

April 2024



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

**Cooperative Extension
Service**

Daviess County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

DATES

April 1

Don't be Fooled!

April 1-5

School Spring Break

April 8

Solar Eclipse

April 13

Owensboro Regional Farmers' Market

Opening Day

April 16

Cooking with Herbs class

April 22

Earth Day

April 24

Selvage Pouch Sewing Class

April 25

Tree Seedling Giveaway

April 25

Sourdough class at Daviess County

Public Library

May 4

Derby Day

May 7-9

KEHA State Meeting

May 12

Happy Mother's Day

May 21

Extension Open House

May 27

Memorial Day- Office Closed

FARMERS' MARKET

Make plans to attend Opening Day of the
Owensboro Regional Farmers' Market!

April 13th 8:00 a.m. -12:00 noon

1205 Triplett St, Owensboro



COOKING WITH HERBS AND SPICES

Special guest, Merritt Bates Thomas will teach about the
basics of herbs and how to use them in delicious dishes.

Tuesday, April 16

5:30 p.m.

**Space is limited, please call 270-685-8480 to sign up
by April 10.**

IN THIS ISSUE

UPCOMING DATES AND EVENTS 1 and 2

HOMEMAKER HAPPENINGS 3 and 4

EARTH DAY 2024 5

LAUGHTER IS A MUST 6

**Daviess County Extension Agent
for Family & Consumer Sciences Education**

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Bread-ucation: Sourdough Seminar at the Daviess County Public Library

Thursday, April 25, 2024

Get started on your sourdough journey with this beginner-friendly class. Learn the basics of sourdough breadmaking in a fun and relaxed atmosphere. Leave with the knowledge and confidence to bake delicious loaves of sourdough bread at home.

Check out the Daviess County Public Library’s website to register and for more information:



[Bread-ucation: Sourdough Seminar | Daviess County Public Library \(librarycalendar.com\)](https://www.librarycalendar.com)

Tree Seedling Giveaway

**Thursday,
April 25th, 2024**
8AM to 3PM
or while supplies last

Yellow Creek Park
5710 KY-144
Owensboro, KY 42303

- PERSIMMON
- YELLOW-POPLAR
- BLACK WALNUT
- CHERRYBARK OAK
- PECAN
- SHAGBARK HICKORY
- WHITE OAK
- PIN OAK
- KENTUCKY COFFEETREE
- CHESTNUT OAK
- SWAMP WHITE OAK

*first come, first serve
limited supply of each
limit 10 seedlings*



For any questions, call
(270) 685 - 1707 ext. 3



Daviess County Lions Club Fair

The fair is scheduled for
July 17-20, 2024.

Start planning your entries now!

We are finalizing exhibit books, and will let you know when they are available.

EXTENSION OPEN HOUSE-MAY 21

Make plans to stop by the Daviess County Extension Office on Tuesday, May 21st anytime between 5pm and 7pm for our Open House! Come meet the Extension Staff, learn about programs being offered, register for door prizes, enjoy food and have fun!
WBKR will be live on location during this event! Come see us and bring a friend!

HOMEMAKER HAPPENINGS



Lesson for the Month

Handy to Have: Emergency Health Information Cards—A Management and Safety Lesson

Roll Call

April is National Volunteer Month. What is your favorite way to volunteer?

Thought of the Month

“Alone we can do so little; together we can do so much.” —Helen Keller

Foyer Decorations

Homespun brought the luck of the Irish for March.

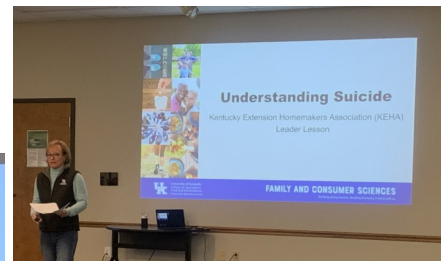


Southern Belle, you have April.

Lesson Leader Training

The last Homemaker Lesson leader trainings took place **Tuesday, March 19.**

Angie Swihart taught the Health Information Cards lesson and Cheryl Witt from UK taught the Understanding Suicide lesson.



The Trinity Homemakers hosted and taught an egg dying class using nail polish, shaving cream, and silk scarves. Beautiful eggs were created!

LAST DAY TO REGISTER: MONDAY, APRIL 22nd



Selvage Pouch Sewing Class

Wednesday, April 24th
10:00 a.m. - 12:00 p.m.
Daviness County Extension Office
4800A New Hartford Rd
Owensboro

Spaces are limited. Registration begins March 4th. To register, please call:
(270) 685-8480
(This class is not for beginners)

Supplies needed:

- 6-8 yards of assorted cotton selvage strips (20 strips at least 10 - 12" long. Best when 1 1/4" wide, but 3/4" will work)
- 2 9x12" sturdy cotton fabric for foundation
- 2 9x12" cotton fabric for lining (optional)
- white, cream, or gray thread
- 1 filled bobbin
- 9" or 12" zipper (depending on the size of pouch you wish to make)
- Sewing machine with power cord and foot control

Class is for all Green River Area. Brought to you from your Master Clothing Volunteers.



UK Martin-Gatton Cooperative Extension Service
College of Agriculture, Food and Environment
University of Kentucky
Agriculture and Natural Resources, Health and Human Sciences, and Small Business, Community and Economic Development
Lantern 03 4000

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky
1900 Commonwealth Blvd., Lexington, KY 40546
Phone: 606/257-3200
Fax: 606/257-3201
www.uk.edu/mgce



2024 KEHA State Meeting

May 7-9, 2024

Sloan Convention Center and Holiday Inn University Plaza in Bowling Green

- Discounted early-bird rates are available until **April 9**, which is also the deadline for ordering a T-shirt.
- Late registration must be postmarked by **April 23** at the latest.



Earth Day 2024

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2024

Earth Day is held each year on April 22 and has been since 1970. According to the website, www.earthday.org, this year's theme is "Planet vs. Plastics." The focus is to raise awareness of the health risks of plastics and the environmental impact of single-use plastics. The world's plastic problem has recently been in the news. The Environmental Protection Agency (EPA) reminds everyone that each day should be Earth Day and that we can make daily choices to protect our environment. Everyday steps that you can take include actions like:

- Reduce, reuse, and recycle as much as possible.
- Take your own reusable bags when shopping instead of having your items placed in plastic bags each time.
- Plant a tree.
- Save water by not leaving the water running in the sink as you brush your teeth.
- Take shorter showers to use less water.
- Install and use a rain barrel to collect rain runoff to water your lawn and landscaping.
- Drive less. Walk or ride a bike whenever possible.
- Do not run your car while parked. After a few minutes of idling, turn your car off. Save gas and eliminate car exhaust.
- Volunteer or start a community litter or trash cleanup program in your area.
- Turn the lights off when you leave a room.
- Use energy efficient lightbulbs throughout your home.
- Properly insulate your home to use less energy when heating and cooling.

By taking these steps and others, we can make choices that will contribute to a cleaner and healthier environment for all.

References:

<https://www.earthday.org/earth-day-2024/> Accessed 1/22/24 Bottled Water is Full of Plastic Particles. Can They Harm Your Health? from the New York Times,

<https://www.nytimes.com/2024/01/11/well/live/bottled-water-nanoplastics.html> Accessed 1/22/24

<https://oceanservice.noaa.gov/ocean/earthday.html> Accessed 1/22/24

Why Laughter is a Must in Relationship

Source: David Weisenhorn, Ph.D.; specialist for parenting and child development

Laughter is a powerful and often underestimated tool in maintaining a healthy and fulfilling relationship. Numerous studies have highlighted the positive impact of laughter on relationships, and its benefits extend far beyond amusement. Using humor with your partner fosters a sense of connection, strengthens emotional bonds, and contributes to overall relational well-being.

Less stress. One key benefit of laughter is stress reduction. Shared laughter has been shown to decrease stress hormones, promoting a more relaxed and positive atmosphere. This becomes particularly important in the face of challenges or disagreements, as humor can serve as a coping mechanism, diffusing tension, and easing conflicts.

Better communication. Laughter serves as a social lubricant, enhancing communication and understanding between partners. Couples who share a sense of humor are often more attuned to each other's perspectives and find it easier to navigate through life's ups and downs. Humor can act as a buffer during tough times, allowing couples to approach difficulties with a lighter perspective and a united front.

Better connection. Research has also linked laughter to increased intimacy. Couples who laugh together report higher levels of satisfaction in their relationships. The shared joy that accompanies laughter creates lasting memories and reinforces a positive emotional connection. In addition, the ability to find humor in oneself and situations promotes humility, preventing conflicts from escalating unnecessarily.

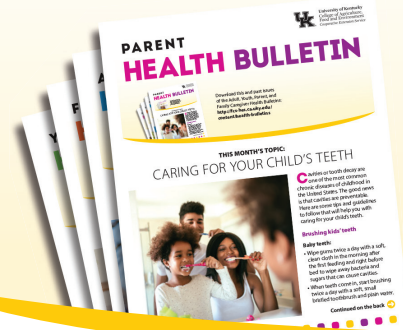
References:

Cann, A., Norman, M. A., Welbourne, J. L., & Calhoun, L. G. (2008). Attachment styles, conflict styles and humor styles: Interrelationships and associations with relationship satisfaction. *European Journal of Personality, 22*(2), 131-146.

Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology, 87*(2), 228-245

Martin, R. A. (2002). Is laughter the best medicine? Humor, laughter, and physical health. *Current Directions in Psychological Science, 11*(6), 216-220.

PARENT HEALTH BULLETIN



APRIL 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 EYE SAFETY FOR EVERYONE



Your child's eye health affects how well they can see, learn, and enjoy life. You can help protect your child's eyes and their developing vision by making healthy choices with their eyes in mind. The Centers for Disease Control and Prevention recommends the following as ways to protect and maintain eye health for kids.

- **Eat well:** Vegetables and fruit contain minerals and vitamins your kids need for healthy eyes and vision. Eating a wide variety of fruits and vegetables helps kids get the amount of vitamins that they need. Encourage your family to "eat the rainbow" by including different colors of fruits and vegetables in their meals each day.

Continued on the next page 



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.

➔ Continued from the previous page

- **Limit screen time:** Limit screen time each day to 30 minutes or less of non-educational screen time. Also, have your child take frequent breaks when using any type of digital device. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities that need concentration, such as drawing, writing, and reading.
- **Get enough sleep:** Our bodies, including our eyes, require sleep to heal and recharge. Not getting enough sleep can keep your child's eyes from healing from everyday eye strain and irritants. They need time to heal from allergens, pollutants, and dry air.
- **Spend time outdoors:** Many children spend hours each day doing near-vision activities, such as reading, writing, and using computers or tablets. Just like other muscles in the body, our eye muscles need time to relax. Going outside allows children's eyes to look at objects in the distance, which gives them a break. Playing outdoors also helps kids be physically active, improve coordination, and get essential vitamin D from the sun.
- **Wear sunglasses:** Protect your eyes from the sun while enjoying the health benefits of spending time outdoors. Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.
- **Use protective eyewear:** You can prevent most eye injuries by wearing protective eyewear, such as glasses or goggles. If your child is involved in sports or other activities, make sure they protect their eyes to avoid serious injury.
- **Get regular exams:** Eye screenings are a part of regular well-child exams. Your child's doctor will continue to check their vision through each stage of development. Based on your child's screening and family history, your child's doctor may recommend a formal eye exam by an optometrist, a doctor who specializes in eye care.



You can treat common eye discomforts by rinsing out the eyes with water or applying a cold compress, but always consult a doctor if you think your child's eyes may be injured. If your child gets chemicals in their eye, such as cleaner or battery acid, begin flushing it out immediately, for 10 minutes. Follow up immediately with a doctor. If a large object gets stuck in your child's eye, such as a stick or pencil, do not try to pull it out. Get medical help immediately to reduce the amount of trauma to the eye and socket.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



ADULT HEALTH BULLETIN



APRIL 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

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page ➔



Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

➔ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

Cooperative
Extension Service

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

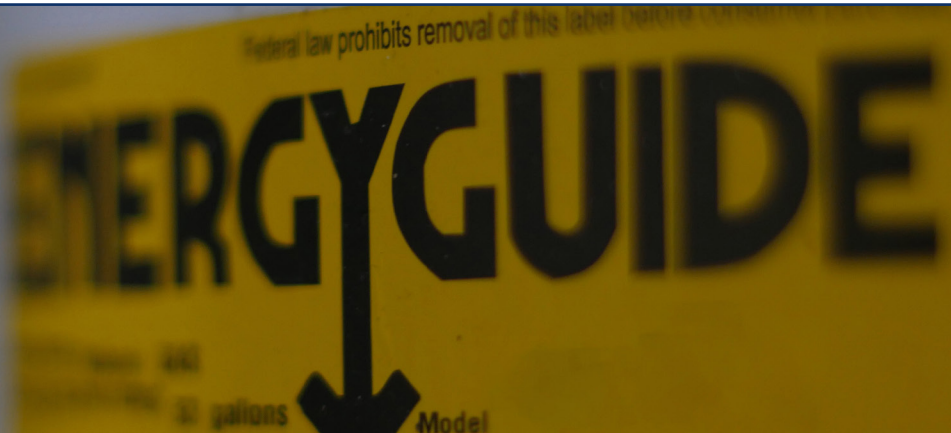
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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



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