

Marshall County FCS NEWS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Marshall County
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The Marshall County Extension Office is open 8-4:30 Monday through Friday. We are taking every precaution to keep everyone safe and healthy. We ask when you visit our office, please wear a face covering and follow social distancing guidelines.



The next Marshall County Extension Homemaker Advisory Council meeting will be **April 5th** at 9:30am at the Extension Office. Please call the office to confirm your attendance as our guidelines still allow for limited seating in our meeting room.

Zoom classes are being offered during the 'It's Sew Fine: Sewing Expo' on **April 13-14**. Registration should be submitted by **March 31st**.

The Aurora Community Park is hosting a 'Tip-Toe through the Tulips Spring Bazaar' on Saturday, **April 17th** from 9am-3pm. It will be held at Kenlake State Park Lodge and booth space is available for \$15. If you are interested in participating, call 270.354.8467 for more information.



We're going virtual!

**It's Sew Fine:
Sewing Expo**

**Tuesday-Wednesday
April 13-14, 2021**

Hosted by:
Ft. Harrod Family & Consumer
Science Extension Agents and
Committee members

We invite you to participate this year, via Zoom classes. There will be 2 classes offered each day. One focused on a quilt project and one focused on a non-quilting project. Each class cost \$12.00. As an incentive to register early, the first 10 in each class receives a refund of \$5.00. You can collect this refund only once.



**Deadline to register is
Wednesday, March 31.**



The Purchase Area Family & Consumer Sciences agents would love for you to subscribe to our 'West KY FCS' YouTube channel. Check it out!

We hope you've enjoyed the 'Lifelong Learning Series' lesson materials each month. We are currently planning lessons for 2021-22 and would like your feedback on the Purchase Area Extension Homemakers Facebook page as to how you prefer to receive next year's materials.



College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

Building Strong
Families

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



No matter how bad it may be, there are times we must make the most of our situation. This past year, the pandemic has left many of us trying to make sense of a range of loss and grief. This series acknowledges loss and provides tips to help us play the hand we have been dealt so we can move forward with hope and healing.

**Join us for our new online series.
Register at <https://ukfcs.net/LwL2021Registration>**

KICKOFF: APRIL 20, 7 P.M. (EDT)

Living with Loss: Healing with Hope
Dr. Ted Bowman, guest and international speaker, educator, author, and consultant will explore grief, loss, and shattered dreams through the lens of hope and healing.

WEEK 3: MAY 6, 11 A.M. (EDT)

Creative Outlets for Grief
A panel of experts will discuss various creative outlets including animals, gardening, journaling, music, and photography.

WEEK 1: APRIL 22, 11 A.M. (EDT)

Talking to Kids and Teens about Loss
Kerri Ashurst, Ph.D., Extension Specialist; and David Weisenhorn, Ph.D., Extension Specialist

WEEK 4: MAY 13, 11 A.M. (EDT)

Financial Resiliency
Nichole Huff, Ph.D., Assistant Extension Professor

WEEK 2: APRIL 29, 11 A.M. (EDT)

Self-Care and Nutrition
Dietetics and Human Nutrition Extension team: Sandra Bastin, Ph.D.; Yolanda Jackson; Courtney Luecking, Ph.D.; Janet Mullins, Ph.D.; Heather Norman-Burgdolf, Ph.D.; and Annhall Norris

WEEK 5: MAY 20, 11 A.M. (EDT)

Mental Health, Including Suicide and Substance Use
Kerri Ashurst, Ph.D., Extension Specialist; Alex Elswick, Ph.D., Assistant Extension Professor; and Julie Cerel, Ph.D., UK College of Social Work

WEEK 6: MAY 27, 11 A.M. (EDT)

Self-Care and Outdoor Physical Activity
Natalie Jones, DrPH, Extension Specialist

UK College of Agriculture,
Food and Environment
*Family and Consumer
Sciences Extension*

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2021

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

THIS MONTH'S TOPIC:

EXTENSION PUBLICATIONS TO HELP WITH ESTATE PLANNING

Estate planning is not just for the wealthy or aged. It involves arranging for the use and disposal of your resources and property after your death. It can be a valuable tool for you and your loved ones. University of Kentucky Cooperative Extension has a 10-part Estate Planning publication series to help you begin.

“Part 1: Getting Started” gives an **overview of the estate planning process** and helps you establish goals. It provides reflection questions to determine your estate planning objectives. Read more at: <http://ukfcs.net/EP-Part1>.

Gathering your **important documents** is a simple way to begin. “Part 2: Your Records and Personal Information” lists the files that you will need. Available at <http://ukfcs.net/EP-Part2>, this publication includes worksheets to help you organize documents, accounts, and contacts.

“Part 3: Selecting Your Team” explains choosing an **attorney** and an **executor** to oversee asset distribution. Read more at <http://ukfcs.net/EP-Part3>. Attorneys who specialize in estate planning are the most likely to be current on laws related to wills, trusts, and taxes. The executor you name will be responsible for handling the legal matters of your estate.



You may choose to work with an accountant or **financial planner** to develop a complete estate plan. When choosing a professional, make sure you find someone you are comfortable working with and check their credentials. “Part 4: Financial Planners” describes different financial planners, qualifications, and costs: <http://ukfcs.net/EP-Part4>.

Next, consider your **will**. A will is a legal document that details instructions to be carried out after your death. It indicates your wishes for property distribution, names guardianship for minor children, and designates your executor. If you die without a will, known as dying *intestate*, Kentucky law will determine how to transfer your assets. Read “Part 5: Wills and Probate in Kentucky,” to learn more: <http://ukfcs.net/EP-Part5>.



A WILL IS A LEGAL DOCUMENT THAT DETAILS INSTRUCTIONS TO BE CARRIED OUT AFTER YOUR DEATH.



If you decide to set up a **trust** as part of your estate plan, you are creating a legal entity. The legal title to property or assets is transferred to a trustee who must use that property for a **beneficiary**. Trusts should be written by a professional who understands tax laws and tax consequences. For types of trusts and possible benefits, read “Part 6: Trusts” at: <http://ukfcs.net/EP-Part6>.

When a person dies, the value of their estate is subject to **estate taxes**. These must be paid before the executor can transfer ownership of property to heirs. “Part 7: Federal and State Estate Taxes” offers insight into taxable and deductible assets, and inheritance tax: <http://ukfcs.net/EP-Part7>.

An overlooked part of estate planning is **digital assets**. These include email, social media and online accounts, websites, and photos stored on the cloud. “Part 8: Planning Your Digital Estate” can walk you through digital considerations: <http://ukfcs.net/EP-Part8>.

If you are dealing with the death of a loved one, information on **how to settle an estate** may be

helpful. Find “Part 9: How to Settle an Estate” at <http://ukfcs.net/EP-Part9>.

Finally, if estate-planning talk sounds complicated, review “Part 10: A Glossary of Terms.” This resource defines more than **35 related concepts** that will help simplify the estate planning process: <http://ukfcs.net/EP-Part10>.

Once you have gathered personal information and created an estate plan, consider purchasing a small, fireproof safe. Organize your records in a binder and give instructions on where to find any documents not included. Make sure your estate team knows where to find everything when the time comes. Communication is critical when estate planning. Remember, estate plans and beneficiaries need to be reviewed and revised periodically as laws or personal circumstances change.

Estate planning can save time, money, and stress for grieving family members upon your death. Making an estate plan helps ensure your wishes are carried out the way you want, and in a timely manner.

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

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

It's not too late to enroll in the 'Plate it Up!--Kentucky Proud recipe club. As a member of the club, you will receive a monthly mailing of PIUKP recipe cards and receive the **2021 Marshall County Farmer Directory**. The directory will list all local farmers who have produce for sale, either as farmer's market vendors or at their local farm. Call Roxanne at the Extension Office if you would like to participate in the free recipe club. There will also be opportunities for prizes given for those who share a picture on social media of any PIUKP recipe that you have prepared from the recipe cards.



Recipe Corner...



Dijon Chicken Asparagus Roll Ups

| | | |
|--|--|---|
| 3 tablespoons Dijon mustard | 2 teaspoons dried thyme | 4 skinless, boneless chicken breast halves (about 5 ounces each) |
| ½ cup low fat mayonnaise | 2 teaspoons black pepper | 4 slices skimmed mozzarella cheese |
| 1 lemon, juiced (approximately 3 tablespoons) | ½ teaspoon salt | 1 cup panko bread crumbs |
| | 16 spears fresh asparagus, trimmed | |

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.
Yield: 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The tenderest stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1 week or more in

the refrigerator. Store upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about six spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter or Parmesan cheese.

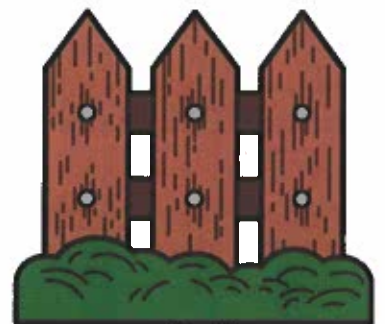
KENTUCKY ASPARAGUS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
March 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>

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UK University of Kentucky
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