

# FCS Newsletter

## April/May 2025



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

### Cooperative Extension Service

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## DATES TO REMEMBER:

April 21st- Fulton County Homemaker Council Meeting at Fulton City Hall

May 3<sup>rd</sup>- Community Clean up Day in Fulton starting at 8 am at the Fulton Pontotoc Gazebo

May 17<sup>th</sup>- 9 am Fulton Farmers Market Opening Day

## Birthdays

### April

7 Melanie Curlin

### May

8 Jodie Blalock

12 Linda Lawrence

14 Julie Jackson

25 Peggy Hill

31 Terrie Sherer



THE 2025 SEASON OF

FULTON FARMERS MARKET

BEGINS SATURDAY, MAY 17!!

MARK YOUR CALENDARS AND MAKE  
PLANS TO BE DOWNTOWN FOR LOTS  
OF GAMES, GOODIES, AND GREAT FUN!

## How to Stay Involved in FCS Extension?

Like on Facebook:

Fulton County Cooperative Extension Service  
Purchase Area Extension Homemakers  
Kentucky Extension Homemakers Association  
University of Kentucky Family and Consumer Sciences  
Kentucky Nutrition Education Program-KYNEP  
Join the Purchase Area Holidays at Home Group

Anna Morgan  
Fulton County Cooperative Extension  
Agent for Family and Consumer Sciences

# May - Healthy Eating Around the World

*With Anna Morgan - Fulton County FCS Agent*

We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live.

Graves County - 4/30    Marshall County - 5/1  
Hickman County - 4/29    McCracken County - 5/2

## Jun - Carbon Monoxide

*Mailout over Summer 2025*

Carbon monoxide (CO) is a poisonous gas that you can't smell or see. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.



# KEHA NEWS

### April 2025 KEHA News and Notes

#### State Meeting Details

**Registration** – Registrations are arriving daily for the KEHA State Meeting May 6-8, 2025, at Hyatt Regency in Lexington. The theme is “Discover KEHA – A Hidden Treasure.” Northeast is the host area. Visit the [State Meeting webpage](#) for information on registering, making room reservations, and other details. The following are a few important highlights to note.

- Registration for sessions and crafts is first-come, first-served, so make sure you sign up early! Discounted early-bird rates are available until April 7. Late registration must be postmarked by April 21 at the latest.
- Please check the [State Meeting](#) page before registering to see if any classes are full. Refunds of the class fee will be issued *after* State Meeting for anyone whose payment was received after a class reaches capacity.
- KEHA is once again utilizing a full conference or two-day registration pricing structure (Tuesday/Wednesday or Wednesday/Thursday). Please know that it takes great expense to reserve the amount of meeting space and equipment required to host all that KEHA State Meeting offers. Registration is critical to cover those costs.

**Refund Policy** – The revised refund policy is clearly posted on the State Meeting webpage and noted on the registration form.

**Lodging** – If you are holding rooms in the group block and no longer need them, please release those back into the block as soon as you can. Demand for this conference has been high. The hotel has added rooms to the block twice, but won't be able to add any more. The deadline for reserving rooms at the group rate is April 7.

### **Other Meeting Notes**

- Agenda highlights include the opening luncheon at 11:30 a.m. Tuesday, the business meeting at 10 a.m. on Wednesday, the general session featuring the choir at 5 p.m. Wednesday, and the awards luncheon at 11:30 a.m. Thursday. All times are Eastern time.
- **Silent Auction:** Each county is encouraged to bring an item for the silent auction. Proceeds will benefit the 4-H Foundation. Please bring only new items.
- **Raffle Basket:** Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the proposed 2026 Leadership Academy. As always, thank you for your generosity and help in providing these items for the conference!
- **Quilt Square Auction and Showcase:** Members are invited to make a 12-inch finished quilt square for entry. Details are available in the [KEHA State Newsletter](#). Proceeds will help offset the costs associated with KEHA State Meeting.
- **Cultural Arts:** Check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Checkout will be 4-5 p.m. Wednesday in two groups. Details are outlined in the [KEHA State Newsletter](#).
- Raising Hope will provide free health screenings Tuesday 9 a.m. to 3:30 p.m. and Wednesday 8 a.m. to 4 p.m. Look for more information on site and in your program.

**Things to Bring** – The following are a few things you might want to bring to State Meeting:

- Bring your device (tablet or laptop) if you want help with social media or other computer assistance. A **Tech Help Lounge** will be open Tuesday and Wednesday during set hours to offer one-on-one help.
- Bring donations you want to share, such as auction items or quilt squares.
- Bring cash or checks for those quilt squares, raffle, and auction items you might purchase!
- Support our vendors! New this year, Snippy Jim will be sharpening scissors and garden tools, so (safely) bring your dull items for a sharpening fee.
- Wear the colors of jewels to the opening luncheon to show your enthusiasm for meeting theme and keynote speaker.
- Bring a sweater, as venue temperatures can vary.

**Master Farm Homemakers Guild Luncheon and Meeting** – The MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. Again this year, there will be a separate registration required for the MFHG luncheon. The meeting portion is open to anyone interested in attending. Members will receive details from the guild. The registration form is available on the [MFHG website](#).

**Quilts for Courageous Kids** – The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is approximately 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

### **Dates to Remember**

- April 21 – Final postmark deadline for 2025 KEHA State Meeting registration.
- May 6-8 – KEHA State Meeting in Lexington, Ky.
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.





**HEIRLOOM ACRES**

# HERB APPEAL

Using Fresh Herbs in Oils Sauces & More!!

**TWO LESSONS**  
 Saturday Apr 19th at 9:30am  
 Thursday May 8th at 6pm  
 \*Weather permitting

Stayed tuned in to Hickman County Extension and Heirloom Acres social media and advertisements.

**FOR MORE INFO CONTACT**  
 Caroline Webb  
 270-254-6140  
 Caroline@heirloomacresky.com  
 485 Webb Road  
 Clinton, KY 42031

 **Martin-Gatton**  
 College of Agriculture, Food and Environment



 **CARLISLE COUNTY EXTENSION HOMEMAKERS**  
 INVITE YOU TO CELEBRATE

 **KENTUCKY COOPERATIVE EXTENSION**

**PURCHASE AREA  
 EXTENSION HOMEMAKERS**

# AREA ANNUAL MEETING

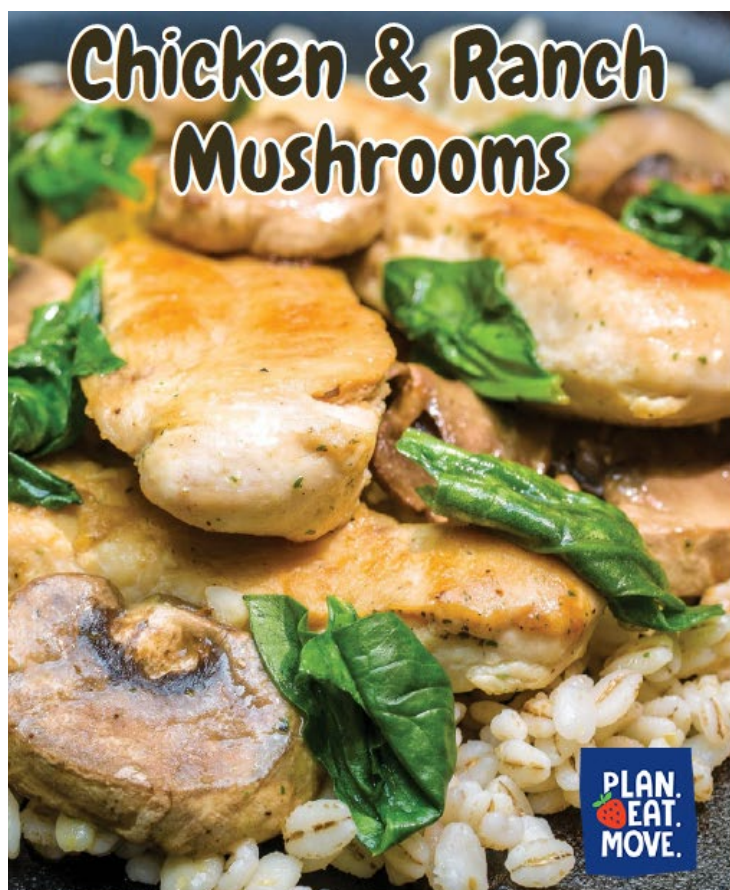
**TUESDAY,  
 SEPTEMBER 23, 2025**

THE FELLOWSHIP HALL OF  
**BARDWELL BAPTIST CHURCH**  
 323 US-51,  
 BARDWELL, KY 42023

**Cooperative Extension Service**  
 Educational programs of Kentucky Cooperative Extension Service are available regardless of race or social status and will not discriminate on the basis of race, color, or national origin. Persons with disabilities are encouraged to attend all programs. If you need special assistance, please contact your local Extension office. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in large print, Braille, or other accessible format upon request.

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
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 **Disabilities**  
 Accommodated with prior notification



## Chicken & Ranch Mushrooms

### Ingredients:

- Nonstick spray
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 8 ounces white mushrooms, diced
- 2 teaspoons dry ranch dressing mix
- 1 tablespoon unsalted butter
- 1 1/2 cups fresh spinach
- 1/4 teaspoon garlic powder
- 2 cups cooked barley or brown rice

### Directions:

1. Spray large skillet with nonstick spray; heat to medium. Add chicken, cover and cook for 5 minutes. Turn chicken and move to one side of pan. Add mushrooms.
2. Sprinkle ranch seasoning over chicken and mushroom. Add butter. Sauté for 5 minutes, stirring frequently. Remove from pan.
3. Add spinach to pan and sprinkle with garlic powder. Cover and steam until spinach wilts (3-5 minutes), stirring occasionally.
4. Arrange barley or brown rice on plates. Top with spinach, chicken and mushrooms.

**PLAN.  
 EAT.  
 MOVE.**

## Spring cleaning for your mental health

*Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being*

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.
- 8.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

###

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*The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.*





## KENTUCKY GRANDPARENT PROGRAM

**ARE YOU THE GRANDPARENT AND  
PRIMARY CAREGIVER OF A CHILD  
UNDER THE AGE OF 18?**

- No age requirement for grandparents
- The program can assist with purchasing school clothes, furniture for the child, summer camps and much more!
- Support groups for grandparents/caregivers
- Easy sign-up process
- Call 1-800-866-4213 for additional information.



The Purchase  
Area Development  
District Kentucky  
Caregiver  
Program provides  
the following  
services to  
grandparents.

Respite Care  
assistance with after  
school programs &  
summer camps

Clothing assistance

Counseling, training,  
case management,  
support groups,  
information, and  
assistance.

To apply please call  
our Aging and  
Disability Resource  
Center at

**1-800-866-4213**



## NATIONAL FAMILY CAREGIVER PROGRAM

**ARE YOU 55 YEARS OR OLDER AND  
THE PRIMARY  
CAREGIVER/GRANDPARENT OF A CHILD  
UNDER THE AGE OF 18?**

- No income restrictions
- The program can assist with purchasing school clothes, furniture for the child, summer camps and much more!
- Support groups for grandparents/caregivers
- Easy sign-up process
- Call 1-800-866-4213 for additional information.



The Purchase  
Area Development  
District Family  
Caregiver  
Program provides  
the following  
services to  
grandparents.

Respite Care  
assistance with after  
school programs &  
summer camps

Clothing assistance

Counseling, training,  
case management,  
support groups,  
information, and  
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**1-800-866-4213**

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

# PRACTICAL INFORMATION YOU CAN TRUST.



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SYSTEMS** ANIMAL  
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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

### LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

### CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

**Cooperative  
Extension Service**

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

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Disabilities  
accommodated  
with prior notification.



## AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

## CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

### *May is Military Family Appreciation Month*



**FOR MILITARY YOUTH:** Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

**FOR MILITARY FAMILIES:** Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

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