



JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

Family & Consumer Science Newsletter

A Note from Michelle

I hope everyone has fared well during our recent bad weather. I know some people were hit harder than others by the bad weather. I now deeply appreciate my electricity, even though it seems to cost a fortune. What would we do without it?!!!



\$3 FM

Club Dates

- 9th—Gray Hawk, 4 pm
- 16th—McKee Manor, 2 pm
- 17th—Heart of County, 7 pm
- 23rd—N. Jackson Co., 6 pm.,
Sharon Witt's House

Homemaker Leader Lessons

\$10 FM

Renata Farmer, FCS Agent from Knox Co., will be teaching **Recipe for Safer Cooking** on Friday, **March 13** at 10 am. Careless cooking remains a leading cause of household fires. This lesson includes tips for preventing a cooking fire in your kitchen along with information about



fire extinguishers and the proper ones to have in your kitchen. A fire extinguisher and a fire

alarm will be given away that day.

I will be teaching **Climbing Your Family Tree** on Thursday, **April 16th**, beginning at 10 am. Have you ever wondered where you came from they were? Are you related to someone famous from our past? Come learn how to start tracing your family tree? If you have ever wondered where to begin researching your family, then this class is for you. These classes are free and open to the public!

Homemaker Plan of Work

Please find enclosed a copy of the 2009 Jackson County Homemaker's Plan of Work. Several important dates for this year are listed, including dates for our picnic, international dinner and annual dinner. Please take a few minutes to look it over and write these dates in your calendar so

you don't miss out on our fun activities.



March Dates to Remember

- 3rd—Biggest Loser Kickoff
- 13th—Recipe for Safe Cooking Leader Lesson, 10 am, Ext. Office
- 19th—Area Homemaker Meeting and Officer Training, 12 pm, Laurel County Extension Office
- 23rd—Sewing Camp Planning Mtg, 1 pm
- 30th—Homemaker Council Meeting, 4 pm, Extension Office



April Dates to Remember

- 8th—Shakertape Footstool, \$20, 10 am, Extension Office
- 16th—Climbing Your Family Tree Leader Lesson, 10 am, Ext. Office
- 20th—23rd—State Homemaker Meeting, Drawbridge Inn



Sewing Camp Planning Mtg.

In years past, we have been able to offer a 4-day camp for young people in Jackson County who want to learn to sew during the summer. We have 10 sewing machines at the Extension Office, so up to 10 youth have been able to participate in learning to make clothing, purses, and a variety of other sewing projects. In order to teach these participants effectively, we need 1 volunteer for each child on all 4 days of the sewing camp. Last year, the camp was cancelled because we didn't have the necessary volunteers. The children were extremely disap-

pointed! We will be meeting on Monday, March 23, at 1 pm to determine if we have enough volunteers to continue. If we do have enough, we will plan dates and projects during this meeting. If you cannot attend this meeting, but would like to help this summer, please call me at 287-7693.



Area HM Council/Leader Training

The Area Homemaker Council will be meeting in Laurel County on Thursday, March 19th at 12 pm. Along with the regular council meeting, Devonna Hisel, the Area Homemaker Council President will be conducting an Officer training. This training will cover several aspects of how a meeting should be conducted, various job duties of the officers and hopefully answer any questions you might have about your leadership duties. Anyone wishing to attend this program should contact me ASAP as I will be providing transportation for a limited number of people. Please feel free to attend and enjoy the luncheon that will be served.

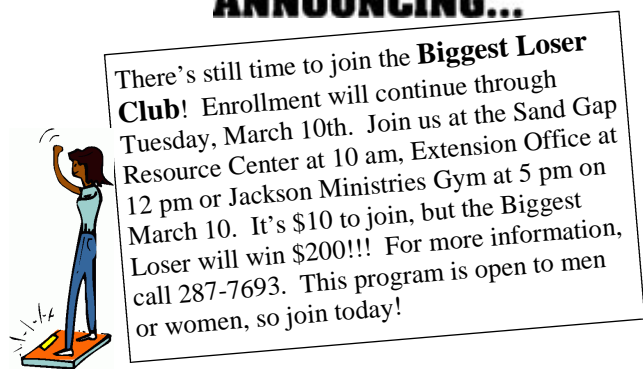
\$10 FM

Homemaker Council

The Jackson County Homemaker Council will meet on Monday, March 30th, at 4 pm at the Jackson County Extension Office. We will be making further plans for the Area Homemaker Meeting. Anyone interested in helping us plan this meeting is encouraged to attend.

\$8 FM

ANNOUNCING...



Area Needlework Workshop

The Wilderness Trail Area is hosting an area-wide Needlework Seminar. A variety of needle methods are being offered that day for you to choose from. This class will be held at the Knox County Extension Office on May 1st. The deadline to register is April 28th. Anyone wishing to participate who needs transportation should contact me at 287-7693. I will be able to transport a few people. The cost is \$10 per person and includes lunch. There may be an extra charge for some of the classes, so please take note of that. Please find enclosed the registration form for this seminar.

\$15 FM

Cultural Arts Classes

We have some exciting cultural art classes scheduled for the coming months. Mark them in your calendar so you don't forget!

April 8th—Checkerboard Shakertape Footstool, \$20, 10 am, taught by Peggy Helton, Whitley Co. FCS Agent. Please call to register by April 3rd.

\$3 FM

May 14th—Framed Selvage Block, 10 am, taught by Hazel Jackson, Rockcastle Co. FCS Agent. Please call by May 8th to pre-register and to get a copy of the supply list.

Federal Money—Do you get any?

Congress has approved and the President has signed new economic stimulus legislation, the American Recovery and Reinvestment Act of 2009. The IRS is implementing tax-related provisions of this new program as quickly as possible.



The IRS will not make this payment — unlike last year's economic stimulus program. Each individual agency will be paying this one time payment around the middle of the year. Individuals who may qualify for this year's economic recovery payment should contact their respective agency for more information.

Here are some key highlights:

- **Payroll Checks Increase This Spring.** The *Making Work Pay* Tax Credit will mean \$400 to \$800 for many Americans in their paychecks. The IRS has issued new tax withholding tables for employers.
- **Money Back for New Vehicle Purchases.** Taxpayers who buy certain new vehicles in 2009 can deduct the state and local sales taxes they paid.
- **A one-time payment of \$250 will be made in 2009 to:**
 - **Retirees, disabled individuals and Supplemental Security Income (SSI) recipients receiving benefits from the Social Security.
 - **Disabled veterans receiving benefits from the U.S. Department of Veterans Affairs.
 - **Railroad Retirement beneficiaries.

Could the new law affect 2008 tax returns? Generally, no. The new law does not have any major impact for the vast majority of individuals preparing their 2008 tax returns due April 15. Instead, these changes will largely impact 2009 tax returns filed next year, in 2010. Taxpayers should continue to prepare their 2008 tax returns as they normally would.

Where are more details on the tax provisions of the recovery law? The IRS will be providing more details on this web site as they become available. A summary of the key provisions is available from: <http://finance.senate.gov/press/Bpress/2009press/prb021209.pdf>

Recipe Corner—Catfish Stew & Rice

2 medium potatoes
1 can (14½ oz) tomatoes, cut up
1 cup onion, chopped
1 cup (8-oz bottle) clam juice or water
1 cup water
2 cloves garlic, minced
½ head cabbage, coarsely chopped
1 lb catfish fillets
green onion, sliced, as needed
1½ Tbsp Chili seasoning
2 cups rice (brown or white), cooked



1. Peel potatoes and cut into quarters.
2. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes.

3. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally.
4. Meanwhile, cut fillets into 2-inch lengths. Coat with Chili Seasoning.
5. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.
6. Serve in soup plates. Garnish with sliced green onion, if desired. Serve with scoop of hot cooked rice. Yield: 4 servings. Serving size: 1 cup of stew with ½ cup of rice. Each serving provides:

Calories: 363
Saturated fat: 2 g
Sodium: 355 mg
Protein: 28 g
Potassium: 1,079 mg

Total fat: 8 g
Cholesterol: 87 mg
Fiber: 4 g
Carbohydrate: 44 g

March 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Biggest Loser Kickoff	4	5	6	7
8 	9 Gray Hawk HM's, 4 pm	10 Last day to sign up for Biggest Loser Club	11	12	13 10 am Recipe for a Safer Cooking Leader Lesson	14
15	16 McKee Manor HM's, 2 pm	17 Heart of the Cty HM's, 7 pm	18	19 Area HM Council Mtg/ Leader Training	20	21
22	23 Sewing Camp Planning Mtg, 1 pm 6 pm N. Jackson Co. HM, Sharon Witt's house	24	25	26	27	28
29	30 Homemaker Council Mtg, 4 pm	31				



*IN MEMORY
OF RENA METCALF*
**The Extension Homemakers
 have lost a dear friend with
 the recent passing of Rena.
 She had been a homemaker for
 many years and will be missed.**

Sincerely,



Disabilities accommodated with prior notification

Michelle W. Smith
CEA for FCS



Agriculture & Natural Resources • Family & Consumer Sciences • 4-H/Youth Development • Community & Economic Development

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.