

LIVINGSTON COUNTY EXTENSION Home & Family Newsletter January/February 2024

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New Year, New You!

2024 is a year to bring about a sense of renewal and the opportunity to set positive intentions for the months ahead. As we bid farewell to 2023 and embrace the possibilities of 2024, it's the perfect time to consider how we can embark on a journey of self-improvement and personal growth.

Whether it's adopting healthier habits, setting new career goals, or nurturing meaningful relationships, the New Year presents a blank canvas for self-discovery and transformation. This is the year to prioritize self-care, wellness, and pursue activities that bring joy and fulfillment into our lives.

At Livingston County Cooperative Extension, we are committed to supporting your journey towards a "New Year, New You" in 2024. Throughout the year, we will be sharing tips, resources, and inspiration to help you make positive changes in all aspects of your life. Stay tuned for upcoming workshops, articles, and exclusive offers designed to empower you on your path to personal and professional fulfillment.

As we embrace the fresh start that the New Year offers, let's approach it with optimism and determination. Here's to a year filled with growth, resilience, and endless possibilities.

Cheers to the New Year, and the exciting prospects that lie ahead!
Wishing you a wonderful start to 2024!

Joni K. Phelps, CEA

Upcoming Programs

January 9, 2024:

- Block of the Month Homemakers Club
- Life Simplified Podcast

January 16, 2024:

- Pins & Needles Homemakers Group
- 4-H Chef Club
- Life Simplified Podcast

January 19, 2024:

- Time Well Spent class

January 22, 2024:

- Laugh & Learn - Livingston County Library

January 23, 2024:

- Unfinished Projects
- The Chapters Chasers Book Club
- Life Simplified Podcast

January 30, 2024:

- Life Simplified Podcast

February 1, 2024:

- Pinterest Club

February 5, 2024:

- Beginner Adult Sewing Class

February 6, 2024:

- The Chapters Chasers Book Club
- Open Sewing Day
- Life Simplified Podcast

February 13, 2024:

- Block of the Month Homemakers Club
- Life Simplified Podcast

February 20, 2024:

- Pins & Needles Homemakers Club
- The Chapter Chasers Book Club
- Life Simplified Podcast

February 26, 2024:

- Laugh & Learn - Livingston County Library

February 27, 2024:

- 4-H Chef Club
- Unfinished Project Day
- Life Simplified Podcar





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. This group has been working on a Sew by a row Quilt, they are scheduled to complete their Sew-a-Row Quilt in February. The March meeting will beginning a new quilt called Sawtooth Star. For more information please contact Joni Phelps at (270) 928-2168 or email 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.

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.

February Homemaker Leader Lesson: Time Well Spent – Organizing Tips for Increased Productivity

Productivity allows us to make progress on and complete necessary tasks. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace
Friday, January 19, 2024, at 10:00 am at the Livingston County Extension Office located at 803 US 60 East, Smithland, KY.



Pennyrile Area Spring Seminar/Culture Arts Day

March 8, 2024

Christian County Extension Office

Be on the lookout for more information coming soon!

New Year, New Programs!



BEGINNER
ADULT SEWING CLASS

LIMITED ONLY FOR 10 PEOPLE

DATES: FEBRUARY 5, 2024
MARCH 4, 2024
APRIL 1, 2024
MAY 6, 2024

TIME: 5 - 7 PM

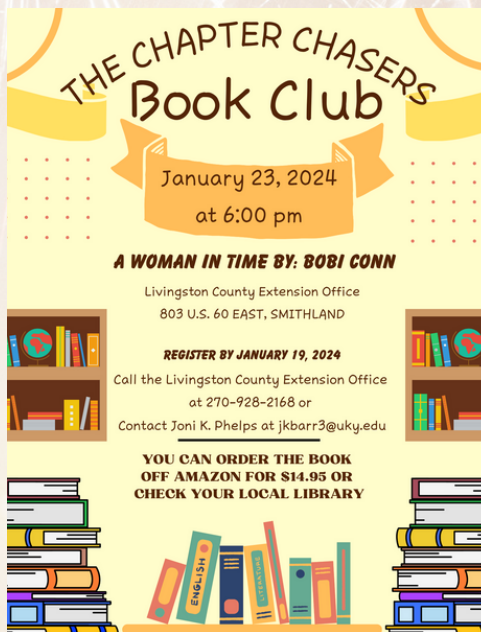
LOCATION: 803 US HWY 60 EAST SMITHLAND, KY

REGISTER BY: JANUARY 31, 2024
CALL TO REGISTER AT 270-928-2168 OR
EMAIL JONIPHELTS AT JKBARR3@UKY.EDU

Martin-Gatton College of Agriculture, Food and Environment
Cooperative Extension Service

Beginner Adult Sewing Class

Want to learn how to sew but not sure where to begin? I have some exciting News for you! Starting February 5, 2024 Adult sewing class will be offered. This program is a 4 month program where you will learn basic sewing skills. This program is only limited to 10 people so don't wait too long because it will fill up fast. Call (270) 928-2168 or email Joni Phelps at jkbarr3@uky.edu for more information.



THE CHAPTER CHASERS
Book Club

January 23, 2024
at 6:00 pm

A WOMAN IN TIME BY: BOBI CONN

Livingston County Extension Office
803 U.S. 60 EAST, SMITHLAND

REGISTER BY JANUARY 19, 2024
Call the Livingston County Extension Office
at 270-928-2168 or
Contact Joni K. Phelps at jkbarr3@uky.edu

**YOU CAN ORDER THE BOOK
OFF AMAZON FOR \$14.95 OR
CHECK YOUR LOCAL LIBRARY**

Martin-Gatton College of Agriculture, Food and Environment
Cooperative Extension Service

The Chapter Chasers Book Club

Join our The Chapter Chasers Book club as we dive into an extraordinary journey through time with "A Woman in Time" by Bobi Conn! Immerse yourself in the rich historical settings, be it the roaring 20s or the turmoil of World War II. Through the eyes of our brave heroine, we'll gain a fresh perspective on women's roles throughout history and the untold stories that have shaped our world.

Don't miss out on this exciting literary journey! Our book club meeting will be held on Tuesday, January 23, 2024 at 6:00 pm. Grab your copy, dust off your favorite reading nook, and get ready for an incredible adventure together. We will meet every other Tuesday, January 23, February 6, February 20, March 5, March 18, April 2 and April 16. REGISTER BY calling 270-928-2168 or by email jkbarr3@uky.edu before JANUARY 19, 2024! Refreshments and light snacks will be provided!



LAUGH & LEARN
FUN & CREATIVE PLAYDATE FOR PRE-SCHOOLERS

LEARN ABOUT SNOWMEN!

AGE 5 AND UNDER ACCOMPANIED BY AN ADULT

22 JANUARY
11:30 AM - 12:30 PM
LIVINGSTON COUNTY PUBLIC LIBRARY
321 COURT STREET
SMITHLAND, KY

REGISTRATION BEFORE JANUARY 19, 2024 BY CALLING THE LIVINGSTON COUNTY EXTENSION OFFICE AT 270-928-2168

ACTIVITIES

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

Martin-Gatton College of Agriculture, Food and Environment
Livingston County Public Library
Cooperative Extension Service

Laugh & Learn

New Year New Programs! Laugh & Learn Preschool Playdates is a new 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, January 22, 2024, at 11:30 a.m. To register, please contact 270-928-2168 before January 19, 2024.



Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



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

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. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add

another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$19.19
Cost per serving: \$1.60

Nutrition facts per serving:

190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 1

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: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.



WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup versus delivery.

PLUG SPENDING LEAKS

Track purchases. Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

Examine receipts. If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

Analyze auto-drafts. List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

Say “No” to Easy Pay. Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

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

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