

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Drive, Carrollton, KY 41008
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

April 2025



CHRISTY'S CORNER

April brings awareness to several important causes. It's National Financial Literacy Month, a time to focus on managing money wisely and securing a strong financial future. It's also National Volunteer Month, celebrating those who give their time to make a difference in their communities. Additionally, April is National Donate Life Awareness Month, highlighting the importance of organ and tissue donation to save lives. Finally, it's National Child Abuse Prevention Month, dedicated to raising awareness and advocating for the safety and well-being of children. Together, these observances remind us of the power of knowledge, kindness, generosity, and protection.

Get ready for a variety of exciting events coming your way! Join the **A Taste of Italy** class on **April 3 at 1 p.m.** to explore delicious Italian cuisine. For tech enthusiasts, the **Smart Devices** session on **April 9 at 1 p.m.** is a must. Don't miss the annual **Homemaker Tea** on **April 26 at noon**— supporting Ovarian Cancer research and awareness. Lastly, mark your calendars for May 22 from 9 a.m. to noon, when you can submit entries for the open exhibit for the Carroll County Fair at the Carroll County Extension Office. There's something for everyone—don't miss out!

Sincerely, Christy

"There is nothing impossible to him who will try."

Alexander the Great



Christy Eastwood

Christy Eastwood, Carroll County Extension Agent for Family & Consumer Sciences Education

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Dates to Remember

April/May/June 2025

Remember to call the office at (502) 732-7030 to sign up!

| | | | |
|-----------|----------|---|----------------------------|
| April 1 | 8:30am | Jungle Jim's Trip | Eastgate, OH |
| April 3 | 1pm | A Taste of Italy | CCES |
| April 7 | 1:30pm | Bingocize | CCES |
| April 8 | | Ovarian Cancer Screening | Lexington |
| April 9 | 1pm | Is It Safe? Smart Devices | CCES |
| April 10 | 1:30pm | Bingocize | CCES |
| April 14 | 1:30pm | Bingocize | CCES |
| April 17 | 1:30pm | Bingocize | CCES |
| April 17 | | Derby Dinner | |
| April 18 | 12 Noon | Lunch and Learn | CCES |
| April 21 | 1:30pm | Bingocize | CCES |
| April 23 | | N. KY Area Homemaker Mtg | Grant Co. Extension Office |
| April 24 | 1:30pm | Bingocize | CCES |
| April 26 | 12 noon | Homemaker Tea | CCES |
| April 28 | 1:30pm | Bingocize | CCES |
| May 1 | 1:30pm | Bingocize | CCES |
| May 5 | 1:30pm | Bingocize | CCES |
| May 6-8 | | Kentucky Extension Homemaker Association Annual Meeting | Lexington |
| May 9 | 1:30pm | Bingocize | CCES |
| May 12 | 1:30pm | Bingocize | CCES |
| May 15 | 1:30pm | Bingocize | CCES |
| May 16 | 12 noon | Lunch & Learn | CCES |
| May 19 | 1:30pm | Bingocize | CCES |
| May 22 | 9am-noon | Open Exhibit Entries for the fair | CCES |
| May 23 | 10:30am | Lunch Bunch (Claudia Sanders) | Shelbyville |
| May 26-31 | | Carroll County Fair | Fairgrounds |
| May 27 | 1:30pm | Bingocize | CCES |
| May 28 | 1:30pm | Bingocize | CCES |
| June 2 | | Release of Open Exhibit Entries | |
| June 4 | 10am | QPR Institute | CCES |
| June 5 | 5:30pm | Wire Tree Sculpture | CCES |



- **Jungle Jim's trip scheduled for April 1st**

We will be taking a road trip to Eastgate, Ohio to visit Jungle Jim's International Grocery Store. We will leave the office at 8:30am and return around 3:30pm. Please call the office at (502) 732-7030 to reserve your spot for transportation. Space is limited.

- **Homemakers attending Derby Dinner**

The Homemakers have planned for another outing to Derby Dinner for lunch on **April 17** for "***Singing in the Rain.***" The cost per ticket is \$40. Call the office to reserve your spot. Any questions can be directed to Patty Kost.

Crispy Oven Zucchini Fries

Servings:8 Serving Size: 1 cup

Ingredients:

- ½ cup all-purpose flour
- Pinch of salt
- ½ teaspoon black pepper
- 1 egg + 1 egg white
- ½ cup plain or panko breadcrumbs
- ¼ cup grated parmesan cheese
- ½ teaspoon paprika
- Dash of salt
- 4 medium zucchini
- Nonstick spray



Directions:

- Preheat oven to 450° F.
- In a pie pan, whisk together flour, salt and pepper. In a second pie pan, beat egg and egg white together. In a third pie pan, whisk together breadcrumbs, parmesan cheese, paprika and a dash of salt.
- Slice zucchini lengthwise into ½-inch thick pieces. Cut into 4-inch lengths and then into “fries” or strips.
- Dip zucchini strips into the flour, then the egg and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
- Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.

Notes

Source: Eat Smart to Play Hard: Cook Together, Eat Together by the University of Kentucky Cooperative Extension Service

80 calories; 2g total fat; 1g saturated fat; 0g trans fat; 30mg cholesterol; 190mg sodium; 11g total carbohydrate; 0g dietary fiber; 0g total sugar; 0g added sugars; 4g protein; 0% Daily Value vitamin D; 4% Daily Value calcium; 6% Daily Value iron; 0% Daily Value calcium

Homemaker News!

- Please save your plastic bags for a project to make mats for the homeless.
- The Homemakers are collecting prescription bottles. Please remove the labels from the bottles.
- The Homemakers have planned for another outing to Derby Dinner for lunch on April 17 for “Singing in the Rain.” The cost per ticket is \$40. Call the office to reserve your spot. Any questions can be directed to Patty Kost.
- April 26th is the Annual Homemaker Tea at the Carroll County Extension Office. The cost is \$11/ticket. Proceeds go to Ovarian Cancer Research.
- Open Exhibit entries for the Carroll County Fair will be accepted from 9:00 am-noon on May 22 at the Carroll Co. Extension Office.
- Volunteers are needed to man the Exhibit Hall during the evening hours during the week of the fair (May 26-May 31). Call the office to volunteer.

Food Thought for the Month-Zucchini

Zucchini, while often treated as a vegetable, is botanically a fruit, belonging to the squash family and packed with vitamins, minerals, and fiber, making it a nutritious and versatile food choice

- **Culinary use:** Despite being a fruit, zucchini is commonly used and treated as a vegetable in cooking.
- **Edible flowers:** The flowers of the zucchini plant are also edible and are sometimes used in cooking.



Nutritional Benefits:

- **Rich in nutrients:** Zucchini is a good source of vitamins (A, C, K, B6), minerals (manganese, potassium, magnesium), and fiber.
- **Low in calories:** Zucchini is low in calories and fat, making it a good choice for those watching their calorie intake.
- **High in water content:** Zucchini has a high-water content, which can help you feel full and stay hydrated.
- **Fiber content:** Zucchini is a good source of fiber, which is important for digestive health.
- **Good source of potassium:** Zucchini contains potassium, which is important for maintaining healthy blood pressure levels.
- **Source of antioxidants:** Zucchini contains antioxidants, such as lutein and zeaxanthin, which can help protect your eyes.
- **Good source of manganese:** Zucchini is a good source of manganese, which is important for bone development and enzyme function.
- **Good source of Vitamin B6:** Zucchini is a good source of Vitamin B6, which is important for regulating blood sugar levels.
- **Good source of Folate:** Zucchini is a good source of folate, which is important for growth, reproduction, and proper functioning of the nervous system.

Other interesting facts:

- **Size:** The largest zucchini on record was 69.5 inches long and weighed 65 pounds.
- **Taste:** Small to medium-sized zucchinis are generally considered the most flavorful.
- **Skin:** The darker the skin of the zucchini, the richer the nutrients.
- **Versatile:** Zucchini can be eaten raw or cooked, and can be used in a variety of dishes, including salads, stir-fries, and baked goods.

Organ, Eye and Tissue Donation Statistics



- *More than 100,000 people are waiting for lifesaving organ transplants.*
- *Even the largest football stadium in the US could not fit the number of patients on the national transplant waiting list.*
- *Every 8 minutes another person is added to the national transplant waiting list.*
- *5,600 people in the U.S die each year while on the transplant waiting list.*
- *13 people die each day while waiting for an organ transplant.*
- *86% of patients waiting are in need of a kidney.*
- *1 out of 3 deceased donors is over the age of 50.*

You Have the Power to Help

If I donated

my organs

I would be able to save up to 8 lives.

my cornea

I would be able to restore sight to 2 people.

my tissue

I would be able to heal the lives of 75 people.

How Others Have Helped

24,020 organ donors

In 2024, more than 24,000 donors brought new life to recipients and their families.

1 million transplants

In 2022, the US reached a historic milestone, achieving its 1 millionth organ transplant, more than any other country in the world.

IS IT SAFE?



Please join us for a discussion on "smart devices" covering how they communicate with other devices inside or outside of your home.



WEDNESDAY APRIL 9, 2025 @ 1PM



500 Floyd Dr, Carrollton, KY

REGISTER AT: caroll.ca.uky.edu or (502) 732-7030

**Cooperative
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Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

CARROLL COUNTY HOMEMAKERS

Spring Tea



Saturday

April 26, 2025

12:00 noon - 1:30 p.m.

Carroll County Extension Office
500 Floyd Drive, Carrollton
For Reservation Call - (502) 732-7030

\$11.00 per person

- Light Meal Served*
- Tea Tasting*
- Door Prizes*
- Entertainment*
- Silent & Live Auction*

*Proceeds go to benefit Ovarian Cancer research
at the University of Kentucky.*



ADULT HEALTH BULLETIN



APRIL 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

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There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT
HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 4

Carroll County Extension Office | 500 Floyd Drive | Carrollton, KY | 41008 | (502) 732-7030

THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans* or *that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.



If your closet is full of clothes you don't wear, this is a good example of the **"Pareto Principle,"** otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time.** This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity.** You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.

Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)



IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
- **Without knowing the return policy.** Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>

<https://www.simplypsychology.org/pareto-principle.html>

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