

# Calloway County Family & Consumer Sciences **APRIL 2024 NEWSLETTER**

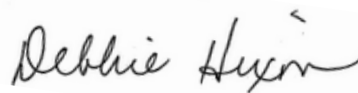
Hello, FCS Family!

As April blooms with new possibilities and fresh beginnings, it's time for another edition of our Family and Consumer Science newsletter. We hope this month's newsletter finds you well and inspired to delve into the joys of living your best life.

April brings a spirit of renewal, great weather to enjoy outdoor activities, the upcoming eclipse, and the planting of gardens. Let's take time to focus on wellness, the joy of learning and growing as a family.

Take care and be safe!

Debbie



*Debbie Huxon*



# Calendar of Events

April 1	Extension District Board	Meeting Hall	6:00 pm
April 4	Potpourri Club	Meeting Hall	9:30 pm
April 8	<i>Solar Eclipse</i>		<i>about 3 pm</i>
April 8	Modern Homesteading Club	Meeting Hall	6:00 pm
April 9	Cooking Through the Calendar	CCPL	10:30 am
April 10	Town & Country Club	Pagliari's	11:00 am
April 10	Comfort Quilts Sew Day	MH	9 am-4 pm
April 11	Serger Workshop	MH	9 am-3 pm
April 13	Second Saturday Sewing Studio	Cabin 1	9 am-11 pm
April 16	Quilt Lovers Club	MH	6:00 pm
April 19	Yard/Bazaar set up	MH	10:00 am
April 20	Homemaker yard/bazaar sale	MH	8 am-12 pm
April 25	Happy Hearts Club	MH	11:00 am
April 30	Friendship Club	JoAnn Harris	6:30 pm



April

# Calloway County Homemakers Corner

## Club Information:

**Friendship**—will meet April 30 at JoAnne Harris' house for a potluck at 6:30 pm.

**Happy Hearts**—will meet April 25 at the Meeting Hall at 11:00 am

**Modern Homesteading**—will meet at the Meeting Hall on April 8 at 6:00 pm. The program will be Seedling planting and Companion planting.

**Potpourri**—will meet April 4 at the meeting hall at 9:30 am. Reba Henson and Connie Talent will present the lesson on Homemade cleaners.

**Quilt Lovers**—will meet on April 16, social hour 5:00 pm and meeting at 6:00 pm. Ann Landini will present a program on quilt tying, and Debbie Hixon will present the Emergency Health Card program.

**Town and Country**—will meet at Pagliai's at 11:00 am on April 10

## Purchase Lesson Schedule 2023-2024

Lesson	Savor the Flavor: Seasoning with Spices				
		Graves	Hickman	Marshall	McCracken
APR	Mike Keller	3/26	3/25	3/27	3/29
Lesson	Strong Bones for Life: Prevent Osteoporosis				
MAY	Anna Morgan	5/1	4/30	5/2	5/3
Lesson	Radon: A Silent Killer				
JUNE	Mail Out	No County Hubs with Mail Out Lessons			

# Calloway County Homemakers Corner

## *AQS Quilt Week—Paducah*

**Paducah, Kentucky, one of the world's UNESCO Creative cities, invites us all to visit the city and one of the world's best displays of creative quilts and fiber arts. Join in as you browse special exhibits, world class instructors and vendors with the latest and greatest in sewing, quilting, and other crafts. The level of talent and art is breathtaking. Don't miss it!**

**April 24 - 27, 2024**



# Calloway County Homemakers Corner

Here's some photos from March activities and classes.



# Home & Environment

## Double brood of cicadas set to create big buzz this spring.

- By JANE KIM The Sun JKIM@PADUCAHSUN.COM



Periodical cicadas have red eyes, black bodies, and orange wings.

*Anna Vaughn-Doom, a biology professor at West Kentucky Community and Technical College, said this year's emergence of two cicada broods will be history in the making.*

Millions to billions of cicadas are expected to emerge this spring nationwide, including in Kentucky, according to an entomologist in the state.

Normally, groups of cicadas, called broods, don't overlap in emergence, but this year two will emerge at the same time. People will be able to hear them when they arrive. Entomologist Jonathan Larson with University of Kentucky Entomology said the song will be as loud as a jet engine. The male cicadas join together and sing a loud chorus to mate. Larson said in April or May people will know the cicadas have arrived. "By and large, it's not a problem," said Larson. "It's just something that's happening around us. It's a reminder of the pageantry of nature. It can be very beautiful if you allow for that in your heart."

# Home & Environment

Anna Vaughn-Doom, a biology professor at West Kentucky Community and Technical College, said the double brood emergence will be history in the making. “Historical events are neat, things that you’re not necessarily going to see again in a lifetime is valuable,” said Vaughn-Doom. “Here we are, we’re coming up on the eclipse, and then we’re also going to see and hear these cicadas.”

The double brood emergence will happen in places as far east as New Jersey and as far south as Louisiana. To see a map from the U.S. Forest Service that shows where the cicadas will be, visit [fs.usda.gov/features/cicadas-stir-ruckus](https://fs.usda.gov/features/cicadas-stir-ruckus).

## More Bugs

Speaking of bugs, with warmer weather coming I would like to share my ant killer recipe. Please keep this away from children or pets. I found this to be very helpful to place it where the line of ants is coming into the house. It does attract ants initially, but then they take it to their nest and the ants start to disappear.

### Ant killer recipe

1 cup of sugar

½ cup of water

1 tablespoon of borax

Stir to combine, then spoon on ant line

Do not use more borax than recipe calls

Keep away from children and pets



# Information

## **News Release from University of Kentucky Martin-Gatton School of Agriculture Public Relations—April 1, 2024**

Spokesperson for the Martin-Gatton School of Agriculture, Lirpa Loof, announced last week the changing of the University of Kentucky school mascot, the Wildcat, will be replaced by the mighty Boilermaker. It was decided that the Boilermaker mascot better represented the history of Kentucky and its iron making industry during the 18<sup>th</sup> and early 19<sup>th</sup> century. The first iron making operation began in 1791, before Kentucky was a state. Both eastern Kentucky and Bourbon County areas produced raw material for household goods, supplying munitions used in the War of 1812, and industrial parts. Miss Loof reported that at one time, Kentucky was the 3<sup>rd</sup> largest producer of iron in the country, making the Boilermaker the perfect mascot for the University, reflecting the importance and strength of the iron workers and boilermakers. Western Kentucky also had iron furnaces located in what is now the Land Between the Lakes area. No comment from Purdue University at announcement and publication.

**Source: Kentucky Archaeology, September 17, 2017**





# Nutrition

Have you noticed any wild asparagus growing around your farm or yard? It is asparagus season, try this yummy recipe for a different taste of asparagus.



COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



## Recipe

### ASPARAGUS TOMATO STIR-FRY

- $\frac{3}{4}$  pound fresh asparagus
- $\frac{1}{4}$  cup chicken or vegetable broth
- 1 tablespoon lite soy sauce
- $\frac{1}{2}$  teaspoon ground ginger
- 1 clove garlic, minced
- $\frac{1}{4}$  teaspoon black pepper
- 1 teaspoon cornstarch
- 4 green onions
- 2 Roma tomatoes
- $1\frac{1}{2}$  cups fresh mushrooms
- 1 tablespoon olive oil

1. **Trim** asparagus and cut into 1 inch pieces.
2. **Combine** broth, soy sauce, ginger, garlic, pepper and cornstarch in a small bowl to make sauce.
3. **Chop** green onions and tomatoes into  $\frac{1}{2}$  inch pieces. **Slice** mushrooms.

4. **Pour** oil into a wok or large skillet and **preheat** over medium-high heat.
5. **Add** asparagus and green onions; **stir-fry** 4 minutes.
6. **Add** mushrooms; **stir-fry** 1 additional minute or until asparagus is tender-crisp.
7. **Push** vegetables to the outer sides of the wok. **Add** sauce in center, **cook** until thick and bubbly. **Add** tomatoes.
8. **Stir** well and **heat** through.

**Yield:** 4,  $\frac{3}{4}$  cup servings.

**Nutritional Analysis:** 70 calories, 4 g fat, 0.5 g saturated fat, 0 mg cholesterol, 210 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g sugars, 3 g protein.



# Health & Safety



## *Solar Eclipse Safety*

When watching the partial phases of the solar eclipse directly with your eyes, which happens before and after totality, you must look through safe solar viewing glasses (“eclipse glasses”) or a safe handheld solar viewer at all times. Eclipse glasses are NOT regular sunglasses; regular sunglasses, no matter how dark, are not safe for viewing the Sun. Safe solar viewers are thousands of times darker and ought to comply with the ISO 12312-2 international standard. NASA does not approve any particular brand of solar viewers.

Always inspect your eclipse glasses or handheld viewer before use; if torn, scratched, or otherwise damaged, discard the device. Always supervise children using solar viewers. Do NOT look at the Sun through a camera lens, telescope, binoculars, or any other optical device while wearing eclipse glasses or using a handheld solar viewer —

Source : NASA <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/safety/>



# Embracing Life as We Age

Come and join in the Fun at the Senior Center

Are you always looking for a fun brain game? Do you like beating your friends at games. Would you like to have fun and socialize? Come and join us for **WITS WORKOUT** at the Murray-Calloway Senior Center. The Wits Workout has two main goals--to provide purposeful opportunities for older adults to engage intellectually and to increase their socialization through ongoing group participation. We start the classes in May. Mark your calendars.

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

**WITS  
WORKOUT**

An engaging, interactive,  
and educational  
brain health program

Come and join in the fun at the  
Senior Center

Calloway County Cooperative Extension  
and  
Murray-Calloway Senior Citizens Center  
present a free

**WITS WORKOUT**

May 10, 24      June 14, 28  
July 26      August 9, 23

All classes at 10: am

**I**  
**ILLINOIS**  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

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Disabilities  
accommodated  
with prior notification.

# Events




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

## Serger Workshop

THE PURCHASE AREA MASTER CLOTHING VOLUNTEERS WILL BE TEACHING AN ADULT SERGER WORKSHOP.

### WHAT TO EXPECT FROM THE WORKSHOP:

- Participants will learn how to use a serger and will take home at least one complete project.

### WORKSHOP DETAILS:

- Host: Calloway County Extension Office
- Cost: \$10 per participant
- Make checks payable to Purchase Area MCV (payable at event)
- Participants may bring their lunch

**TO SIGN UP CALL: 270-753-1452**



**APRIL  
11, 2024**

🕒 9 AM - 3 PM

📍 *Calloway  
Extension  
Meeting Hall  
93 Extension Way  
Murray, KY  
42071*

**UK** Cooperative  
Extension Service

## Summer Series

# COOKING THROUGH THE CALENDAR

*With Calloway County FCS & CCPL*

Come & learn how to make fun and nutritious University of Kentucky recipes!

**FREE SAMPLES!**

May 14th June 4th  
July 2nd August 6th  
@Calloway  
county  
FCSExtension

Calloway Co. Public  
Library @ 10:30



**Cooperative Extension Service**  
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Lexington, KY 40506




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**ALLOWAY COUNTY  
HOMEMAKER**

# YARD SALE

**& BAZAAR  
OF HANDCRAFTED ITEMS**

**APRIL 20TH  
8AM-12PM**

Vendors can set up Friday from 10am-4pm or Saturday @ 7:30am by special arrangement with Connie Talent. Vendor booths are only open to Homemakers or Homemaker Clubs.  
Call the Calloway Extension office at 270-753-1452 for any questions or for Connie's Contact Info.

**WHITE MEETING HALL | 93 EXTENSION WAY, MURRAY, KY 42071**





# OFFICE INFORMATION

93 Extension Way  
Murray, KY 42071  
270-753-1452  
8:00am - 4:30pm  
[calloway.ca.uky.edu](http://calloway.ca.uky.edu)

FCS Agent: Debbie Hixon  
[debra.hixon@uky.edu](mailto:debra.hixon@uky.edu)



Calloway  
FCS

## Cooperative Extension Service

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Lexington, KY 40506



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