

# MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES NEWSLETTER

## March 2024

I am quite sure that everyone is happy to see Spring just around the corner, after the gloomy days of Winter.

Spring is a beautiful, but also a busy time. The calendar here at the extension office is filling up with lots of programs and activities that we hope you will take advantage of.

Quilters' Day Out will be held in Martin County this year, on March 16th, and the theme is "Quilty" as Charged. We hope to have a good group of ladies to go who will share their beautiful work from the past year. If you would like to add your name to the list to attend, call the office and register. We have a 20 person limit for participants.

We are getting prepared for 4-H Camp, which will be June 4-7, at JM Feltner 4-H Camp in London, KY. If you have a child of camper age, it is time to hold a spot for them by coming in, and paying a \$50.00 deposit.

See the information in this newsletter for other programs and opportunities to take advantage of!

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*Cathy Sparks*

**CEA for FCS/4-H  
Youth Development  
Education**



**MARCH 10TH**



### 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 40506



Disabilities  
accommodated  
with prior notification.

## **“QUILTY” AS CHARGED QUILTERS’ DAY OUT**

**Hosted by Martin County’s  
Pieceful Stitchers &  
Sew n’ Sew Quilters**

**The Collier Center  
East Main Street  
Inez, KY**

**March 16, 2024**

**Registration- 9:00 AM  
Event Begins- 10:00 AM**

**If you wish to ride the office van,  
please, call and let us know.  
The van will leave Magoffin Co.  
extension office at 8:00 AM!**



## **Friendship Quilters**

**March 8-10:00 AM**

**March 22-10:00 AM**

## **Sew What Quilters**

**March 9-9:00 AM**

## **Special Interest Club Meetings**

### **Crochet Club**

**Wed., March 6, 10 AM**

**Wed., March 20, 10 AM**

### **Beginners’ Stitchery**

**Wed., March 13, 10 AM**

**Wed., March 27, 10 AM**

## **Homemakers’ Meeting Schedule**

**Ivyton Hippie Chx, March 14-6:00 PM**

**Women in Mission, March 28-5:00 PM**

**All Things Blooming-To Be Announced**

**Jr. Homemakers/4-H Club**

**Magoffin County**

**Homemakers**

**Council Meeting**

**Monday, March 25**

**1:00 PM**



NATIONAL EXTENSION WORKING GROUP

**LEARN THE BASICS ABOUT DIABETES.**

**MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.**

**LEARN NEW COOKING TECHNIQUES.**

**SAMPLE HEALTHY RECIPES.**

## **Magoffin County Extension Office**

Thursday, April 2-10:00 AM  
Thursday, April 11-10:00 AM  
Thursday, April 25-10:00 AM  
Thursday, May 2-10:00 AM

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

### FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



### WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

### GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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## **ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.**



### **DECISION-MAKING**

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

### **EMPATHY**

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

### **FINANCIAL LITERACY**

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

### **REFERENCES:**

Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.

Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.

Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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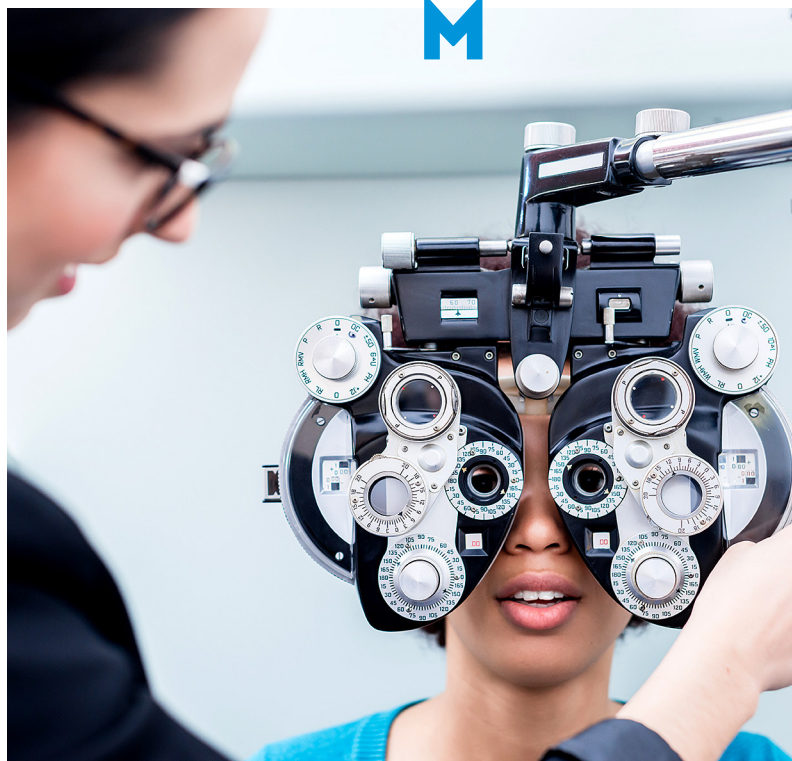
# ADULT HEALTH BULLETIN



MARCH 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>

## THIS MONTH'S TOPIC SAVE YOUR VISION



March is “Save Your Vision Month” in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes. Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam. All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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***If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.***



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by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

**Other ways to protect your vision include:**

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

**REFERENCE:**

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

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**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





ROAR!

# Patchwork Playdates Dinosaur Day!

Tuesday, March 12, 2024  
Magoffin County Extension  
Office

10:00 AM-Noon

Topic: Dinosaurs

Craft: Dinosaur Names Hat

Snack: Yogurt Parfait



# 2024 COOKING

## THROUGH THE CALENDAR SERIES

### With Cathy Sparks

January 25th

February 29th

March 28th

April 24th

May 23rd

June 27th

July 25th

August 22nd

September 26th

October 24th

November 21st

December 19th

Each month, the series will be held  
at the Extension Office @ 12:00 PM

Come join the fun!

Contact Us :

606-349-3216

606-349-1236



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Cooperative  
Extension Service

PRESENTS

# 4-H CAMP

“UNDER THE BIG TOP”



BE THE STAR OF THE SHOW

Rowan Morgan  
Magoffin Menifee  
June 4-7,  
2024

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**Come by our office and reserve your child’s spot.  
Registration fee of \$50 is required.**



2024

March

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Crochet Club 10AM	7 4-H After School Club 3:30-5:00	8 Friendship Quilters 10AM	9 Sew What Quilters 9:00 AM
10	11	12 Patchwork Playdates 10AM Fruit Tree Grafting-Noon & 5:00 PM	13 Beginners' Stitchery 10 AM	14 Ivyton Hippie Chx 6PM	15	16 Quilters' Day Out Van will leave office 8AM
17	18	19	20 Crochet Club 10AM 4-H Cloverbuds 3:30-4:30	21 4-H After School Club 3:30-5:00	22 Friendship Quilters 10AM	23
24	25 Magoffin Co. Homemakers Council Mtg. 1:00 PM Ext. Office	26 Women in Mission Home-makers 5:00 PM	27 Beginners' Stitchery 10AM	28 Cooking Through the Calendar Noon 4-H After School Club 3:30-5:30	29	30
31						

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

## Butternut Squash and Turkey Chili

- |                                |   |  |   |
|--------------------------------|---|--|---|
| <b>2 tablespoons</b> olive oil | <b>1 pound</b> (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes | <b>2 (14.5-ounce) cans</b> petite diced tomatoes                       | <b>1 (15.5-ounce) can</b> white hominy, drained |
| <b>1</b> medium onion, chopped | <b>1 cup</b> low-sodium chicken broth   | <b>1 (15-ounce) can</b> no-salt-added kidney beans, drained and rinsed | <b>1 (8-ounce) can</b> tomato sauce             |
| <b>4 cloves</b> garlic, minced | <b>1 (4.5-ounce) can</b> chopped green chilies  |  | <b>1 tablespoon</b> chili powder                |
| <b>1 pound</b> ground turkey   |   |  | <b>1 tablespoon</b> ground cumin                |
|                                |   |  | <b>1/2 teaspoon</b> salt                        |

**Stovetop:** Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

**Electric Pressure Cooker:** Press sauté function. **Add** olive oil and onion; **cook** and stir for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

**Yield:** 10, 1-cup servings

**Nutrition analysis:**  
 190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium

