

FAMILY & CONSUMER SCIENCES

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



A note from your FCS Agent:

Spring officially begins in March! I am looking forward to the change of season. February was a busy month with multiple trainings and events. As for March, there are several upcoming classes and events. For upcoming event information, check out the rest of the newsletter. Hope to see you there! 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
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Dates to Remember:

- March 8: Leader Lesson- Generational Differences
- March 11: Quilt Guild
- March 14: Area Homemaker Meeting in Lawrence County
- March 16: Quilters Day Out
- March 19: Cooking Through the Calendar
- March 25: Quilt Guild
- March 26: Beginner Sewing Class

Reminders & Announcements:

- Big Blue Book Club will be in April. We will host a watch party at the extension office for book club sessions. Registration for book club is open. See flyer for more information on registration.
- We will be taking a van to the Area Homemaker Meeting on March 14th. If you plan to ride with us, please let us know by March 7th.

Quilt Guild Class- March 11:

- Quarter square triangles
- Needs at least two differing fabrics (may use scraps)
- Rotary tools (ruler, cutter)
- Pencil
- Sewing machine (optional)



ADULT HEALTH BULLETIN



MARCH 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 SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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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.



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.

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For additional information, please call the extension office at (606) 432-2534.

MARCH



Cooperative Extension Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8 LEADER LESSON	9	10
11	12	13	14 AREA HOMEMAKER MEETING	15	16 QUILTERS DAY OUT	17
18	19 COOKING THROUGH THE CALENDAR	20	21	22	23	24
25	26 BEGINNER SEWING CLASS	27	28	29	30	31

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Disabilities accommodated with prior notification.



**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



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Disabilities
accommodated
with prior notification.

COOKING THROUGH THE CALENDAR

ON THE MENU:

- VEGGIE RINGS -



Tuesday, March 19th 12pm-1pm



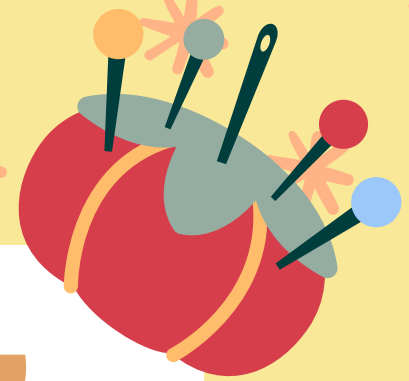
Call (606)432-2534

Or use our link:

<http://tinyurl.com/be5kn5uh>

Or scan our QR code to sign up!





SEWING CLASS

DATE: Tuesday, March 26th

TIME: 10am-2pm (make sure to pack a lunch)

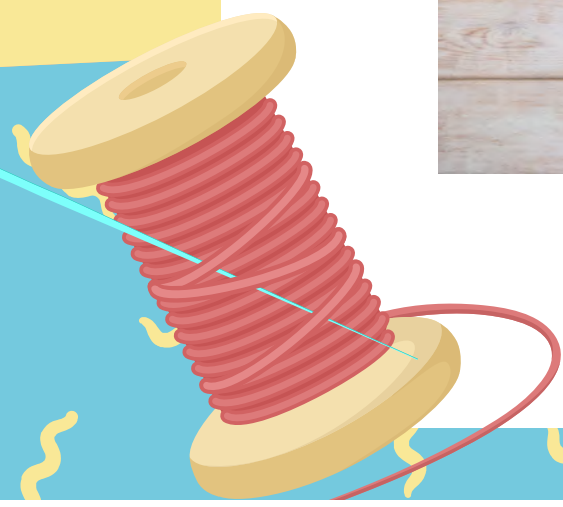
LEVEL: Beginner

PROJECT: Tote Bags



SIGN UP TODAY!

Call us at (606) 432-2534
<http://tinyurl.com/bdfjdwt9>
Or use our QR code!



BIG BLUE BOOK CLUB

Big Blue Book Club is back with ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth by Sarah Smarsh.***

This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!





Nutty Sweet Potato Biscuits

1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
⅓ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	⅓ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet potatoes	½ teaspoon vanilla
		1 tablespoon milk

- In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
- Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
- Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
- Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits
Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Nutrition
 and Food Science students

OCTOBER 2012

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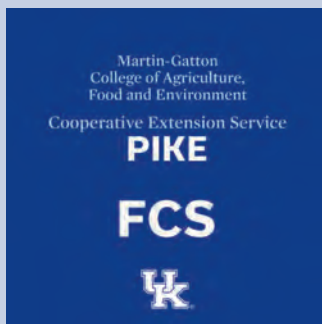
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