

Whitley County Extension Homemakers Newsletter

Whew! We've been busy! Check out some of our April Events!

1. We helped out during the KSU Small Farms Conference. Here's Linda on food prep duty! 2. Giving our brains a work out during the new Wits Workout series, 3. Smiles all around while making Rosemary Focaccia, 4. Instructor Carrie Byrd teaching another great bread class, Flour Tortillas! 5. Linda during Cooking Through The Calendar. This month's Taco Pie was delish! 6. Kitana and Rory enjoyed mixing colors at the Laugh and Learn playdate, 7. FCS provided fresh popcorn for the Earth Day Event. Here our Busy Bee Club acts as taste testers!



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

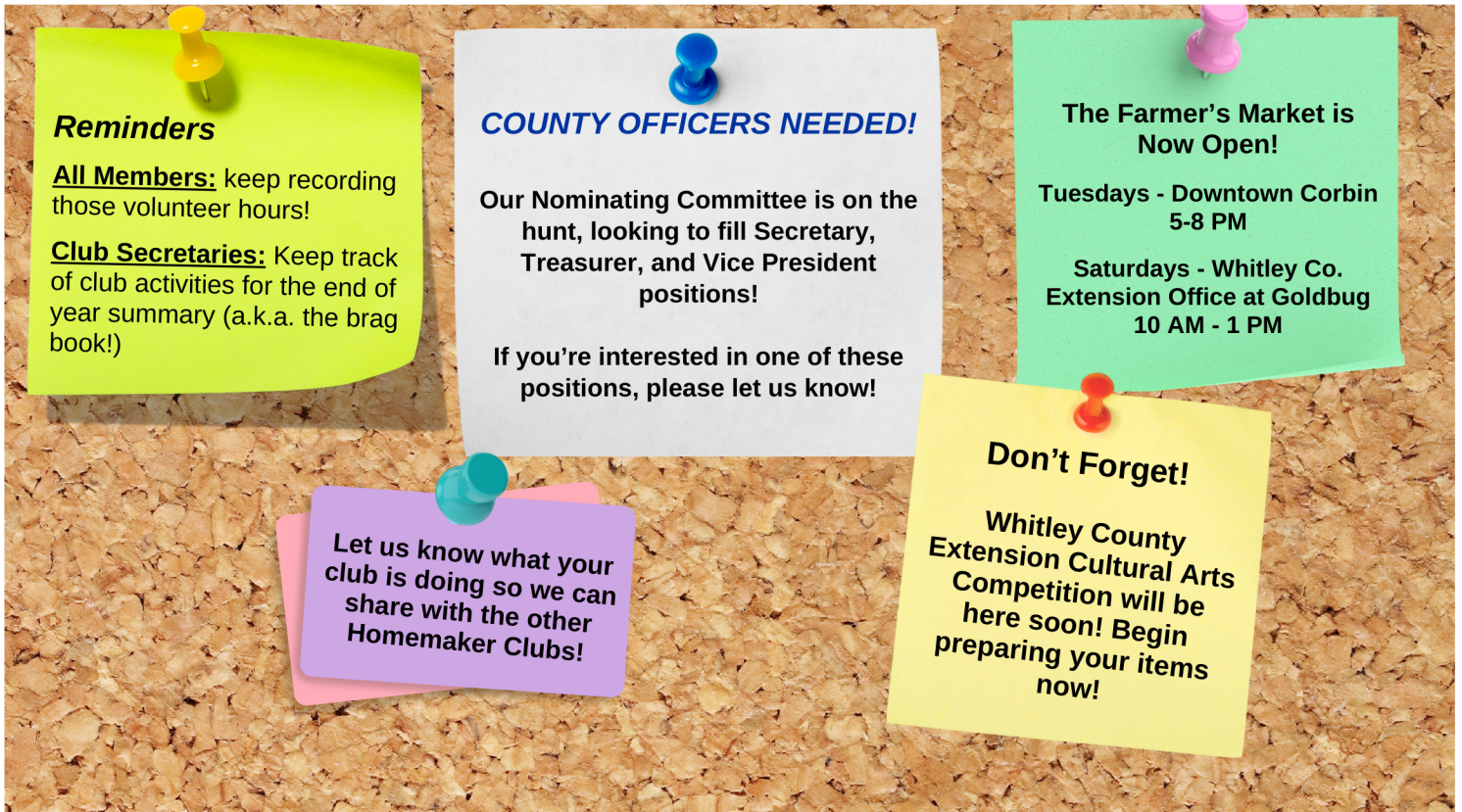
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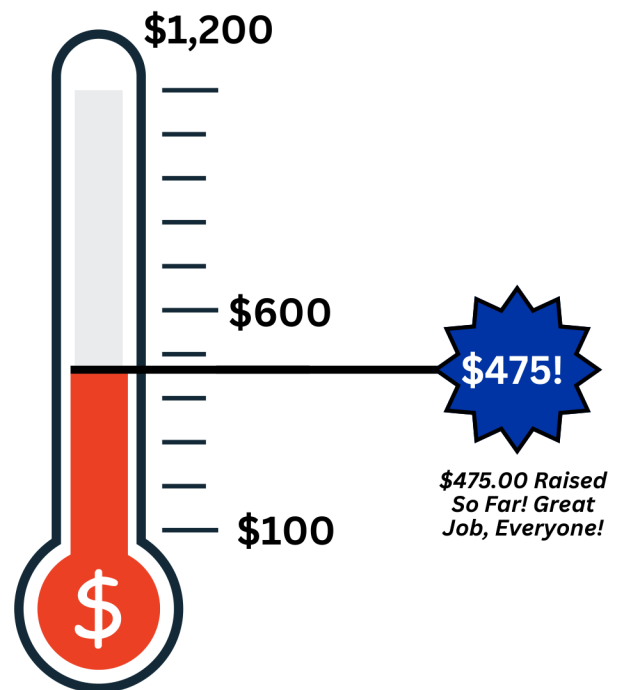


Homemaker News



Extension Homemakers Fundraiser

Join your fellow Whitley County Extension Homemakers in supporting the Homemaker Scholarship! Our scholarship fundraiser is an opportunity to make a difference in the lives of high school students in Whitley County. By contributing, you're not just providing financial assistance; you're investing in future leaders, innovators, and changemakers. Together, we can break down barriers to education and empower deserving individuals to pursue their academic dreams. Rather than holding a county-wide fundraising event – the Whitley County Extension Homemaker Council has voted to ask clubs to donate. Each club can decide how to raise funds, but we would like everyone to participate as we pave the way for excellence and opportunity through education.



**For Info or
To Register**



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.



Yoga is for Every Body **May 14, 21, 28 | 10:30 AM | \$5 per class**

Gain flexibility and better balance while building muscle, strengthening bones and your core. Reduce stress, anxiety, blood pressure, and sugar levels along with building the immune system. Sessions will be adaptive to all mobility levels. Instructed by Tammi Eggen of Your Yoga, Corbin.

Digital Navigator Computer Workshop **May 14, 15, 16 | 6-8 PM | Free**

Learn to Navigate the Internet in this three day Digital Navigator Computer Workshop! Ideal for those previously incarcerated and/or rejoining the workforce! Learn to: Connect to online resources, Complete online tasks, How to access free or low-cost internet and devices.



Stand Up to Falling: A Fall Prevention Program **May 16 | 1 PM | Free**

This class introduces the seriousness and consequences of falling, especially for adults age 65 and older. The program highlights preventable risk factors for falling, introduces strategies to reduce those risk factors, and the appropriate actions that should take place if a fall occurs.

So Many Projects **May 21 | 12-7 PM | Free**

Drop in as you are available and work on your personal projects (sewing, knitting, crochet, origami, etc.) You will need to bring your supplies for whatever you are working on but we will supply the space and conversation!



Bagels Workshop **May 23 | 1 PM | \$5.00**

In this hands-on class, we'll teach you to make great bagels from scratch. You'll mix your dough, knead it by hand, shape it into rings, then boil and bake your bagels to get just the right texture. This class is intended for adults and class size is limited. Registration is required.

Fabric Collage - Two Session Workshop May 30 & 31 | 10 AM - 3 PM | \$10

During this two-day workshop, attendees will learn the fundamentals of creating a fabric collage while working on this delightfully illustrated mushroom. Your finished piece will be approximately 10" x 9" and all project supplies will be provided. No sewing skills are needed. Class size is limited and registration is required.

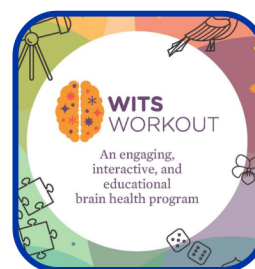


Focus on Home: Pest Management May 31 | 5:30 PM | Free

Kentucky is home to many species of insects and spiders. Luckily, most of Kentucky's creepy-crawlies are not harmful and there is little need to worry about them. Join us as we learn how to tell the "bad bugs" from harmless ones, show you a few steps to reduce the risk of infestations, and ways to help eliminate common indoor pest problems.

Wits Workout June 13 | 9:30 - 10:45 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, let's make it a party as we transition from Wits Workout to our monthly cooking demonstration class at 11 AM. We will discuss and sample the recipe of the month, Fruited Coleslaw.



Cooking Through The Calendar June 13 | 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. June's recipe is Fruited Coleslaw.

Jams and Jellies June 22 | 10-11 AM | Free

Join us for this demo class where we will make and sample some yummy jam and jelly while learning the basics of water bath canning. This class will be taught at WD Bryant, 1405 S Main Street, Corbin, KY. Registration is appreciated.



Laugh and Learn June 27 | 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 bi-monthly. June's playdate is all about the Beach!

Additional Dates to Remember

Recovering Your Finances at Hope House - May 20, June 3, 10, 17

Whitley County Fair - July 17-20th

Homemaker Kickoff - August 16th, Time TBD

Homemaker Lesson Leader Training in Laurel Co. - August 27th, 10 am

Farm Field Day - August 30th, Whitley Co. Fairgrounds

Old Fashioned Trading Days - September 5-7th

Holiday Ideas - October 17th, Time TBD

Holiday Cooking School - November 7th, London, KY (more info coming soon!)

Broccoli Pizza

1½ cups shredded Monterey Jack cheese
1 12-inch whole wheat pizza crust
1 cup chopped broccoli florets
1 medium zucchini, thinly sliced
1 medium onion, sliced into strips

½ medium red bell pepper, cut into strips
1 medium tomato, thinly sliced
2 cloves minced garlic
1 teaspoon dried Italian seasoning
2 tablespoons vegetable oil

1. Sprinkle half of the cheese evenly over crust; set aside.
2. Sauté vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.

3. Spoon vegetables evenly over pizza crust.
4. Top with remaining cheese.
5. Bake at 450° F 5 minutes or until cheese melts.

Yield: 8 slices
Nutrition Analysis:
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

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



Linda P. Burgard

Linda Burgard
Whitley County Extension Agent
for Family and Consumer Sciences



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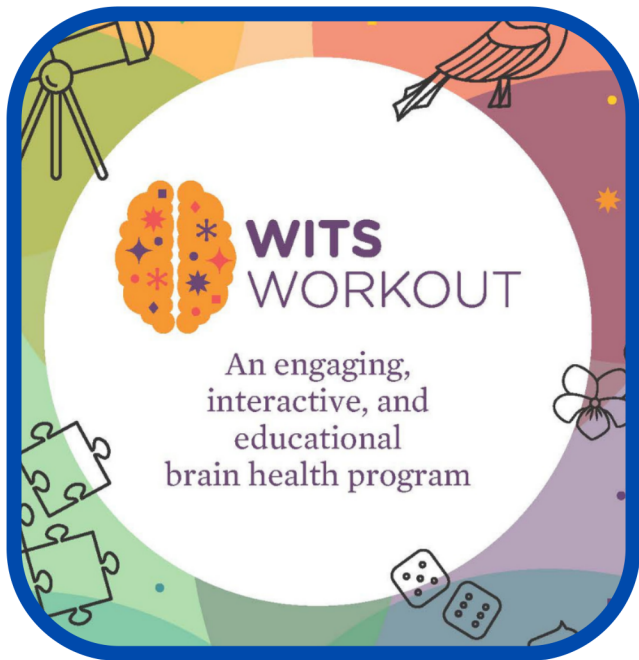
Tuesdays in May

5/14, 5/21, 5/28

10:30-11:30 AM | \$5/class



Gain flexibility and better balance while building muscle, strengthening bones and your core. Reduce stress, anxiety, blood pressure, and sugar levels along with building the immune system. **Sessions will be adaptive to all mobility levels. Instructed by certified yoga instructor, Tammi Eggen.**



Meeting Monthly

6/13, 8/8, 9/12, 10/10, 11/14 & 12/12

9:30 - 10:45 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 almost 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 our Cooking Through the Calendar attendees will have the opportunity to discuss and sample the recipe of the month. This month's recipe – Fruited Coleslaw!

*Whitley County Extension
Homemaker*

**ANNUAL
MEETING**

**WHITLEY COUNTY COOPERATIVE EXTENSION
SERVICE**

**JOIN THE FUN!
LET'S GET BUSINESS DONE WHILE WE FELLOWSHIP
OVER A GOOD MEAL!**

Save the Date!

FLAG DAY | JUNE 14TH

TIME TBD

**Cooperative
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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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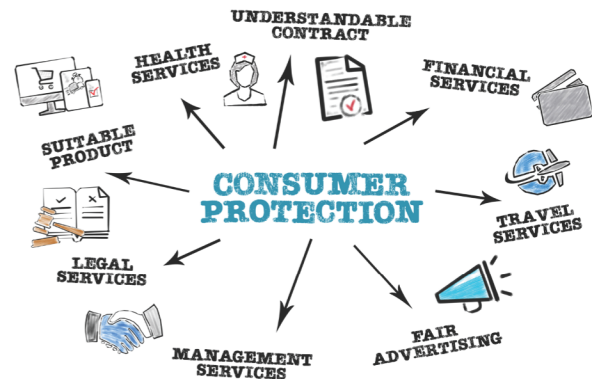
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FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

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.



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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May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 MEMORIAL DAY	28	29	30	31	

DATES TO REMEMBER:

- 4th - Farmer's Market at Goldbug
- 7-9th - KEHA State Meeting
- 11th - Farmer's Market at Goldbug
- 14-16th - Digital Navigators Workshop
- 16th - Stand Up to Falling
- 18th - Farmer's Market at Goldbug
- 20th - Recovering Your Finances at Hope House
- 21st - Yoga is for Every Body
- 21st - So Many Projects
- 23rd - Bagels Workshop
- 25th - Farmer's Market at Goldbug
- 27th - Offices Closed for Holiday
- 28th - Yoga is for Every Body
- 30-31st - Fabric Collage Workshop
- 31st - Pest Management