

Marshall County FCS NEWS



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Upcoming Events

May 18 - Master Gardener's Plant Sale,
MCEO 8-12

May 27 - Office closed for Memorial Day

June 3 - Homemakers Annual Picnic, Mike
Miller Park, AC meeting 10:30am

June 19 - Office closed for Juneteenth

July 4 - Office closed for Independence Day

Many programs have been paused due to the transition to the new Extension Office. More Information will be shared as it becomes available.



Congratulations to those who received blue ribbons at the state Cultural Arts competition at the recent KEHA Annual Meeting.

Meeting places may be changed due to the building transition. Please check with the office to confirm.

Homemaker Clubs always welcome new members and have educational activities for everyone to experience! Stay tuned for more information about leader & member training.

Robynn with the **Master Clothing Volunteers** has classes for those interested in sewing and quilting. These will be temporarily held at the Calloway County Extension campus.

Bring a craft or project you are currently working on. Share and learn from one another. Everyone is welcome to participate in **Maker Monday**. Follow us on social media to learn about upcoming dates.

June's **Learning Session** is a mailout lesson, Radon: The Silent Killer.

Everyone is welcome to attend **Homemaker Advisory Council** meetings. It's the best way to learn what is going on and how you can get involved! June's AC meeting will be held prior to the picnic on 6/3 at Mike Miller Park.

Fair Exhibits will be rescheduled to a later date this fall.

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

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Lexington, KY 40506



Disabilities accommodated with prior notification.

PROJECT PACKAGE

Extension Homemakers are supporting **Project Package** for the coming year. Please collect items to fill shoeboxes. Empty shoeboxes are also needed. Watch for details to be announced soon for a date to assemble packages.

Baby Wipes	Bottled Water	Toothbrush	Canned Tuna/chicken
Pop Tarts	Beenie Weenies	Deodorant	Shampoo
Candy	Band Aids	Chapstick	Fruit Snacks
Bic Lighters	Pretzels	Gum/Mints	Vienna Sausages
Flashlights	Military Books	Calendars	Individual Coffee Packets
Trash Bags	Tools	Fishing Supplies	Whistles
Jumper Cables	Note Pads	Pens/Pencils	Kleenex

Toothpaste	Jerky	Soap Bars	Snack Cakes
Aspirin/Tylenol	Instant Coffee	Disposable Razors	Crackers Packages
Peanuts	Pocket Bibles	Sewing Kits	Reading Glasses
Clocks	Gloves	Bug Spray	Pocket Knives
Ball Caps	Playing Cards	Batteries	Radios
Can Openers	Socks	Phone Chargers	Compasses
Paper Clips	Envelopes	Para Cord	Bungee Cords



Recipe Corner...



Spring Harvest Salad

- | | | |
|---|--|--------------------------------------|
| 5 cups torn spring leaf lettuce | Dressing:
4 teaspoons lemon juice | 2 teaspoons Kentucky honey |
| 2½ cups spinach leaves | 2½ tablespoons olive oil | ½ teaspoon salt |
| 1½ cups sliced strawberries | 1 tablespoon balsamic vinegar | ¼ cup feta cheese crumbles |
| 1 cup fresh blueberries | 1½ teaspoons Dijon mustard | ½ cup unsalted sliced almonds |
| ½ cup thinly sliced green onions | | |

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

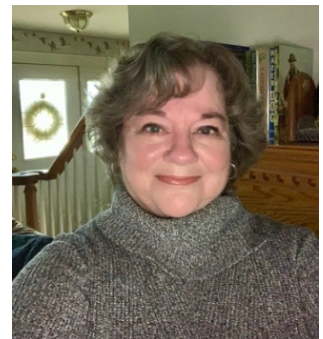
balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Vicki Wynn

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May/June 2024

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



ADULT

HEALTH BULLETIN



JUNE 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

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

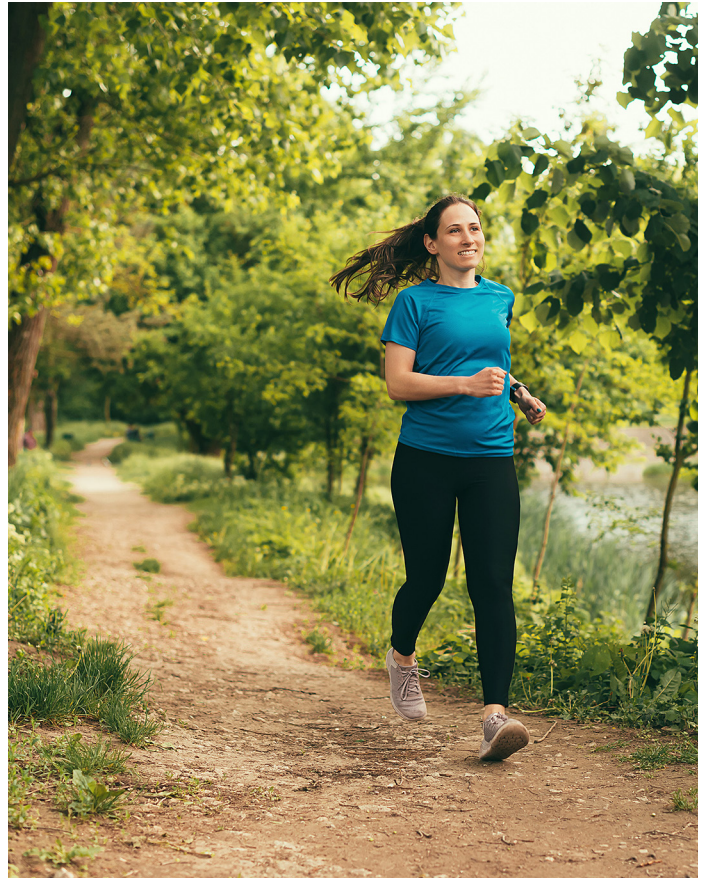
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

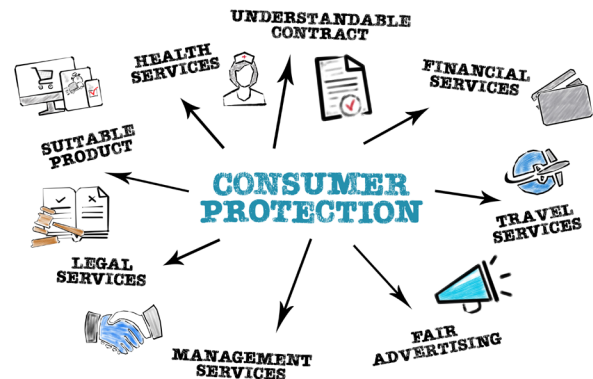
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FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



CONSUMER FINANCIAL PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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