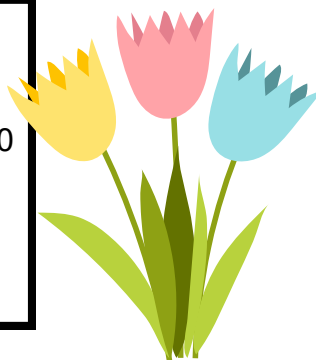


Important Dates:

- March 5th: Cooking with the Calander 10:30
- March 12th: Slow Cooking Class 10:30 and 5:30
- March 12th: BGG Meeting 12:00
- March 14th: Friendship Meeting 1:30
- March 26th: Homemaker Council Meeting 1:00



McLean County Annual Meeting

Please join the McLean County Homemakers for an evening of fun and memories. We will meet on Thursday, April 11, 2024, at the Extension Office. Topic for the program will be "Homemakers Sewing Through the Years - 1913-2024". If you have items (clothing, quilts, etc.) that a homemaker sewed or old sewing tools that you would like to display for the evening please bring to the Extension Office before the day of the meeting.

Also if you have an item that you or a homemaker has sewn that you would like to wear to the meeting please do so. Registration will begin at 5:30 pm with the meeting to begin at 6:00 pm. Meat and bread will be furnished. Please bring a side dish or dessert.

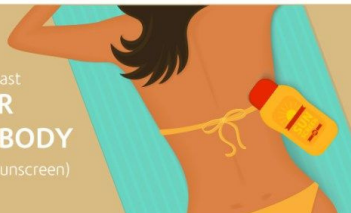


three steps to protecting your skin from sun damage

1. choose a BROAD SPECTRUM SPF OF AT LEAST 30

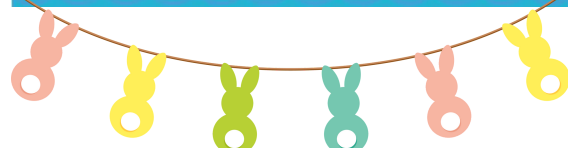



2. at the beach? apply at least 1 OUNCE OVER YOUR ENTIRE BODY (and use separate facial sunscreen)



3. reapply every TWO HOURS or everytime you get out of the water





AGENT'S CORNER

I celebrated a big milestone last month! It was my 50th birthday! I was lucky to be able to spend my birthday with the Homemaker Board. (Carla even made me a cake!)

Celebrations are important. Our KEHA State Meeting will be May 7th - 9th in Bowling Green. I encourage you all to try to attend. Registration hasn't opened yet, but I did want to let you know that I plan on driving every day and would be more than happy to chauffeur anyone who would like to join me! It's a great place to learn a new skill or information, meet new friends, and just celebrate all of the accomplishments Homemakers have made across the state. As soon as information is released, we will share that with you. For now, pencil it in on your calendar!



Kelly Bland

McLean County Extension Agent for Family and Consumer Sciences



Veggie Egg Rings

Ingredients:

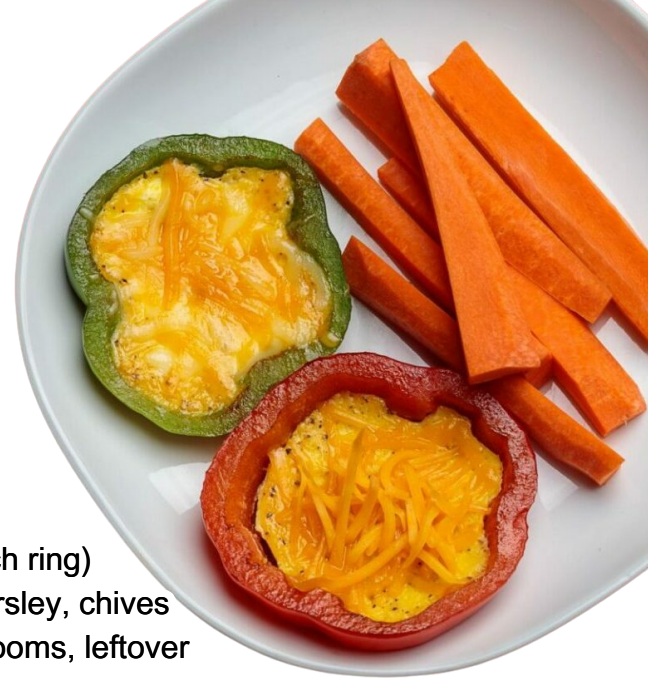
- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- Optional ingredients: tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

Directions:

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.

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

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; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium



Substitutions:

Use onion slices in place of bell peppers. you can use any kind of cheese! try adding more diced veggies to the egg mixture!



TUESDAY, MARCH 12TH

10:30 A.M. OR 5:30 P.M.

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



SLOW COOKER COOKING

LET IT DO THE WORK FOR YOU!

Tired of cooking dinner every night? Come join our FCS Agent, Kelly Bland, and discover how Slow Cookers can simplify meal preparation and save you time, money, and effort in the kitchen.

Class is free! Please call the McLean County Extension office at (270) 273-3690 by Friday, March 8th



Selvage Pouch Sewing Class

Wednesday, April 24th
10:00 a.m. - 12:00 p.m.

Daviess County Extension Office
4800A New Hartford Rd
Owensboro

Spaces are limited. Registration begins March 4th. To register, please call:
(270) 685-8480

This class is not for beginners)

Supplies needed:

- 6-8 yards of assorted cotton selvage strips (20 strips at least 10 - 12" long. Best when 1 1/4" wide, but 3/4" will work)
- 2 9x12" sturdy cotton fabric for foundation
- 2 9x12" cotton fabric for lining (optional)
- white, cream, or gray thread
- 1 filled bobbin
- 9" or 12" zipper (depending on the size of pouch you wish to make)
- Sewing machine with power cord and foot control



Class is for all Green River Area. Brought to you from your Master Clothing Volunteers.



Accessibility
resources included
with email notification



Postponed

MCLEAN COUNTY HOMEMAKERS CULTURAL ARTS

The Green River Area Homemaker Council has voted to postpone Cultural Arts entries until September Area Annual Day.

In an effort to increase Cultural Arts project participation, the board voted to delay accepting entries this year until later this fall. Projects will be displayed at the Area Annual Day in Ohio County so everyone can see each other's projects. Winners from the area will then be entered into the KEHA State competition the following spring. Be on the lookout for more information at the end of the summer.



McLean County Plant Swap and Sale

Free
entry

Myer Creek Park

Saturday, May 4th
8:00 a.m. - 12:00 p.m.



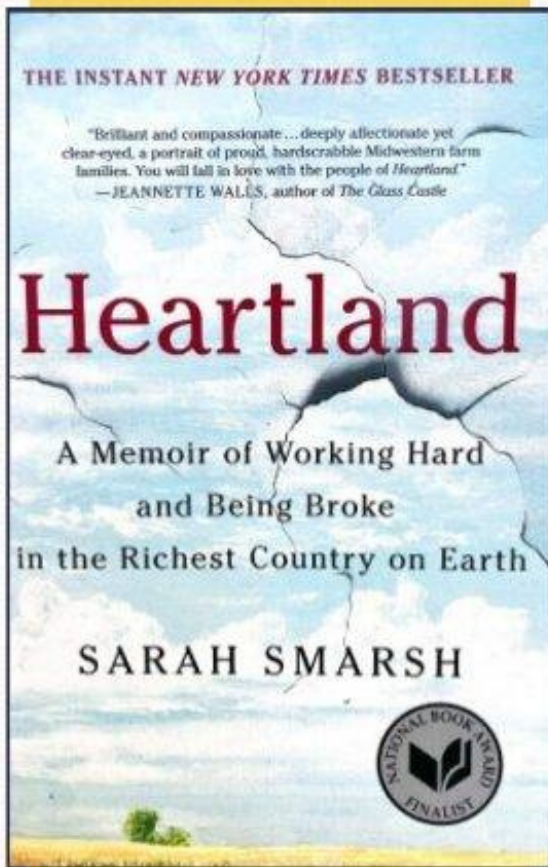
with Special Guest Kristine Smith speaking about
Carnivorous Plants at 10:00 a.m.

Plants available to purchase

For more information,
please call Carolyn at
(270) 929-9045

Garden plants
Houseplants
Small Shrubs
Flowers





WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

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.

Did you know you can decorate Easter eggs using silk cloth, nail polish or shaving crème?

Come join the Trinity Homemakers to learn these and more creative ways to decorate Easter eggs!!

March 19, 2024 at 2:00pm
at the Daviess County Extension Office.

Please RSVP at 270-685-8480 by March 15.

** Must bring 6 to 12 hard boiled eggs.



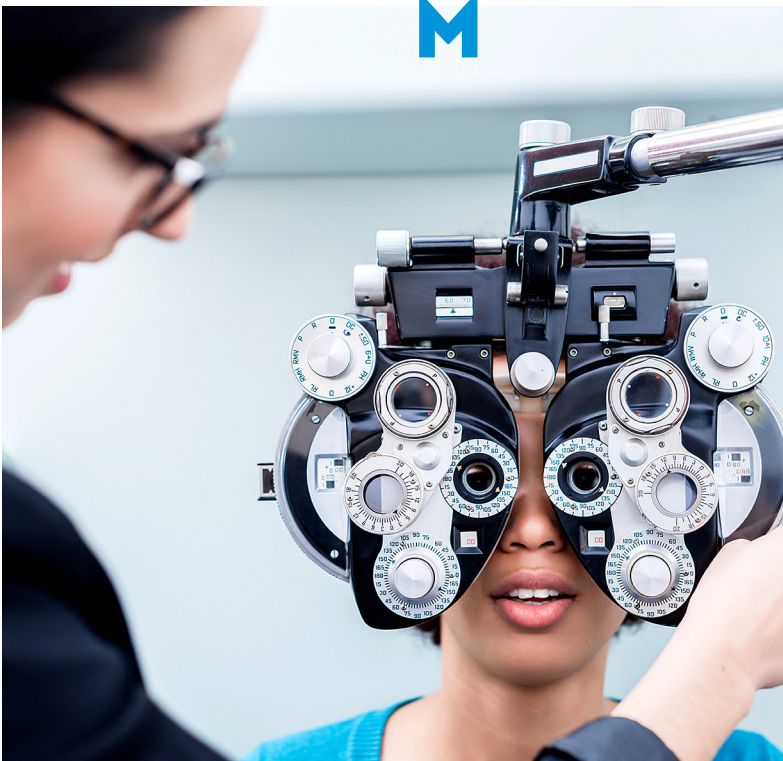
ADULT HEALTH BULLETIN



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

Continued on the next page



Cooperative Extension Service

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

Written by:

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Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

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.

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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.

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