levels.
- Change your clothes after working outside during the spring months.
- If possible, avoid mowing or working outdoors. If you must work outdoors, wear a mask and goggles.
- Keep your windows and doors closed.
- If your symptoms persist and become unmanageable, ask your health-care provider for help.

### References:

Schmidt, C. W. (2016). Pollen overload: seasonal allergies in a changing climate. In: National Institute of Environmental Health Sciences.  
Staff, M. C. (2022). Seasonal allergies: Nip them in the bud. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>  
Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety





# HOMEMAKERS NEWS

## **Open Sewing Day : The first Tuesday of each month – 9:00 am until 2:00 pm**

Open sewing day is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. Open Sewing is for anyone who wants to utilize our meeting room to continue sewing projects they started but did not finish. This years focus “Why wait until Christmas” to start those homemade Christmas gifts. This year focus is on Christmas projects all year.

## **Block of the Month Homemakers Club: The Second Tuesday of each month – 9:00 am until 2:00 pm**

Block of the Month is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. Sawtooth Star is the quilt they are working on. For more information please contact Joni Phelps at (270) 928-2168 or email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## **Pins & Needles Homemaker Club: The Third Tuesday of each month – 9:00 am until 2:00 pm**

This is a great way to learn all different types of sewing projects outside of quilting. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## **Unfinished Projects Day “UFO”: The Forth Tuesday of each month – 9:00 am until 2:00 pm**

Do you have a lot of Unfished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office meeting room will be opened up on the 4th Tuesday of each month. If you would like more information about “UFO” day please reach out to Joni K. Phelps at (270) 928-2168 or [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



## **May Homemaker Lesson: KEHA Plays Pickleball – April 30 5, 2024 at 10:00 am**

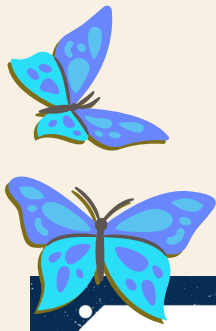
Livingston County Extension Office located at 803 US 60 East, Smithland, KY, will host KEHA Plays Pickleball leader lesson program. In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America's fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun to play, and fun to say! Using paddles and light-weight balls, the open play format allows for both social and physical activity. Call to register for this lesson at 270-928-2168 or If you would like more information about this class please contact Joni Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



**Make plans to attend the 2024 KEHA State Meeting at  
Sloan Convention Center and Holiday Inn University Plaza in Bowling Green, KY!  
May 7-9, 2024  
Blazing the Way with KEHA! Be on the look out for more information!**



# Upcoming Programs



Graves County, Kentucky is hosting an event to learn about Emergency Information Health Cards. This programming will be held on Tuesday, April 9, 2024 at 2:00 pm. For more information please contact Denise Wooley at the Graves County Cooperative Extension Office 270-247-2334.

## The Chapter Chasers Book Club

Join our The Chapter Chasers Book Club! Don't miss out on this exciting literary journey! Our book club meeting will be held on Tuesday, April 9, 2024 at 6:00 pm. Grab your copy, dust off your favorite reading nook, and get ready for an incredible adventure together. If you have any questions please calling 270-928-2168 or email Joni at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

Refreshments and light snacks will be provided!

Self-pampering is a valuable self-care practice for enhancing wellness. You can use in-the-moment soothing practices to cope when stress and crises overwhelm you. They are beneficial because they provide temporary distraction to create a momentary level of calm. We will be making homemade sugar scrub.

You will have two(2) different opportunities to attend Self-Care Self-Pampering workshop. They will be held on April 8, 2024 either at 10:00 am class at the Livingston County Extension Office at Smithland, KY or April 8, 2024 at 5:30 pm class will be held at the Grand Rivers Community Center at Grand Rivers, KY.

Please call 270-928-2168 or email Joni Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu) to register before April 1, 2024.

**LIVINGSTON COUNTY PUBLIC LIBRARY**

## LAUGH & LEARN

### FUN & CREATIVE PLAYDATE FOR PRE-SCHOOL

Rain Rain Go Away, Come on Spring!

AGE 5 AND UNDER ACCOMPANIED BY AN ADULT

**April 22 2024**  
11:30 AM TO 12:30 PM

LIVINGSTON COUNTY PUBLIC LIBRARY  
321 COURT STREET  
SMITHLAND, KY

REGISTER BEFORE  
April 19, 2024  
call the Livingston County  
Extension Office at  
270-928-2168

**ACTIVITIES INCLUDE!**

- STORY TIME
- SENSORY & DEVELOPMENT ACTIVITIES
- GAMES
- SNACK

Cooperative Extension Service Livingston County Office  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

## Laugh & Learn

Laugh & Learn Preschool Playdates is a partnership program from the Livingston County Extension Office and the Livingston County Public Library. Laugh & Learn will take place at the Livingston County Public Library on Monday, April 22, 2024, at 11:30 a.m. To register, please contact 270-928-2168 before April 19, 2024.

## Food Preservation Workshop

Exciting News! Join us for our upcoming Food Preservation Workshop where you'll learn all about Pressure Canning Basics, Boiling Water Canning Basics, Home Freezing Basics, and Dehydrating Basics! You can join us for all four dates or just the one what interests you. Don't let those summer harvests go to waste - sign up now to become a food preservation pro!

<b>Pressure Basic</b> May 22, 2024 10:00 am Register by May 17, 2024	<b>Boiling Water Basic</b> May 29, 2024 10:00 am Register by May 24, 2024
<b>Home Freezing Basic</b> June 12, 2024 2:00 pm Register by June 7, 2024	<b>Dehydrating Basic</b> June 26, 2024 2:00 pm Register by June 21, 2024

Livingston County Extension Office  
801 US 60 East, Smithland, KY  
For more information please call 270-928-2168 or email Joni Phelps at jkpharr@uky.edu

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Exciting News! Join us for our upcoming Food Preservation Workshop where you'll learn all about Pressure Canning Basics, Boiling Water Canning Basics, Home Freezing Basics, and Dehydrating Basics! You can join us for all four dates or just the one what interests you. Don't let those summer harvests go to waste - sign up now to become a food preservation pro!

Call 270-928-2168 to register!

May 22, 2024 - Pressure Canner Basic  
 May 29 - Boiling Water Basic  
 June 12 - Freezing Basic  
 June 26 - Dehydrating Basic

### Dial Gauge Pressure Canner Testing:

We check canner gauges for accuracy (the type with a numbered dial gauge with a needle, not the "jiggler" type). This service is free of charge. Just bring your lid by the Livingston County Extension Office.

**IMPORTANT**

## Life SIMPLIFIED

### FCS PODCAST

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life?

Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research based information to make practical changes and simplify life.

LISTEN ON YOUR FAVORITE PODCAST APP EACH TUESDAY!

Life SIMPLIFIED Family and Consumer Sciences

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.

[lifesimplifiedpodcast.com](http://lifesimplifiedpodcast.com)



## Lentil Sloppy Joes



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

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard. Enjoy the finished sloppy joe mixture on a bun.
7. Refrigerate leftovers within 2 hours.

**Makes 8 servings**  
**Serving size: 1 lentil burger**  
**Cost per recipe: \$6.20**  
**Cost per serving: \$0.78**

**Nutrition facts per serving:**  
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

**Source:**  
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 4

Joni K. Phelps, Family & Consumer Science Agent for Livingston County Extension Office | 803 US 60 East, P.O. Box 189 | Smithland, KY | 42081 | (270) 928-2168

## THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

### BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

### WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

### DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



## **DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.**



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

### **GETTING A GOOD DEAL**

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

### **OTHER "COSTS"**

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

**efficient appliance may cost more up front, but it should save you money over time with lower utility bills**. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

### **WARRANTY WISDOM**

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

### **REFERENCE:**

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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