

Homemakers F&CS



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

Gallatin County
395 US Hwy 42 West
PO Box 805
Warsaw, KY 41095
(859) 567-5481
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

MARCH 2025

Reflections from Ronda



Hello All,

I hope you are surviving the winter. If you are like me, I am not a big fan of winter and I am eagerly waiting for Spring.

Speaking of Spring...the Peony Festival is coming up on May 17, 2025 (flyer enclosed). The Homemaker Peony Festival

Annual 5K Fun Run/Walk Fundraiser will be on the morning of the festival (flyer enclosed). There will not be t-shirts for volunteers for the 5K this year. However, there is a wonderful opportunity to order a Gallatin County Homemaker t-shirt. The cost of the shirt is only \$8.00 and you can wear it to all Homemaker events (KEHA State Meeting, Peony Festival, County Fair, Treasure Hunters, Ice Cream Social, and more throughout the year). The picture below is a similar logo to what will be offered, and the t-shirt color will be Aqua. If you wish to stop by the Extension Office to look at a similar shirt to the one that will be ordered, you are welcome to do so.



All orders (including shirt size and money) MUST be in by Friday, April 4th.

Remember the "Know Your Cell Phone & Apps" Class coming up on March 14, 2025 here at the Extension Office. The class begins at 1:00 p.m. Call our office to register.

We also have another Medicare 101 Class on April 17th at 10:00 a.m. here at the Extension Office. Registration is required.

Until next month.... Be Healthy and Stay Safe!

Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Important Dates To Remember!

March 6—9:00am-4:00pm—The Sit, Sew & Socialize Club will meet at the Extension Office

March 9—Daylight Savings Time Begins—Spring Forward!

March 11—Fun Time Quilters—9:00am-4:00pm—will meet at the Extension Office

March 11—Back to Basics Homemakers—6:00pm—will meet at the Extension Office

March 11—Napoleon Homemakers—6:00pm—will meet at Zalla Lodge

March 12—10:30am—The Cross County Homemakers—will meet at the Extension Office

March 14—1:00pm—Know Your Cell Phone & Apps—Gallatin County Extension Office—See enclosed flyer

March 17—Happy St. Patrick's Day!

April 17—10:00am—Medicare 101—See enclosed flyer



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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2025 KEHA State Meeting

Meeting Room Block Open – Next year’s KEHA State Meeting will take place **May 6-8, 2025**, at the Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block!



Find details at <https://keha.ca.uky.edu/content/state-meeting-information>

2025 Homemaker Council Dates

April 14, 2025 at 11:30 a.m.

July 14, 2025 at 11:30 a.m.

October 13, 2025 at 11:30 a.m.

All meetings will be held at the Gallatin County Extension Office

Monthly Organizational Tips!

*One of the best investments for a crafter or sewer is a portable cart. This is especially helpful for those who have either no craft/sewing room or those with very little space in their rooms. A portable cart can go where you go to any room in the home and is an excellent way to keep all materials organized.

*Use washi tape for labeling. It is less expensive than a label maker. There are pretty washi tape options. It is easy to write on and it removes easily.



*Use different color file folders to organize your papers.

*Try to handle incoming mail only once. When it comes from the mailbox, either file it, act upon it immediately, or shred it. This makes sure paper does not end up in a pile on the kitchen table or countertop.

Cooking Through the Calendar

March: Crunchy Air Fryer Fish

Ingredients:

1 lb. white fish fillets (tilapia, catfish, perch, etc.)	
1/2 tsp. garlic powder	
1/2 tsp. paprika	1/2 tsp. paprika
1/4 tsp. chili powder	1/4 tsp. onion powder
1/4 tsp. black pepper	1/4 tsp. salt
1 egg	1 Tbsp. olive oil
1 cup panko crumbs	Nonstick cooking spray

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings

Serving Size: 4 ounces

Cost per recipe: \$7.72

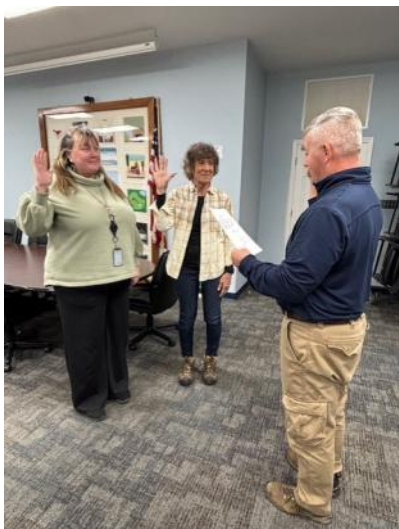
Cost per serving: \$ 1.93

Nutrition facts per serving: 230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service

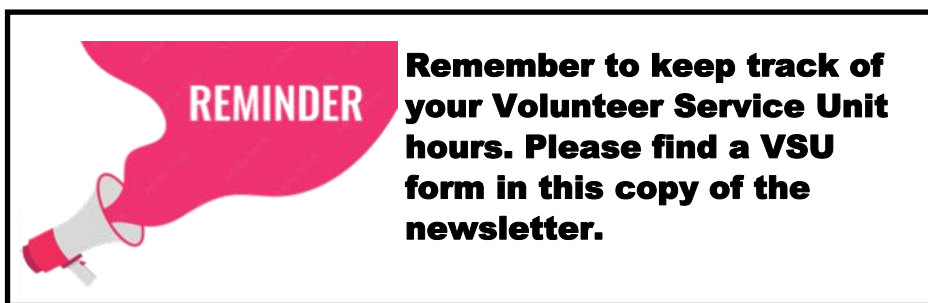


Homemaker Happenings



Judge Executive, Ryan Morris, administered the Oath of Office for appointed Extension District Board Members, Heather LeBlanc and Beth Lynn at the County Extension Council Meeting held on February 10th.

Sandra Brown at the Gallatin County Senior Center is enjoying a game of Food/Nutrition Bingo. Ronda teaches The Mind Body Connection each month at the Center. The Mind Body Connection focuses on mental, physical and overall health and wellness.



REMEMBER Remember to keep track of your Volunteer Service Unit hours. Please find a VSU form in this copy of the newsletter.



At the recent County Extension Council Meeting, Lora Stewart facilitated an ice breaker activity with the group before discussing the Plan of Work process. The County Extension Council is a vital group in the decision-making process for the Extension Staff to help guide them to teach classes and programs to meet the community's needs. The Gallatin County Extension Council is made up of all program area councils (4-H, Agriculture and Natural Resources, Family & Consumer Sciences and Community and Economic Development).

Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu

KNOW YOUR

CELL PHONE & APPS

Come join us for this informative class about how to use your cell phone to your advantage. The class will also focus on how to use some necessary apps and recognize fraudulent calls and texts.

CALL TO REGISTER

(859)567-5481

March 14, 2025

1:00 PM

**Gallatin County Extension
395 US Hwy 42 W
Warsaw, KY 41095**

**Guest Speaker:
Rick Sellnow, Digital
/Technology
Literacy Extension
Agent**

**Cooperative
Extension Service**

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Community and Economic Development

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Disabilities
accommodated
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Presented by: Mark Viehmann

MEDICARE 101

THURSDAY, APRIL 17 - 10:00 AM—GALLATIN CO. EXTENSION OFFICE

An Education based class to discuss Medicare, drug plans, Medicare supplement plans, what coverage is like from an employer's perspective and what coverage is like from an employee's perspective.

This class is for you if...

- ◆ You are turning 65 within the next year or two
- ◆ Retiring within the next year or two
- ◆ Already retired and not confident with your current benefits

Call the Extension Office at (859) 567-5481 to register!

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Gallatin County Extension Art Gallery

 Cooperative Extension Service

The Gallatin County Extension Art Gallery is back with another project!

Each month, you can pick up a new kit.
(First come, first serve – kits are limited).

Directions provided in each kit. Additional supplies may be required on your own.

March 2025 Project Gnomes



OR



Dates you can pick up your March project kits:

February 10-14, 2025

Location: 395 U.S. Hwy 42 West, Warsaw, KY 41095

Deadline to return for judging is

Friday, March 7, 2025 by NOON

to the Gallatin County Extension Office.

Judging will be completed by March 21, 2025.

Make sure your name (first and last), phone number, & age division are marked on the back of your canvas.

Age Divisions:

- Clover (ages 5-8)
- Junior (ages 9-13)
- Senior (ages 14-18)
- Adult (19 and up)

There will be age-appropriate prizes for all four age divisions.

April 2025 Project
SPRING SCENE

For questions, please call the Gallatin County Extension Office at (859) 567-5481.

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"A Taste of Italy!"

A Cultural and Culinary Experience



April 3, 2025

1:00 - 3:00 p.m.

**Carroll County Extension Office
500 Floyd Dr., Carrollton
(502) 732-7030**

**Presenters:
Christy Eastwood, Carroll County FCS Agent
&
Devon Fluty**



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PEONY

Spring Festival

May 17

Courthouse Square

Washington & Franklin Streets

WARSAW, KY

11 am - 5 pm

Free Horse &
Carriage Rides

*Gardening
Workshops*

FOOD

Vendors

5k Run/
walk

Cornhole
Tournament

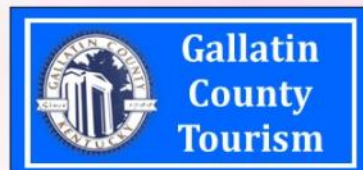
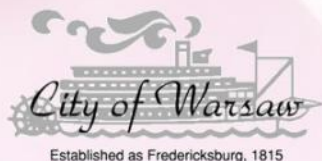
FACE

PAINTING

Peony Plants

**LIVE
MUSIC**

For more information, a schedule of events, or vendor booth inquiries please call the Mary Jane Day at (859) 643-3118



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>

Gallatin County Extension Office
395 US Hwy. 42 West
Warsaw, KY 41095
(859) 567-5481

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:

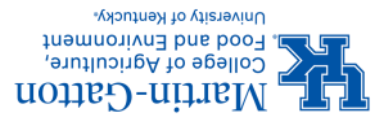
- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating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

**ADULT
HEALTH BULLETIN**

Written by:
Anna Cason, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Cooperative Extension Service
University of Kentucky
Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095-0805





PEONY Spring Festival

May 17, 2025

Fun 5k run/walk



Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail _____ Age on Race Day _____ Male Female

NOTE: Race will begin at the Warsaw City Riverfront Park at 9am. Registration is from 8:30-9am. Races may be cancelled due to inclement weather (thunder and lightning). If weather is questionable on race day, visit our Facebook page www.facebook.com/GallatinCES or call the Extension Office (859) 567-5481 to verify cancellation.

Registration

\$15.00—5k Run/Walk

\$20.00—Same Day Registration

Please circle T-Shirt Size

S M L XL 2XL

Age Division

0-10 11-14 15-19 20-29 30-39
 40-49 50-59 60-64 65- 69 70+

Release of Responsibility

Runners must be careful to register and run under their proper name, sex, and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against the Gallatin County Homemakers or Gallatin County Extension Service, their agencies, and the employees and agents involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in the Peony Spring Festival 5K run/walk competition on the dates listed above. I further state that I am in proper physical condition to participate in this event. I release publication rights to photographs of me shot during the Peony 5K run/walk for purposes of publicity for this and future events. I understand, the use of headphones is discouraged.

Name (print) _____

Signature _____

Date _____

Signature of Parent/Guardian (if under 18)

Make Checks Payable to:

Gallatin County Extension Homemakers

Mail to:

Gallatin County Extension Office
 Attn: 5K run/walk
 PO Box 805
 Warsaw, KY 41095-0805

Mail-in entries must be postmarked at least 1 week prior to event date - May 9, 2025.