

FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your FCS Agent:

Happy Spring! We have many exciting events coming up in the next few months. Book Club begins in April as well as continuing our series of classes for Cooking Through the Calendar and our series of Beginner Sewing Classes. Planning has started for the Homemaker Annual Meeting that will be held in May! Check out the rest of the newsletter for class information. As always, feel free to contact me with any program ideas you have.

Best Wishes,

Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
chelsea.workman@uky.edu



IN THIS ISSUE

- Introduction
- Important Dates & Reminders
- KEHA State Meeting Information
- Health Bulletin
- Moneywise
- April Events Calendar
- Cooking Through the Calendar
- Lunch and Learn
- Brush and Brunch
- Beginner Sewing Class
- Cupcake Decorating Class
- Big Blue Book Club
- Bread in a Bag Recipe



Dates to Remember:

April 8: Quilt Guild

April 9: Cooking Through the Calendar

April 11: Book Club

April 12: Leader Lesson-Self Care Taking Care of Your Mental and Physical Health

April 18: Book Club

April 22: Quilt Guild

April 23: Beginner Sewing Class

April 25: Book Club

May 2: Leader Lesson- Strong Bones

May 7-9: KEHA State Meeting

Reminders & Announcements:

- The Annual Homemaker Meeting and Cultural Arts will be held on May 17th at 10AM at the Pike County Extension Office.
- If you registered for book club your book has arrived. Please pick up book club books at the Pike County Extension Office.

KEHA - State Meeting

Deadline: Please bring the quilt square to the Pike County Cooperative Extension office by April 22nd.

2024 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the ninth year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state.



As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Bowling Green. Please write your name and county on a small slip of paper and attach to the back of the square.



If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter, KEHA 1st Vice President, 606-584-2510 annsporter42@gmail.com



Follow us on our new Facebook page! "UK Pike County FCS"



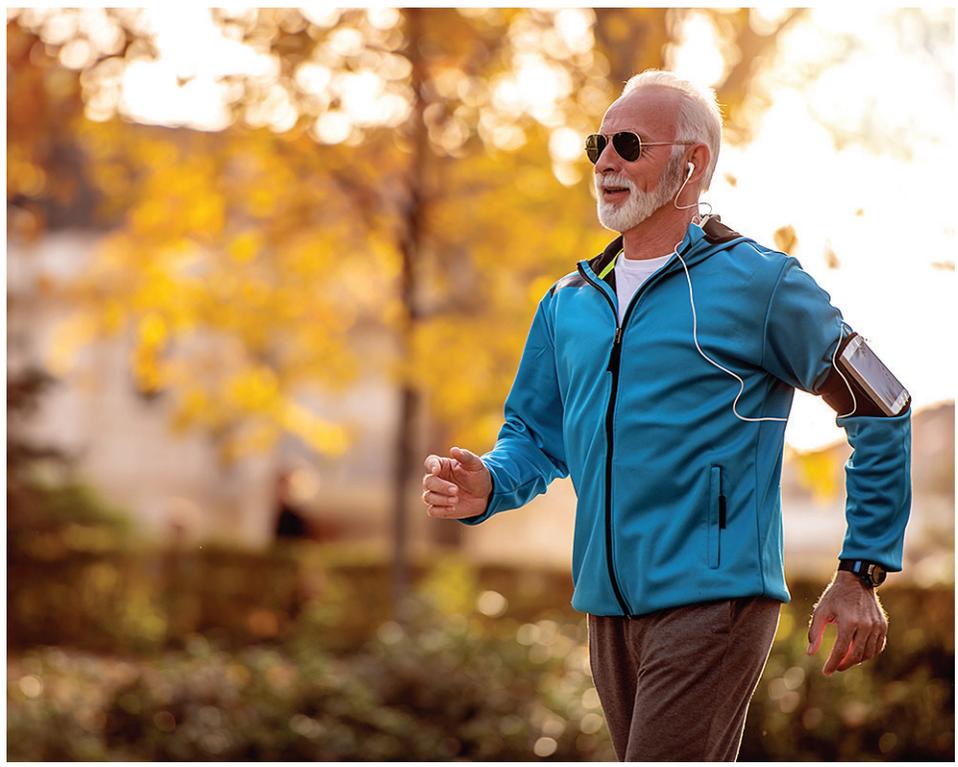
ADULT HEALTH BULLETIN



APRIL 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>

THIS MONTH'S TOPIC WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page ➔



Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

➔ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

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

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

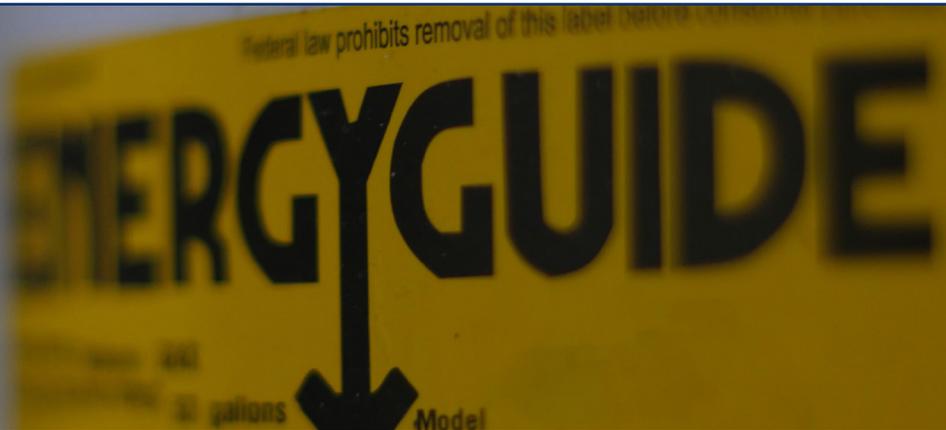
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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.

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>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
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)

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8 Quilt Guild	9 Cooking Through the Calendar @12pm	10	11 Book Club @ 11	12 Leader Lesson @12	13	14
15	16 Brush and Brunch @10	17	18 Book Club @ 11	19	20	21
22 Quilt Guild	23 Beginner Sewing Class @10 Cupcake Decorating Class @5:30	24	25 Book Club @ 11	26	27	28
29	30					

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 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 notice



TUESDAY, APRIL 9TH | 12PM-1PM



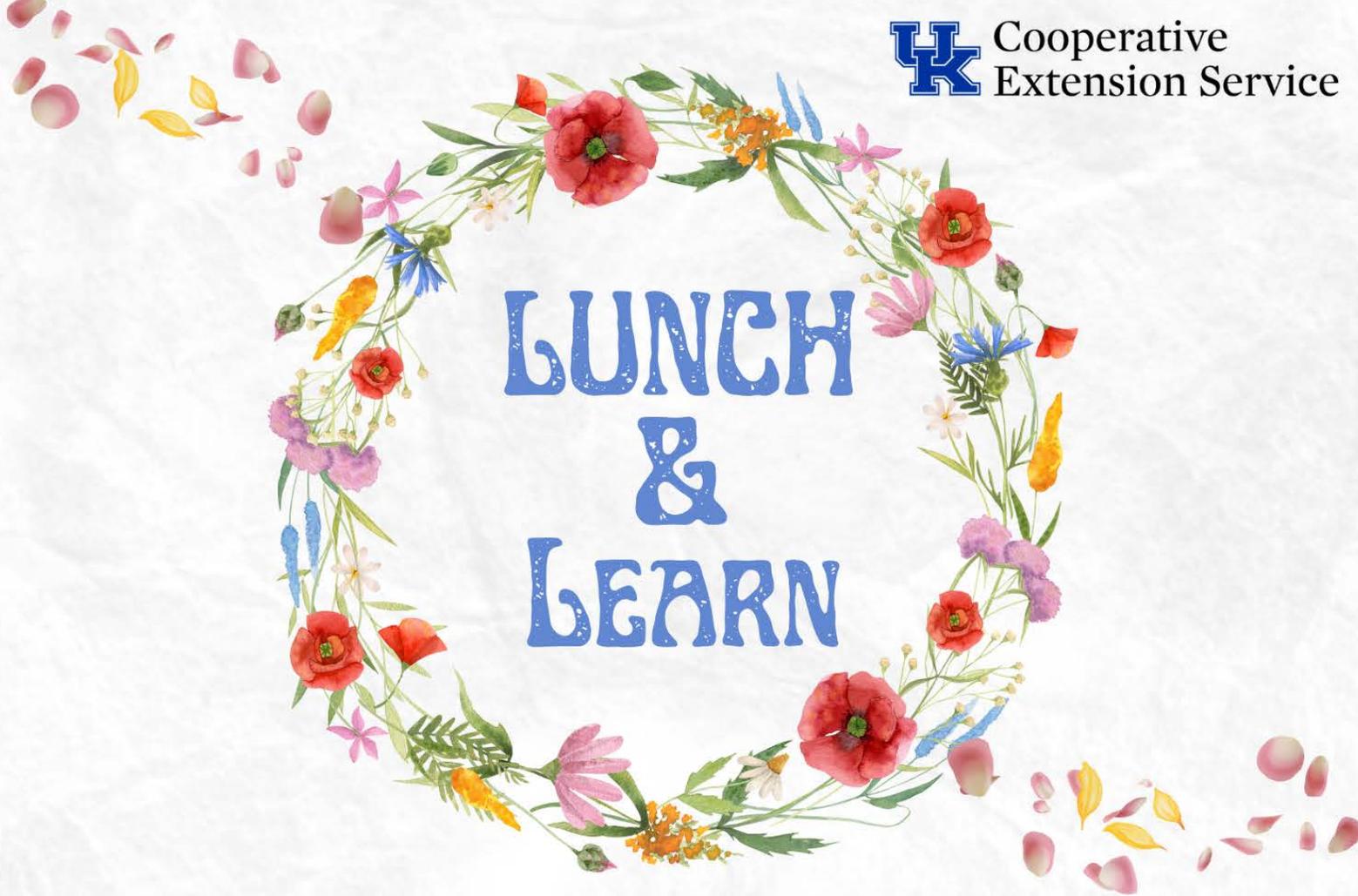
Call (606)432-2534

Use our link:

<http://tinyurl.com/49btdrth>

Or scan our QR code to sign up!





LUNCH & LEARN

LEADER LESSONS

MARCH 8

GENERATIONAL
DIFFERENCES

APRIL 12

SELF CARE

MAY 2

STRONG BONES

CALL THE PIKE COUNTY EXTENSION OFFICE 606-432-2534, USE THE LINK:
[HTTP://TINYURL.COM/J6A629CS](http://tinyurl.com/j6a629cs) OR USE OUR QR CODE TO REGISTER
ALL LESSONS START AT NOON



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.

Brush & Brunch

Tuesday, April 16th at 10:00am

Pike Co. Extension Office
148 Trivette Dr. Pikeville, KY



What's better than art and food? Both at the same time!

Class is FREE and you'll leave with a finished painting and a full belly!

RSVP at 606-432-2534

Space is limited



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 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.

Beginner Sewing Class

APRIL 23RD 10AM-2PM
PACK A LUNCH

COME LEARN HOW TO MAKE
A CASSEROLE DISH TOTE
WITH US!

CALL US AT: (606)432-2534
USE OUR LINK:
[HTTPS://TINYURL.COM/Y7M5HMUJ](https://tinyurl.com/y7m5hmuJ)
OR SCAN OUR QR CODE TO SIGN UP!





CUPCAKE DECORATING CLASS



Come have fun and learn how to
decorate cupcakes with us!

open to all ages! (kids under 12 must be accompanied by an adult)

APRIL 23RD AT 5:30PM

To sign up call us at (606) 432- 2534

use our link:

<https://tinyurl.com/bdd6j7vp>

or scan our QR code!



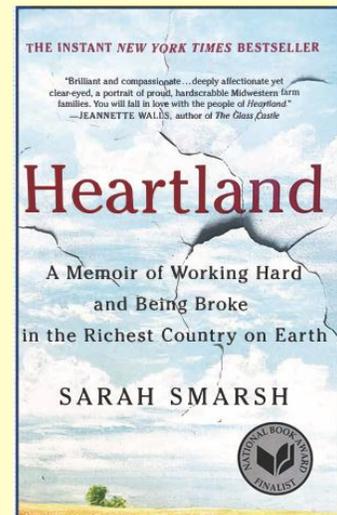
BIG BLUE BOOK CLUB

WATCH PARTY

APRIL 11 @ 11AM

APRIL 18 @ 11AM

APRIL 25 @ 11AM

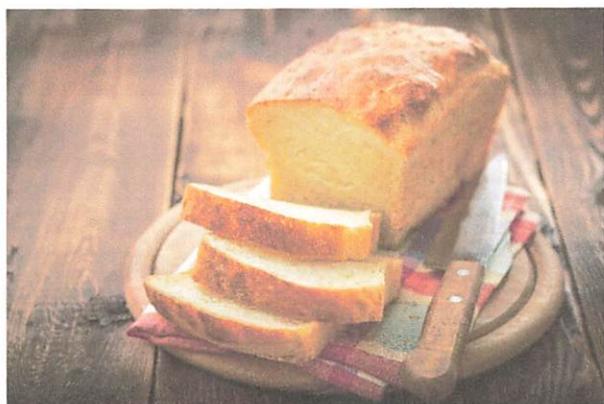


Join us for a watch party and discussion of the book "Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth" by Sarah Smarsh.

Pike County Cooperative Extension
Office
606-432-2534

Bread in a Bag

Servings: 12 Serving Size: 1 slice



Ingredients:

- 2-1/2 to 3 cups all-purpose flour
- 1 envelope rapid yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup water
- 3 tablespoons vegetable oil

Directions:

1. Combine 1 cup flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, resealable heavy duty freezer bag. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients. Heat water and oil until very warm (120° to 130°F); add to flour mixture.
2. Reseal bag; mix thoroughly by working bag with fingers. Gradually add enough remaining flour to make a stiff batter that pulls away from the bag. Remove dough from bag; knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.
3. Roll dough to 12 x 7-inch rectangle. Beginning from short end, roll up tightly. Pinch seam and ends to seal. Place in greased 8-1/2 x 4-1/2-inch loaf pan. Cover; let rise in warm, draft free place until doubled in size, about 45 minutes to 1 hour.
4. Bake at 375°F for 30 to 35 minutes or until done. Cool 5 minutes in pan. Remove from pan; cool completely on wire rack.

Source: Eat Smart to Play Hard; Fleischmann's Yeast

140 Calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0g total fat; 0mg cholesterol; 200mg sodium; 24g total carbohydrate; 1g dietary fiber; 4g total sugars; 3g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of calcium.