

TAYLOR COUNTY EXTENSION NEWSLETTER

March 2025

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Cooperative Extension Service
Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718
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Visit our
website!



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Finding Motivation to Stick to Your Exercise Resolutions

You may have a goal of becoming more active this year but might be finding it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic. Physical activity has a ton of benefits including aiding in weight loss, boosting your immune system, relieving stress and helping to lower your blood pressure. The goal is to get 150 minutes of physical activity each week. While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

- Make it manageable. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day.
- Make a plan. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit in. Once you have an exercise schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.
- Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Your activity does not have to be difficult. It could be as simple as walking around your neighborhood or dancing to music each day.
- Find ways to make it social. Some people find it helpful to have an exercise partner or join a gym class for motivation. Get a workout buddy while you are doing the activity find a virtual exercise class. You can also make it a family activity by encouraging them to be active with you.



Source: Katherine Jury, Extension Specialist for Family Health



Disabilities accommodated with prior notification.

The need is constant.
The gratification is instant.
Give blood.



Taylor County Extension Homemakers

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

Monday, March 3, 2025

1:00 – 6:00 PM

For questions, or for help signing up, please call the Taylor County Extension Office at (270) 465-4511.

redcrossblood.org | 1-800-RED CROSS



Taylor County Extension Homemakers

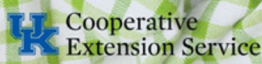
Clothing & Hygiene Drive

Items will be donated to the men's backpack program at The Healing Place

- Lotion • Deodorant • Toothpaste
- Tooth Brushes • Tissues • Soap
- Bath Wash • Shampoo

- Men's clothing sizes medium to x-large
- T-Shirts • Sweatshirts • Boxer Shorts
- Socks • Hoodies • Caps • Jackets

Donations must be dropped off by March 5.
Taylor County Cooperative Extension
1143 South Columbia Avenue
Campbellsville, KY



COOKING FOR ONE (or two!)

This interactive workshop will provide tools and tips for planning, shopping, and preparing well-balanced meals for one or two people.

Tuesday, March 11

10-Minute Bean Soup

Tuesday, March 25

Easy Sheet Pan Chicken Bake

11:00 AM

SPOTS ARE LIMITED! CALL THE TAYLOR COUNTY EXTENSION OFFICE AT 270-465-4511 TO RSVP TODAY!

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

*An equal opportunity organization.



DECLUTTERING & ORGANIZING

WEDNESDAY, MARCH 12 | 1:00 PM



- Participants will need to bring:
- 3-ring binder
 - binder dividers
 - pocket folders
 - loose leaf paper

RSVP by calling the Extension Office at (270) 465-4511.

*An equal opportunity organization.

CROSS STITCH RETREAT

Saturday, March 15 & Saturday, April 5 10 AM - 3 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

- Brag Table : Bring your work to show it off!
- Share Table: Bring items you no longer need to share with others!
- Patterns, Kits, and Materials will be available for purchase.
- Bring your projects and enjoy fellowship with other stitchers!

*An equal opportunity organization



Eight Point Star



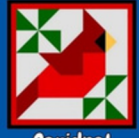
Ohio Star



Scottish Thistle



Sunflower



Caridnal



Carpenter's Wheel

BARN QUILTS

2ft x 2ft: \$40 OR 4ft x 4ft: \$75

Must be paid to reserve your spot!
CASH OR CHECK ONLY!
Call the Extension Office at
270-465-4511 for more information.

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

Registration opens March 3, 2025
Saturday, March 15, 1 PM - 6 PM
Wednesday, April 2, 1 PM - 6 PM

Additional dates to be announced later.



Sewing for Beginners

This sewing class for beginners will teach adults the basics of machine sewing.

Monday, March 10

Monday, March 17

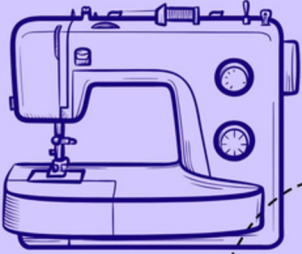
Monday, March 24

Classes will be from 10:00 AM to 12:00 PM.

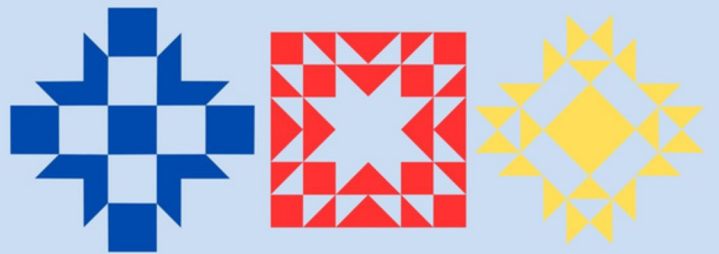
Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY



Please call the Extension Office at (270) 465-4511 to RSVP.



*An equal opportunity organization



TAYLOR COUNTY BARN QUILT TRAIL



Applications are available for pick up at the Taylor County Extension Office or online at <https://bit.ly/TCBarnQuiltTrailAPP>

For more information call the Extension Office at 270-465-4511.



Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718



270-465-4511



taylor.ext@uky.edu



<https://taylor.ca.uky.edu>

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Blankets of Love

Tuesday, March 18

1:00 PM

Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are made with 4 yards of fleece. You can choose 2 yards of corresponding fleece to donate. Monetary donations are also appreciated. Donations can be made at the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.



In February, we donated 6 blankets to the Cancer Center at Taylor Regional Hospital.

**An equal opportunity organization.*



Kitchen Towels

Create an appliqued kitchen towel with this adorable penguin pattern that will give your kitchen joy during the winter season!



Thursday
March 20
3:00 PM

\$5
Class Fee

To sign up, stop by the Taylor County Extension Office to pay the class fee.

**An equal opportunity.*

It's a Bluey Preschool Palooza



March 22, 2025

10am-12pm EST

Taylor County Extension Office
1143 S. Columbia Ave.

We invite all families with upcoming and current preschool aged children to come enjoy educational games, resources, prizes, petting zoo and more!

Contact Brandy McCubbin @ (270) 403-2000 or brandy.mccubbin@gmail.com for more information!



Lunch & Learn

Wednesday, March 26 | 11 AM



Call 270-465-4511 to reserve your spot today!

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718



Homemaker Leader Lesson

Lesson for Homemaker club leaders, and open to the public!



Indoor Air Quality

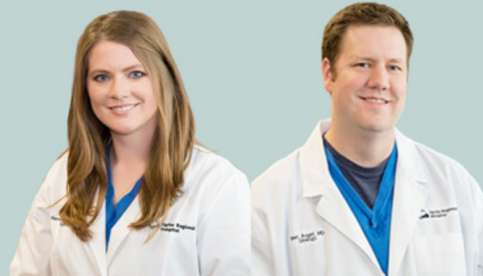
**Thursday, March 27
10:00 AM**

**Taylor County Extension Office
1143 S Columbia Ave.
Campbellsville, KY**

*An equal opportunity organization

LUNCH WITH THE DOCTORS

With Taylor Regional Hospital's



Dr. Meredith Angel Urology
Dr. Ben Angel Urology

Discussing Surgical and Medical Management of Kidney Stones

- March 28, 2025
- Taylor County Cooperative Extension Office (1143 S Columbia Avenue Campbellsville, KY 42718)
- 12:00 PM EST
- Brother's

Please RSVP by calling the Extension Office at (270) 465-4511

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Breakfast with the EASTER BUNNY



Saturday, March 29 | 9 - 11 AM

Kids \$6 | Adults \$10

Children under 2 FREE with paying adult.
Photo Only (No meal) - \$5

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY



- PHOTOS WITH THE BUNNY
- PHOTOS WITH LIVE RABBITS
- SPRING CRAFTS
- PANCAKE BREAKFAST

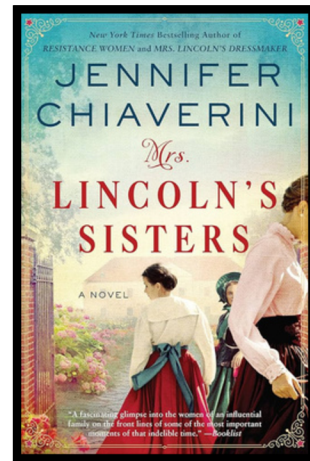
All Proceeds go to Taylor County 4-H.

*An equal opportunity organization.

March Book of the Month

Mrs. Lincoln's Sisters By Jennifer Chiaverini

This book is historical fiction and is loosely based on the life of Mary Todd Lincoln, wife to President Abraham Lincoln. Mary's life is viewed through the eyes of her sisters, from the time she was a child, all the way through her death. Her mental state following the death of her husband, as well as three of her children is fodder for speculation and gossip. Each of the sisters has her own viewpoint on what Mary should do to move forward with her life. If you enjoy this book, you might consider checking out other historical fiction books by the author. She also writes a fiction series about Elm Creek quilters.



This book review was written by Kim Barbee, President of Sidetracked Homemakers.

Taylor County Extension Council

PERSONAL FINANCES & ESTATE PLANNING



Tuesday, March 18 | 6:00 PM

Selecting Your Team, Financial Organization, Life Insurance, Annuities & IRAs

Guest Speakers: Renee Carrico, Darrin Price, Monica Hamilton



Monday, March 31 | 6:00 PM

Wills, Trusts, Power of Attorney, Probate, Merged Families and Cherished Possessions

Guest Speakers: John Bertram, Luke Lawless, and Kimberly Thomas



Monday, April 21 | 6:00 PM

Selling of Estate, Corporations & LLCs, and Business Retirement

Guest Speakers: John Kessler, John Miller, R.D. Smothers

Each night will have an question and answer session.

Call 270-465-4511 to RSVP!



Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718



A meal
will be
provided.

March 2025

CALENDAR OF EVENTS

SUN MON TUE WED THU FRI SAT

KENTUCKY
NEAFCS
**Extension Association of
Family and Consumer Sciences**

Low Impact Fitness will
continue to meet weekly
on Thursdays at 1:30 PM

1

2

3

**Homemaker
Blood Drive**
1:00 - 6:00 PM

4

**Taylor-made
Quilters**
9:00 AM

5

6

**Homemaker
Council Meeting**
10:00 AM

7

8

9



10

**Sewing for
Beginners**
10:00 AM

11

**Cooking for
One (or two!)**
11:00 AM

12

**Organizing &
Decluttering**
1:00 PM

13

14

15

**Cross Stitch
Retreat**
10:00 AM - 3:00 PM
Barn Quilts
1:00 - 6:00 PM

16

17

**Sewing for
Beginners**
10:00 AM
**HAPPY
ST. PATRICK'S
DAY**

18

**Blankets
of Love**
1:00 PM
Estate Planning
6:00 PM

19

20

Kitchen Towels
3:00 PM
\$5 Fee

21

22

**Preschool
Palooza**
10:00 AM - 12:00 PM

23

24

**Sewing for
Beginners**
10:00 AM

25

**Cooking for
One (or two!)**
11:00 AM

26

Lunch & Learn
11:00 AM

27

**Homemaker
Leader Lesson:
Indoor Air
Quality**
10:00 AM

28

**Lunch with the
Doctors**
12:00 PM

29

**Breakfast with
the Easter
Bunny**
9:00 - 11:00 AM

30

31

Estate Planning
6:00 PM

Bunco Club
3rd Tuesday
6:00 p.m.

Circle of Friends
2nd Tuesday
6:30 p.m.

**Cross Stitch
Retreat**
Last Saturday
10:00 a.m.

Harmony
2nd Tuesday
12:30 p.m.

Mannsville
2nd Thursday
6:00 p.m.

Mastering Skills
2nd Monday
12:30 p.m.

Modern Day
2nd Monday
6:00 p.m.

Quilts of Freedom
4th Wednesday
10:00 a.m.

Saloma Road
2nd Thursday
10:00 a.m.

Sidetracked
2nd Tuesday
6:00 p.m.

**Taylor Made
Quilters**
1st Tuesday
9:00 a.m.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



Cabbage Jambalaya

1 pound lean ground beef	1 (13 ounces) package turkey smoked sausage, sliced	1 (14.5 ounces) can diced tomatoes
1 ½ cups chopped celery	1 medium head cabbage, chopped (about 10 cups)	2 cups water
1 ½ cups chopped onion		1 cup brown rice
2 cloves garlic, minced		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

