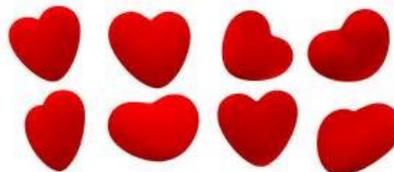


FAMILY & CONSUMER SCIENCES

FCS Newsletter

February 2016



Cooperative
Extension Service
Caldwell County
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Upcoming Events:

February 4: Weight Loss Wars, 6:00 pm

February 11: Weight Loss Wars, 6:00 pm

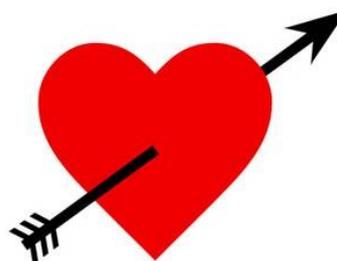
February 18: Weight Loss Wars, 6:00 pm

February 19: Homemaker Cultural Arts

February 21-27: Kentucky Saves Week

March 1: Protecting Against Identity Theft - Homemaker Leader Lesson, 5:00 pm
Morgan Orange, Livingston County FCS Agent, will provide tips for keeping yourself and your family's identity safe. If you are not a homemaker lesson leader and would like to attend, please contact the Extension Office to register.

March 3: Homemaker Council, 10:00 am
Club presidents and county chairmen are encouraged to attend. If you are unable to attend, please send a representative from your club.



Winter Weather Policy: If school is cancelled due to the weather, FCS/Homemaker Events will also be cancelled.

Valentine's Day Trivia

The _____ is a popular flower that expresses the global idea of love.

(True or False) Early Valentines were made by pricking tiny holes with a pin into paper to resemble lace.

Over 1 billion valentine cards are sent each year. _____ is the only holiday where more greeting cards are sent.

_____ are the two words often seen with the word valentine.

_____ is the singer who popularized the song "Love Me Tender."

Answers:

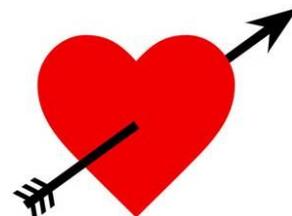
Rose

True

Christmas

Be mine

Elvis Presley



Homemaker News

Cultural Arts: What do you plan to enter for the area Cultural Arts contest? Cultural Arts will be held February 19, 2016 at the University of Kentucky Research and Education Center. A list of categories can be found on the KEHA website or at the Extension Office. Stop by the office before the event to pick up entry tags for your items. The schedule for the day is as follows:

10:00 am–11:00 am	Check-In Exhibits (have exhibitor cards completed in advance)
11:00 am– 12:00 pm	Education Session: Rebecca Poole Handkerchief Dolls: Loretta Fitzgerald (If you would like to make a doll during the session, bring scissors, a needle, and a man's handkerchief)
11:00 am —1:00 pm	Judging of Exhibits
12:00 pm—1:00 pm	Lunch on Your Own
1:00 pm –1:30 pm	Exhibits open for viewing
1:30 pm	Check out

Homemaker Scholarship: Scholarship applications are available at the high school and the Extension Office. To be eligible for the scholarship, student must be a graduating senior who is the son, daughter, or grandchild of a Caldwell Co. Homemaker who has been an active member for the past two years. The committee would like to remind students completing the application to fill the form out in its entirety, print or type legibly, and turn in by the due date.

Awards and Contests: Consider entering contests and applying for awards. Most have an entry deadline of March 1. A contest booklet is available at the Extension Office.

Joseph's Joy Prom: The Leadership Caldwell group is hosting Joseph's Joy Prom this year. Joy Prom is a prom for young people and adults with disabilities. If you are interested in helping with dress alterations for this event, please let me know. There will be several dates for fittings during February. Also, they are currently looking for donations of prom dresses, shoes, ties, and suits. If you are interested in donating any of those items, let me know.

Spring Seminar: Mark your calendars for March 24, 2016. Check out the attached flyer for more information. It looks like it will be a fun day. Cost is \$12 and includes lunch. Get ready to break out your 80's attire!

KEHA State Meeting: The KEHA State Meeting will be held April 18-21, 2016 at the Northern Kentucky Convention Center in Covington, KY.

Annual Banquet: The annual banquet will be held August 9, 2016 at the UKREC.



Are You Ready for Bad Weather?

Winter in Kentucky can bring all sorts of weather, some of it severe. You can prepare for bad weather by having an emergency supply kit on hand. Not sure what to include in your kit? The Federal Emergency Management Agency (FEMA) has a checklist at <http://www.ready.gov/kit>.

In addition to items like a first aid kit, flashlights and a battery-powered radio, your emergency supply kit should include enough water and food supplies for at least three days. For water, plan on one gallon of water per person per day. Foods to include will depend on your family's tastes and special dietary needs. A few treats will help keep spirits up, but it's important to pack a variety of nutritious foods to keep everyone healthy during the emergency. Canned fruit, juices, vegetables, soups, beans, meat and fish are good options. So are peanut butter, crackers, granola bars and dried fruits and vegetables. If you include canned foods, be sure to pack a can opener or cans not requiring an opener. If you choose foods that require heating, remember to pack a small camping stove and fuel.

For a complete list of what to include in your emergency supply kit, visit <http://www.ready.gov/kit>. To keep your emergency kit useful, check expiration dates and batteries, and re-stock the kit at least once a year.

Reference: FEMA. (June 10, 2014). *Build a Kit*. Retrieved August 26, 2015, from <http://www.ready.gov/kit>

Source: Debbie Clouthier, Extension Associate for Food Safety and Preservation, University of Kentucky; College of Agriculture, Food and Environment

Kick Start your Savings

February 22-27 is Kentucky Saves Week! Many of us are interested in saving more, but are not certain how to get started. To find new ways to save, check out these tips available through *Kentucky Saves*.

- **Finding Money to Save**

- Take advantage of discounts and/or incentive programs provided through your employer. Many companies offer discounted rates for computers, fitness center memberships, movie tickets, hotels, cellular services and more. Talk to your human resources representative to see what perks your company offers.
- Ask a financial planner how people can increase their savings and you're likely to hear the phrase "pay yourself first." This means setting aside money from each paycheck as soon as you earn it, rather than waiting to see what, if anything, is left at the end of the month. In other words, savings is a top priority in your budget like rent.
- How do folks find the money to save and ultimately invest — by starting small, because every dollar counts? Try eliminating things that you can live without and changing spending habits. An example is brown bagging a lunch to work one or two days a week instead of eating out. Another is buying 12-packs of soda or bottled water on sale instead of using expensive vending machines.
- At the end of every week (or more often), empty out your pockets and wallet and put the change in a jar. Every other week or once a month, deposit the change in your savings account. Studies show that over three-quarters of Americans have a stash of loose change and over half of Americans add to it regularly.
- One relatively painless way to save is to automate your savings plan. To do this, simply have your bank or brokerage company take money directly out of your checking account or paycheck and place it into a savings or investment account.

- **Saving At Home**

- Here's a money-saving challenge: give up premium cable channels. According to *America Saves*, it's much cheaper to rent one film a week than to watch one on premium cable channels that may cost more than \$500 a year. Also, take advantage of \$1 movie kiosks that are in stores you frequent often.
- Are you a homeowner? If so, it pays to be on the lookout for lower mortgage rates. The *America Saves* program suggests refinancing your mortgage to lower the interest rate and/or loan term. You will accumulate home equity more rapidly, thus increasing your ability to cover large emergency expenditures.

- **Building An Emergency Fund**

- Do you know how much money is in your bank account? *America Saves* urges you to avoid overdraft fees by keeping track of your spending. The \$20-\$40 you could save monthly by not bouncing checks or overdrawing your account could equal enough money to nearly fully fund a \$500 emergency savings account.
- Saving a portion of your tax refund is a good way to prepare for life's unexpected events. Save at least half of it for irregular household expenses (holidays, tuition, water bills, home maintenance), emergencies, and/or future financial goals.



Reference: Saving Tips - Barbara O'Neil, Rutgers University; Jennifer Hunter and Nichole Huff, University of Kentucky America Saves www.americasaves.org

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment

Your Facebook Pictures May Not Be as Safe as You Think



Back in January, Greg McKenna, using the name Lacey Noonan, received media attention for his novel featuring New England Patriots tight end Rob Gronkowski. The Patriots objected, but Amazon.com only pulled the self-published e-book off the market because of an Ohio couple's lawsuit regarding an image on the book's cover. The plaintiffs claim that the cover photo is one of their engagement pictures from their Facebook page. They say the author did not ask the couple for permission to use the photo, and they call the author's work "offensive." The couple is also suing the companies that sold digital formats of the book without their permission. This case is now in federal court.

Even though there is not a way to make your Facebook profile picture non-downloadable, you can still control who can and cannot see your other pictures. It is important that you edit your privacy settings so outsiders cannot view your photo albums. If you would like to see how your profile and photo albums look to people who are not your friend on Facebook, you can click on the "View As..." feature on your Facebook profile. You will discover which photo albums are available to outsiders and which are not available. The only downside is that your current Facebook profile picture and cover photo will be visible to everyone, no matter how strict your privacy settings.

Here are four other tips to maximize your privacy settings on Facebook:

Who can see your future posts? This is one of the most common privacy settings on Facebook. To use it, go to your privacy settings by clicking on the lock icon in the right-hand corner and click on "Who can see my stuff?" It will give you a drop-down menu and you can select which groups of people can see your posts. If you select public, then anyone can see your posts. If you select friends, only your Facebook friends can see your posts.

Blocking people from your account - This is another common Facebook privacy feature. If someone is harassing or threatening you, the best choice would be to block them. To access the blocking setting, click on the lock icon in the right-hand corner and click on "How do I stop someone from bothering me?" It will give you a blank space to type in a person's name or e-mail address and they will be blocked from seeing your profile.

Disabling the search engine feature - If you are uncomfortable with your Facebook profile being searchable on the Internet, you can disable the feature, making it more difficult for employers to find you. Go to your privacy settings by clicking on the lock icon in the right-hand corner and click on "See More Settings." A list will appear, and then you will need to click on "Do you want other search engines to link your timeline?" under "Who can look me up?"

Creating a pseudo name on Facebook - If you do not want employers and other professionals trying to search your name on Facebook, you can change your name. Most people change their last name to their middle name, or they abbreviate their first or last name. To change your name on Facebook, click on the upside down triangle icon, and click on "Settings" in the drop-down menu. Click on "Edit" under "Name" to change your Facebook name.

References: Chowdhry, A. (2013, November 19). 20 Tips on Increasing Your Facebook Privacy and Security. *Forbes.com*. Retrieved April 22, 2015, from <http://www.forbes.com/sites/amitchowdhry/2013/11/19/facebook-privacy-tips/>.
Gardner, E. (2015, June 18). 'Gronking to Remember' Lawsuit Reveals Some Shockers. *The Hollywood Reporter*. Retrieved July 28, 2015, from <http://www.hollywoodreporter.com/thr-esq/gronking-remember-lawsuit-reveals-some-803464>.

NESN Staff. (2015, April 29). Couple on Rob Gronkowski Erotic Novel Cover Suing Author, Distributors. *New England Sports Network*. Retrieved April 30, 2015, from <http://nesn.com/2015/04/couple-on-rob-gronkowski-erotic-novel-cover-suing-author-distributors/>.

Source: Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky, College of Agriculture, Food and Environment

Preparing Your Car for Winter



If you visit your local auto mechanic, they will most likely recommend that you winterize your car. Winterizing your car is an inexpensive way to protect yourself against break downs and expensive repairs later in the season. Following are some useful recommendations for winterizing your car:

- Have the battery checked to ensure that it is working properly.
- Clean, flush and put new antifreeze in the cooling system. This should be done every two years.
- Make sure heaters, defrosters and windshield wipers are working.
- Check the tire tread and tire pressure. If you live in an area prone to ice and snow, consider investing in winter tires that will better grip the road.
- Rotate your tires and have the alignment checked. Proper alignment is necessary for gripping the road and keeping control on icy roads.
- Change the oil and filter at your car manufacturer's recommendations.
- Have the brakes checked to be sure they are working properly.
- Check the exhaust system for carbon monoxide leaks.
- Be sure that the exterior and interior lights are working.
- Always make sure that you have enough gas in your tank. Letting your tank get low during the winter can lead to poor engine performance.
- Keep safety supplies in your car. Consider packing your car with tire chains, warm boots, a jacket, blanket, gloves, extra cash and non-perishable food.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of

Fiesta Potatoes

8 small to medium russet potatoes,
peeled and diced
1 green bell pepper, chopped
1 red bell pepper, chopped
1 medium onion, chopped
1 cup Mexican blend cheese, shredded

½ cup margarine, melted
½ cup low-fat milk
2 tablespoons fresh parsley, chopped
1 tablespoon dried basil, crushed
¾ teaspoon salt
¼ teaspoon black pepper

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a 9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.

Sources:

• www.fruitsandveggiesmatter.gov
• Publication - ID-128, Home Vegetable Gardening in Kentucky, Cooperative Extension Service, University of Kentucky, College of Agriculture, Food and Environment (2012).