



Magoffin County Family & Consumer Sciences



March 2025

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Spring is in the air and although I am sure we will still have some final “gasps” from Winter, I am very ready to see warmer days ahead.

Our quilt guilds are preparing to participate in Quilters’ Day Out March 15, in Floyd County. They have beautiful projects to share with lovely stories to go with their quilts. We look forward to this day all year long.

Looking ahead, we will have delegates from our county homemakers who will be attending the state KEHA meeting in May to represent our county. Our Homemaker council just met and have made some exciting plans for the coming months.

Remember that if you have a Senior student or know of a Senior graduating from high school this year, they may want to apply for the Magoffin County Homemakers’ Scholarship. It is \$500.00 that can be used in any way the student deems necessary. A copy of the scholarship application is included in this newsletter and is due to be turned in at our office by Friday, April 18th.

Here is to an early Spring and lots of sunshine!

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Cathy Sparks

CEA for FCS/4-H
Youth Development
Education



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

COOPERATIVE EXTENSION



Save
The Date!



4-H
CAMP



Call the Magoffin County Extension Office at
606-349-1236 to find out
how you can begin your camp payment plan.



JUNE 3-6, 2025

\$75

BEGIN MAKING PAYMENTS TODAY!

OUTDOORS

SWIMMING

FUN & GAMES

Cooperative
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Join us at the Extension Office for
 crochet club
 MARCH 5TH
 MARCH 19TH
 10:00 AM-NOON

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March District Board Meeting is scheduled for Wednesday, March 19, 2025, noon

February Quilt Guild Dates



Friendship Quilters
 March 14th, 10 AM
 March 28th, 10 AM
Sew What Quilters
 Saturday, March 8th, 9 am

Call the Extension Office at 349-3216 for more information. Visit our website at <https://magoffin.ca.uky.edu> to learn more about Extension programming.

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COOKING THROUGH THE CALENDAR

THURSDAY, MARCH 20, 2025

NOON



Embroidery Club

Magoffin County Extension Office

Wednesdays
 10 AM-Noon

March 12th
 March 26th

Call the Extension Office at 349-3216 to learn more about the program.



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Hippie Chx Homemakers
 Thursday, March 13-6 PM

Women in Mission
 TBD

All Things Blooming
 TBD

DIABETES

Connection

2025



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

MAR 27 | 10AM

Physical Activity and Sleep

Magoffin County UK Extension Office
115 Rockhouse Road in Salyersville

*Join us at 10am via Zoom
from anywhere!*



zoom.us/my/arhdiabetessupport

TO PRE-REGISTER OR FOR MORE INFO:



606.789.3511
ext. 1229



diabetesarh1@arh.org

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!

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>

Magoffin County Extension Office
15 Rockhouse Fork Road
Salyersville, KY 41465
(606) 349-1236

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:
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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

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



Magoffin County Extension Homemaker Scholarship Application

Selection is based on need and involvement in Extension Homemakers and/or 4-H activities. Recipient will receive a one-time \$500 scholarship from the Magoffin County Extension Homemakers Organization. Recipient will be a graduating senior from Magoffin County High School pursuing a college or technical school degree. Recipient will be notified of award and recognized during the Magoffin County High School award ceremony. Applications will be reviewed and scored outside of the county for fair judgement. The scholarship will be awarded to the highest scoring applicant. The award winner and his/her family are asked to attend the Extension Homemaker annual meeting in June to receive the award and be recognized by the group.

Scholarship Information Required:

This scholarship is based on your participation in Extension Homemakers and 4-H. Please attach your responses to the following in a typed resume format:

- Describe all Extension Homemaker activities you have participated in, including offices held and meetings attended.
- Describe all local, area and state 4-H activities you have participated in, including offices held and meetings attended.

Complete a typed essay (at least 500 words) describing how your involvement in Homemakers and/or 4-H has prepared you for your future educational goals. Must be typed in Times New Romans, 12 pt, double spaced with 1 inch margins.

Please print or type. If you would prefer an electronic version, please email (cathy.sparks@uky.edu).

Name: _____
Last First MI

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

High School GPA: _____ College attending: _____

Major Course of Study: _____

Years of Involvement in Extension Homemakers: _____ Years of Involvement in 4-H: _____

Return this application and attachments to the Magoffin County Extension Office by Friday, April 18, 2025. Late applications will not be accepted. If you have any questions, contact the Magoffin County Extension Office at 349-3216.

**Magoffin County Extension Service
PO Box 349 (15 Rockhouse Fork Road); Salyersville, KY 41465**



PATCHWORK PLAYDATES 2025

Tuesday, March 18th
Rain and Rainbows

Tuesday, August 12th
Apples

Tuesday, April 8th
Spring

Tuesday, September 9th
Community Helpers

Tuesday, May 13th
Plants and Flowers

Tuesday, October 14th
Pumpkin Harvest

Tuesday, June 10th
Insects

Tuesday, November 11th
Thankfulness

Tuesday, July 8th
Summer Fun
(water slides)

Tuesday, December 9th
Christmas Party



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Disabilities
accommodated
with prior notification.

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 <i>Sew What Quilt Guild 9 AM</i>
	<i>State Extension Conference-Louisville, KY</i>					
9 <i>Daylight Savings Time Begins</i>	10	11	12	13 <i>Ivyton Hippie Chx 6 PM Making Sour Dough Bread</i>	14 <i>Friendship Quilt Guild--10 AM</i>	15 <i>Quilters' Day Out Meet at Office 8 AM Van will provide transportation</i>
16	17	18 <i>Patchwork Playdates=10 AM</i>	19	20 <i>Cooking Through the Calendar-Noon</i>	21	22
23	24	25 <i>Countywide Health Fair= Lloyd M. Hall Community Center 9-11 AM-Free Event</i>	26	27 <i>Diabetes Support Group Meeting 10 AM</i>	28 <i>Friendship Quilt Guild--10 AM</i>	29
30	31					

Magoffin County
P.O. Box 349
Salyersville, KY 41465

Blackberry and Cucumber Salad

2 tablespoons
extra-virgin
olive oil

2 tablespoons
apple cider vinegar

1 teaspoon honey

Kosher salt, to taste
Black pepper,
to taste

4 cups spring mix

3 heaping cups
blackberries

2 cucumbers, peeled
and seeds scraped out,
cut into 1-inch pieces
on a diagonal

1 cup mint, chopped

¼ cup chopped pecans

In a small bowl, **whisk** together oil, vinegar, honey and salt and pepper.

Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl. **Toss** with dressing.

Serves: 4-6, 4 ounce servings

Nutritional Analysis:

180 calories, 12 g fat, 1.5 g saturated fat, 0 mg cholesterol, 160 mg sodium, 18 g carbohydrate, 8 g fiber, 8 g sugar, 4 g protein

