

# FEBRUARY 2025

**UK Cooperative Extension Service**  
 Family and Consumer Sciences  
 Owen County Extension Office  
 265 Ellis Road  
 Owenton, KY 40359  
 [owen.ca.uky.edu](http://owen.ca.uky.edu)  
 [owen.ext@uky.edu](mailto:owen.ext@uky.edu)

## Family & Consumer Sciences- Extension Homemaker Newsletter



### FIT TIP 1

Wake up 30 minutes earlier a few days per week to get in your daily physical activity. **Move to help your mood!**

### Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles \_\_\_\_\_ 30 seconds
- March in Place \_\_\_\_\_ 1 minute
- Air Squats \_\_\_\_\_ 30 seconds
- Jumping Jack \_\_\_\_\_ 1 minute

### Workout:

Complete the following moves, resting as needed.

#### Set # 1

Try to perform all three exercises in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- High Knee Running \_\_\_\_\_ 20 seconds
- Jumping Jacks \_\_\_\_\_ 20 seconds
- Burpees \_\_\_\_\_ 20 seconds
- Rest \_\_\_\_\_ 1 minute

#### Set # 2

Try to perform all three exercises in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- Crunches \_\_\_\_\_ 20 seconds
- Squat Jumps \_\_\_\_\_ 20 seconds
- Pushups \_\_\_\_\_ 20 seconds
- Rest \_\_\_\_\_ 1 minute

Need help with the workout movements or want more workouts for home? Visit [www.planeatmove.com](http://www.planeatmove.com) for more information.



Authors: Nataline Jones, former Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service and Katherine Jury, Senior Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service.



**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.



## BASIC BUDGET BITES

### Canned and frozen fruits and veggies

During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

# HEALTHY CHOICES FOR HEALTHY FAMILIES



## SMART TIPS

### Perfect daily value

Sometimes the Nutrition Facts label can be hard to grasp. Use this tip to make sense of the numbers on the label. Always look at the “%DV” which stands for perfect daily value. It is listed on the far-right side of the label. %DV stands for the amount of a nutrient a single serving of food adds to your daily food plan.

For example, if the label says 10% DV for calcium. That means a serving of that food has 10% of the amount of calcium the average adult should get in a day.

Use %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Source: FDA Nutrition Facts Label

# DON'T GET CAUGHT OUT IN THE COLD, CREATE A VEHICLE EMERGENCY KIT

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

**During the winter months, always keep your gas tank full.**

Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.

Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

Contact your local Owen County Extension office for more information on preparing for severe weather or other natural disasters.



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# HOMEMAKER BOOK LIST

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## **Dolly Parton Behind the Seams: My Life in Rhinestones** *by Dolly Parton (2023)*

Global superstar Dolly Parton shares, for the first time, the full story behind her lifelong passion for fashion, including how she developed her own distinctly Dolly style, which has endeared her to fans around the world. Filled with candor, humor, and lots and lots of rhinestones, this book is an indispensable guide to forging your own path to beauty and confidence.

## **The Book Club Hotel** *by Sarah Morgan (2023)*

With its historic charm and picture-perfect library, the Maple Sugar Inn is considered the ultimate vacation destination. But widowed far too young, and exhausted from juggling the hotel while being a dedicated single mom, Hattie Coleman dreams only of making it through each day. When her lifelong friends, who seem to have it all, come visit, it changes everything. Their close friendships have carried them through life's ups and downs. But Hattie can see her friends' emotional baggage, as her own life is about to become entwined in theirs.

- These books can be found at the Owen County Public Library.

## Extension District Board Meeting

Tuesday, February 18th  
~ 5 PM ~

Owen County Extension  
Office

# SAVE THE DATE

## Homemaker Council Meeting

Wednesday, February 19th  
~ 1 PM ~

Owen County Extension Office



## Owen County Homemaker Officers



Donna Bryant	President
Linda Williams	Vice President
Lana Jones	Secretary
Beverly Kincaid	Treasurer
Judy Williams	Educational Chair

## REGISTER NOW

Online Reservations:  
<https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>



Phone Reservations: 800-233-1234  
(group code G-KEHA for conference rate)

**Make your reservations by April 7, 2025, to secure the conference rate.**

Reservation cancellations must be made by 3 PM the day prior to arrival to avoid a no-show charge.

# 2025 KEHA State Meeting May 6-8, 2025



**Hyatt Regency Lexington**  
401 West High Street  
Lexington, KY

Room rate \$149.00 + tax (1-4 people per room)



Discover KEHA- A Hidden Treasure

# BLUEGRASS AREA BASKETMAKERS SEMINAR



JUNE 17-21, 2025

Join us for a variety of  
Beginner, Intermediate and  
Advanced classes that are  
available for you.

## ABOUT THIS SEMINAR

We are offering plain reed, dyed reed, pine needle, and Nantucket classes making baskets, totes, wall hangings and other items. In addition, we have four days of Shaker box classes.

[www.babasketmakers.org](http://www.babasketmakers.org) gives you information concerning the organization, seminar and lodging options.

<http://bluegrass-area-basketmakers-seminar.cheddarup.com> is where you can register and view the baskets and other items offered at the seminar.

## PLACE AND TIME

June 17-21, 2025  
General Butler State Park  
Carrollton, Kentucky



**Deadline is May 1, 2025, so register early!**

### Cooperative Extension Service

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Disabilities  
accommodated  
with prior notification.

# A message from Cotton Club...



Neither rain, snow, sleet or hail can keep a quilter from coming to a meeting! Believe it or not we wrapped up in our coats and made it to the Extension Office on January 13th. It was so good to see everyone and see all the projects folks had been working on while we were snowed in.

Since our last meeting some of "show and tell" had been given away for Christmas presents but we still had a lot of work to display. Paula Offutt has been busy repurposing her used shirts and scrap material into new designer apparel.



K.C Browne dinosaur crochet



Christmas stocking made from buttoned collared shirt



Judy Williams place mats



Sue Wash scrappy quilt



Look closely at the quilt Sue Wash is holding, she is going to be doing a demo on how to quickly create this scrappy masterpiece .

Our new program on collecting volunteer hours is going great. In the last two months, over 3,900 hours have been submitted!!! The winner of our drawing at the January meeting was Coleen Coyle. That total is more than the entire amount last year!

We gave out our new block of the month fabric and the first pattern while Joyce York demonstrated the cutting and piecing of the block.

Volunteer Service Unit (VSU) Log (copy as needed)

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 County: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent; KEHA = Volunteer hours for projects initiated and led by KEHA members; Community = Service to other entities/organizations in the community (not Extension or KEHA projects); Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county leadership/Chairman or designated contact by July 1. Appendix 18 June 2023

We are encouraging everyone to try to come to the meeting to see how this block is easily created even if you are not participating in the project and to fill out your hours while you are "at" the meeting to be eligible for our drawing each month! We also will be discussing upcoming quilt shows in the areas .

Hope to see you in February for Sew Day on the 4th and the club meeting on the 18th!

# ADULT

# HEALTH BULLETIN



**FEBRUARY 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>

Owen County Extension Office  
265 Ellis Road  
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## THIS MONTH'S TOPIC

# CAN YOU STOP CANCER BEFORE IT STARTS?



**T**he Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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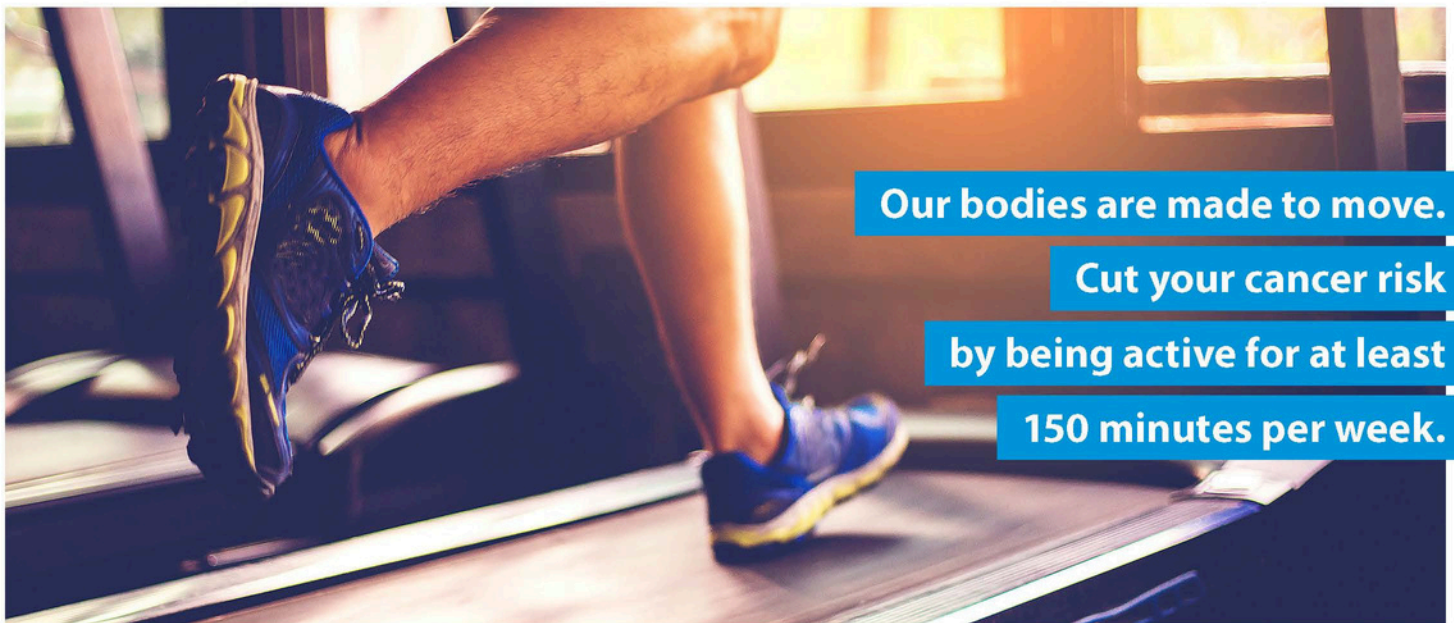
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**Our bodies are made to move.**

**Cut your cancer risk**

**by being active for at least**

**150 minutes per week.**

**→ Continued from the previous page**

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

### **Testing**

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

### **Avoid tobacco and limit alcohol**

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

### **Keep a healthy weight**

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

### **Eat healthy foods**

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

### **Be active**

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

### **Protect your skin**

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

**REFERENCE:**

<https://prevention.cancer.gov>

**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock



The Owen County Farm and Craft Market is excited to announce that they are officially accepting vendor applications for the 2025 Market Season. To apply, you can pick up paper applications here at the Owen County Extension Office, message Owen County Farm and Craft on Facebook, or email them at [ocfacm@gmail.com](mailto:ocfacm@gmail.com)

The Market will open the week of Mother's Day and will run through September.

If you are a local farmer, artisan, or crafter - we want you!

A couple of things to note:

- We NEED produce vendors.
- Artisans or crafters must provide handmade items - if you aren't sure that your items qualify, feel free to message us and the board will review what you have.
- Vendor fees are non-refundable and due AFTER your application has been approved. Please do not submit payment with your application.
- Residents of any county may apply, however, priority is given to Owen County residents.
- We reserve the right to decline an application if we already have several approved vendors in that category - so apply early!

Questions? Email us at [ocfacm@gmail.com](mailto:ocfacm@gmail.com).

# Now Accepting • Vendor Applications

Priority Applications Due March 1





# FEBRUARY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Kindly reach out to club and class leaders to confirm each meeting. Membership is required for homemaker clubs.



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**SEW ALL DAY**  
Extension Office  
9 AM- 3 PM

**Pleasant Home**  
Extension Office  
11 AM

**Sweet Owen**  
Sweet Owen Store  
11 AM



9

10

11

12

13

14

15

**Sew & Go**  
Extension Office  
11 AM



16

17

18

19

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22

**Extension District Board Meeting**  
Extension Office  
5 PM

**Homemaker Council Meeting**  
Extension Office  
1 PM

**Cotton Club**  
Extension Office  
6 PM



23

24

25

26

27

28

1

**Craft Club**  
Extension Office  
6 PM



**Embroidery Class**  
Extension Office  
6 PM

**Crochet & Fellowship**  
Extension Office  
11 AM



Stop by the Extension Office to pick up the  
2025 Food & Nutrition Recipe Calendar  
and the Cook Wild Kentucky.

Bryce Charles



4-H Youth Development Agent



Kendal Bowman



Agriculture & Natural Resources Agent

## Hearty Lentil and Sausage Soup



### Ingredients:

- 1/3 pound ground Italian sausage
- 1 small onion, diced
- 1 stalk of celery
- 2 large carrots, sliced
- 1 teaspoon garlic, minced
- 8 ounces dried lentils, sorted and rinsed
- 1 (14.5 ounce) can diced, no-salt added tomatoes
- 1 (14.5 ounce) can low-sodium chicken broth
- 4 cups water
- 1 large bay leaf
- 2 teaspoons Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Directions:

#### Stovetop directions:

1. Place sausage in a large stock pot. Cook over medium heat until evenly browned. Drain excess fat in a colander.
2. Return sausage to pot and add onion, celery, carrots, and minced garlic. Sauté vegetables until tender.
3. Stir in lentils and remaining ingredients.
4. Bring to a boil. Reduce heat, cover and simmer for 45 minutes or until lentils are tender. Remove bay leaf before serving.

#### Slow cooker directions:

1. Place sausage in a skillet on the stovetop. Cook over medium heat until evenly browned. Drain excess fat in a colander.
2. In a 6 quart slow cooker, stir together all ingredients.
3. Cover and cook on low for 8 hours. Remove bay leaf before serving.