



April 2025

UK Cooperative Extension Service

Cooperative Extension Service
 Daviess County
 4800A New Hartford Road
 Owensboro KY 42303
 270-685-8480
 daviess.ca.uky.edu

DATES

- April 12**
Farmers' Market Opening Day
- April 20**
Happy Easter
- April 21**
Tune in to WBKR
- April 23**
Beginner Sourdough Class
- April 26**
Oh Baby Community Shower
- April 29**
Cooking Class 5:30pm
- April 30**
Beginner Sourdough Class
- May 6-8**
KEHA State Meeting
- May 13**
Homemaker Council Meeting
- May 20**
Start Your Summer with Extension Open House
- May 26**
Memorial Day - Office Closed

WBKR
92.5 The Country Station!

Be sure to tune in April 21st to hear reviews from the on-air taste testing of the SNAP recipe: Lemon Broccoli Pasta.

OPENING DAY

Make plans to attend the Opening Day of the Owensboro Regional Farmers' Market!
April 12th
 8:00 a.m. to 12 noon



COOKING CLASS

Grilling season is almost here and those side dishes are calling our name! Join us as we demonstrate some tried and true side dishes along with healthier alternatives.

April 29th 5:30 p.m.

at Daviess County Extension Office
 sign up by calling 270-685-8480 - space is limited

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**Daviess County Extension Agent
 for Family & Consumer Sciences**

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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Lexington, KY 40506



Disabilities accommodated with prior notification.

DAVISS CO. CONSERVATION DISTRICT

TREE SEEDLING GIVEAWAY

TYPES OF SEEDLINGS

- EASTERN REDBUD
- BLACK CHERRY
- FLOWERING DOGWOOD
- BLACK WALNUT
- CYPRESS
- YELLOW-POPLAR
- PECAN
- WHITE OAK
- PERSIMMON
- WHITE PINE

LIMIT 10 PER PERSON

YELLOW CREEK PARK
5710 KY-144
OWENSBORO, KY 42303

DATE & TIME

24 APRIL, 2025
8:00 AM - 3:00PM OR UNTIL SUPPLIES LAST

FOR QUESTIONS
CALL (270) 685-1707 EXT 3
OR EMAIL
DCCD3032@GMAIL.COM

BURGER BASICS PROGRAM

Thanks to Jim Gilles, Hill View Farm Meats, and George Bittel, Bittel Heritage Meats for demonstrating making pork and beef sliders and answering questions.



Easter Pecan Sale

Halves & Pieces



\$10.00 per bag

OPEN HOUSE



Come to the open house and "Start your summer with Extension"

Tuesday, May 20 from 5-7 p.m.

There will be food, giveaways, grab and go's, door prizes, and more!

Garden Your Way to Better Health

Source: Monica Mundy, Extension Specialist for Community and Family Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

- **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
- **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
- **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.
- **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
- **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.

References:

[Gardening for Health: a Regular Dose of Gardening by Richard Thompson: https://pmc.ncbi.nlm.nih.gov/articles/PMC6334070/](https://pmc.ncbi.nlm.nih.gov/articles/PMC6334070/)



The Importance of Trees

Source: Hardin Stevens, Senior Extension Associate, University of Kentucky, College of Agriculture, Food and Environment, September 2024

The cold, dark days of winter are a good time to consider, research, and make plans for your yard and garden for when spring arrives.

Be sure to include trees in your landscape plans.

According to the Forest Service of the U.S. Department of Agriculture, trees have a great return on investment when properly cared for. Trees offer plenty of benefits:

- They remove carbon dioxide from the air and turn it into life-giving oxygen,
- Trees clean the air of other pollutants,
- When planted properly, trees help to cut down on energy costs during the summer and winter months, and
- Tree-filled neighborhoods and shopping areas have shown to have an effect behavior such as incidents of domestic violence and consumer shopping practices.

Trees are a wise investment for many reasons, but the most important one might be for all the people and animals that will benefit for years to come from the tree you plant today.



References:

<https://www.epa.gov/sciencematters/throwing-shade-exploring-benefits-trees>

(Accessed 9/12/24)

<https://www.fs.usda.gov/learn/trees#:~:text=Benefits%20of%20trees&text=Healthy%20people%3A%20100%20trees%20remove,are%20safer%20and%20more%20sociable.>

(Accessed 9/16/24)

<https://www.kentucky.com/news/local/article290918079.html>

(Accessed 9/18/24)

Everything SOURDOUGH

For Beginners



Receive
Sourdough starter
to take home!

Bring a 16-32 oz jar

April 23: 1-3 pm

or

April 30: 5-7 pm

TOPICS FOR CLASS

- WHAT IS SOURDOUGH
- HOW TO MAINTAIN SOURDOUGH
- HOW TO MAKE ARTISAN BREAD LOAF
- HOW TO USE SOURDOUGH DISCARD FOR COOKIE RECIPE
- HEALTH BENEFITS OF SOURDOUGH

Recipes provided!

Class Hosted by Angie Swihart
Hancock Co. FCS Agent
at the
Daviness County Extension Office

Registration begins Friday, April 4

Call 270-685-8480

Class size is limited

KENTUCKY  **COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

HOMEMAKER HAPPENINGS



Lesson for the Month

Communication Essentials for Good Impressions - A Leadership Development Lesson

Roll Call

April is National Volunteer Month. What is your favorite way to volunteer?

Thought of the Month

“A-we gonna do what they say can’t be done
We’ve got a long way to go, and a short time to get there.”

—(*East Bound and Down*), From Smokey and the Bandit, Jerry Reed and Deena Kay Rose - 1977

FOYER DECORATIONS

The foyer was decked out in green by South Hampton Homemakers.



April’s foyer will be decorated by Homespun Homemakers.

Discover KEHA-A Hidden Treasure

Make plans to attend the 2025 State Meeting at Hyatt Regency Lexington from May 6-8, 2025.

- Room blocks are now open for reservations!
- Make reservations by April 7, 2025 to secure the conference rate of \$149.
- Registration form with session option is now available!
- For more information go to keha.ca.uky.edu/content/state-meeting-information

COUNCIL MEETING

The Homemaker Council will be meeting
Tuesday, May 13, 2025
12:30 p.m.

at the Daviess Couty Extension Office



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>

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>

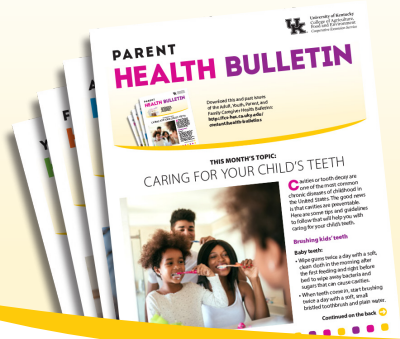
ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



PARENT

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>

THIS MONTH'S TOPIC

ENCOURAGE OUTDOOR PLAY



There are many reasons to look forward to spring and warmer weather. As a parent or caregiver of children, one reason can be how easy it is to get them outside to play. No more bulky snow suits or difficult gloves! Outdoor play is a great way for young people (and adults!) to burn energy, get exercise, and feel better. Children should play outside for many reasons, both physical and mental.

Here are some key benefits to outdoor play:

- 1. Physical health:** Outdoor play encourages physical activity. This helps children develop strength, coordination, and motor skills. It also helps combat childhood obesity by keeping them active and engaged in running, climbing, and playing sports.
- 2. Mental health:** Nature has been shown to lower stress, anxiety, and depression. The fresh air and natural environment promote relaxation. This helps children feel more balanced and calmer.

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Outdoor play is a great way for young people (and adults!) to burn energy, get exercise, and feel better.



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- 3. Social skills:** Playing outside often involves hanging out with peers. This helps children develop critical social skills like teamwork, communication, and conflict resolution.
- 4. Creativity and imagination:** Outdoor play sparks creativity. Kids have more freedom to explore, invent games, and use their imaginations in a less structured environment. This fosters problem-solving and independent thinking.
- 5. Connection with nature:** Spending time outdoors teaches children to appreciate and care for the environment. It also helps them understand the world around them, from observing animals to noticing seasonal changes.
- 6. Better sleep:** Exposure to natural light during the day helps our bodies establish and maintain sleep and wake cycles. This leads to better sleep patterns and overall rest.
- 7. Reduced screen time:** Playing outside offers a healthy alternative to screen-based activities, which can lead to sedentary lifestyles and impact cognitive development if overdone.

In short, playing outside supports a child's physical, emotional, and mental growth, while offering many benefits that help them thrive!

If your child struggles with getting started playing outdoors, try one of these ideas:

- **Join them!** Children are more likely to play outside if their parents or caregivers are there with them. Go on walks, bike rides, or even relax in the backyard together.
- **Make the backyard or nearby park appealing:** Set up fun play areas with swings, climbing structures, or a sandbox. Add colorful outdoor toys like balls, jump ropes, and chalk for drawing if possible. Organize and store outdoor play toys where children can see and reach them.
- **Natural play areas:** Encourage exploration with natural materials like rocks, sticks, and leaves. You could offer a play prompt, like asking them to create a nature collection. They could do an outdoor scavenger hunt. Or give them resources to help identify different kinds of plants, bugs, and other natural wonders.

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

**PARENT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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

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.

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.

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.

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>

Written by: Jeanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms
Designed by: Kelli Thompson | Images by: Adobe Stock