



Family & Consumer Sciences

# TAYLOR COUNTY FCS EXTENSION NEWSLETTER

April 2024



## Index

Upcoming Events	2
Civil Rights	2
Upcoming Events	3
Passport Opportunities	4
Book of the Month	4
Cultural Arts	5-6
Calendar of Events	7
Health Bulletin	8-9
Balsamic Veggie Pasta Recipe	10

*Patrick L. Hardesty*

Patrick L. Hardesty  
Taylor County Contact Agent  
for Family & Consumer Science



### Cooperative Extension Service

Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511  
Fax: (270) 789-2455

## Ready to Store Your Winter Clothing?

Warmer weather is on the horizon. Soon we will reach for our short sleeve shirts instead of our bulky sweaters. If you choose to put your out-of-season clothing away for several months, it's a good idea to follow a few steps for best results.

- Make sure the item is clean and dry before you store it (refer to the care label for instructions). It can be difficult to remove stains, food, and body oils left on items after months in storage.
- If you are storing bulky items on a hanger, be sure the hanger offers good support. To keep the item dust free, place a clean sheet or an appropriate garment bag over it. Avoid using plastic dry cleaning bags for long-term storage (details below).
- Carefully fold items that you will store in a container. Place acid free tissue paper in the folds to limit wrinkles, and store heavier weight clothing on the bottom. The container should allow for airflow.
- Store clothing containers in a cool, dry area, away from sunlight.

According to textile experts, you should not store fabric in direct contact with raw wood, wood finishes, brown paper, newspaper, or cardboard. These wood pulp products can produce acid as they age, which can degrade fabrics made with natural fibers, such as cotton, causing them to turn brown or yellow.

Keeping clothing in plastic dry cleaning bags is also a no-no. Most dry cleaning bags are not intended for long term storage. They contain chemicals that can discolor clothing, and they are prone to build up static and attract dust. Moisture trapped within the bag can encourage mildew growth.

Laundry lesson: Give clothing that has been in storage a quick refresh by letting them air out for a while or put them in the dryer.



### References

- <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ict-mmb-066.pdf>
- <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ict-lmh.144.pdf>
- Kadolph, S., & Marcketti, S. (2017). *Textiles* (12th ed.). Pearson.

Source: Jeanne Badgett, senior Extension associate for clothing, textiles, and household equipment



# Homebased Microprocessor Workshop

Wednesday, April 3 at  
9:30 a.m. - 2:30 p.m. EST

There is a \$50 fee that can be  
paid the day of the workshop.



Use the link  
[https://uky.az1.qualtrics.com/jfe/form/SV\\_9Yo5FIBU\\_NLHUFFf](https://uky.az1.qualtrics.com/jfe/form/SV_9Yo5FIBU_NLHUFFf)  
to register or Call the Extension Office at  
270-465-4511 to RSVP

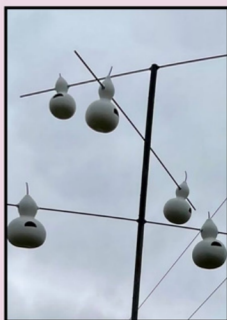
## LUNCH & LEARN

JOIN US FOR LEARNING HOW TO MAKE APPLE SPINACH  
SALAD AND BIRDHOUSE GROUDS! EACH PARTICIPANT WILL  
RECEIVE FREE GOURD SEEDS!



WEDNESDAY,  
APRIL 24  
AT 11:00 A.M.

CALL THE EXTENSION  
OFFICE AT  
270-465-4511 TO RSVP!



FAMILY &  
CONSUMER  
SCIENCES

## LOW IMPACT FITNESS

Thursday's at 1:30 p.m.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

For questions, please contact the Taylor County  
Extension Office at (270) 465-4511.

Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## Decluttering & Organizing

How to declutter your entire home, room by room, step by step.

3rd Thursday of each month

March Meeting:

Thursday, April 18

1:00 p.m.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

Cooperative  
Extension Service  
Agriculture and Natural Resources  
Plant and Customer Services  
& 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 are administered 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 large print, Braille, audio, or other accessible formats upon request. Contact your local Extension office for more information. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Council on Postsecondary Education  
Lexington, KY 40506



Cooperative  
Extension Service  
with your institution.

## Quilting Group

First Tuesday of each Month  
9:00 AM

**NO MEETING IN APRIL**  
Next meeting is **May 7.**

We will be working as a group to create a quilt using the  
pattern seen below. The quilt will be approximately  
68" x 77 1/2". We will be cutting fabrics during our May  
meeting and starting to sew blocks for this beautiful quilt!

### What to Bring:

Fabrics:  
Black Fabric-1 yard  
White Fabric-1yard  
1 Jelly Roll of 2 1/2 inch strips. There are  
40 strips in a jelly roll and if you would  
rather use your own scraps or fabrics,  
you can just cut your own 2 1/2 inch  
strips. You will need all of the 40 strips in  
the jelly roll.  
Border Fabric-1 1/4 yard  
Binding Fabric-3/4 yard  
Sewing Machine (cord, foot pedal &  
manual)  
Rotary Cutter  
Cutting Mat  
Thread (neutral colored)  
Scissors or Snips



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

# Crafternoon

## Potheads

Wednesday, April 10

1:00 p.m.

\$7  
Class  
Fee

To sign up, please pay the class fee at the Extension Office before April 10.

## Crystal Rhinestones Diamond Painting

\$8  
Class  
Fee

Friday, April 12

4:00 p.m.

Taylor County Homemaker, Debbie Holt, will be teaching this the art of diamond painting! To sign up, please pay the class fee at the Extension Office before the day of the class.

# Blankets of Love



Tuesday, April 16  
1:00 PM

Join the Taylor County Homemakers in making no sew blankets for the Taylor County Cancer and Dialysis Centers.

## FUN WITH KITCHEN TOWELS

This monthly workshop, taught by Taylor County Homemaker, Kris Fixari, continues this April with the tulip and umbrella designs! Learn how to create these festive kitchen towels to show off throughout the year!

Wednesday, April 10  
11:00 a.m.

or

Wednesday, April 24  
5:30 p.m.

\$5  
class fee

Spots are limited! Call the Extension Office at 270-465-4511 to RSVP.



Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## Homemaker Leader Lesson ENTERTAINING LITTLE ONES

Keeping little ones entertained can be rather difficult at times. Participants in this workshop will learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged and active.

Thursday, April 25  
10:00 AM  
Taylor County Extension Office  
1143 S. Columbia Avenue  
Campbellsville, KY



## T-Shirt Quilt

Kris Fixari will be helping those who wish to create a t-shirt quilt. All are welcome to come, but all materials needed to create the quilt must be brought with you! There is no fee!

Monday, April 22  
5:30 p.m.

No sign up required.  
For questions, call the Extension Office at (270) 465-4511



# Passport Opportunities



**Let's Do Lunch!**



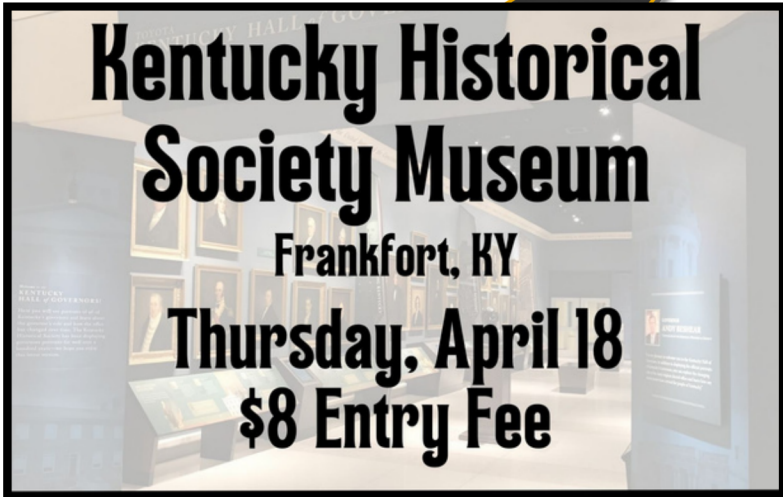
**The Victorian House**  
Bakery + Cafe

**RSVP**  
(270) 465-4511

Meet you at the  
**Victorian House Bakery & Cafe**  
471 Campbellsville Road  
Greensburg, KY  
Friday, April 12  
12:30 EST

*\*Big blue Victorian house just past the first stop light in Greensburg, coming from Campbellsville*

**Kentucky Historical Society Museum**  
Frankfort, KY  
Thursday, April 18  
\$8 Entry Fee



We will be stopping for lunch at the new Frankfort location of The Brown Barrel. Please bring money for lunch.



Call the Extension Office at (270) 465-4511 to reserve your spot on the van! We will be leaving the Extension Office at 8:00 a.m.

## Book of the Month

*101 Essays That Will Change The Way You Think*  
Brianna Wiest

"In her second compilation of published writings, Brianna Wiest explores pursuing purpose over passion, embracing negative thinking, seeing the wisdom in daily routine, and becoming aware of the cognitive biases that are creating the way you see your life. This book contains never before seen pieces as well as some of Briana's most popular essays, all of which just might leave you thinking: this idea changed my life." (Description from Amazon book review).

I found this book to be so helpful in thinking about how I interact with people, focusing on goals, and eliminating negative thinking. We all get stuck in ruts that are not always positive and inspiring. This book made me think of ways of improving. I listened to the audio tape but I will purchase this book so I can read it everyday.

Christie Goodhue, President of Modern Day Homemakers.

This book is not on the KEHA Booklist nor can be found at Taylor County Public Library. You may ask if they can borrow this book for you from another library.

101  
ESSAYS  
*that will*  
CHANGE  
*the way*  
YOU  
THINK

---

BRIANNA WIEST

# Congratulations!

## Cultural Arts & Heritage County Competition First Place Winners

**Ann Beard**  
Basketry

**Carolyn Morris**  
Tatting

**Cindy Williams**  
Knitting

**Crystal Cox**  
Beaded Jewelry

**Debbie Holt**  
Beading  
Holiday Decorations  
Paper Quilling

**Debbie Wilcoxson**  
Crochet  
Needlepoint

**Eddie Ingram**  
Basketry  
Crochet  
Holiday Decorations  
Hand Knitting  
**Janie Carrithers**  
Photography B/W

**Jenny Allen**  
Color Photography

**Jessica Holt**  
Machine Quilt  
Stained Glass Wall Hanging

**Jessica Lawson**  
Misc. Irish Folding

**Joyce Johnson**  
Appliqued Apparel

**Juanita Burton**  
Toy Making

**Kara Back**  
3-D Art, Carving

**Kierra Davis**  
Knitting Accessories  
Knitting Fashion

**Kim Corbin**  
Other Recycled Art

**Kimberly Thomas**  
Card Making  
Scrapbooking

**Kris Fixari**  
Recycled Art, Household  
Embroidery  
Machined Pieced Quilt  
Fabric Wall Hanging

**Marcia Potts**  
Apparel, Basic Sewing  
Apparel, Quilted  
Apparel, Specialty  
Apparel, Accessory  
Machine Embroidery  
Autumn Decorations

**Patty Gordon**  
14 Count & Under Cross Stitch  
16-22 Count Cross Stitch

**Phylis Richardson**  
Recycled Art, Clothing

**Susie McKay**  
Painted Nails

**Sharon Wood**  
Knitting

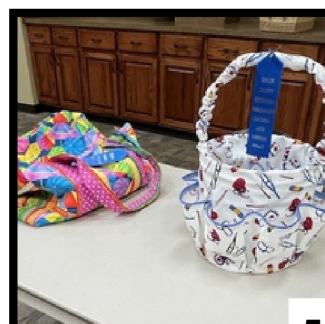
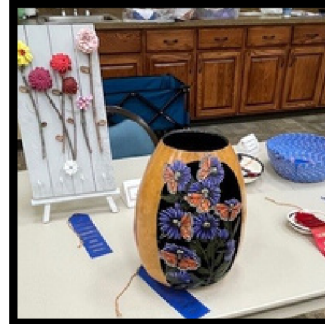
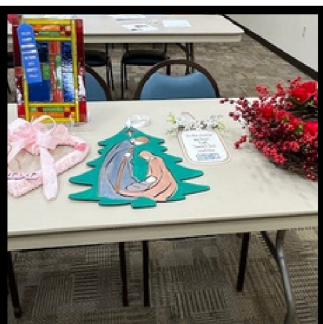
**Suzie Bradley**  
Winter Decorations  
Baby/Lap Quilt

**Teresa Beck**  
Pastel Drawing  
Acrylic Painting  
Oil Painting

**Terrie Hall**  
Mixed Media Jewelry

**Vonda Burton**  
Crochet Home Decor  
Original Jewelry

Thank you to everyone who entered a  
piece in the competition!



# Congratulations!

## Cultural Arts & Heritage Area Competition



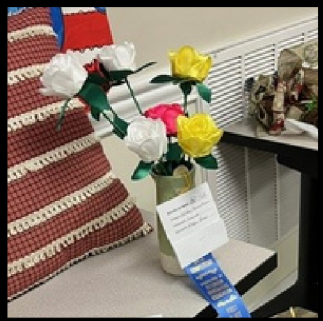
**Ann Beard**  
Basketry, 1st Place

**Kara Back**  
3-D Art, Carving, 1st Place



**Carolyn Morris**  
Tatting, 1st Place

**Kierra Davis**  
Knitting Accessories, 1st Place



**Cindy Williams**  
Knitting, 2nd Place

**Kimberly Thomas**  
Scrapbooking, 1st Place

**Debbie Holt**  
Beading, 1st Place  
Holiday Decorations, 1st Place  
Paper Quilling, 2nd Place

**Kris Fixari**  
Recycled Art, Household, 2nd Place  
Embroidery, 2nd Place  
Fabric Wall Hanging, 1st Place



**Debbie Wilcoxson**  
Crochet, 1st Place

**Marcia Potts**  
Apparel, Basic Sewing, 3rd Place  
Apparel, Quilted, 2nd Place  
Apparel, Specialty, 3rd Place  
Machine Embroidery, 2nd Place

**Eddie Ingram**  
Crochet, 1st Place  
Holiday Decorations, 1st Place  
Hand Knitting, 1st Place



**Janie Carrithers**  
Photography B/W, 1st Place

**Patty Gordon**  
14 Count & Under Cross Stitch, 2nd Place  
16-22 Count Cross Stitch, 1st Place

**Jessica Holt**  
Stained Glass Wall Hanging, 2nd Place

**Susie McKay**  
Painted Nails, 1st Place



**Joyce Johnson**  
Appliqued Apparel, 3rd Place

**Suzie Bradley**  
Winter Decorations, 2nd Place  
Baby/Lap Quilt, 3rd Place

**Juanita Burton**  
Toy Making, 2nd Place

**Teresa Beck**  
Pastel Drawing, 1st Place  
Oil Painting, 3rd Place



# CALENDAR OF EVENTS

# APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Homebased Microprocessing 9:00 AM - 2:30 PM	4 Homemaker Council Meeting 10:00 AM Low Impact Fitness 1:30 PM	5	6
7	8	9	10 Kitchen Towels 11:00 AM \$5 Fee Crafternoon 1:00 PM \$7 Fee	11 Low Impact Fitness 1:30 PM	12 Let's Do Lunch 12:30 PM Rhinestone Diamond Painting 4:00 PM \$8 Fee	13
14	15	16 Blankets of Love 1:00 PM	17	18 Frankfort Trip 8:00 AM Decluttering & Organizing Series 1:00 PM Low Impact Fitness 1:30 PM	19	20
21	22 T-Shirt Quilts 5:30 PM	23	24 Lunch & Learn 11:00 AM Kitchen Towels 5:30 PM \$5 Fee	25 Homemaker Leader Lesson 10:00 AM Low Impact Fitness 1:30 PM	26	27
28	29	30				

## Monthly Meetings

**Bunco Club:**  
Third Tuesday  
6:00 pm

**Circle of Friends:**  
Second Tuesday  
6:30 pm

**Harmony Club:**  
Second Tuesday  
12:30 pm

**Mannsville:**  
Second Thursday  
6:00 pm

**Mastering Skills:**  
Second Monday  
12:30 pm

**Modern Day Homemakers:**  
Second Monday  
6:00 pm

**Quilters Group:**  
First Tuesday  
9:00 am  
No April Meeting!

**Quilts of Honor:**  
Fourth Wednesday  
10:00 am

**Saloma Road:**  
Second Thursday  
10:00 am

**Sidetracked Homemakers**  
Second Tuesday  
6:00 pm

# 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>

TaylorCounty Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511

## THIS MONTH'S TOPIC WALK AROUND THE CLOCK



**A**pril 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



**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





***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





## Balsamic Veggie Pasta

<b>4 tablespoons</b> olive oil, divided	<b>2</b> tomatoes, chopped	<b>1 teaspoon</b> dried basil
<b>2</b> cloves garlic, minced	<b>½ cup</b> green onions, chopped	<b>8 ounces</b> whole wheat pasta
<b>1</b> small zucchini, chopped	Salt and pepper to taste	<b>1 tablespoon</b> Parmesan, grated
<b>1</b> small yellow squash, chopped	<b>2 tablespoons</b> balsamic vinegar	

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, and **cook** until tender. **Add** salt and pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

in salted water about 7 minutes, until al dente. **Drain.** **Toss** pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.

**Yield:** 4, 2-cup servings

**Nutritional Analysis:** 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein

Plate it up!

