

Calloway County Family & Consumer Sciences **MARCH 2024 NEWSLETTER**



Happy almost Spring! It has been a long cold winter, and I don't know about you but I am ready for some warm weather, and working in my yard and flower beds. Oh yeah, hitting some golf balls, too. Here's what is going on for the Calloway County Family and Consumer Science programs for March 2024.

International Women's Day is Friday, March 8th. Celebrate the strong, loving women in your life!

In this month's newsletter, we shed light on a critical topic affecting communities worldwide: fentanyl. Open and honest discussions are one way of combating the drug epidemic.

Additionally, our homemaker clubs continue to expand their membership and provide meaningful monthly lessons to help improve all our lives and the lives of our family and friends.

For those with a passion for creativity, our quilting retreats present an ideal escape to indulge in the art of quilting while fostering friendships and relaxation.

March marks Nutrition Month, a time to celebrate the importance of healthy eating habits! Look for a recipe in this issue to help you celebrate.

Stay safe everyone!
Debbie Hixon FCS agent



Calendar of Events

March 1	Cultural Arts Competition	Graves County office	9:00 am
March 4	Extension District Board Meeting	Meeting Hall	6:00 pm
March 5	Cooking Through the Calendar	CCPL	10:30 am
March 6	Homemaker Advisory Coun. Meeting	Meeting Hall	9:00 am
March 7	Potpourri Homemaker Club Meeting	Meeting Hall	9:30 am
March 9	Second Saturday Sewing Studio	Cabin #1	9:00 am
March 11	Modern Homesteading Meeting	Meeting Hall	6:00 pm
March 13	Town & Country Homemaker Meeting	Jasmine's	11:00 am
March 13	Quilt Lovers Comfort Quilts	Meeting Hall	9:00 am
March 15	Quick Bread Class (closed)	Meeting Hall	10:00 am
March 15	Area MCV Embroidery Workshop	Graves County	9:00 am
March 17	<i>St. Patrick's Day</i>		
March 18-21	Quilt Lovers Area Retreat	Ken Lake State Park	
March 19	<i>Spring begins</i>		
March 26	Friendship Homemaker Meeting	Judy Stahler home	6:30 pm
March 26	Quilt Lovers Homemaker Meeting	Meeting Hall	6:00 pm
March 26-27	Reality Store	FOR Center	
March 28	Happy Hearts Homemaker Meeting	Meeting Hall	11:00 am
March 31	<i>Easter</i>		
March 31	Daylight Savings Time Begins		
March is National Nutrition Month			
March 23-27 is National Agriculture Week			

March



Calloway County Homemakers Corner

It is so amazing that our Calloway County Homemakers keep adding members to our rolls. I believe the word is out about the unique learning, strong leadership, and fun we all have at our monthly meetings. Upcoming events are the Spring into Green, held this year at McCracken County May 15th and the KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Mark your calendars so you don't miss out!

Friendship Club—will meet Tuesday, March 26. Vice president Jo Ann reports a potluck will be held at 6:30 pm at Judy Stahler's home. Debbie Hixon will present the Emergency Health Cards lesson.

Happy Hearts—President Vicki reports the club will be meet at 11:00 am Thursday, March 28, for the potluck and meeting, with FCS agent Debbie Hixon presenting the Emergency Health Information card lesson. The club will have a bake sale booth at the Homemakers yard sale (April 20) with the proceeds going to the 4-H camp fund.

Modern Homesteading—The MH club will meet at 6:00 pm on Monday, March 11 at the Meeting Hall, there will be no potluck and Debbie Hixon will give the lesson on Emergency Health Information cards.

Potpourri—This club will meet at the Meeting Hall at 9:30 am on Thursday, March 7. Eve Adams will be doing the lesson on Art. Eve is very talented, so you won't want to miss this lesson!

Quilt Lovers—The regular meeting will be March 26 at 6:00 pm at the Meeting Hall. Officers would like to remind members about the Ken Lake Quilt retreat March 18-21.

Town and Country—President Delores reports that the club will meet on March 13th at Jasmine's at 11:00 am. Members do not need to collect bottle caps any longer. Dortha Bailey will present the lesson on Emergency Health Information cards.

Calloway County Homemakers Corner

A message from Ann Landini, Quilt Lovers Homemaker Club!!

I have reserved the Meeting Hall from 9 a.m. - 4 p.m. on the following dates for sewing days specifically devoted to the making of **Comfort Quilts** for the MCCH Regional Cancer Center: March 13, April 10, May 8, July 10, August 14, September 11, October 9, November 13, and December 11.

We welcome homemakers from other clubs to join us in this endeavor. All who participate should bring their sewing machines and sewing supplies. We do have donated fabric to use in the construction of these quilts plus access to a quilt pattern library. Bring a sack lunch or go out to eat at one of the restaurants in the area.

For more information, contact Ann Landini at annlandini@gmail.com.

Purchase Lesson Schedule 2023-2024

Lesson	Handy to Have: Emergency Health Information Cards				
MAR	Debbie Hixon	2/26	2/27	2/28	2/29
Lesson	Savor the Flavor: Seasoning with Spices				
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				

Education

While it is uncomfortable to think about this kind of drug in our community, it is here. One way to combat the effects of any drug use is to educate ourselves. This article from the University of Kentucky UK HEALing may answer some questions.

The University of Kentucky Public Relations and Strategic Communications Office provides a weekly health column available for use and reprint by news media. This week's column is by faculty and staff of the [UK HEALing Communities Study](#). **LEXINGTON, Ky. (Feb. 19, 2024)** –

Fentanyl is a synthetic opioid that is about 50 times stronger than heroin, making it an incredibly powerful drug. It is often made illegally and added to other drugs like heroin, methamphetamine, cocaine, ecstasy and benzodiazepines (like Xanax). In Kentucky, illicit fentanyl has become a significant concern, and was detected in over 70% of overdose deaths in 2022. Unfortunately, the spread of misinformation surrounding fentanyl has fueled unnecessary fear, leading to stigmatization of people who use drugs that can prevent them from seeking treatment and essential harm reduction services. Additionally, it may prevent someone experiencing an overdose from getting life-saving help. Let's address some of the most common myths:

Myth: Fentanyl is naloxone-resistant. Fact: Naloxone is a medication that quickly reverses the effects of opioids and helps restore breathing in someone who is experiencing an overdose. Naloxone DOES work to help reverse a fentanyl overdose. Make sure you always call 911 in the event of any overdose.

Myth: People can overdose by touching or inhaling fentanyl by accident. Fact: Despite sensationalized news stories, simply touching or coming into contact with someone who has overdosed does not cause an overdose. Secondhand exposure poses no danger, so don't hesitate to administer naloxone and save a life.

Myth: You can tell if fentanyl is in your drug by looking at it. Fact: It is very difficult to know if what you are using contains fentanyl just by looking at it, tasting it, or smelling it. Fentanyl test strips can help you find out if what you are using may have fentanyl or fentanyl analogs in it, but they are not always 100% accurate. It is always safest to assume fentanyl may be present. Try not to use alone and have someone who can administer naloxone present in the case of an overdose.

Nutrition

March is National Nutrition Month

We are so fortunate in this country to have safe, nutritious food. Join the U.S. Food and Drug Administration (FDA) in celebrating nutrition every March by learning how to make informed choices about your food. Start healthy habits this month by using FDA's tools and tips to help you make nutritious choices that last all year long! Take advantage of available resources to help you start healthy habits and make informed food choices. Resources from FDA and the U.S. Department of Agriculture (USDA) are great tools to help you.

Consider these suggestions to kickstart healthy habits in your own life:

- Plan weekly meals ahead of time by writing out the ingredients you'll need for each meal. This will help you meet all five food groups and can double as a grocery list for easy shopping.
- Use FDA's Nutrition Facts label when grocery shopping to compare ingredients in different food items. Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.
- Use MyPlate.gov to create healthy, complete meals that cover all five groups. Check the free MyPlate Kitchen resource for over 1,000 healthy, inexpensive, and tasty recipe ideas.
- Find out how calorie labeling on menus can help you make informed and healthful decisions about meals and snacks.
- Eat smart by monitoring calorie intake and portion sizes using the Nutrition Facts label alongside MyPlate.



Nutrition



Spinach and Mushroom Quiche

1 tablespoon olive oil
4 cups chopped spinach
2 cups chopped mushrooms
1/2 medium yellow onion, chopped
1 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder

8 large eggs
1 cup shredded Colby-Jack cheese
1 cup skim milk
4 tablespoons melted butter
2 (9-inch) unbaked pie shells
4 tablespoons grated parmesan cheese

Preheat oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.

Yield: 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.

Nutritional Analysis: 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.

Kentucky Spinach

SEASON: May through June and September through November

NUTRITION FACTS: One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

SELECTION: Look for bright green leaves that are fresh, young, moist, and tender. Avoid coarse stems, injured, torn, dried, limp, or yellowed leaves.

STORAGE: Store in the coldest part of the refrigerator for no more than two to three days.

PREPARATION: Wash in lukewarm water in a large bowl. Remove any roots, rough ribs, and the center stalk if it is large or fibrous.

PRESERVING:

Freezing:

Wash leaves and remove large stems. Blanch for 2 minutes, cool, drain, and package, leaving 1/2-inch headspace. Seal, label, and store up to one year in the freezer.

KENTUCKY SPINACH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2021

Source: FruitsAndVeggies.org

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>




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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Events

Embroidery Workshop



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

The Purchase Area Master Clothing Volunteers will be teaching an Adult Embroidery Workshop. This will be machine embroidery, participants will take home at least one completed project.

MARCH 15, 2024
9:00 AM- 3:00 PM

Participants Bring Their Own Lunch

At Graves County Extension Office
4200 US-45
Mayfield, KY, 42066

COST WILL BE \$10
PAYMENT IS DUE MARCH 1, 2024
MAKE CHECKS PAYABLE TO
PURCHASE AREA MCV

Second Saturday Sewing Studio

Learn small sewing skills on the 2nd Saturday of each month

Machine & Supplies Provided

March Project:
Piece a Log Cabin Quilt Square
12inch square

April Project:
Quilt Log Cabin Squares

\$5 per person
One sign up & payment for both dates
Approx. 2 hour class

Contact the Calloway Extension Office at 270-753-1452 to register

limited spots available
Ages 16+ Welcome



Saturday, March 9th
and
Saturday, April 13th
Sewing Cabin 1
@ 9:00 am

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities accommodated with prior notification.

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Events

Cooperative Extension Service

EMERGENCY INFO HEALTH ♥ CARDS




**APRIL 9
2 PM**

HELP EMERGENCY WORKERS SERVE YOU BETTER WITH AN EHI CARD!

WITH *Lois Pressgrove*

DOOR PRIZES + REFRESHMENTS

HEAR HOW THIS CARD CAN SAVE YOUR LIFE!

GRAVES COUNTY EXTENSION OFFICE



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

COOKING THROUGH THE CALENDAR

With Calloway County FCS & CCPL

Every 1st Tuesday of the month: 1/9, 2/6, 3/5, 4/9

Calloway Co. Public Library @ 10:30

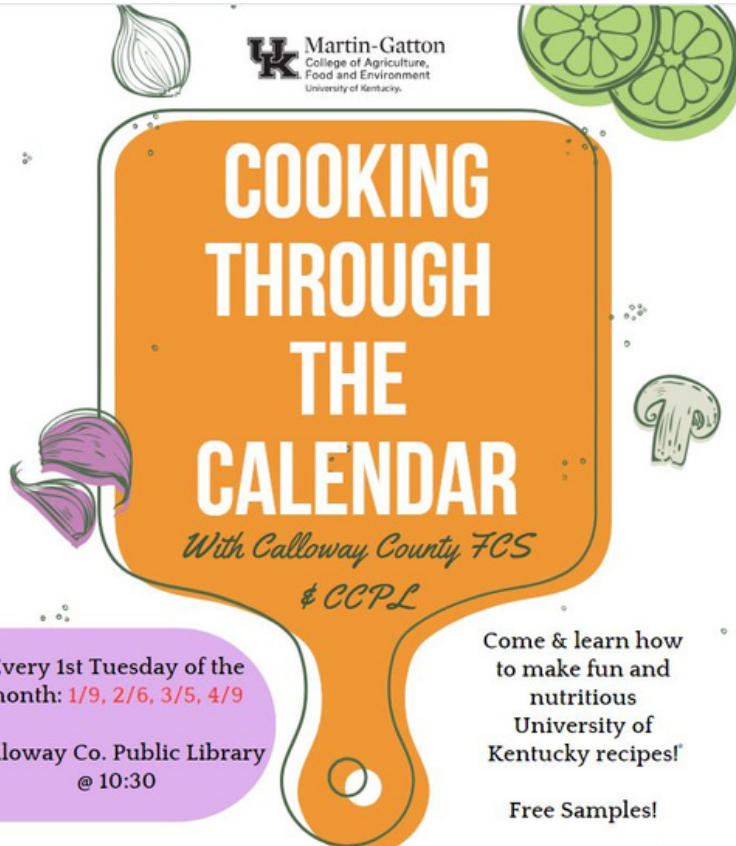




Come & learn how to make fun and nutritious University of Kentucky recipes!

Free Samples!

@CallowaycountyFCSextension

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Events


Purchase Area Homemaker Annual Day



SAVE THE DATE

September 10th, 2024

Calloway Extension Meeting Hall
93 Extension Way
Murray, KY 42071

 Cooperative Extension Service



 **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
II, 2024**

 9 AM - 3 PM

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



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Agriculture and Natural Resources
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Events



**CALLOWAY 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

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Disability
accommodated
with prior notice



OFFICE INFORMATION

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



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