



JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

Family & Consumer Science Newsletter

A Note from Michelle

March is here and there seems to be no end to the bad weather in sight. I'm so looking forward to spring arriving! We've had to cancel several things due to the weather, so please read carefully so you won't miss anything that has been rescheduled.



Club Dates

- 10th—Gray Hawk, 4 pm
- 17th—McKee Manor, 2 pm
- 20th—Heart of County, 7 pm
- 24th—N. Jackson Co., 6 pm

Homemaker Fundraiser-Cookbook

We are planning to make a new cookbook for the Jackson County Homemakers. I am positive this cookbook will be fabulous because of all your wonderful dishes that I have sampled. Please get your recipes, handwritten is fine, to me or to the Extension Office by May 16th. This will be the last day to get your recipes in. You may send in as many recipes as you like, but

I am challenging every homemaker to send in at least one recipe. For copyright reasons, if you use a recipe from another source, such as a cookbook or the back of a package, you MUST change at least one ingredient in order to make it your own. If we have several recipes for the same dish, the cookbook committee will decide which to include. We hope to have the cookbook in hand and ready to sell by the fall.

Scrapbooking Class

Nikki Browning will again be teaching a Scrapbooking Class at the Jackson County Extension Office on Saturday, March 15th, from 10 am – 12 pm. In preparation for Spring, we will be exploring the use of pastel colors and learning a new technique called chalk boarding. The cost will be \$5 per person. To pre-register, please call 287-7693. Space is limited, so

pre-register today!



March Dates to Remember

- 4th—Biggest Loser Kickoff, \$10, 3 convenient locations
- 10th—Quilt Trail Meeting, 6 pm, Ext. Office
- 13th—Women & Money Leader Lesson, 10 am, Ext. Office
- 15th—Spring Scrapbooking, \$5, 10 am—12 pm, Ext. Office
- 26th—Quilting Workshop, Dandelion Stew Pattern, \$2, 10 am

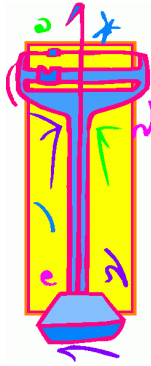
April Dates to Remember

- 24th—Art in the Garden Leader Lesson, 10 am



The “Biggest Loser” Club

Spring is in the air. That means it’s time to get up and shed those winter pounds. Join us on March 4th for the kickoff of the “Biggest Loser.” We still have space available, so if you can’t make it on the 4th, please plan to attend on March 11th. You will learn nutrition and exercise tips to achieve a healthier weight in a safe and effective way. If you are really committed to achieving a healthier weight, then this program is for you. The kick-off will be March 13th, with weigh-ins, nutrition programs, and exer-



cise opportunities available every Tuesday for 10 weeks at the following locations:

- **Sand Gap Family Resource Center, 10 am**
 - **Jackson County Extension Office, 12 pm**
 - **Tyner Family Resource Center, 5 pm**
- The initial cost will be \$10 per person, with the Biggest Loser winning a cash award of **\$200**. Everyone who meets their weight-loss goals will receive a cash award. See the enclosed

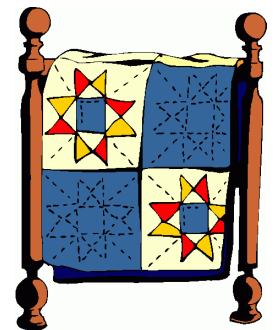
flyer.

Quilting Workshop

Hazel Jackson will be here on Wednesday, March 26th, at 10 am-12 pm to teach a quilting workshop. She will be giving everyone the quilting pattern, Dandelion Stew, and getting them started on making this quilt. This is a beautiful quilt and should be worth everyone’s time. The cost will be \$2 for the pattern. For a list of necessary materials, please call the Extension Office at 287-7693.

Homemaker Trip

The Scrappy Quilters and Homemakers have been working diligently to get quilts made for the Center for Courageous Kids in Scottsville, Kentucky. To date, they have made 20+ quilts to donate to this camp for children with life threatening diseases. In the Spring, we plan to travel to Scottsville to the center in order to give them the quilts. If you are interested in going on this trip, please let us know. Of course, we have limited space and those who helped with the quilts will get first choice on going. If anyone else would like to drive and go with us, please let me know.



Leader Trainings and Ballot

The Homemaker Leader Training for April will be “Women and Money” on Thursday, March 13th, beginning at 10 am. Judi O’Bryan, Laurel Co. FCS Agent, will be traveling to our county to teach this lesson for us, so each club should plan to send at least one member to take this lesson. Also, if you haven’t already turned in your lesson ballot, I will accept them until March 19th. Please take a moment to give me your input into the lessons you would prefer to have in the future.

Community Information

The Jackson County Welcome Center at the top of Big Hill will open on May 1st. If you are interested in volunteering as a guide in the center, please let me know as soon as possible. We are making plans now and we need you desperately.

The Jackson County Pictorial History Book has been sent to the presses. The books should be delivered by August 15th. If you would like to reserve your copy today for the price of \$34.95, then please contact us at 287-7693. After August 1st, the price will increase to \$39.95. Only a limited number of books will be sold, so don't miss out!

Stimulus Package Tax Rebate—Are you eligible?

Even those who have little or no tax liability may qualify for a minimum payment of \$300 (\$600 if filing a joint return) if their tax return shows \$3,000 or more in income that qualifies. For the purpose of the stimulus payments, qualifying income consists of: earned income such as wages and net self-employment income; Social Security; certain Railroad Retirement benefits; and veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. However, **Supplemental Security Income (SSI) does not count as qualifying income** for the stimulus payment.



Low-income workers who have earned income above \$3,000 but do not have a regular filing requirement must file a 2007 tax return to receive the minimum stimulus payment. Similarly, Social Security recipients, certain Railroad retirees, and those who receive the veterans' benefits mentioned above must file a 2007 return in order to notify the IRS of their qualifying income.

The IRS emphasizes that people who are not re-

quired to file who turn in a tax return to qualify for the economic stimulus payment **will not** get a tax bill. If you are in this category **you will not owe money because of the stimulus payment**. The Tax Counseling for the Elderly (TCE) Program provides free tax help to people age 60 and older. As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. To find an AARP Tax Aide site, call 1-888-227-7669 or visit the AARP Web site.

The IRS.gov Web site is the best source for additional information and answers to questions regarding the stimulus payments. The site will soon have an online tool which will allow taxpayers to calculate the amount of their advance payment and to check on the status of their specific payment.

Don't miss out on getting money that you deserve. The process is not that difficult and will allow you to share in the benefits of this stimulus package.

Recipe Corner—Working Woman's Chicken Potpie

Unfortunately, even if you don't work at a public job, everyone's lives seem hectic. Try this delicious recipe that saves time and energy.

Ingredients:

- 2 refrigerator pie pastries
- 2 or 3 chicken breasts, cooked and chopped
- 1 (10-oz) pkg frozen mixed vegetables, blanched
- 1 (10-oz) can cream of potato soup
- 1 (10-oz) can cream of chicken soup

Spray a 9-inch pie plate with non-stick cooking spray. Line the pie plate with 1 of the pie pastries. Combine the chicken, mixed vegetables, potato soup and chicken soup in a large mixing bowl and mix well. Spoon into the prepared pie plate. Cover with the remaining pie pastry, sealing and fluting the

edge. Cut 2 to 4 vents in the top. Bake at 350 degrees for 5 minutes. Place strips of foil around the outer edge to prevent overbrowning. Bake for 40-55 minutes or until golden brown. *Yield: 8 servings.*
Recipe from the Pride of Kentucky Cookbook.



March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9 	10 4 pm Gray Hawk Hm's 6 pm Quilt Block Mtg, Ext Office	11 Last day to register for Biggest Loser	12	13 10 am Women & Money Leader Lesson	14	15 10-12 Scrapbooking Class, \$5
16	17 2 pm McKee Manor HM's	18	19 	20 7 pm Heart of the Cty HM's	21	22
23	24 6 pm Northern Jackson Co. HM's	25	26 10 am Dandelion Stew Quilt Class	27	28	29
30	31					



IN MEMORY
OF RUBY TINCHER
The Extension Service and the Homemakers have lost a dear friend with the recent passing of Ruby. She will be missed.

Sincerely,



Disabilities accommodated with prior notification



Michelle W. Smith
CEA for FCS

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