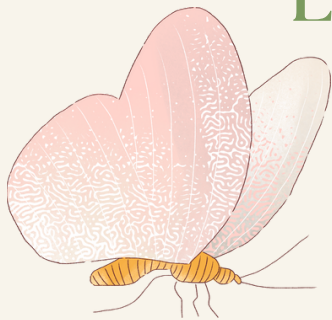


# LIVINGSTON COUNTY EXTENSION

## Home & Family Newsletter

### March 2025



### Spring Cleaning for your Mental Health

Beyond the physical benefits of a clean and organized home, spring cleaning can offer mental health advantages. Clutter can contribute to feelings of anxiety, being overwhelmed, and even depression, while a tidy space can promote mental clarity and a sense of calm.

To maximize the benefits of spring cleaning, consider the following strategies:

- **Prioritize tasks:** Begin with smaller, manageable tasks to avoid feeling overwhelmed. This could involve de-cluttering a drawer, organizing a bookshelf, or washing windows.
- **Focus on one room at a time:** Instead of getting bogged down, concentrate on one area at a time. This can help prevent burnout and provide a sense of accomplishment as you complete each space.
- **Use a timer:** Set time limits to maintain focus and prevent procrastination. This can also help you break down larger tasks into smaller, more manageable chunks.

- **Spread out the cleaning:** Don't try to do everything at once. Spread out the cleaning process over several days, or weeks to avoid feeling overwhelmed and to allow for rest and recovery.
- **Ask for help:** Don't hesitate to ask friends or family for help, especially with heavy or time-consuming tasks. This can make the process more enjoyable and efficient.
- **Mindful cleaning:** Practice mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help reduce stress and promote relaxation.
- **Celebrate your progress.** Acknowledge and reward yourself for your accomplishments along the way. This can help boost your motivation and maintain a positive outlook.

By incorporating these approaches, spring cleaning can become a refreshing and calming experience. Remember, the goal is not just to clean your space but also to improve your mental well-being.

Source: Dr. Natese Dockery. Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being.

Cooperative Extension Service Livingston County  
803 U.S. Hwy 60 East.- P.O. Box 189  
Smithland KY 42081  
Phone: (270) 928-2168  
Fax: (270) 928-4808  
[www.ca.uky.edu](http://www.ca.uky.edu)  
E-mail: [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)  
Joni K. Phelps  
Livingston County Family & Consumer Science Agent



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



## Pennyrile Area Homemakers Spring Seminar

# Culinary Journey Across the Bluegrass

March 14, 2025

Registration: 9:30 a.m.

Program begins: 10:00 a.m.

Christian County Extension Office  
2850 Pembroke Rd, Hopkinsville, KY 42240

RSVP by February 28th to  
your local extension office.

**Cost: \$18.00**

Meal catered by Bar-B-Q Shack



## Cultural Arts

### Check-In at the Christian County Extension Expo Center

- 9:00: Todd, Christian, Trigg
- 9:15: Muhlenberg, Hopkins, Lyon
- 9:30: Caldwell, Livingston, Crittenden

**Tags must be completed before check-in.**

Contact your county extension office to obtain  
check-in tags and more information.



# Livingston County Homemaker News

## Open Sewing Day : The first Tuesday of each month - 9:00 am until 2:00 pm

Open sewing day is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. Open Sewing is for anyone who wants to utilize our meeting room to continue sewing projects you have started but have not finished yet.

## Block of the Month Homemakers Club: The Second Tuesday of each month - 9:00 am until 2:00 pm

Block of the Month is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. For more information please contact Joni Phelps at (270) 928-2168 or email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## Pins & Needles Homemaker Club: The Third Tuesday of each month - 9:00 am until 2:00 pm

This is a great way to learn all different types of sewing projects outside of quilting. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## Unfinished Projects Day “UFO”: The Fourth Tuesday of each month - 9:00 am until 2:00 pm

Do you have a lot of Unfinished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office meeting room will be open for your use on the 4th Tuesday of each month. If you would like more information about “UFO” day please reach out to Joni K. Phelps at (270) 928-2168 or [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, *Life Simplified*, on your favorite podcast app.

[lifesimplifiedpodcast.com](http://lifesimplifiedpodcast.com)

# Upcoming Programs

For more information on upcoming classes please contact Joni Phelps at 270-928-2168 or [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)

## WALK YOUR WAY CHALLENGE

### MARCH 10 - MAY 25, 2025

Start Slow, Start Small, Start with Us!

Register at your local Extension Office or online at <https://bit.ly/WalkYourWay2025>

Livingston County Extension Office  
803 US Hwy 60 East  
Smithland, KY 42081  
270-928-2168




**UK Cooperative Extension Service**  
An equal opportunity organization




**UK Martin-Gatton College of Agriculture, Food and Environment**

LIVINGSTON COUNTY COOPERATIVE EXTENSION PRESENTS

## LUNCH & LEARN EDIBLE LANDSCAPES

**When:** Friday March 21st 2025  
**Time:** 11:00am-1:30pm  
**Location:** Livingston County Extension Office  
803 US Hwy 60 East Smithland, KY 42081  
**RSVP:** By calling 1.270.928.2168 by March 14th 2025

**LIMITED SPACE!**

**FREE LUNCH WILL BE PROVIDED!**

With Speaker: Matthew T. Chadwick  
Extension Agent - Calloway County

- Leave with Free Seeds to start your own garden with
- Leave with lots of gardening materials & fun reads!
- Bring your own seeds to trade with other gardeners if you would like.
- Learn all about how edible landscaping can beautify your home lawn!
- And much more!

**RSVP BY CALLING 1-270-928-2168** Livingston County Cooperative Office

*Adam Danner*  
CEA for ANR Livingston Co.

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  
University of Kentucky  
Lexington, KY 40546



**UK Martin-Gatton College of Agriculture, Food and Environment**

## HOMEMADE PASTA WORKSHOP

MONDAY  
MARCH 31, 2025  
5:30 P.M.

LIVINGSTON COUNTY EXTENSION OFFICE  
803 U.S. 60 EAST, SMITHLAND

**Cost: \$5.00**

JOIN US TO LEARN HOW TO MAKE, AND TAKE HOME, YOUR OWN PASTA!

TO REGISTER CALL THE OFFICE AT 270-928-2168, OR BY EMAIL AT [JKBARR3@UKY.EDU](mailto:JKBARR3@UKY.EDU), BY MARCH 24, 2025.



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, genetic trait, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Disabilities  
accommodated  
with prior notification.

# Cooking Through the Calendar



Wednesday, March 21, 2025

10:00 a.m.

Livingston County Extension Office

803 U.S. 60 East, Smithland

## March's Recipe: Crunchy Air Fryer Fish



To Register call  
270-928-2168, or email  
jkbarr3@uky.edu, by  
February 24, 2025

Join us as we cook  
through the "2025  
NEP Food and  
Nutrition Calendar"  
month by month



Recipes from the 2025 Food and Nutrition  
**Recipe Calendar**

Cooperative  
Extension Service

### Crunchy Air Fryer Fish

Prep time: 10 minutes  
Start to finish: 10-15 minutes  
Cook time: 10-15 minutes

1. Wash hands with warm  
water and soap, scrubbing  
for at least 20 seconds.

2. Place fish between clean paper  
towels to allow any water to drain.  
Rinse hands after handling raw fish.



preheated air fryer basket or pan  
with cooking spray. Add the fish.  
<https://www.cooking.ny.gov/recipes>

This institution is an  
equal opportunity  
provider. This material  
and activity comply with the  
USDA's Supplemental  
Nutrition Assistance  
Program - SNAP.

SNAP  
Supplemental  
Nutrition Assistance  
Program - SNAP

# COOKING THROUGH THE CALENDAR:

LEMON BROCCOLI PASTA

APRIL 23, 2025

@ 10:00 A.M.

&

BANANA PANCAKES

MAY 21, 2025

@ 10:00 A.M.

## Chapter Chasers Book Club

April 22, 2025 @ 6 p.m.

May 27, 2025 @ 6 p.m.

Livingston County  
Public Library

## The Chapter Chasers

March 25, 2025

6:00 p.m.

Livingston County Public Library

321 Court Street, Smithland

Call the Extension Office at  
270-928-2168 for March's Book

# BOOK CLUB



FOR MORE INFORMATION PLEASE CONTACT  
JONI PHELPS AT 270-928-2168 OR JKARR3@UKY.EDU

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky,  
Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



An Equal Opportunity Organization

## Pinterest Club



# Sunflower Door Hanger

Thursday  
March 6, 2025  
5:30 p.m.

Livingston County Extension Office  
803 U.S. 60 East, Smithland



RSVP by February 28th, 2025 by calling  
the office at 270-928-2168 or by  
email at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



Cost: \$10.00

Pinterest  
Club:

April 3, 2025  
@ 5:30 p.m.  
&  
May 1, 2025  
@ 5:30 p.m.



An Equal Opportunity Organization

Laugh & Learn A fun and creative play date for pre-schoolers

# WE LOVE DINOSAURS

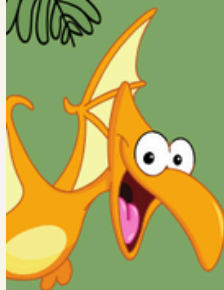
Monday, March 10, 2025  
11:00 a.m.

Livingston County Public Library  
321 Court Street, Smithland

AGES 5 & UNDER  
ACCOMPANIED BY  
AN ADULT

ACTIVITIES INCLUDE:  
STORY TIME, SENSORY &  
DEVELOPMENTAL ACTIVITIES,  
GAMES & SNACKS

Register by March 7, 2025 by calling  
270-928-2168 or by email at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



**Virtual LUNCH N LEARN**

**APRIL 7** **NOON**

Join via Zoom:

*Transferring Cherished Possessions: Estate Planning for Non-Titled Property*

HOSTED BY: TIFFANY BÖLINGER, CHRISTIAN COUNTY FCS AGENT





**Virtual LUNCH N LEARN**

**APRIL 29** **NOON**

Join via Zoom:

*Move Your Way: Exercise for Everyone*

HOSTED BY: ASHLEY BOARD CALDWELL COUNTY FCS AGENT





**Virtual LUNCH N LEARN**

**MAY 28** **NOON**

Join via Zoom:

*Creating Welcoming Communities*

HOSTED BY: REBECCA WOODALL, CRITTENDEN COUNTY FCS AGENT





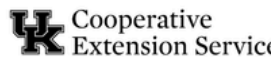




**WITS WORKOUT**

An engaging, interactive, and educational brain health program

Presented by:  
**Joni K. Phelps**  
Family & Consumer Sciences Agent


**Dates:**  
March 19, 2025  
April 1, 2025  
May 21, 2025  
June 18, 2025

**Location:**  
Livingston County Extension Office  
803 US 60 East  
Smithland, KY 42081

**Time:**  
2:00 - 3:00 pm



Let's boost brain power with fun, challenging puzzles while connecting with others.

**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 receipt or realization 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.

Livingston, KY 40306

# Recipe Corner



## Spring Harvest Salad

<b>5 cups</b> torn spring leaf lettuce	<b>Dressing:</b> <b>4 teaspoons</b> lemon juice	<b>2 teaspoons</b> Kentucky honey
<b>2½ cups</b> spinach leaves	<b>2½ tablespoons</b> olive oil	<b>½ teaspoon</b> salt
<b>1½ cups</b> sliced strawberries	<b>1 tablespoon</b> balsamic vinegar	<b>¼ cup</b> feta cheese crumbles
<b>1 cup</b> fresh blueberries	<b>1½ teaspoons</b> Dijon mustard	<b>½ cup</b> unsalted sliced almonds
<b>½ cup</b> thinly sliced green onions		

**1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

**2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

**3. Sprinkle** salad with feta cheese and sliced almonds.

**4. Serve** immediately.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Lettuce

**SEASON:** Early to late spring.

**NUTRITION FACTS:** Lettuces have 5-15 calories per cup depending on variety.

Lettuce provides vitamins A and C, calcium, and iron.

**SELECTION:** Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

**STORAGE:** Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.



**PREPARATION:** Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

### LETTUCE

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)