

Whitley County Family & Consumer Sciences Community Newsletter



P.O. Box 328
4275 N HWY 25 W
Williamsburg, KY 40769
(606)549-1430
whitley.ca.uky.edu

Easy Work-Life Balance Tips for People and Parents

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- **Reduce morning rush.** Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- **Organize your week in advance.** Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).
- **Be honest with your manager.** If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- **Stay connected.** Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- **Don’t waste time staring at your screen.** It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- **Schedule time with your partner.** Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

Contact the Whitley County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

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Disabilities
accommodated
with prior notification.

**For Info or
To Register**



Scan



Call
606-549-1430

Go To
www.tinyurl.com/WCPACE

Upcoming FCS Events

*Unless specified, all classes held at the
Whitley County Extension Office, 4275
N. Hwy 25W, Williamsburg, KY*

Registration required for all classes.



Pumpkin Shaped Loaves Workshop **October 4 | 6 PM | \$5.00**

Pumpkin shaped loaves filled with seasonal flavors are a fun addition to your Fall table. Students will learn how to make and shape this delicious bread. Students should bring a mixing bowl, sturdy whisk or wooden spoon, and a flat baking dish or pan to transport their loaf home for baking.

Holiday Ideas **October 17 | 5:30 PM | Free**

Let's Welcome in the Holiday Season with ideas for crafts, snacks, decor, and more! Our goal is to enrich this special time of year in ways that are cost and time efficient. Registration is required.

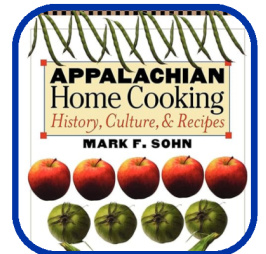


Laugh and Learn **October 24 | 10:30 AM | Free**

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Hear stories, sing songs, make crafts, play games, and enjoy a healthy snack. For children ages 3-5. Younger siblings are welcome to attend and participate as able. Playdates are held every other month. October's playdate is all about Pumpkins!

Holiday Cooking School **November 7 | 5:00 PM | \$25.00**

Mountain Memories, Holiday Traditions will be our theme for this year's Holiday Cooking School. Attendees will sample recipes from our featured cookbook, "Appalachian Home Cooking -History, Culture, & Recipes" by Mark F. Sohn. Event activities begin at 5 PM, doors open at 4:30 PM. Tickets are \$25 and price includes a copy of the featured cookbook. Tickets are limited and attendees will need to pick up their tickets and cookbooks at the Extension Office.





Wits Workout November 14 & December 12 | 9:30 AM | Free

Maintaining a healthy brain throughout life is important for its long-term function. Join our Wits Workout class as we challenge our brains while having fun and engaging with others, both intellectually and socially. After giving your brain a workout, you may be ready for lunch. Let's make it a party as we transition from Wits Workout to our monthly cooking demonstration class at 11 AM. During Cooking Through the Calendar attendees will have the opportunity to discuss and sample the recipe of the month. November's recipe is Hearty Harvest Bowl, December's is Slow Cooker Navy Bean Soup.

Cooking Through The Calendar November 14 & December 12 | 11 AM | Free

Join us as we explore the recipes in the University of Kentucky NEP 2024 Calendar in this fun class. Recipes are demonstrated and then sampled. Expect class to last between 1 - 1 1/2 hours. November's recipe is Hearty Harvest Bowl, and December's is Slow Cooker Navy Bean Soup!



Additional Dates to Remember

Pesticide Safety Class - October 1st, 6:00 PM

Art of Mindfulness - October 7th, 5:30 PM, Community Art Center

Pumpkin Carving - October 14th, 5:30 PM, Community Art Center

Agriculture Photography - October 21st, 5:30 PM, Community Art Center

Pumpkin Decorating and Carving Contest - October 28th, Community Art Center

Veteran's Day Dinner - November 11th, 5:30 PM

International Event "Experience Chile" - November 19th, 5:30-7:30 PM



These dates include events from all of our Extension program areas. All classes will be held at the Goldbug Office unless noted otherwise. For more information on a class or program area, visit ukywhitley.pacecommunity.net, call the Goldbug Office at 549-1430, or the Community Art Center at 549-7373.

Holiday Ideas

Thursday, October 17th 5:30 PM

**Let's Welcome in the
Holiday Season with
Ideas for Crafts,
Snacks, Decor, and More!**

**Our Goal is to Enrich
this Special Time of
Year in Ways that are
Cost and Time Efficient!**

**Register online at ukywhitley.pacecommunity.net or
by calling 606-549-1430**

 Cooperative
Extension Service

Holiday Cooking School

"Mountain Memories, Holiday Traditions"

**November 7th 5-7 PM
London Community Center**

Ticket Price: \$25

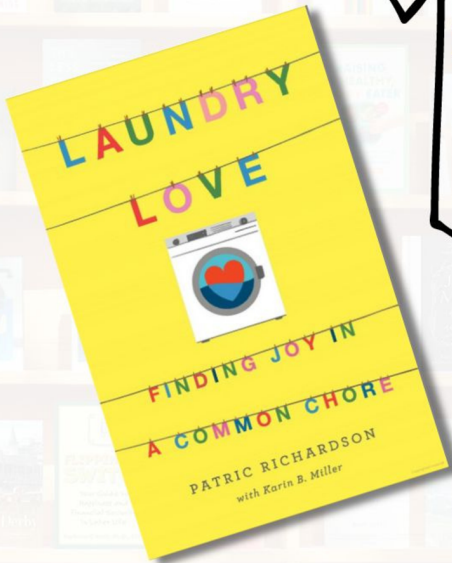
Purchase Tickets at Local Extension
Office

Price includes:

- Appalachian Home Cooking:
History, Culture, and
Recipes by Mark F. Sohn
- Recipe Samples
- Educational Demos

An equal opportunity university

BIG BLUE BOOK CLUB



REGISTER @ <https://ukfcs.net/BBBClaundry>



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“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of *Laundry Love: Finding Joy in a Common Chore* will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show.

Register at <https://ukfcs.net/BBBClaundry>. As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

Registration is required to receive the Zoom link.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

Whitley County Extension Office | 4275 N HWY 25 W, Williamsburg, KY 40769 | (606) 549-1430

THIS MONTH'S TOPIC:

CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

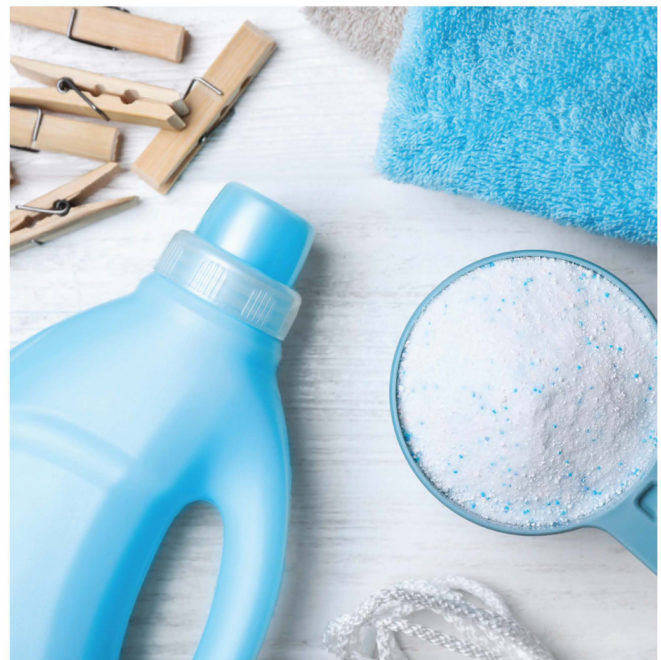
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

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Disabilities accommodated with prior notification.

WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the “wear and tear” on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our “cold water” washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your “nicer” clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

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



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Fall Harvest Salad

5 cups torn leaf lettuce	4 teaspoons lemon juice	2 tablespoons balsamic vinegar
2 ½ cups spinach leaves	¼ cup dried cranberries	1 ½ teaspoons Dijon mustard
1 medium red apple, chopped	¼ cup feta cheese crumbles	2 teaspoons Kentucky honey
1 medium pear, chopped	½ cup chopped walnuts	½ teaspoon salt
	Dressing:	
	2 ½ tablespoons olive oil	

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional 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.



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



Linda Burgard

Linda Burgard
Whitley County Extension Agent for
Family and Consumer Sciences

4275 N. Hwy 25W
Williamsburg, KY 40769
606-549-1430
Fax: 606-549-9029
linda.burgard@uky.edu



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