

## Family & Consumer Sciences



Cooperative Extension Service  
Carroll County  
500 Floyd Drive, Carrollton, KY 41008  
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

May 2025



### CHRISTY'S CORNER

May is a month dedicated to raising awareness for critical health issues while also celebrating vibrant culture. It shines a light on **ALS Awareness Month**, highlighting the importance of research and support for those battling this neurodegenerative disease. **Skin Cancer Awareness Month** encourages education on prevention and early detection, helping individuals protect themselves from the most common form of cancer. **National Stroke Awareness Month** reminds us of the warning signs and risk factors of strokes, emphasizing the importance of rapid medical intervention.

**National Mental Health Awareness Month** promotes open conversations about mental well-being, reducing stigma and advocating for better care. And amidst these serious topics, **National Salsa Month** adds a flavorful twist, celebrating the joy of this iconic condiment and the rich traditions behind it. May is truly a time for reflection, action, and appreciation.

A heartfelt thank you to everyone who participated in and supported the annual Homemaker Tea, which helped shine a light on the importance of Ovarian Cancer Research. Your generosity and dedication make a difference in advancing awareness and funding for this critical cause. As we look ahead, excitement builds for the upcoming Carroll County Fair, taking place from May 26 to May 31. This is the perfect opportunity for community members to showcase their skills and creativity in the Open Class exhibits. Entries will be accepted on May 22 from 9 AM to noon at the Carroll County Extension Office—please note the change in location. Don't miss this chance to share your talent and enjoy all the fair has to offer!

Sincerely, Christy

*"There is nothing impossible  
to him who will try."*

*Frank Kafka*



*Christy Eastwood*

Christy Eastwood, Carroll County Extension Agent for  
Family & Consumer Sciences Education



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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Dates to Remember

# May/June 2025

Remember to call the office at (502) 732-7030 to sign up!

May 1	1:30pm	Bingocize	CCES	
May 5	1:30pm	Bingocize	CCES	
May 6-8		Kentucky Extension Homemaker Association Annual Meeting		Lexington
May 9	1:30pm	Bingocize	CCES	
May 12	1:30pm	Bingocize	CCES	
May 15	1:30pm	Bingocize	CCES	
May 16	12 noon	Lunch & Learn	CCES	
May 19	1:30pm	Bingocize	CCES	
May 22	9am-noon	Open Exhibit Entries for the fair	CCES	
May 23	10:30am	Lunch Bunch (Claudia Sanders)	Shelbyville	
May 26-31		Carroll County Fair	Fairgrounds	
May 27	1:30pm	Bingocize	CCES	
May 28	1:30pm	Bingocize	CCES	
June 2		Release of Open Exhibit Entries		
June 4	10am	QPR Institute	CCES	
June 5	5:30pm	Wire Tree Sculpture	CCES	

## • Lunch Bunch for May

The Lunch Bunch will be going to Claudia Sanders in Shelbyville (3202 Shelbyville Rd). We will leave the Extension Office at 10am. Please call the office to register.

## • Cooking Through the Calendar - Lunch & Learn

The recipe for this month is Banana Pancakes.



## Homemaker News!



- Please save your plastic bags for a project to make mats for the homeless.
- The Homemakers are collecting prescription bottles. Please remove the labels from the bottles.
- Open Exhibit entries for the Carroll County Fair will be accepted from 9am-noon on

May 22 at the Carroll County Extension Office. Please make note of the change in location.

- Volunteers are needed to man the Exhibit Hall during the evening hours during the week of the fair (May 26-May 31). Call the office at 502-732-7030 to volunteer. Thanks.
- Numerous classes are scheduled through the month of December. Some classes will be limited in size. Please be sure to register if wanting to attend.

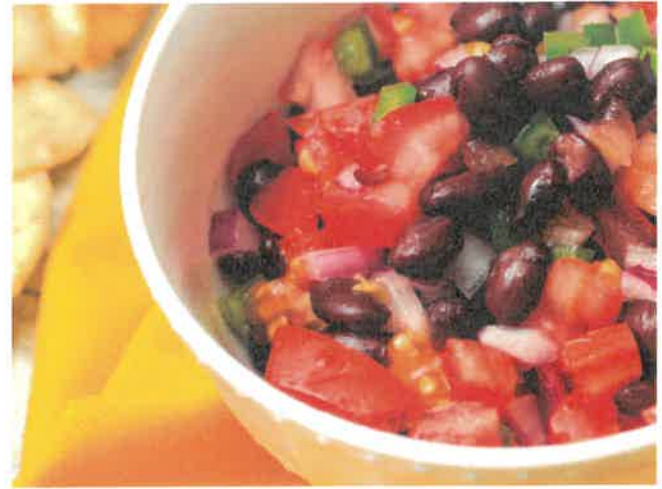
# Farmers' Market Salsa

Servings:8 Serving Size:1/2 cup Recipe Cost:\$3.46 Cost per Serving:\$0.43

*This is a super easy salsa recipe that will make your nachos sing.  
It also adds flavor to any recipe.*

## Ingredients:

- 5 medium tomatoes, diced
- 1 jalapeño
- 1 garlic clove, peeled and minced
- ½ medium red onion, peeled and cut into ¼-inch pieces
- 1 can black beans, drained and rinsed
- 3 tablespoons fresh lime juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon fresh cilantro, chopped



## Directions:

- Mix ingredients together. This is a super easy salsa recipe that will make your nachos sing.

Source: Adapted from USDA Mixing Bowl, <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-salsa>

Nutrition facts per serving: 15 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 3g carbohydrate; 1g fiber; 1g sugar; 1g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

## Food Thought for the Month—Salsa

# Salsa

Salsa, both the condiment and the dance, are rich in history and cultural significance. The word "salsa" translates to "sauce" in English, and the condiment has been a staple in Mexican cuisine since the Aztec civilization.

Here are some key facts about salsa:

### Salsa (Condiment):

- **Origins:** The Aztecs were early users of salsa, using it as a condiment for various dishes.
- **Spanish Influence:** Alonso de Molina (1571) is credited with giving the condiment its name, "salsa," which means "sauce" in Spanish.
- **Popularity:** Salsa is a popular condiment in the US, surpassing even ketchup in sales at one point.
- **Varieties:** There are various types of salsa, including [salsa roja](#) (red salsa), [pico de gallo](#) (chunky salsa), and [salsa taquera](#) (taco sauce).
- **Health Benefits:** Salsa can be a healthy choice, being low in calories, high in fiber, and rich in vitamins





# Spring Cleaning for Your Mental Health

*Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being*

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.



Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

- 1. Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
- 2. Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
- 3. Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
- 4. Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
- 5. Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
- 6. Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
- 7. Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.



# Living with Alpha-gal Syndrome

**When:** Thursday, May 29

**Time:** 7:00 PM EDT/6:00 PM CDT

**Where:** Zoom

**Register:** [ukfcs.net/AgS](https://ukfcs.net/AgS) or scan  
the QR Code below




Cooperative  
Extension Service





# Recognizing the warning signs for suicide.

 Cooperative Extension Service



*QUESTION. PERSUADE. REFER.*

## ***What You'll Learn:***

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

**Wednesday,  
June 4, 2025**

**Carroll County Extension Office**  
500 Floyd Drive | Carrollton, KY 41008

**10:00–11:30 a.m.**

*Presented by: Kate Thompson, Campbell County FCS Agent*

**To register, call the Carroll County Cooperative Extension Service  
502-732-7030**

*QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.*

## **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.

# Wire Tree Sculpture

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



Thursday, June 5th  
5:30 p.m.

Carroll County Extension Service  
500 Floyd Drive, Carrollton  
(502) 732-7030

Call to register by May 28th.  
**FREE!**

"Come bend branches, twist trunks and rotate roots  
as you sculpt a wire tree."

We'll touch on a few sculpture basics, and you'll  
create a small tabletop tree.

Program Presented By:

**Susan Miller**

Community Arts Agent  
University of Kentucky  
Boone County Cooperative Extension

## 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.



# Money Habitudes®

*Habitudes are our habits (actions)  
and attitudes (thoughts).*

**Wednesday, June 18, 2025  
10:00 - 11:00 a.m.**

**Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030**



- A card game played to help people discover their personal money styles.
- The Money Personality Profile that makes sense of Financial Behavior.

## **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.



*This is a hands on class*

# *Beginners Sour Dough Bread Class*

*Thursday, August 14, 2025*

*10:00 a.m. - 12 noon*

**Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030**



**Registration is required  
by 8/12/2025  
Space is limited.**

**\*\* Please bring a large  
bowl with a lid.**

## **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.

## Hands-on Class

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

# Water Bath *canning*



**Wednesday, August 27, 2025**  
**5:00 p.m.**

**Carroll County Extension Office**  
**500 Floyd Drive, Carrollton**  
**(502) 732-7030**

**Registration is required**  
**by 8/22/2025**  
**Space is limited**

**We will make**  
**a jar of Salsa**



### **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.



Hands-On

# Pressure Canning Class

Thursday, August 28, 2025

5:00 p.m.

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030



## 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.