



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

JACKSON COUNTY FAMILY & CONSUMER SCIENCE

Winter Newsletter (December - February)

I hope the newsletter finds you in nice chilly weather! This newsletter will hopefully be an overview of the majority of the programs we're going to offer in Winter of 2024. We sometimes have some programs pop up fast so be sure to always check in with our Facebook Page: <https://www.facebook.com/JacksonCoKYExtensionService>



As things are slowing down for the winter season, we're bundling up at home to stay warm in the cold weather, but we still have a few events going on at the Jackson County Extension Office!

Just so everyone knows, for inclement weather, the Jackson County Extension Office follows the Jackson County Schools for closures. If Jackson County Schools are closed, then our scheduled programs are cancelled.

We're starting some new classes in the New Year! Wits Workout comes to us from the University of Illinois Extension program! Fun puzzles and brain teasers meant to make us use our brains and keep them limber (We're working out our wits!)



Delaney Eubanks
Jackson County,
Extension Agent for
Family & Consumer
Science

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.

FAMILY & CONSUMER SCIENCE EVENTS

Cooking Through The Calendar

Dec 12, Jan 9, Feb 13 - Second Thursday at 11am

We will do a cooking demonstration through the 2024 Recipe Calendar provided by the Nutrition Education Program (NEP) with samples provided. New calendars for 2025 in January!



Crochet Class

Tuesday, January 14, 1pm

Learn how to make crochet stars in a class with all materials provided!

Wits Workout

Wednesday, Jan 22 & Feb 5, 10am

Join us for this program to engage in some simple exercises and guided challenging puzzles, learn what you can do in your daily life to keep your brain and body healthy while interacting with others.



Lunch & Learn

Tuesday, Jan 28 & Feb 26, 11am

Eat lunch with us and learn about an FCS topic! Meals provided!

Homemaker Leader Training - Spring

Tuesday, February 25, 10am - Laurel Co Ext Office

Do you want to lead a Homemaker Lesson in your home, community, or at the Extension Office? Come to this training at the Laurel County Extension Office to learn the Homemaker lessons for February, March, and April!



JACKSON COUNTY SAVE THE DATES

Crafter Doodles

Jackson Co Homemaker Club

JAN 2, FEB 6, MARCH 6, APRIL 3, MAY 1, JUNE 5, JULY 3,
AUG 7, SEPT 4, OCT 2, NOV 6, DEC 4 2025

@ JACKSON COUNTY EXTENSION CONFERENCE CENTER
(1296 MAIN STREET S, MCKEE KY 40447)
1PM - 3PM
606 - 287 - 7693



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EASY SHEET PAN CHICKEN BAKE



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
270 calories; 13g total fat; 2g saturated fat; 0g trans fat; 85mg cholesterol; 330mg sodium; 11g carbohydrate; 2g fiber; 4g sugar; 0g added sugar; 27g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source: Katie Shoultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

- *Nonstick spray*
 - 2 teaspoons *chili powder*
 - 1 teaspoon *paprika*
 - 2 teaspoons *garlic powder*
 - ½ teaspoon *salt*
 - ½ teaspoon *pepper*
 - 3 tablespoons *olive oil*
 - 1 pound *boneless, skinless chicken breasts, sliced into strips*
 - 3 bell peppers, *sliced*
 - 1 medium *red onion, sliced*
3. Place chicken and vegetables in large bowl. Drizzle with olive oil; toss to evenly coat.
 4. Lightly coat chicken slices, bell peppers and onion in spice mix. Spread onto baking sheet.
 5. Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20-25 minutes.

Makes 4 servings
Serving size: 1 cup
Cost per recipe: \$6.24
Cost per serving: \$1.56

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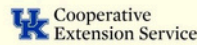
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HARVESTING HARMONY

A Sustainable Homesteading Series

Join the Breathitt & Jackson Co. Extension Offices while we pioneer the path to living a more sustainable life through a four part series.



Series 4: Dehydration & Soil Testing/ Pesticide Safety

Jackson County: April 14th, 10a-3p

Meal will be provided. Call to register

606-666-8812

606-287-7693

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Disability accommodations with prior notification

Contact us for more info about any events!

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Dear Homemakers,

The Jackson County Extension Office would love to invite you to the Homemaker's Holiday Luncheon. Our lunch will take place at the Jackson County Extension Conference Center on Thursday, December 12th at 11am (during our typical Cooking Through the Calendar program).

We will be asking everyone to bring finger foods for us to share. We will be playing games, along with the gift-giving game White Elephant, so please bring a gift valued at around \$10. Be sure to wrap it the best you can because we will be swapping and stealing presents and you know that everyone wants the prettiest present. Also, please bring Homemaker dues to the dinner as well. The Homemaker dues are \$10 for the 2025 year and give you access to special newsletters and exclusive events this year.

Please invite friends and family to join us. We really hope that you'll be able to come and enjoy the festivities with us. Please save the date, December 12th at 11am.

Thank you and happy holidays!

Delaney Eubanks

Delaney Eubanks

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LEXINGTON, KY 40546



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

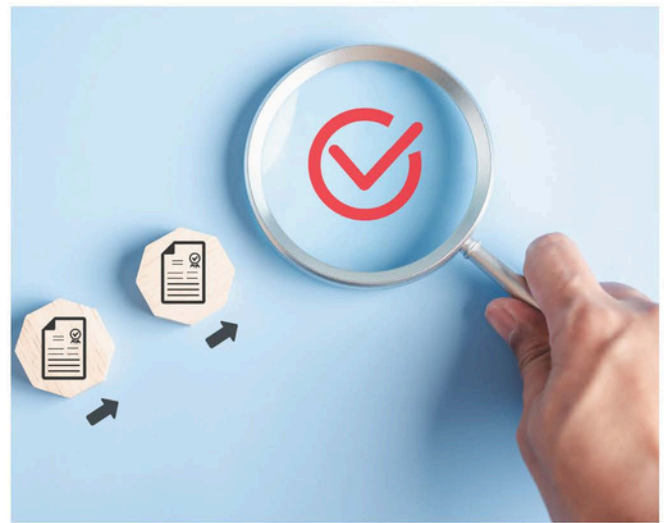
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has

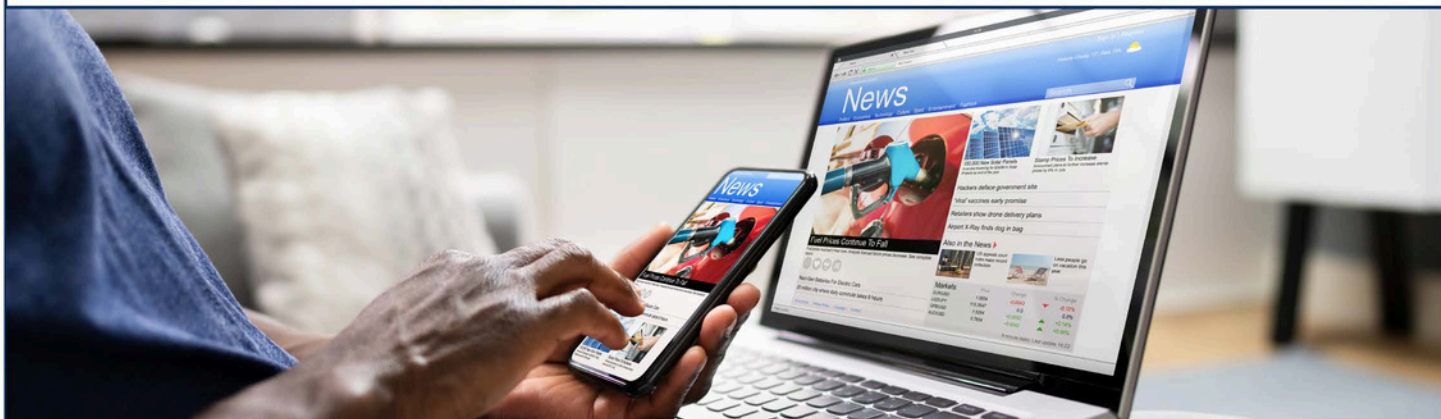


identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



“IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf

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