

# LIVINGSTON COUNTY EXTENSION Home & Family Newsletter March 2024

Cooperative Extension Service Livingston County  
803 U.S. Hwy 60 East - P.O. Box 189  
Smithland KY 42081  
Phone: (270) 928-2168  
Fax: (270) 928-4808  
www.ca.uky.edu  
E-mail: jkbarr3@uky.edu  
*Joni K. Phelps*  
Livingston County Family & Consumer Science Agent



## Happy Spring!

As winter bids farewell and the days grow longer, we welcome the arrival of spring with open arms. This season of renewal brings forth a sense of new beginnings, vibrant colors, and rejuvenation.

Spring is a time to witness nature in all its splendor, with blossoming flowers, buzzing bees, and the sweet songs of birds filling the air. The world around us awakens from its slumber, offering a fresh canvas for us to explore and enjoy.

It's the perfect season to indulge in outdoor activities, from picnics in the park to leisurely strolls amidst blooming gardens. As the weather warms up, seize the opportunity to connect with nature and soak in the beauty that surrounds you.

The fact that nature is both abundant and affordable means that it may be enjoyed by a wide range of individuals. Discover how you might feel most at home in nature and how you can best connect with it. Find a great place to go hiking or camping for the night. You might also choose to gaze out a window, bring plants within, cultivate a garden, watch birds, or read a book while basking in the outdoors. Spending any amount of time outside is beneficial to your health.

*Joni K. Phelps*

## Upcoming Programs

### March 4, 2024:

- Beginner Sewing Class 5:00 pm

### March 5, 2024:

- Open Sewing Day 9:00 am
- New Life Simplified Podcast Episode
- Homemakers Leader Lesson Scam Red Flags & Avoiding Fraud. 10:00 am Zoom but In Person
- The Chapters Chasers Book Club 6:00pm

### March 6, 2024:

- CPR Class 9:00 am

### March 7, 2024:

- Pinterest Club 5:30 pm

### March 8, 2024:

- Pennyrile Area Spring Seminar/Cultural Arts Day

### March 12, 2024:

- Block of the Month Homemakers Club 9:00 am
- New Life Simplified Podcast Episode

### March 14, 2024:

- Inspiring Grand Children to be Grand Cooks 10:00am

### March 19, 2024:

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

### March 21 & 22, 2024:

- Basket Making Class

### March 25, 2024:

- Laugh & Learn - Livingston County Library 11:30am
- Sourdough Class 6:00pm

### March 26, 2024:

- Unfinished Projects
- Homemaker Leader Lesson - Savor the Flavor, Seasoning with Spices
- New Life Simplified Podcast Episode



# 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](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).

## **March Homemaker Lesson: Scam Red Flags and Avoiding Fraud. Tuesday, March 5, 2024 at 10:00 am**

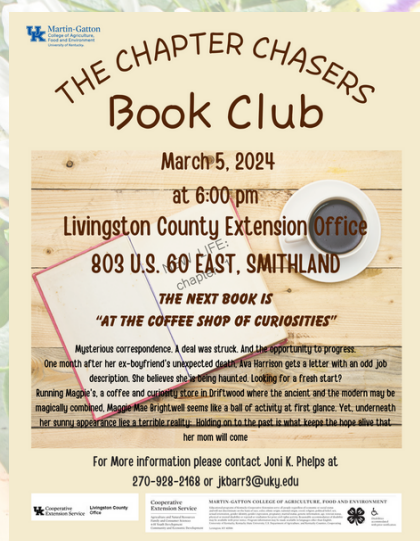
Livingston County Extension Office located at 803 US 60 East, Smithland, KY. Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud. If you would like more information about this class please contact 270-928-2168.



**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 infomration!**



# New Year, New Programs!



**THE CHAPTER CHASERS**  
**Book Club**

March 5, 2024  
at 6:00 pm  
Livingston County Extension Office  
803 U.S. 60 EAST, SMITHLAND

**THE NEXT BOOK IS**  
**"AT THE COFFEE SHOP OF CURIOSITIES"**

Mysterious correspondence. A deal was struck. And the opportunity to progress. One month after her ex-boyfriend's unexpected death, Ava Harrison gets a letter with an odd job description. She believes she's being haunted. Looking for a fresh start?

Running Maggie's a coffee and curried store in Drifwood where the ancient and the modern may be magically combined. Maggie's bright and seems like a ball of positivity at first glance. Yet, underneath her sunny appearance lies a terrible reality. Holding on to the past is what keeps the hope alive that her mom will come.

For More information please contact Joni K. Phelps at 270-928-2168 or jkbarr3@uky.edu

## 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, March 5 & 19th, 2024 at 6:00 pm. Grab your copy, dust off your favorite reading nook, and get ready for an incredible adventure together. We will also meet April 2 and April 16. If you have any questions please calling 270-928-2168 or email Joni at jkbarr3@uky.edu.

Refreshments and light snacks will be provided!



**LAUGH & LEARN**  
**FUN & CREATIVE PLAYDATE FOR PRE-SCHOOL**

Who Loves Dinosaurs! Come learn all about them

AGE 5 AND UNDER ACCOMPANIED BY AN ADULT

March 25, 2024  
11:30 AM TO 12:30 PM  
LIVINGSTON COUNTY PUBLIC LIBRARY  
321 COURT STREET  
SMITHLAND, KY

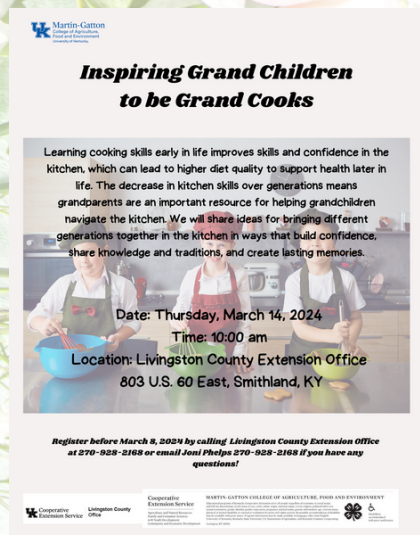
REGISTER BEFORE  
March 20, 2024  
call the Livingston County  
Extension Office at  
270-928-2168

**ACTIVITIES INCLUDE!**

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

## Laugh & Learn

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, March 25, 2024, at 11:30 a.m. To register, please contact 270-928-2168 before March 19, 2024.



**Inspiring Grand Children to be Grand Cooks**

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We will share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

Date: Thursday, March 14, 2024  
Time: 10:00 am  
Location: Livingston County Extension Office  
803 U.S. 60 East, Smithland, KY

Register before March 8, 2024 by calling Livingston County Extension Office at 270-928-2168 or email Joni Phelps 270-928-2168 if you have any questions!

## Inspiring Grand Children to be Grand Cooks

Thursday, March 14, 2024 at 10:00am! Come Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We will share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories. To Register, please call 270-928-2168 before March 7, 2024. This class is for grandparents to learn and take back to their grandchildren.

## BASKET WEAVING CLASS

Always wanted to know how to weave a Easter Basket?  
This Two (2) day Basket Making Class will be on  
Thursday, March 21 & Friday, March 22, 2024  
from 9:00 am to 1:00 pm  
Located at the Livingston County Extension Office  
803 U.S. 60 EAST, SMITHLAND, KY



**COST: \$45.00  
(MATERIALS PROVIDED)**

### SPACE IS LIMITED

Register by calling the Livingston  
County Extension Office before  
March 14, 2024 at 270-928-2168 or  
Contact Joni K. Phelps at  
jkbarr3@uky.edu

Always wanted to learn how to Basket Weave . On Thursday,  
March 21 & 22, from 9:00 am to 1:00 pm, this two-day  
program will be focused on creating an Easter basket.  
Materials are included in the \$45.00 registration cost. To  
secure your attendance, email Joni Phelps at  
jkbarr3@uky.edu or call 270-928-2168 by March 14, 2024.  
Space is limited.

## EMERGENCY INFO HEALTH ♥ CARDS



APRIL 9  
2 PM

HELP EMERGENCY  
WORKERS SERVE  
YOU BETTER WITH  
AN EHI CARD!



WITH  
*Lois Proszynski*



DOOR PRIZES • REFRESHMENTS

HEAR HOW THIS CARD CAN SAVE YOUR LIFE!

GRAVES COUNTY EXTENSION OFFICE

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.



## SOURDOUGH BASICS

MARCH 25, 2024 AT 6:00 PM  
LIVINGSTON COUNTY COUNTY EXTENSION OFFICE

KARA ROGERS OF "FIRST RISE"  
WILL SHARE THE BASICS OF  
SOURDOUGH STARTER &  
MAKING SOURDOUGH BREAD

A \$10.00 registration fee is required for  
this class that is due on or before  
March 18, 2024.

Please made payment out to First Rise.

Fee includes starter, instructions for making bread, and a  
sample. Please reserve your spot by calling (270) 928-2168 or  
contacting Joni Phelps at jkbarr3@uky.edu

Kara Rogers of First Rise will share the basics of Sourdough  
on March 25, 2024 at 6:00 pm at the Livingston County  
Extension Office. There is a \$10.00 registration fee, this fee  
needs to be paid on or before March 18, 2024. Please call  
today to register 270-928-2168 or contact Joni Phelps at  
jkbarr3@uky.edu.

# Recipe Corner



Recipes from the 2024 Food and Nutrition  
**Recipe Calendar**

**UK** Cooperative  
Extension Service

## Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
  - Nonstick cooking spray
  - 2 eggs (1/2 egg per ring)
  - Pinch of salt
  - Pinch of pepper
  - 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
  - **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
  2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
  3. Preheat a large skillet over medium-high heat and spray

- with nonstick cooking spray.
4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
  5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
  6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
  7. Sprinkle with salt and pepper and cover.
  8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
  9. Top with optional ingredients of your choice, add cheese, and let melt.
  10. Serve while hot and enjoy!
  11. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving size: 1 Veggie Egg Ring**  
**Cost per recipe: \$1.94**  
**Cost per serving: \$0.49**

### Nutrition facts

**per serving:**  
60 calories;  
3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

**Source:**  
Benita Wade, Christian County SNAP-Ed Program Assistant

### 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.

**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.

**LIFESIMPLIFIED**  
Family and Consumer Sciences

University of Kentucky  
College of Agriculture, Food and Environment  
Martin-Gatton College of Agriculture, Food and Environment

**LISTEN ON YOUR FAVORITE PODCAST APP EACH TUESDAY!**

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)

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 3

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: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

### FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



### WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

### GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

## 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.

## **ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.**



### **DECISION-MAKING**

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

### **EMPATHY**

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

### **FINANCIAL LITERACY**

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

### **REFERENCES:**

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



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

LIVINGSTON COUNTY 4-H

# DESSERT

# AUCTION

MARCH 28, 2024 | 5 PM-7 PM



**BID HERE**

Online bidding will take place from 5:00-7:00 pm on FACEBOOK.

Winners will be announced at 7:10 pm on FACEBOOK.

Pickup and payment will be on Friday, March 29, 2024, at the Livingston County Extension Office from 8:30 AM- 4:00 PM.



**FOR MORE INFORMATION, REACH OUT!**  
**CALL: 270.928.2168**  
**EMAIL: SHAREE.SCHOONOVER@UKY.EDU**

