



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



ADAIR COUNTY EXTENSION HOMEMAKERS

July 2023



Dylan & Lesley at last year's Miller Park fireworks show

As a boy, my favorite time of the year was Christmas. I enjoyed putting up the Christmas tree and the warm feelings of the holidays. Now - I think July 4th has almost overtaken Christmas as my favorite holiday. I have many 4th of July traditions I look dearly forward to: Campbellsville's 4th of July fireworks in Miller Park, the Green County Cattleman's Association Freedom Fest, and cleaning up my grandfather's classic truck to take cruising. I will be out of the office from June 30th until July 11th to fully take in these traditions and attend a friend's wedding.

In July, a big event we have to look forward to is Floral Hall. Entry day will be Wednesday, July 19th. We are looking for approximately 15 volunteers to help check-in entries on this day. Volunteers will arrive at 9:00 a.m. CST for orientation, and we will begin accepting entries at 10:00 a.m. Volunteers will help place entries into the correct categories and place entry tags on each item. Volunteers are asked to RSVP to the Extension Office by calling (270) 384-2317. Lunch will be provided to all volunteers, so please RSVP. If you are planning on entering items into the competition this year, double check the Floral Hall catalog, as some numbers have shifted and new categories have been added.

Yard sales, consignment shops, and bargain hunting have increased in popularity in recent years. Our area is home to several prominent yard sale events throughout the year that benefit the local economy. In order to address this growing trend, on August 11th at 10:00 a.m. CST, the Extension Office will host a **Basic Guide to Yard Sales and Consignment Shops**. The class will cover the many considerations needed to host a successful yard sale, what to know when attending a yard sale, and important differences between resale and consignment shops. Please RSVP to the Extension Office by calling (270) 384-2317.



Bliss Club's Summer trip to Greensburg's cafe & museum



Have a great summer!
Dylan Gentry
 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences



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.



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

UPCOMING QUILT CLASSES

The Joyful Hearts Quilt Guild proudly presents the following quilting classes that are open to the public. Each of the classes will take place at the Extension Office from 9:00 AM to 3:00 PM. Each class has a different cost. Participants must bring their own sewing machine to the class. To register, or if you have any questions, call Townya Ritzie at (270) 634-3863 or Sharon Bledsoe at (270) 634-0220. A supply list will be provided upon registering. Payment can be made the day of the class.

PLAYFUL PINWHEELS

July 11th, 9:00 AM - 3:00 PM

\$25 Class Fee

Teacher: Marilyn Becker

\$25



SWEET DREAMS

July 12th, 9:00 AM - 3:00 PM

\$25 Class Fee

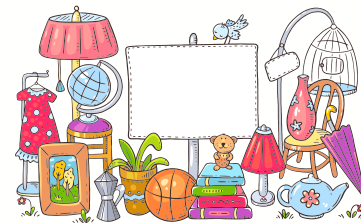
Teacher: Sheryl Bowling

\$25



Guide to Yard Sales & Consignment Shops

August 11th - 10:00 AM CST - RSVP (270) 384-2317



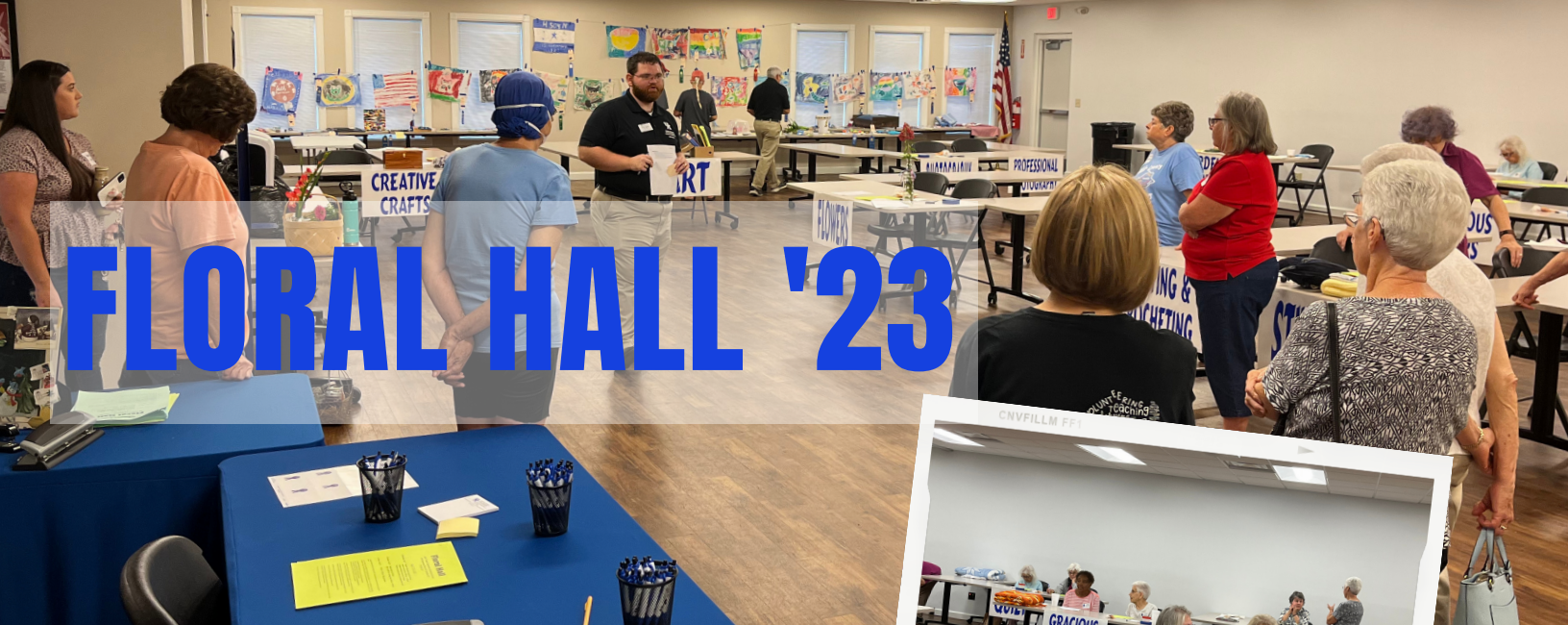
Many of us have items in our homes that have been kept long beyond their usefulness. These items often clutter our houses while we scratch our heads, wondering what to do with them. Many times, clothes, furniture, or odd knickknacks are still in good condition, yet we no longer have a use for them or want to downsize. On the other hand, many of us also have upcoming purchases, such as back-to-school clothes, home redecorating, or furnishing a college apartment, that make us wonder whether there is a cheaper option. Checking out local yard sales and consignment shops might help you save substantially and even earn a little extra cash.

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.



VOLUNTEERS NEEDED

Wednesday - July 19th

9:00 am - Volunteer Orientation

10:00 am - Entries Received

12:30 pm - Volunteers break for lunch

Volunteers organize entries after lunch



We are looking for approximately 15 volunteers to help check-in entries on this day. Volunteers will arrive at 9:00 a.m. CST for orientation, and we will begin accepting entries at 10:00 a.m. Volunteers will help place entries into the correct categories and place entry tags on each item. Volunteers are asked to RSVP at the Extension Office by calling (270) 384-2317. Lunch will be provided to all volunteers, so please RSVP.

RSVP by calling the Extension Office at (270) 384-2317

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



County Annual Meeting 2023



The 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 bases 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, 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.



@adairces | (270) 384-2317

ADAIR.CA.UKY.EDU



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

Written by: Miranda Bejda and Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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)



Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.

7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92



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

Nutrition facts per serving:

350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University of Kentucky
Cooperative
Extension Service





50 Years of Club Membership



Shirley Reliford

The Bliss Homemakers Club invites you to join them
in honoring Shirley Reliford for her 50 years as a
dedicated member of their club.

Shirley prides herself in 50 years of perfect attendance to the Bliss Club meetings.

Light refreshments will be provided.

P.S. This date is also Shirley's 90th birthday!

THURSDAY

**13
JULY
2023**

12:30 PM

Shhhh! This is a surprise to Shirley!

ADAIR COUNTY EXTENSION OFFICE

409 Fairground Street, Columbia KY 42728

