

Anderson County Extension Family & Consumer Sciences Newsletter February 2023 Building Strong Families

Cooperative Extension Service

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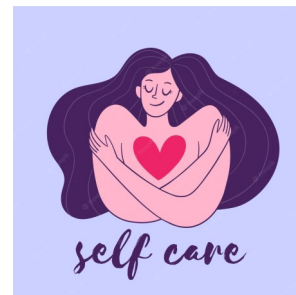
Important Dates:

February 4—Basket Guild Meeting, 10 a.m.
February 6—Quilt Guild Meeting, 6:00 p.m.
February 9—Project Day, 9:00 a.m.—4 p.m.
February 11—2nd Saturday Sew, 10:00 a.m.—4 p.m.
February 13—Little Circle, 12 p.m.
 Friendship Circle, 5 p.m.
February 23—Homemaker Council Meeting, 10 a.m.
February 28—Leader Training, 10 a.m. “Mental Health and Stress” (Zoom/Watch Party)
April 6, 2023—County Cultural Arts Contest (List of categories included in newsletter)
May 9-11, 2023—KEHA Annual Meeting, Crowne Plaza, Louisville

“Self Care: Taking Care of your Mental and Physical Health”

February 28, 2023; 10 a.m. via Zoom/Watch Party

What does it mean to take care of yourself? Join us to learn how to extend the same time, kindness, and consideration to yourself as you do to those around you!



Call the Extension Office at 502-839-7271 to request the ZOOM link if you cannot attend in person.

Hello Homemakers!

Unfortunately, we’ve had another two months of cold. Sure enjoyed the couple days of warmth!

Skipping ahead to March and May, we get to fill the show cases at the entrance of the Anderson Public Library.

This is a chance to let Anderson County know who we are! Marsha Cole has agreed to be chair of a committee to work on the planning and display. If you would like to help or have something to display, call Marsha at 336-312-9385.

Remember: God is the only one who does things perfectly—all projects are accepted!

Have a wonderful month!



~Donna Nicolette, County President

Leader Training Ideas

Included in this newsletter is a form for submitting your ideas for leader lessons for 2023-24. Please take a few moments to complete this so your suggestions can be used to determine future lessons. Please return to Extension Office by February 15th.



Family Mealtime: A Tasty Base for Healthy Youth Development

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family mealtimes help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment, especially for teenagers, and stronger family bonds.

Family meal times also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy relationship with food.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food. You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.

Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-make recipe is the most time-efficient. Remember you don't have to have family meals every night; work around your family's schedule. Even just one or two meals a week can make a lasting impact. If a full meal doesn't fit into the schedule, consider stopping to enjoy a snack with the young person in your life.

Involving your whole family in meal preparation can reduce time spent "working" while maximizing bonding time. Have a family member set the table while you make the main course. Ask others to pour drinks or clean up the table. This spreads the chores out and allows you to spend time together. Encouraging the whole family to invest in the meal makes it more enjoyable and less time-consuming.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.



For more information on developing healthy young people, contact your Anderson Cooperative Extension Service.

Source: Heather Norman-Burgdolf, UK extension specialist in food and nutrition

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KEHA News and Notes

Contests – March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the [KEHA Manual](#). Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

KEHA Contests – Entries are sent to the respective chairmen who oversee the contests, as noted in the [KEHA Manual](#). Contests include:

Creative writing: poetry, memoirs, and short story (Manual pages 37-39) – Due to Barbara Seiter, Cultural Arts and Heritage, 8669 Valley Circle Drive, Florence, KY 41042, seiterbarbara@yahoo.com.

Adopt-A-Highway Awards (page 49) – Linda Padgett, Environment, Housing and Energy Chair, 11307 Lakeview Drive, Union, KY 41091, padgettky@gmail.com.

Ovarian Cancer Fundraising and Promoting a Healthy Kentucky (page 60) – Sharon K. Fields, Food, Nutrition and Health Chair, 216 Cedarwood Drive, Greenup, KY 41144, scrawford@kih.net.

Homemakers Support 4-H (pages 64-65) – Denise Boebinger, 4-H Youth Development Chair, 3275 Bald Knob Road, Frankfort, KY 40601, dboebinger@me.com.

International contests and awards (page 73) – Marilyn Watson, International Chair, 2286 Melwood Drive, Henderson, KY 42420, Mjmw1315@twc.com.

Community Volunteerism Awards (page 88) – Ann Porter, Educational Chair, P.O. Box 88, Washington, KY 41096, annporter42@gmail.com.



Dates to Remember

- February – KEHA State Newsletter coming soon!
- March 1 – KEHA development grant, mini-grant, scholarship, and contest entry deadlines.
- March 1-3, 2023 – KEHA Leadership Academy at Blue Licks Battlefield State Resort Park.
- March 13-14 – KEHA Spring Board Meeting, Crowne Plaza Hotel, Louisville, Kentucky.
- March 15 – Area Showcase forms due to 1st Vice-President ([see KEHA Manual Appendix, page 31](#)).
- April 1 – Area lesson schedules for 2023-24 due to KEHA State Advisor.
- April 8 – Postmark deadline for state officer and chair credentials ([see KEHA Manual Appendix, pages 6-9](#)).
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

Susan Campbell

Susan Campbell, Anderson County
Extension Agent for 4-H/Youth Development



Join us to learn how to extend the same time, kindness, and consideration to yourself as you do to those around you.

WHERE:

WHEN:


FOR MORE INFORMATION OR TO REGISTER:



Anderson County 2023-2024 -- Leader Training Ideas


Your suggestions are vital to developing a ballot that best reflects your needs. Please help us by providing your thoughts for your upcoming leader trainings. Your suggestions will be compiled for counties in the Fort Harrod Area and will be used as the basis for the upcoming leader training ballot. Thank you for your input!

Housing: 

Foods & Nutrition: 

Clothing: 

Health & Wellness: 

Family Life: 

Other:

Due to your local County Extension Office by February 15, 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

14

March 2023

SUBMIT ENTRIES TO:

**MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRODSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU**



2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

- 1. APPAREL**
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
- 2. ART, 3-Dimensional**
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL**
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)**
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY**
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING**
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
- 7. CERAMICS**
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH**
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
- 10. DOLL/TOY MAKING**
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
- 11. DRAWING**
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
- 12. EMBROIDERY**
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
- 13. FELTING***
 - a. Needle Method
 - b. Wet Method
- 14. HOLIDAY DECORATIONS**
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



ADULT

HEALTH BULLETIN



FEBRUARY 2023

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:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

➔ Continued from the previous page

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

ADULT
HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2023

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

THIS MONTH'S TOPIC:

PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.

Investing



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

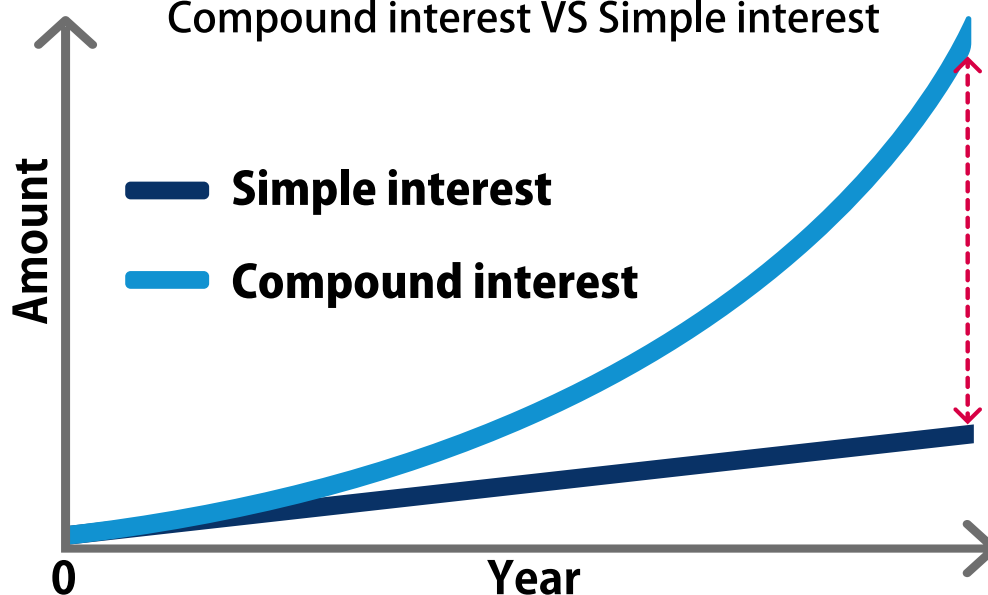
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

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