

CALLOWAY COUNTY COOPERATIVE EXTENSION

FAMILY & CONSUMER SCIENCES

February 2025

Happy February!

February is packed with fun and delicious experiences! We'll wrap up our Winter Bread Series with a Naan and Flatbread class, bringing warmth and flavor to your kitchen. Our Focaccia Bread class was a hit, and due to some scheduling mix-ups, I may be offering it again- stay tuned! Plus, get ready to celebrate Mardi Gras in style with our King Cake class. Let's bake, learn, and let the good times roll!



February is the perfect time to focus on heart health, love, and lifting our spirits! As we celebrate Heart Month, let's remember the importance of making healthy choices for ourselves and our families. Valentine's Day reminds us to spread kindness and appreciation to those we love, while the lingering winter blues can be brightened with cozy activities, nutritious comfort foods, and self-care. This month let's embrace wellness, warmth, and ways to keep our hearts- both physically and emotionally- happy and strong! Stay tuned for tips and ideas to make February a month full of heart and joy. ❤️

Debbie Hixon

Reminders

- RSVP for Barn Quilt Painting Class
- RSVP for Naan/Flatbread Class

Upcoming Events

FEB

14 Naan, Flatbread Class

22 Barn Quilt Class

26 Cultural Arts Show

Office Info

93 Extension Way
Murray, KY 42071
270-753-1452
8:00am-4:30pm
calloway.ca.uky.edu

FCS Agent: Debbie Hixon
debra.hixon@uky.edu



Calloway FCS

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

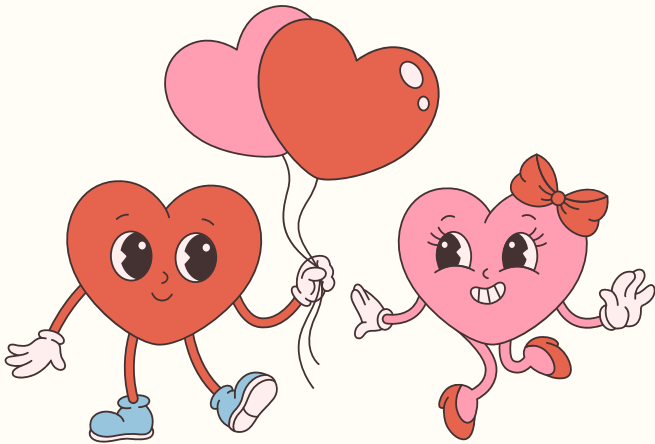
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Disabilities
accommodated
with prior notification.

Calendar of Events

February 4	Cooking Through the Calendar	10:30 am	CCPL
February 7	Laugh and Learn	10:00 am	CCPL
February 11	Modern Homesteading	6:30 pm	Mtg. Hall
February 12	Quilt Lovers Charity Sew	9am-4pm	Mtg. Hall
February 12	Town and Country Homemakers	1:00 pm	
February 14	WITS Workout	10:00 am	Senior Ctr.
February 14	Naan, Flatbread Class	1:00 pm	Mtg. Hall
February 18	Quilt Lovers Homemakers	5 pm social 6 pm mtg	Mtg. Hall Mtg. Hall
February 22	Barn Quilt Class	9:00 am	Mtg. Hall
February 25	Friendship Homemakers	6:30 pm	J. Stahler
February 26	Set up for Cultural Arts Show	8 am	Mtg. Hall
February 26	Homemaker Cultural Arts Show	9 am	Mtg. Hall
February 27	Happy Hearts Homemakers	11 am	Mtg. Hall
March 1	Shooting Sports Homemakers	9-11 am	Range
March 1	Creative Crafts Workshop	1-3 pm	Mtg. Hall



**ALLOWAY COUNTY
FCS PRESENTS**

**WINTER WARMERS:
COZY BREAD
CREATIONS**

\$5 PER CLASS

**JANUARY 29TH:
FOCACCIA BREAD
10AM-12PM**

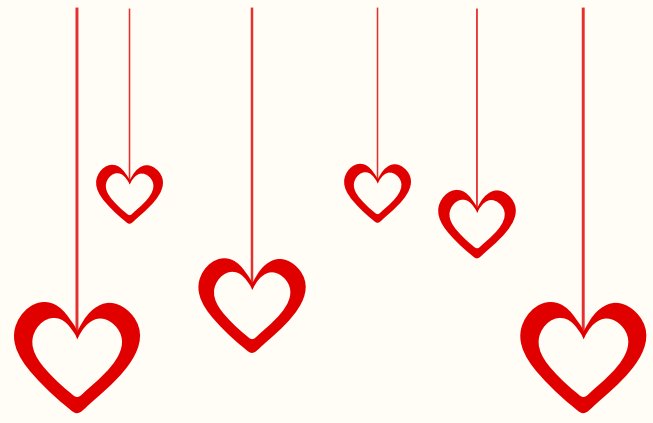
**FEBRUARY 14TH:
NAAN/FLATBREAD
1PM-3PM**

**ALLOWAY CO.
EXTENSION OFFICE**
93 EXTENSION WAY MURRAY, KY 42071 270-753-1452
CALL TO REGISTER "LIMITED SPOTS"

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
441 Youth Development
Community and Economic Development

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Join us for a hands-on journey into the world of naan and flatbreads, where you'll learn the art of mixing, shaping, and cooking these delicious breads to perfection!

Discover the art of macrame in this fun and hands-on craft class, where you'll learn to knot, weave, and create beautiful handmade designs!

Cooperative Extension Service

HomeMakers

MACRAME KEY CHAINS

PRESENTED BY CRAFTER JAX RICHARDSON OF JAX APOTHECARY

JOIN US TO LEARN THE HANDCRAFT OF KNOTTING: MACRAME

LEARN A FEW BASIC KNOTS, CREATE A PATTERN, COLOR COMBINATIONS AND KEYCHAIN MAKING

**SATURDAY, MARCH 1
1:00 PM - 3:00 PM**


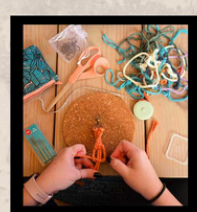
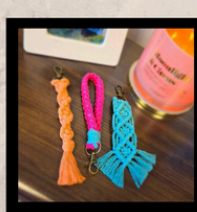
ALLOWAY COUNTY EXTENSION MEETING HALL
93 EXTENSION WAY MURRAY, KY

**\$15
MAKE 3 KEY CHAINS!**

**REGISTER BY CALLING
270-753-1452**

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HOMEMAKERS CORNER

Happy Hearts will meet Thursday, Feb. 27, at 11 am in the Meeting Hall. Christine Snyder will present the lesson on "Move Your Way: Exercise for Everyone." We will have a Brunch potluck which will follow the lesson. Visitors are welcome

Here's a heart-healthy recipe to try!



Ingredients:

- 1 pound freshwater fish
- 1 tablespoon lemon juice
- 1 teaspoon water
- 1/2 teaspoon pepper
- 1 small onion diced

Directions:

Preheat the oven to 425 degrees Fahrenheit.
 Coat 9X13 inch baking dish with nonstick cooking spray.
 Place the fish in a single layer in the baking dish.
 Sprinkle the fish with lemon juice, water, pepper, and onion. Cover tightly with foil.
 Bake 20-25 minutes until internal temperature reaches 145 degrees Fahrenheit.

Dill Sauce

- 1/4 cup low-fat mayonnaise
- 1/4 cup fat-free milk
- 1 tablespoon dried dill weed
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard



Place mayonnaise in a sauce pan. Gradually whisk in milk. Whisk over medium-low heat for 2 minutes or until smooth and heated through but not bubbly. Remove sauce from heat. Stir in dill weed, lemon juice and Dijon mustard. Remove fish to a serving platter. Spoon dill sauce over fish and serve.

	All classes start at 10am	Graves	Hickman	Marshall	McCracken
Lesson	Indoor Air Quality	Graves 270-257-2334	Hickman 270-653-2231		
MAR	Mike Keller	2/26	2/24	2/27	2/28
Lesson	Gardening Safely	McCracken 270-544-9520	Marshall 270-527-3285		
APR	Debra Hixon	3/25	3/27	3/26	3/28

Welcome Morgan!

If you see a new face around the office, it is Morgan Steinman, an MSU senior. She is doing an internship with our office and she already has a job as a FCS agent in McLean County!! We are very happy to have her.

Frugal Joys

Read a good book

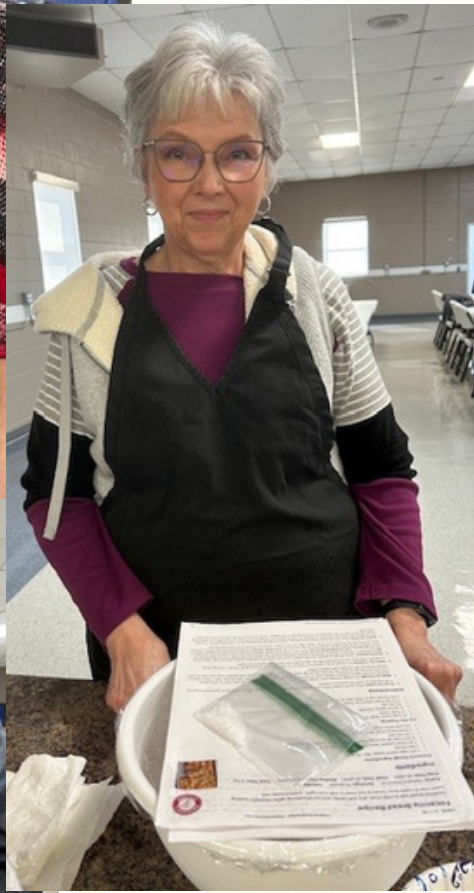
Enjoy a really good cup of coffee

Explore a new neighborhood

Find and attend a fun, free event
in your area

Listen to a new podcast





Love Your Heart

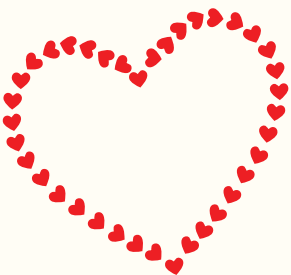
February is **Heart Health Month**, a time to focus on taking care of our most vital organ. Heart disease remains one of the leading health concerns, but the good news is that many risk factors are preventable through simple lifestyle changes. Eating a balanced diet, staying active, managing stress, and getting regular check-ups can go a long way in keeping our hearts strong and healthy.

One of the easiest ways to support heart health is through **nutrition**. A diet rich in fruits, vegetables, whole grains, and lean proteins can help reduce cholesterol, regulate blood pressure, and support overall cardiovascular wellness. Limiting processed foods, added sugars, and unhealthy fats also plays a key role in keeping our hearts in top shape.

Physical activity is another essential component of heart health. Regular movement, whether it's walking, dancing, yoga, or strength training, helps keep the heart strong and improves circulation. The American Heart Association recommends at least **150 minutes of moderate exercise per week**, which can be as simple as a 30-minute walk five days a week.

Beyond diet and exercise, **stress management** is crucial for heart health. Chronic stress can contribute to high blood pressure and inflammation, increasing the risk of heart disease. Taking time for self-care, practicing relaxation techniques, and maintaining social connections can help reduce stress and support overall well-being. Simple activities like deep breathing, journaling, or spending time with loved ones can have a positive impact on heart health.

This February let's make heart health a priority! By making small, sustainable changes to our daily habits, we can strengthen our hearts and improve our quality of life. Whether it's preparing a heart-healthy meal, going for a brisk walk, or taking time to unwind, every step counts toward a healthier heart. ❤️



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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.