

Marshall County FCS NEWS



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.
Marshall County
2081 Mayfield Hwy.
Benton KY 42025
marshall.ca.uky.edu

[\(270\) 527-3285](tel:(270)527-3285)

Upcoming Events

- 3/3 - Extension Homemaker Advisory Council meeting, MCEO 9:30am
- 3/4 & 3/15 - Basket Class - classes are full (wait list available)
- 3/6 - Adult Quilting with Robynn, MCEO 11-3:30
- 3/10 - Maker Monday, MCEO 9-noon
- 3/10 - Busy Bees Potluck & Meeting, MCEO 12-3
- 3/11 - Hardin Club meeting, MCEO 10am
- 3/11 - Adult Sewing with Robynn, MCEO 1-3:30
- 3/12 - Olive Club meeting, MCEO 9am
- 3/13 - Sharpe Club meeting, MCEO 9am
- 3/17 - Spring into Green: Sustainable Living Edition, MCEO 9-1:45
- 3/24 - Game Day, MCEO 10-2
- 3/26 - Learning Session: Gardening Safely, MCEO 10am
- 3/31 - Purchase Area Cultural Arts contest, Graves County Extension Office 9:30 check-in
- 4/3 - Extension Open House, MCEO 4-6pm
- 4/8 - Extension Homemaker Advisory Council meeting, MCEO 9:30am
- 4/8 - Hardin Club meeting, MCEO 10am
- 4/9 - Olive Club meeting, MCEO 9am
- 4/10 - Sharpe Club meeting, MCEO 9am
- 4/14 - Maker Monday, MCEO 9-noon
- 4/14 - Busy Bees Potluck & Meeting, MCEO 12-3
- 5/1 - Learning Session: Healthy Eating Around the World, MCEO 10am



May 6-8, 2025
Hyatt Regency
Lexington KY
"Discover KEHA--
A Hidden Treasure"

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

*There are many opportunities to get involved
with FCS Extension this time of year!*

Extension Homemaker Clubs always welcome new members and have educational activities for everyone to experience!

Robynn, with the **Master Clothing Volunteers**, has classes for those interested in sewing and quilting. Even if you have little to no experience, it's never too late to learn! There are even classes for youth who want to learn to sew!

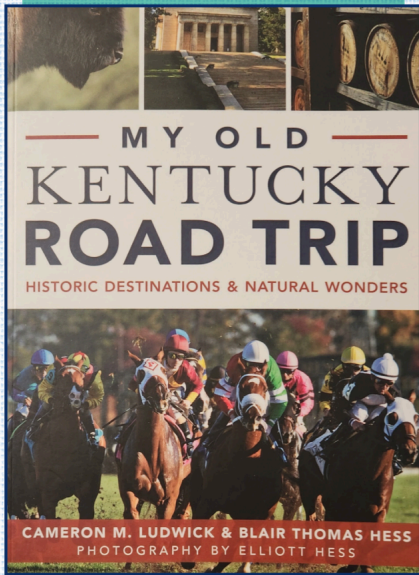
Maker Monday is an opportunity to share new skills or ideas with all who are interested throughout the community. It is open to everyone.

There is a **Learning Session** just for you if you are interested in learning about gardening safely; also a session about healthy eating around the world. Bring a friend to either or both sessions!

The **Purchase Area Cultural Arts Contest** will be March 31, with check-in from 9:30-10:30. Judging will begin at 11am. Purple ribbon winners from our county will advance to this event.

Two special events, **Game Day** and **Spring into Green**, are coming up in March that you don't want to miss!

Everyone is welcome to attend **Homemaker Advisory Council** meetings. It's the best way to learn what is going on and how you can get involved!



BIG BLUE BOOK CLUB

Big Blue Book Club is going on the road, to visit off-the-beaten path locations across Kentucky. The first session features the books authors, Cameron Ludwick and Blair Hess, sharing their favorite Kentucky destinations and a presentation about the Kentucky Historical Marker Program. This session will be **LIVE** at the Thomas D. Clark History Museum in Frankfort on **March 13 at 11 am** and available via Zoom. The remaining five **LIVE** sessions will be recorded.

Visit the **NEW Big Blue Book Club Website** to register:
<https://ukfcs.net/BigBlueBookClub>



Mary Bowlin
 Barbara Gillihan
 Barbie Shemwell
 Sue Eastham
 Melanie LeTourneau
 Jeannie Comfort
 Lynn Hicks
 Patty Hughes
 Connie Holland



Doll Blakney
 Lynn Hicks

2025 KEHA
 Cultural Arts
 Marshall County



Mary Bowlin
 Barbara Gillihan
 Barbie Shemwell
 Sue Eastham
 Melanie LeTourneau
 Jeannie Comfort
 Lynn Hicks
 Patty Hughes
 Connie Holland
 Doll Blakney
 Pat Tiernan
 Connie Conley

*Congratulations
 to all
 the winners!*

TO OUR FELLOW PROUD KENTUCKIANS - YOUNG AND OLD, NATIVE AND TRANSPLANT - WHO HAVE NOT YET BEGUN TO EXPLORE THE GREAT BLUEGRASS STATE. WE ARE HONORED TO BE YOUR TOUR GUIDES ON THIS EXTRAORDINARY JOURNEY

Recipe Corner...



Zippy Corn Chowder

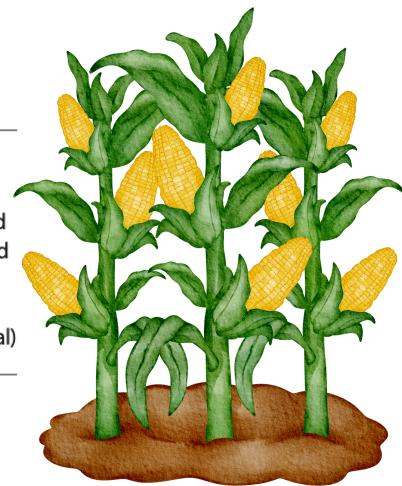
- | | | |
|---|---|---|
| 1 medium onion, chopped | and chopped | 3 cups fresh or frozen whole kernel corn |
| 1 green pepper, chopped | 2 teaspoons Dijon mustard | 4 green onions, chopped |
| 1 tablespoon butter | 1 teaspoon basil | 2 cups skim milk, divided |
| 1 (14.5 ounce) can low-sodium chicken broth | ½ teaspoon paprika | 2 tablespoons all-purpose flour |
| 2 large red potatoes, cubed | ½ teaspoon crushed red pepper flakes | 1 teaspoon salt (optional) |
| 1 jalapeno pepper, seeded | | |

In a large saucepan, **sauté** onion and green pepper in butter until tender. **Add** broth and cubed potatoes. Bring to a **boil**. **Reduce** heat; **cover** and **simmer** for 15 minutes or until potatoes are almost tender. **Stir in** jalapeno, mustard, basil, paprika and red pepper flakes. **Add** corn, green onions and 1½ cups of milk. Bring to a **boil**. In a separate bowl, **combine** all-purpose flour and remaining ½ cup

milk, **stirring** until smooth. Gradually **add** mixture to soup. Bring to a **boil**. **Cook** and **stir** for 2 minutes or until thickened and bubbly.

Yield: 8, 1 cup servings

Nutritional Analysis: 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



Vicki Wynn

Vicki Wynn
 Agent for Family &
 Consumer Sciences
 vicki.wynn@uky.edu



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

ADULT HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

Continued on the next page →



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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:
Anna Cason, RDN
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Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



Game Day

Hosted by Marshall County Homemakers

Craft
Sale

Monday, March 24, 2025

10:00 A.M.-2:00 P.M.

Marshall County Extension Office

2081 Mayfield Hwy.

Benton, KY 42025

\$10 per person covers games, prizes and a lunch consisting of soup, sandwich, dessert, and drink.

Money raised will go towards
4-H Programs & Activities

GAMES INCLUDE: Bingo, Canasta, Uno, Dominoes, Scrabble, Mahjong, and many more!

Bake
Sale

Door
Prizes &
Game
Prizes!



\$15 registration includes catered lunch from **Magic Valley**, hot buffet with desserts and drinks.



Name: _____
 Address: _____

 Phone: _____
 E-mail: _____

Are you a member of an Extension Homemaker Club? YES NO

In which county do you reside?

Have you attended previous 'Spring into Green' events? YES NO

The Purchase Area Family & Consumer Agents are excited to present **'Spring into Green: Sustainable Living Edition'**.

It will be held at the Marshall County Extension Office. Please call your local Extension Office for more information or to register for this informative workshop.



- Ballard County - (270) 665-9118
- Calloway County - (270) 753-1452
- Carlisle County - (270) 628-5458
- Fulton County - (270) 236-2351
- Graves County - (270) 247-2334
- Hickman County - (270) 653-2231
- Marshall County - (270) 527-3285
- McCracken County - (270) 554-9520



Registration and payment must be received at your local Extension office by March 7. **Make \$15 check payable to PAEECS.**



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



USDA Supplemental Nutrition Assistance Program
 This institution is an equal opportunity provider. This material is available in large print, Braille, audio, and other accessible formats upon request. Contact the National Relay Service at 1-800-877-8339 for more information.



MARCH 17, 2025

Marshall County Extension Office
 2081 Mayfield Hwy.
 Benton, KY 42025



*Spring into Green,
Sustainable Living*

**Come enjoy guest speakers
at this year's
'Spring into Green'
as they discuss topics
related to sustainable living.**

**Sara Drysdale
Upcycling and Eco-Friendly
Projects for the Home**

**John David Tucker
Composting for Home Use**

**Rhonda Lamb
Rain Barrels & Stormwater
Runoff Pollution**

- 9:00-9:30** Registration
- 9:30-9:45** Welcome & Introductions
- 9:45-10:30** Sara Drysdale
10:30-10:40 Break
- 10:45-11:30** John David Tucker
11:45-12:30 Lunch
- 12:30-1:30** Rhonda Lamb
- 1:30-1:45** Evaluation & Door Prizes



**For more information about this
and other Extension programs,
contact any of these county
Family & Consumer Sciences agents:**

- sarah.drysdale@uky.edu - Ballard
- debra.hixon@uky.edu - Calloway
- brooke.hogancamp@uky.edu - Carlisle
- anna.mccoy@uky.edu - Fulton
- denise.wooley@uky.edu - Graves
- mike.keller@uky.edu - Hickman
- vicki.wynn@uky.edu - Marshall
- kelly.alsip@uky.edu - McCracken

**Cooperative
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Lexington, KY 40506



Sara Drysdale is the FCS agent in Ballard County. She holds a B.S. in Family Sciences from U.K., and an M.S. in Science, Translation, and Outreach with a focus on Community and Leadership Development. She teaches food and nutrition, beginners sewing for youth and adults, and works with local groups to promote community and economic development. She has a passion for promoting overall wellness and strengthening families within the community.

John David Tucker is the agent for Agriculture & Natural Resources in Hickman County. He earned a B.S. and M.S. in Agriculture from Murray State University. He currently lives in Farmington with his wife and two children.



Rhonda Lamb retired as the Four Rivers Basin Coordinator in 2024. She currently works with Hopkinsville Storm & Surface water utilities in their 319 grant on the South Fork Little River. She also works part-time as the administrative assistant for the Calloway County Volunteer Fire Department. Rhonda holds a B.S. and M.S. in Agriculture from Murray State University.

*Please contact your
local Extension Office
to register by **March 7***



Disabilities
accommodated
with prior notification.