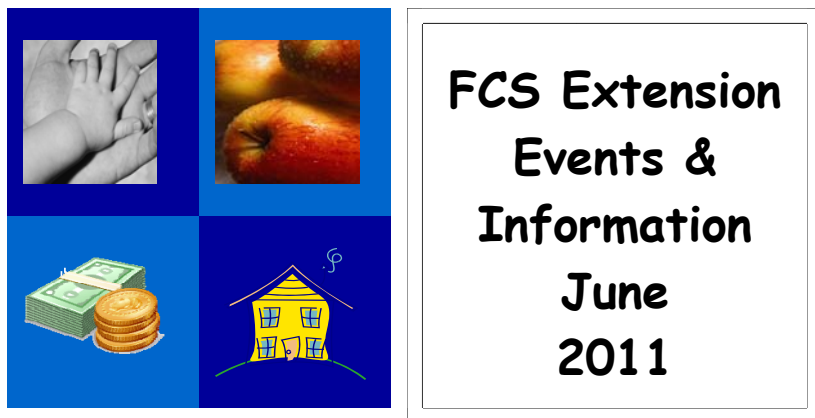


**FAMILY & CONSUMER SCIENCES**

# Clinton County Family & Consumer Sciences Extension Newsletter

**Cooperative Extension Service**  
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## VALUING PEOPLE. VALUING MONEY. MANAGING IN TOUGH TIMES INITIATIVE

Here are some money saving tips for you and your family.

The best investment most borrowers can make is to pay off consumer debt that has double-digit interest. For example, if you have a \$3,000 credit card balance at 18% and pay 3% minimum payments, it will take 14 years to pay it off. Add in accumulating interest, and you will pay \$5,625 in interest charges!

One relatively painless way to save is to automate your savings plan. To do this, simply have your bank or brokerage company take money directly out of your checking account or paycheck and place it in a savings or investment account.



At the end of every week (or more often), empty out your pockets and wallet and put the change in a jar. Every other week or once a month, deposit the change in your savings account. Studies

show that over three-quarters of Americans have a stash of loose change and over half of Americans add to it regularly.

Saving Tips Prepared By: Barbara O'Neil, Rutgers University; Jennifer Hunter and Nichole Huff, University of Kentucky

Source: *America Saves* [www.americasaves.org](http://www.americasaves.org)

### Christy's Comments

Happy June!! It's hard to believe that it's 4-H Camp and Fair time again! With all the hustle and bustle lately, it feels like the first half of 2011 has flown by.

If you are interested in helping with the Fair Exhibit Hall and the Extension Expo please let us know by June 8th. More details are included in the newsletter.

As always, program updates will also be provided via email and our webpage.

I hope to see you soon. Enjoy the beginning of summer!

Best wishes,

Christy Nuetzman  
Clinton County Extension Agent for Family and Consumer Sciences

### Questions??

Email me at [christy.nuetzman@uky.edu](mailto:christy.nuetzman@uky.edu)

Check Us Out Online!!  
<http://uky.ag/clinton>



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## June

**Roll Call:** Your plans for the summer.

**Thought for the month:** Please smile. You'll observe it will make you feel great. Your smile is a curve that helps set life straight.

- Roger W. Dana



Thanks to everyone who helped with the Area Homemakers Meeting! It was a huge success! If you have pictures, please share for our next newsletter!



**NEW!!**

### Heritage Skills Retreat

September 22-24, Jabez

Registration materials can be found on the county website (<http://uky.edu/clinton>). If you would like registration materials mailed to you, give us a call!

### It's Fair Time!!!

#### 2011 Clinton County Fair Exhibit Hall June 15th-17th

We have added some new categories this year! A complete listing can be found on our website or contact us at 387-5404. We still need workers!!!

Entry Times	8:00-10:00 a.m.	Wednesday June 15 <sup>th</sup>
Exhibit Hall Hours	5:00-8:00 p.m. 4:00-8:00 p.m.	Wednesday June 15 <sup>th</sup> Thursday June 16 <sup>th</sup>
Cash out/Pickup Items	8:00-10:00 a.m.	Friday June 17 <sup>th</sup>



### Clinton County Extension Expo Plate It Up! Kentucky Proud Thursday, June 16th 6:30-7:30 p.m. Clinton County Fairgrounds

We need volunteers to prepare the following recipes for this year's Extension Expo:

Strawberry Salsa	Blueberry Cream Cheese Pound Cake
Fresh Corn Salad	Cucumber, Corn, & Bean Salsa
Squash Supreme	Watermelon Tomato Salad

Ingredients and recipes will be provided by the Extension Office.  
Please let us know by June 8th if you can help!



### Cantaloupe Cooler

1 ripe cantaloupe	2 1/2 cups cold orange juice
2 Tablespoons granulated sugar	Crushed ice

**1.** Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes; **2.** In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth; **3.** Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved; **4.** Pour into glasses filled with crushed ice. **Makes 8 servings.**

**Nutritional Facts per serving:** 70 calories; 0 fat; 0 cholesterol; 10mg sodium; 18g carbohydrate; 1g fiber; 17g sugar; 1g protein

**Source:** California Department of Health Services