



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

# JACKSON COUNTY FAMILY & CONSUMER SCIENCE

## Spring Newsletter (March - May)

I hope the newsletter finds you in warmer weather! This newsletter will hopefully be an overview of the majority of the programs we're going to offer in Spring of 2025. We sometimes have some programs pop up fast so be sure to always check in with our Facebook Page: <https://www.facebook.com/JacksonCoKYExtensionService>

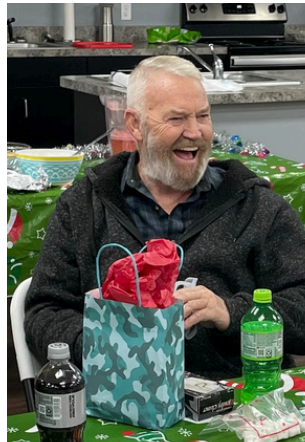


**Things are ramping back up for Spring! I don't know about you, but I'm glad to see warmer weather on the horizon.**

**We've started some new programs this year and I hope you get to join us! We've started a Lunch & Learn where we eat lunch together and learn about a different topic each month. It gives us an excuse to socialize, swap stories, tips and tricks, and eat something filling!**

**We also have our Wits Workout, brain games to make sure we're treating our brain health like we do our physical health. They're fun and get us to work out our wits!**

**We are also hosting a Spring Bazaar at the Extension Conference Center, the flyer for it is on the third page. I hope to see you there, shopping from local vendors!**



**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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# FAMILY & CONSUMER SCIENCE EVENTS

## Cooking Through The Calendar

March 13, April 10, May 8 - Second Thursday at 11am

We will do a cooking demonstration through the 2025 Recipe Calendar provided by the Nutrition Education Program (NEP) with samples provided.



## Crochet Class

Tuesday, April 16, 10am

Learn how to make crochet stars in a class with all materials provided!  
Rescheduled from January.

## Wits Workout

Wednesday, March 19 & May 21 - 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, March 25, April 22, May 13, 11am

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

## 4H Camp

Tuesday May 27 - Friday May 30 - JM Feltner Camp

Do you have a child ages 9 - 15 in your life who wants to experience a week of camp activities with other counties? Come to JM Feltner 4H Camp the week after Memorial Day for some camping fun!





# JACKSON COUNTY SAVE THE DATES

## TASTY FRUIT QUESADILLA

- Cooking spray
- 1 tablespoon peanut butter
- 1 whole grain tortilla
- ½ banana, thinly sliced
- 2 strawberries, sliced
- ¼ teaspoon cinnamon

4. Place the quesadilla on the skillet and cook 1-2 minutes on each side until just browned.

5. Remove quesadilla and cut into 3 pieces.

6. Sprinkle cinnamon on top and serve!

1. Spray a medium skillet with cooking spray and place skillet on medium heat.

2. Spread the peanut butter over the tortilla.

3. Arrange strawberry and banana slices over half of the tortilla and then fold the tortilla in half.

**Makes 1 servings**  
**Serving size:** 1 quesadilla

**Nutrition facts per serving:** 280 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 200mg sodium; 43g carbohydrate; 6g fiber; 12g sugar; 9g protein

This makes for a great kid-friendly breakfast!

## 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

## 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

Homemaker Council Meeting  
@ Jackson County ECC -  
Tuesday March 18 at 10am!

FRIDAY & SATURDAY APRIL 4 & 5,  
2025, 10AM-4PM  
JACKSON COUNTY EXTENSION  
CONFERENCE CENTER  
1296 MAIN STREET SOUTH, MCKEE  
606-287-7693

## SPRING BAZAAR

SHOP GIFTS FROM LOCAL VENDORS.

VENDORS CALL TO SECURE A BOOTH TO  
SELL.

VENDORS FEE IS \$10 TO SELL.

NO WEAPONS, FIREARMS, OR AMMO

Contact us for more  
info about any events!

1408 Main Street South  
McKee, KY 40447

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[www.jackson.ca.uky.edu](http://www.jackson.ca.uky.edu)



**SAVE THE DATE**  
MAY 15, 2025 / 10 AM - 3 PM

# WILDERNESS TRAIL AREA NEEDLEWORK SEMINAR

## WTA EXTENSION OFFICES

Bell County Extension Office: 606-337-2376  
Clay County Extension Office: 606-598-2789  
Harlan County Extension Office: 606-573-4464  
Jackson County Extension Office: 606-287-7693  
Knox County Extension Office: 606-546-3447  
Laurel County Extension Office: 606-864-4167  
Rockcastle County Extension Office: 606-256-2403  
Whitley County Extension Office: 606-549-1430

## CURRENT LIST OF CLASSES:

**Red Work** (2 hour)  
**Crochet** (2 hour)  
**English Paper Piecing** (2 hour)  
**Jelly Roll Quilt** (4 hour)  
**Cross Stitch** (2 hour)  
**Basic Embroidery** (2 hour)  
**Diamond Art** (2 hour)

to be held at the  
Clay County Cooperative Extension Service  
EXCEL Building  
86 Muddy Gap Rd, Manchester, KY 40962

Watch your  
newsletter for  
additional  
information and  
registration.

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

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

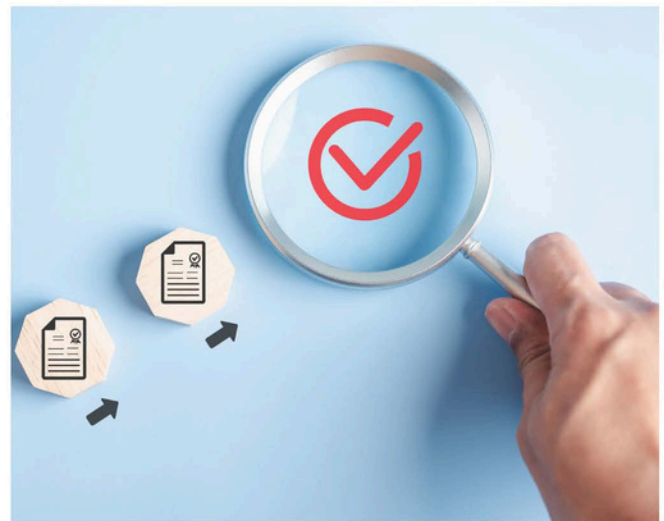
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had 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.

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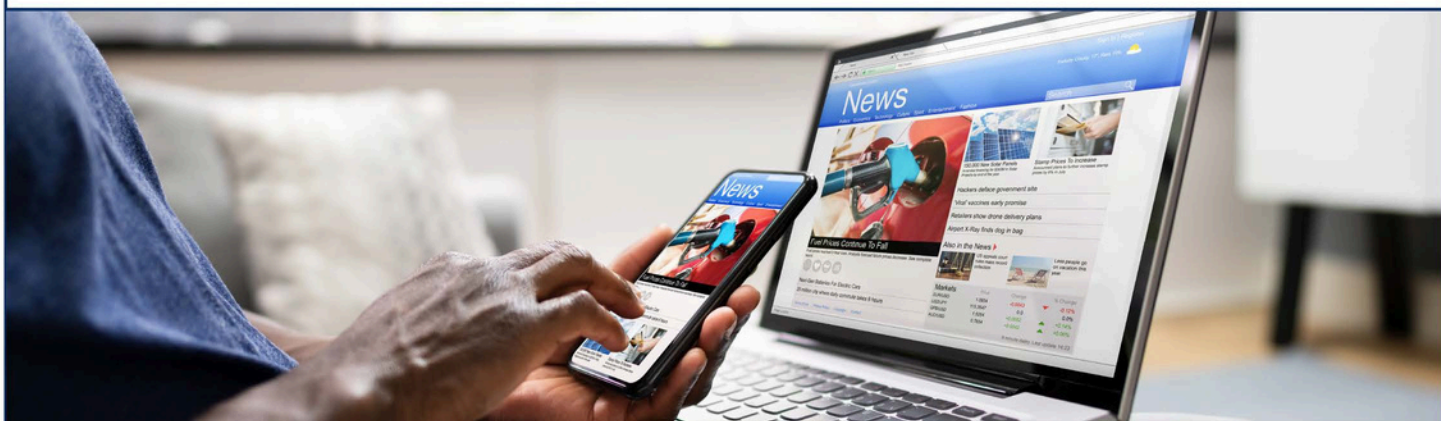
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## ***“IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”***



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](https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf)

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