

MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES



June 2024

Table of Contents

Homemaker News	2
Money Wise	3-4
<i>"Fair & Safe, The Role of Consumer Protection Agencies"</i>	
Health Bullentin	5-6
<i>"Step into Nature, Summer Edition"</i>	
4-H Summer Activity Flyer	7
SNAP Recipe	8
<i>"Strawberry Salsa"</i>	

HERB CLASS



**JUNE 25TH AT 1:00 PM
MAGOFFIN COUNTY EXTENSION OFFICE**



Intro to Herbs

- Growing
- Drying
- Culinary Uses of Herbs
- Making an Herbal Vinegar Spice Blend

**REGISTRATION IS REQUIRED BY: FRIDAY, JUNE 21ST
CALL: 606-349-3216 OR 606-349-1236**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Cathy Sparks

**CEA for FCS &
4-H Youth
Development**



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Agriculture and Natural Resources
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Homemakers' Meeting Schedule

Ivyton Hippie Chx, June 13-6:00 PM

Women in Mission, TBA

Annual Homemaker Meeting
Tuesday, June 18th, 6:30 PM

Crochet Club

Wednesday, June 5-10 AM

No Crochet Club June 19th, the office is closed for the Juneteenth Holiday.

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QUILT GUILD DATES

MAGOFFIN COUNTY EXTENSION OFFICE

Friendship Quilters

Fridays at 10:00 AM
June 7th and June 21st

Sew What Quilters

Saturday, June 8th, 9 AM



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Martin-Gatton College of Agriculture, Food and Environment

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

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

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



CONSUMER FINANCIAL PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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ADULT

HEALTH BULLETIN



JUNE 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>

Magoffin County
Extension Office
15 Rockhouse Fork Road
Salyersville, KY
41465
(606) 349-3216

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Lexington, KY 40506



Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

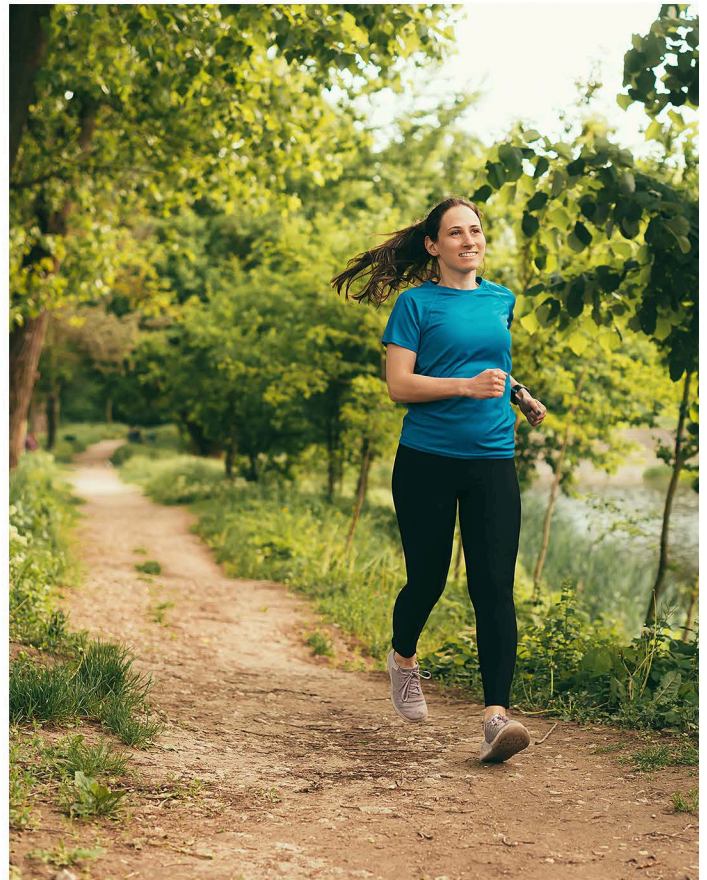
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

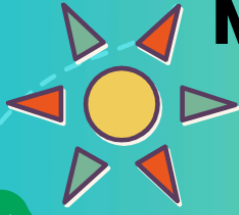
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:


Adobe Stock





Magoffin County 4-H Summer Activities

for CloverBuds grades K-3



June 11, 2024
12:30-2:30pm

CloverBuds Creative
Fun!

July 9, 2024
1:00-3:00pm

CloverBuds Summer
Splash Party!

July 23-26, 2024
10:00am-3:00pm

Summer Day Camp!

First Friday Fun at
the Magoffin Co.
Farmers Market

Free kids activities every 1st
Friday each month at the
market!
3:00-6:00pm

Call to register: (606) 349-3216
Space is limited.

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Disabilities
accommodated
with prior notification.

Magoffin County
 P.O. Box 349
 Salyersville, KY 41465



Strawberry Salsa

- | | | |
|--|---|--|
| 1 tablespoon olive oil | 2 cups , coarsely chopped fresh strawberries | 2 cups chopped cherry or grape tomatoes |
| 2 tablespoons white vinegar or white balsamic vinegar | 8 green onions, chopped | ½ cup chopped fresh cilantro |
| ½ teaspoon salt | | |

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4. Serve** with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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



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