



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

March 2022

Extension Homemakers

Cooperative Extension Service

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LEADER TRAINING

Tuesday – March 15
12:00 Noon
Adair County Extension Office
Lesson: Inflation: How Money Loses Value

The world is too complicated and a constantly evolving place, without even mentioning the global financial system. The pandemic, labor costs, and now European conflicts are affecting how far your dollars go. During this lesson we will discuss what inflation is, how it happens, and what you can do to mitigate its effects.

This program is open to the public, but all club lesson leaders are asked to attend or make sure someone is representative of your club at this meeting.

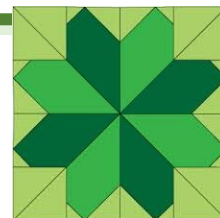
Light refreshments will be served.

I will be teaching this lesson, and I am looking forward to meeting more of you Extension Homemakers! ~Dylan

DAYLIGHT SAVINGS TIME

Daylight Savings Time begins on March 13th. Don't forget to set your clock up one hour before going to bed on Saturday. Also, now's a good time to check/replace the batteries in your smoke detectors.

2022 KEHA Quilt Square Showcase and Auction



The KEHA Quilt Square Showcase and Auction will return to the KEHA State Meeting. Anyone wishing to participate should make a 12" finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. If you are interested in this project, please contact me at the Adair County Extension Office.

Dylan Gentry

Dylan Gentry
Adair County Extension Agent
for Family & Consumer Sciences

KEHA State Meeting
May 10-12, 2022
Owensboro KY

If you would like to attend the KEHA State Meeting as a one-day trip, please contact me and I will be happy to assist you with registration!

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Club Lesson: Understanding the Legislative Process



Roll Call: Name your favorite outdoor activity in the spring.

Thought for the Month: There are no unimportant acts of kindness

Poem: "I didn't hear a bugle blow when spring arrived today. Instead I heard the trilling sound of song birds everywhere. The gentle breezes, humming bees, the Wild geese in the air. I saw rebirth of life in the flowers and trees."

~ Lois Pinkerton Fritz, Springs Arrival

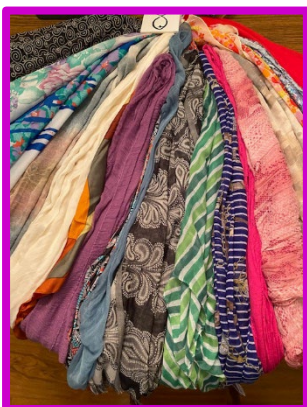


March 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 6:00pm Town & Country	8 5:00pm Happy 5:30pm Sano Stars	9 11:30am Daylight 11:30am Green River	10	11	12
13  Time to Spring Ahead	14	15 12:00 Noon HM Leader Training @ Extension Office	16	17 11:00am Bliss 	18	19
20 SPRING BEGINS 	21	22	23	24	25	26
27	28	29	30	31 		

March is Women's History Month, and March 8th is International Women's Day.

In Detroit, Michigan on Labor Day 1942 these women civilian defense works march in a parade to celebrate success during World War 2.

Citation: Siegel, A. S., photographer. (1942) *Detroit, Michigan. Women civilian defense workers marching in full regalia in the Labor Day parade.* Wayne County United States Michigan Detroit, 1942. Sept. [Photograph] Retrieved from the Library of Congress, <https://www.loc.gov/item/2017837328/>.



45 scarves were collected for the Hope Scarf Drive sponsored by the TJ Health Pavilion Oncology Department. The scarves provide cancer patients with hair loss, a free scarf to spread hope and encouragement to those in active treatment. Special thanks to the Happy Club for coordinating Adair County Homemakers' effort to this worthy cause; and especially to Tammy Feese for delivering the scarves to TJ Health!



Big Blue Muffins

2 medium oranges	2 eggs	1 cup whole wheat flour	1 teaspoon baking soda
¼ cup olive oil	½ cup low fat, plain Greek yogurt	1½ teaspoons baking powder	¼ teaspoon salt
¼ cup sugar	1 cup all-purpose flour		1½ cups fresh blueberries
¼ cup honey			

Preheat oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

Add the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis:
190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
<http://plateitup.ca.uky.edu>

Tips for Buying Local Meat

Source: Gregg Rentfrow, UK Meat Science Extension Specialist

Many people are interested in purchasing local meat, because they want to support local farmers and give a boost to their local economy. This year, some may be interested in buying local simply because they cannot find the types of meat or the cuts they want at the grocery stores due to the COVID-19 pandemic.



In Kentucky, you can find producers selling local beef, pork, lamb and poultry at farmers markets, roadside stands, directly off the farm and online. In some cases, you may personally know the producer you are buying from, but that's not always possible. As with purchasing from any unknown seller or entity for the first time, some people may feel a little uneasy. Here is some information to help you feel confident in your local meat purchases.

By law, all meat must be inspected by the U.S. Department of Agriculture prior to it being sold. All registered farmers markets and roadside stands require their producers to have USDA certification. If you are purchasing from another venue or want reassurance that the meat has been inspected by the USDA, it is fine to look for the USDA inspection legend or ask to see it.

If they are selling meat directly from their farm, producers should have informed the local health department. The health department should have inspected the operation to make sure they are practicing safe food storage and handling practices in addition to the USDA product inspection. As a customer, you can ask to see their health department score. You can also ask the producer questions about the farm or even ask to see their animals.

People look for different characteristics in meat when they look for quality, but probably the easiest indicator of freshness is the "sniff test". If the meat smells "off" or pungent, it may not be a good idea to buy it. Since we are very visual creatures, color can be an important indicator of quality, but realize that meat colors can change with packaging. For example, fresh beef tends to be red in color, but when it is vacuumed sealed in packaging, it can turn purple. Both are safe to eat. With that said, green is not a good color for any type of meat, and you should avoid it.

Once you have made a meat purchase, it is important to continue to take proper food safety precautions to ensure the meat stays fresh. For this reason, your meat should be one of the last purchases you make while out running errands. It is important for you to get it home and in the refrigerator or freezer to prevent bacteria that can cause food-borne illnesses from forming. Different types of meat have different storage times. If refrigerated, ground beef, ground lamb and chicken should be used within one to two days. Refrigerated pork and lamb chops, lamb roasts and lamb steaks should be used within three to five days. If frozen in an airtight container, meat can last indefinitely, but the quality will diminish the longer it is frozen. To find optimum quality times for a particular frozen meat, visit the USDA's Food Safety and Inspection Service's website at <https://www.fsis.usda.gov/wps/portal/fsis/home>.

SNEAK PEEK



THANK YOU

to Betty Knifley, Adair County Homemakers Vice-President, for assistance in registering items for the 2022 Cultural Arts competition. There were some awesome entries!! Watch the April Homemakers newsletter for complete details on the entries, and announcements of county and area competition winners!



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Protect Your Heart

Heart disease is the number one cause of illness and death for North American women and kills more women than all forms of cancer combined. It is a great time for women to start taking better care of their hearts all year round.

It's important to know your personal risk for heart disease and your family history. Common risk factors for heart disease include elevated blood pressure, high cholesterol levels, smoking, diabetes, a sedentary lifestyle and being overweight or obese.

Obesity increases women's risk for at least five leading causes of death including heart disease, stroke, arteriosclerosis (hardening of the arteries) and some types of cancer.

Two of the best ways to improve your heart health is to change your diet and to exercise.

You have many different options to change your diet for the better. Most of them include incorporating more vegetables and fruits and fiber sources into your diet. The U.S. Department of Agriculture's MyPlate encourages people to fill half of their plates with fruits and vegetables. Fiber not only helps prevent heart disease but also may help prevent diabetes, manage weight and improve digestion. Good sources of fiber are beans, barley and oats.

You can also start incorporating more Mediterranean meals into your diet. People in Mediterranean countries tend to have lower rates of heart disease because they eat a diet rich in monounsaturated fat and linolenic acid. They consume more olive oil, fish, fruits and vegetables.

High blood pressure can be a major contributing factor to heart disease and arteriosclerosis. If you have high blood pressure, learning to control it can greatly reduce your risk of developing heart disease. The DASH, Dietary Approaches to Stop Hypertension, diet has been proven to significantly lower blood pressure. This diet involves limiting your salt intake and consuming plenty of fruits, vegetables, low-fat dairy products, fiber and lean meats. More information about the DASH diet is available on the National Heart, Lung and Blood Institute's website, <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/followdash.html>.

More than two-thirds of Kentuckians are not active, and 71% of women in the state report being sedentary. You can become more heart healthy by incorporating more movement into your day. That doesn't necessarily mean you have to spend hours at the gym. If you lead a sedentary lifestyle, you can start small by doing things like taking the

stairs instead of the elevator, parking further away from a store entrance, playing tag with your children or walking around your neighborhood. Every bit of movement helps.

A TOAST TO BREAKFAST

You probably remember your mom making you toast for breakfast as a kid before you headed off to school. That common childhood breakfast can still serve you well as a busy adult. Toasted bread makes a nutritious and tasty base for breakfast and provides you with needed energy for a productive day. A breakfast of toast is quick, hot, crunchy and satisfying. Be sure to have a napkin on hand because there will be crumbs.



Start your toast to breakfast with a hearty bread like rye, sourdough or 100% whole grain. When selecting a bread, choose one that supplies at least three grams of fiber and three grams of protein per slice. These breads are sturdy and stand up to healthy additions that make a substantial breakfast to get you through until your next meal.

Toast does not have to be boring, and you can add adult twists to it. If you fancy avocado toast, mash your avocado with a little lemon juice and your favorite all-purpose seasoning mix. This mixture will keep in the refrigerator for two to three days. Healthy fats help you feel full longer, while adding a creamy texture and flavor to toast. For more protein, add an egg.

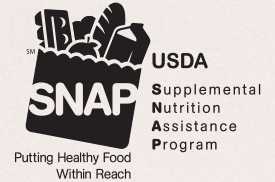
A fun summer option is to put a slice of cheese and a slice of tomato on your toast with a sprinkle of salt and pepper. You could even add a layer of basil leaves for some extra flavor.

An "egg in the middle" gives you both savory and sweet flavors in a breakfast toast. Start by using a biscuit cutter or juice glass to cut a circle out of the middle of a slice of bread. In a small non-stick skillet over medium-high heat, lay the toast down and break an egg into the middle. Place the circle of bread in the skillet to the side. Turn to other side when the egg is set, and the bread is browned. Cook on the second side and enjoy with a bit of jelly or jam on your circle.

Source: Janet Mullins, Extension Professor, UK



CARROT AND ZUCCHINI BARS



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

130 calories; 5g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 75mg sodium; 21g total carbohydrate; 1g dietary fiber; 13g total sugars; 9g added sugars; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Rosie Allen, NEP Area Agent, University of Kentucky Cooperative Extension Service

- 2 beaten eggs
 - 1/3 cup oil
 - 1/2 cup unsweetened applesauce
 - 2 teaspoons baking powder
 - 1 teaspoon cinnamon
 - 1 teaspoon vanilla extract
 - 3/4 cup brown sugar
 - 1 1/2 cups shredded carrot
 - 1 cup shredded zucchini
 - 1/2 cup raisins (optional)
 - 1 cup all-purpose flour
 - 1/2 cup rolled or old-fashioned oats
1. Preheat oven to 350 degrees F.
 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 3. Scrub carrot and zucchini with a clean vegetable brush under cool running water before preparing.

4. In a large bowl, combine the eggs, oil, applesauce, baking powder, cinnamon, vanilla, brown sugar, carrot, zucchini, and raisins, if using. Stir with a spoon until mixed well.
5. Stir in the flour and oats until combined.
6. Spread batter evenly in ungreased 9-by-13 pan.
7. Bake for 25 minutes.
8. Cool completely, and cut into 3 rows by 6 columns to make 18 bars.
9. Store leftovers in the refrigerator within 2 hours.

Makes 18 servings

Serving size: 1 bar

Cost per recipe: \$4.26

Cost per serving: \$0.24





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2022

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THIS MONTH'S TOPIC: TAXES AND IDENTITY THEFT: FRAUDULENT UNEMPLOYMENT INSURANCE CLAIMS

With tax season approaching, you should have received government forms for any earnings you've collected throughout the year. These may include forms such as a W-2, 1099, 1098, and others. As you prepare the documents you need to file your taxes, be on the lookout for anything that looks suspicious — especially regarding unemployment benefits. If you receive a 1099-G form this tax season indicating that you received Unemployment Insurance (UI) benefits, but you never filed an unemployment claim, you are likely the victim of identity theft. This means that someone used your name and/or Social Security Number to file a fraudulent claim.

REPORT IDENTITY THEFT

The most important thing for you to do is to report the identity theft immediately to each of the agencies below. Be sure to keep any confirmation or case numbers you receive for your records.

1. First, report the fraud to the Kentucky Office of Unemployment Insurance (OUI) at <https://secure.kentucky.gov/FormServices/UI/Fraud>.
2. Second, report the fraud to your employer.
3. Third, report the fraud to the Department of Justice, National Center for Disaster



Fraud (NCDF) at <https://www.justice.gov/disaster-fraud/ncdf-disaster-complaint-form> or 866-720-5721. Choose "COVID-19" as the disaster that relates to your complaint and choose "Identity Theft" and "Insurance Fraud" as to the conduct you are reporting.

4. Finally, report the identity theft to the Federal Trade Commission (FTC) at <https://www.identitytheft.gov/>.

REVIEW YOUR CREDIT

When identity theft occurs, it is especially important to review your credit report. You can request credit reports online for free from any of the three major reporting agencies below or at <https://www.annualcreditreport.com/>. Once you receive your credit report, look for and dispute any fraudulent transactions. You can also let the agency know you are a victim of identity theft and





ask them to put a fraud alert on your credit file. This is different from an extended fraud alert or a credit freeze. Learn the differences at <https://www.consumer.ftc.gov/articles/what-know-about-credit-freezes-and-fraud-alerts>.

- Equifax: 800-349-9960 or <https://www.equifax.com/personal/>
- Experian: 888-397-3742 or <https://www.experian.com/>
- TransUnion: 888-909-8872 or <https://www.transunion.com/>

SECURE YOUR ACCOUNTS

It is also important to change online passwords for any company with whom you do business. This will include your email account, banking institutions, credit card companies, and other lenders. Review all financial statements since the identity theft occurred to make sure everything looks correct.

VERIFY YOUR EARNINGS

When you file your state and federal tax returns, you should only report income that you received. If you received a 1099-G form but did not receive the benefits listed, report the identity theft to the Kentucky Office of Unemployment Insurance (see Step #1 above in Report Identity Theft). There is no need to delay the processing of your tax return while your unemployment identity theft is under investigation. You can opt into the IRS Identity Protection PIN program to receive a six-digit number that helps prevent thieves from filing

federal tax returns in your name. Learn more at <https://www.irs.gov/identity-theft-fraud-scams/get-an-identity-protection-pin>.

Additionally, you can report the problem and verify your reported earnings with the Social Security Administration at 800-772-1213 or by searching for your local SSA office at <https://secure.ssa.gov/ICON/>. They can review your earnings with you to ensure they are correct. Before you call, review earnings posted to your social security statement at <https://www.ssa.gov/myaccount/>.

TAKE IT STEP-BY-STEP

Learning that you have been a victim of identity theft can leave you feeling vulnerable and frustrated. It's important to safeguard your accounts, personal information, and finances as quickly as possible. To ensure you cover your bases, the Federal Trade Commission has created a step-by-step checklist for various type of identity theft at <https://www.identitytheft.gov/#/Steps>. If you have been the victim of unemployment insurance fraud specifically, visit <https://www.identitytheft.gov/#/unemploymentinsurance> for a more in-depth explanation of the steps outlined in this newsletter.

ADDITIONAL RESOURCES:

Kentucky Career Center, Kentucky Labor Cabinet
<https://kcc.ky.gov/career/Pages/UI-Fraud.aspx>

Kentucky Attorney General's Office
<https://ag.ky.gov/Resources/Consumer-Resources/Consumers/Pages/Identity-Theft.aspx>

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