

Nicholas County Family & Consumer Sciences Newsletter

May is a busy month and full of many of my favorite things. From celebrating Mother's Day to Derby Day to attending both the state meeting and our local Nicholas County Homemaker Annual meeting, it's jam packed full of fun. There are lots of opportunities coming up this month as well. Our Farmers Market will have a grand opening on May 11th and we are hopeful that it will be a success as the drive for knowing where your food is coming from, is at the forefront of many of our minds.

Also, in this newsletter we are including our Report to the People for 2023. We are including it in all of our newsletters this month for our mailing list and hope that you will review all the programming offered during 2023 for Nicholas Countians. As always, if you know of a need or a class we can offer please don't hesitate to bring that to our attention. Lastly, you will see a date change to the right for our Annual Homemaker meeting. Due to interfering with NCHS Class Night festivities for the Class of 2024, a decision was made to move it to a week earlier. Please call the office to let us know if you are coming so that we have an accurate count. I hope everyone has a fabulous May and warmer weather days stay consistent for us all!

MAY 2024 IN THIS ISSUE

Agent Update.....	1
Report to the People 2023.....	2
Upcoming Events.....	4
Books.....	4
Ms. Patsy Smoot Award.....	4
Cultural Arts	6
Moneywise.....	7
Health.....	8
Calendar.....	9
Recipe.....	10

**NICHOLAS COUNTY
COOPERATIVE EXTENSION
HOMEMAKERS ANNUAL
MEETING**

Save the Date

 **DATE
MAY 16TH**

 **TIME
AT 6:00 PM**



**NOTICE:
DATE CHANGE DUE
TO CLASS NIGHT**



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Ashley H. Vice

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.

REPORT TO THE PEOPLE

NICHOLAS COUNTY

 Cooperative
Extension Service

2024



Did you know? According to the US Census Bureau, the population of Nicholas County increased 9.3% between 2010 and 2022. Our county is growing and Nicholas County Cooperative Extension is here to support that growth by connecting the community to the University of Kentucky, Kentucky State University, and the world.

For more information, please contact us at:

Nicholas County Extension Office
368 East Main Street, Carlisle, KY 40311
(859) 289-2312 or email: nicholas.ext@uky.edu



Nicholas County Cooperative Extension



<http://nicholas.ca.uky.edu>

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

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accommodated
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Family and Consumer Sciences

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

Disaster Preparedness

Kentuckians have experienced firsthand how natural disasters can occur any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. Because there is no “one-size-fits-all” disaster model, planning community outreach can be challenging, and Cooperative Extension is often involved in disaster preparation and response at the local level.

As a result of local needs, the County Extension Agent for Family and Consumer Sciences in Nicholas County hosted a workshop to share information with members of the community on September 5th in recognition of Disaster Preparedness Month. The focus of this event was on share information on protecting both their family and home, food and water safety, family finance and resource management, as well as the opportunity to purchase a disaster preparedness kit. Participants were recruited through the social media platforms the county extension office uses, as well as through an article on disaster preparedness and the event opportunity in the local newspaper. Eleven individuals participated in the programming, with word of mouth spreading after the event from other citizens wanting additional information on disaster preparedness kits.

Following the event, participants completed evaluations. 100% of participants gained a better understanding of steps they could take in preparation of natural disasters. 100% of participants increased their understanding of how to find reliable resources on disaster preparation and/or response. Further, 100% of participants can better identify what items they should include in a disaster kit. Most importantly, 9 of the 11 participants purchased a ready-made disaster kit from the extension office, and 2 reported they created a kit upon completion of the program that fits their needs and 100% of participants shared in the follow-up evaluation that they intend to create a disaster response plan to share with their family.

Participants specifically shared the most significant things they learned from the event were.....

1. How to sanitize water with the proper bleach to water ratio
2. To be prepared in regard to the medicine I take that is critical for my survival and have it on hand and ready
3. Preparedness is everything and can certainly mean a life or death situation when Mother Nature strikes
4. The home inventory worksheet was beneficial to put in my fireproof waterproof bag

Programs Offered

- Bingoize
- Real World 101
- Cooking Through the Calendar
- Laugh and Learn
- Disaster Preparedness Event
- Scams and Fraud Prevention
- Cast Iron Cooking Health You
- Money Habitudes
- AARP Safe Driving Course
- Food Preservation
- Homebased
- Microprocessor
- Food Preservation
- Tacos and Trivia
- Women's Health Issues Seminar
- Go Red Event



Ashley Vice, FCS/4-H Agent

4-H YOUTH DEVELOPMENT



Nicholas County 4-H Youth Programs

- Livestock Judging
- Cooking
- Cloverbuds
- Horse
- Sewing
- Shooting Sports
- Teen
- Photography
- Nature
- Livestock Skillathon

Thriving with Summer Camp

Kentucky 4-H believes in providing positive youth development experiences that allow youth to experience belonging, mastery, independence, and generosity. Nicholas County youth are fortunate enough to receive those experiences right here in their own backyard at North Central 4-H Camp. Nicholas County Cooperative Extension Service provided 93 campers, 16 teen leaders, and 10 adult leaders the opportunity to attend summer camp during the summer of 2023. This was an increase of 21 campers and 3 teen leaders from 2022. Nicholas County 4-H was recognized for reaching a camp milestone by having the second highest camp attendance in history.

Summer camp allows youth the opportunity to develop a sense of belonging, gain independence, and develop social skills. The youth learned responsibility that is acquired through independence of living in a group setting to manage their belongings. They also learn how to work together, take on new challenges, and learn skills through the programming that is offered.

Aside from the many ways our campers develop, our Teen Leaders develop leadership skills through their ownership in the programming offered. Teen Leaders take on the responsibility of taking care of younger campers, learn to work as a team, and create bonds with youth under their care that last a lifetime.



AGRICULTURE & NATURAL RESOURCES



Shelby Cleaver
ANR/4-H Agent

In collaboration with the Nicholas County Soil Conservation, soil samples brought into the office from producers are tested at the University of Kentucky to assist Nicholas Countians in making decisions that will improve and ensure quality crops for the upcoming growing season. Soils brought in for testing included garden, alfalfa, grasses, corn, soybean and tobacco soils. Soils are tested for pH, P205 and K2O. Benefits of soil testing include the specific reporting allows producers to make timely decisions on amendments in their soils to ensure the correct amount of lime, potash and/or phosphate into their ground for their crops.



The Nicholas County Agriculture Agent recognizes the benefits of planting and replacing tree and their importance in maintaining a healthy environment and ecosystem. Trees play a vital role in absorbing carbon dioxide, a major greenhouse gas, from the atmosphere, helping to mitigate climate change. They also provide habitat and food for wildlife, contribute to soil health, and help regulate local temperatures. Additionally, trees offer numerous benefits to humans, such as improving air quality, reducing noise pollution, and providing shade and beauty to urban areas. By planting and replacing trees, we can ensure that future generations can continue to enjoy these benefits and live in a more sustainable world. Seeing these benefits, the Nicholas County ANR agent provided 350 free tree seedlings to citizens of Nicholas County in 2023.



EDUCATION OFFERED TO PRODUCERS

BQCA- Beef Quality Care Assurance

- This program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence through content ranging from herd health to record keeping.

PPAT- Private Pesticide Applicator Training

- This program allows producers to gain knowledge and expertise, as well as gain certification for use of pesticides that they may apply.

Master Gardener Program

- This program enables about botany, tree identification, soils, propagation, disease and insect identification, and much more. Complete the program requirements, then use your new knowledge by volunteering 40 hours at Extension-approved sites in order to become a Certified Master Gardener!

IMPACT SNAPSHOT

92 Soil Samples collected and tested

350 Trees distributed at first annual tree giveaway



KEHA State Meeting-

Bowling Green, KY

May 7-9th

If you plan to attend, please be sure to let me know that you have submitted registration!



Carlisle-Nicholas County Farmers Market OPENING DAY

May 11th from 9 a.m. - 1 p.m. or SELL OUT

Nicholas County Volunteer Fire Department Parking Lot



AARP Safe Driving Course

May 16th from 10- 2 p.m. at the Nicholas County Livestock Barn Classroom

Meeting

Nicholas County Extension Homemakers Annual Meeting

May 16th at 6 p.m.

PLEASE CALL THE OFFICE TO REGISTER-this will help us get an accurate count for food and drinks



Cooking Through the Calendar

May 22nd at 11 am. Join us for Taco Pie!!!



Ms. Patsy Smoot was recognized by the Ellisville Homemaker Club as a Lifetime Honorary Member for her devotion and service to the Ellisville Club and Nicholas County since 1956. Congratulations to Ms. Patsy! We are so grateful for you!

***The Wind at My Back: Resilience, Grace, and Other Gifts from My Mentor Raven Wilkinson* by Misty Copeland (2022)**

A true story of a mentor leading the way for Misty Copeland, the first African-American principal ballerina at the American Ballet Theatre. Starting out in the 1950's, Raven Wilkinson was met with prejudice and hostility for being black and performing ballet. Copeland brings light to the efforts made by her mentor, and even shares her own encounters with racism on her road to triumph.

***Baking Yesteryear: The Best Recipes From the 1900s to the 1980s* by B. Dylan Hollis (2023)**

Travel back in time on a delicious decade-by-decade jaunt as Dylan shows you how to bake vintage forgotten treats. With a big pinch of fun and a full cup of humor, you'll be baking everything from Chocolate Potato Cake from the 1910s to Avocado Pie from the 1960s.

AGENT RECOMMENDATION

***We Were the Lucky Ones* by Georgia Hunter**

It is the spring of 1939 and three generations of the Kurc family are doing their best to live normal lives, even as the shadow of war grows closer. The talk around the family Seder table is of new babies and budding romance, not of the increasing hardships threatening Jews in their hometown of Radom, Poland. But soon the horrors overtaking Europe will become inescapable and the Kures will be flung to the far corners of the world, each desperately trying to navigate his or her own path to safety. Based on true events.

**notates books from the KEHA 2023-24 Book List*



2024
CULTURAL
ARTS CONTEST

Entries due to the agent by May 15th at noon. Please bring all entries to the office located at 368 East Main St., Carlisle, KY 40311 See page 5 for categories!

Lunch and Learn

MAY RECIPE

Taco Pie

May 22nd at 11 a.m. at the office



2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

- 1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
- 2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
- 7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
- 9. CROCHET
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
- 10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
- 11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
- 12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
- 13. FELTING*
 - a. Needle Method
 - b. Wet Method
- 14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

- 15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
- 16. KNITTING (HAND – with knitting needles)
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
- 17. KNITTING (OTHER – machine / loom)
- 18. NEEDLEPOINT
 - a. Cloth Canvas
 - b. Plastic
- 19. PAINTING, ART
 - a. Acrylic
 - b. Oil
 - c. Watercolor
- 20. PAINTING, DECORATIVE
 - a. Metal
 - b. Wood
 - c. Other
- 21. PHOTOGRAPHY (mounted or framed) **
 - a. Black & White
 - b. Color
- 22. QUILTS***
 - a. Baby-size or Lap-size (hand quilted)
 - b. Baby-size or Lap-size (machine quilted)
 - c. Hand Appliqué (hand quilted)
 - d. Hand Pieced (hand quilted)
- 22. QUILTS*** (continued)
 - e. Machine Appliqué (machine quilted)
 - f. Machine Pieced (hand quilted)
 - g. Machine Pieced (machine quilted)
 - h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
 - i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
 - j. Technology Based (hand or machine quilted)
 - k. Miscellaneous (hand or machine quilted)
- 23. PAPER CRAFTING
 - a. Card Making
 - b. Origami
 - c. Quilling
 - d. Scrapbooking****
- 24. RUG MAKING
 - a. Braided
 - b. Hooked
 - c. Punch Needle
 - d. Woven
- 25. WALL or DOOR HANGING
 - a. Fabric
 - b. Other
- 26. WEAVING
 - a. Hand (macrame, caning)
 - b. Loom (includes pin weaving)
- 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



Safer driving may SAVE you money!

Date: May 16th from 10 a.m.- 2

p.m.

Location: Nicholas County

Livestock Barn

1423 Concrete Road~ Carlisle, KY

Refresh your driving skills and knowledge of the rules of the road

Learn techniques for handling left turns, right-of-way and roundabouts.

Discover proven driving methods to help keep you and your loved ones safe on the road

MAY 3RD AND 4TH

Livestock Barn

8 a.m.- ????

YARD SALE

ELLISVILLE HOMEMAKERS

CLOTHING TOYS TOOLS

HOUSEWARES CRAFTS HOLIDAY

NO EARLY BIRDS. NO LATE BIRDS.

Carlisle- Nicholas County



FARMERS MARKET



Come join us for the opening day for the Farmers Market. In season produce along with homemade baked goods, eggs, crafts honey and more

MAY 11TH 2024

9:00AM - 1:00PM OR SELL OUT

Market Location: 250 S. Walnut St. Carlisle, KY 40311

Volunteer Fire Dept Parking Lot



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.

DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise



a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

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RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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



MAY 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>

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THIS MONTH'S TOPIC

MENTAL HEALTH AWARENESS



May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

Continued on the next page →



 Disabilities accommodated with prior modification.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time.

→ **Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

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Stock images: Adobe Stock



May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Cinco De Mayo 	6 International NO DIET Day 	7	8	9	10	11 FARMERS MARKET GRAND OPENING AT 9 a.m. 
12 Mother's Day 	13	14	15 Intro to Sewing Machine at 6 p.m. Cultural Arts Entries due by NOON	16 AARP Safe Driving Course 10 a.m.-2p.m NC Homemakers	17	18
19	20	21	22 Cooking Through the Calendar 	23 NCHS Class of 2024 Class Night	24	25 NCHS Class of 2024 Graduation 
26	27 Memorial Day 	28	29	30	31 National Smile Day 	

KEHA State Meeting- Bowling Green, Kentucky



Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous
1 small tomato, diced
½ cup garbanzo beans
1 teaspoon dried Italian seasoning

¼ teaspoon ground black pepper
1 teaspoon salt
½ cup low fat shredded mozzarella cheese

4 large bell peppers
½ pound lean ground beef
1 tablespoon chopped green onion
1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

