

# FCS Extension News

Hickman County  
329 James H. Phillips Dr  
Clinton, KY 42031  
270-653-2231  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



## March/April

*“All the world’s a stage, and all the men and women merely players” - William Shakespeare*

Every day we live our lives, we put on a show for the world as to who we are as a person. Those around us see and hear how we treat others and ourselves. As such, it should be the intention of all in society to act in a way that helps those around them, even if acting in a neutral way as opposed to generating negative energy in the world through our actions. This is because those around us, especially our younger neighbors (kiddos), take note of how to act in similar situations. Leading by example and maintaining courteous composure during stressful or angering times is crucial for teaching those around us to do the same.



## Upcoming Dates

- Mar 13 - Laugh and Learn
- Mar 14 - Hickman County Cultural Arts Drop off
- Mar 17 - Spring into Green in Marshall County
- Mar 20 - Self Defense Workshop
- Mar 26 - Wits Workout
- Mar 27 - Gardening Safely Homemaker Lesson
- Mar 31 - Purchase Area Cultural Arts Day in Graves County
- Apr 3 - Best Start Family Event
- Apr 9 - Wits Workout
- Apr 14 - Purchase Area Homemaker Council Meeting
- Apr 17 - Laugh and Learn
- Apr 18 - Truth and Consequences
- Apr 19 - Herb Appeal at Heirloom Acres
- Apr 21 - 4H Cooking Club
- Apr 23 - Wits Workout
- Apr 24-26 - Chickenfest
- Apr 29 - Healthy Eating Around the World

# Upcoming Lessons!!



## Apr - Gardening Safely

*With Debra Hixon - Calloway County FCS*

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

Graves County - 3/25    Marshall County - 3/26  
Hickman County - 3/27    McCracken County - 3/28

## 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.

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**

# PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	How to get out of the Mealtime Rut				
<b>SEPT</b>	Denise Wooley	8/30	8/29	8/26	8/28
<b>Lesson</b>	Lead Your Team: Health Literacy for the Win!				
<b>OCT</b>	Brooke Hogancamp	9/26	10/2	9/30	9/25
<b>Lesson</b>	Communication Essentials for Good Impressions				
<b>NOV</b>	Sarah Drysdale	10/29	10/25	10/31	10/30
<b>Lesson</b>	Elements & Principles of Art II				
<b>JAN</b>	Vicki Wynn	12/4	12/3	12/5	12/12
<b>Lesson</b>	Move Your Way: Exercise for Everyone				
<b>FEB</b>	Kelly Alsip	1/29	1/31	1/28	1/30
<b>Lesson</b>	Indoor Air Quality				
<b>MAR</b>	Mike Keller	2/26	2/24	2/27	2/28
<b>Lesson</b>	Gardening Safely				
<b>APR</b>	Debra Hixon	3/25	3/27	3/26	3/28
<b>Lesson</b>	Healthy Eating Around the World				
<b>MAY</b>	Anna Morgan	4/30	4/29	5/1	5/2
<b>Lesson</b>	Carbon Monoxide				
<b>JUNE</b>	Mailout				





## Smart tips Grocery shopping tips

There are lots of ways to save money while grocery keep in mind every time you shop.

- Have a plan and stick to a grocery list.
- If possible, do not grocery shop when you're hungry. You are more likely to make impulse purchases when you are hungry.
- Question sale items to avoid food and money waste. Will you eat it, or are you buying it because the price is right? Will you spend the time to prepare the item? Will your family eat it? Use the unit

price. **Read more about this by scanning the QR code.**



Source: Jeannie Noble, MS, RD

## Cooking with kids

### Turkey Wraps

- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread tortilla with a thin layer of ranch dressing.
3. Place turkey and diced vegetables on top of salad dressing.
4. Roll up and slice in half. Serve.
5. Refrigerate leftovers within two hours.

Recipe makes 1 serving Serving size: 1/2 wrap

Nutrition Facts per serving: 230 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 50 mg cholesterol; 540 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 2 g total sugars; 0 g added sugars; 21 g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source: Eat Smart to Play Hard. Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service



## Recipe

### Easy Tortilla Breakfast Pizza

- Nonstick cooking spray
- 1 8-inch whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells in the spinach. Crack an egg into each well so it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.

5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Recipe makes 3 servings

Serving size: 1/3 of pizza  
Nutrition Facts per serving: 140 calories; 7 g total fat; 3 g saturated fat; 0 g trans fat; 50 mg cholesterol; 170 mg sodium; 10 g total carbohydrate; 1 g dietary fiber; 1 g total sugars; 0 g added sugars; 10 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Jeannie Noble, Extension Specialist; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

HEIRLOOM ACRES

# HERB APPEAL

Using Fresh Herbs in Oils Sauces & More!!

TWO LESSONS

Saturday Apr 19th at 9:30am

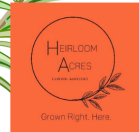
Thursday May 8th at 6pm

\*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



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

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 receipt of regulation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, UK Department of Agriculture, and Kentucky Counties, Cooperating. Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, Community and Economic Development, Lexington, KY 40506.



## Volunteer Calling!!!

If you would be interested in assisting with 4H Cooking Club on Monday April 21st or Monday May 5th let Mike know! Club will be held at the Hickman County Extension Office from 3 - 4:30pm

## SELF DEFENSE WORKSHOP

THURSDAY, MAR 20TH, 2025

5:30PM-6:30PM

Hickman County Extension Office

WHAT IS SELF DEFENSE?

Join us Thursday evening for an introductory lesson into the philosophy and basic principles of self defense.

This workshop will include:  
Self Defense Concepts  
Practical Self Defense for Self and Home

Opportunity to Practice Simple Self Defense Maneuvers

FOR MORE INFORMATION OR TO REGISTER

MIKE KELLER  
270-653-2231  
MIKE.KELLER@UKY.EDU

Space is limited!!  
Last day to register is Wednesday March 19th



Registration fee of \$1  
Workshop is open to and intended for 12+ 12-17 with parent or guardian



Hickman County Extension Office  
329 James H Phillips Drive  
Clinton, KY 42031

# Wits Workout

**Come train your brain!**

Dates may change. Contact the Hickman County Extension Office or Hickman County Senior Citizens Center for more information.

Mar 26th

Apr 9th & 23rd

May 7th, 21st, & 28th

Jun 11th & 25th

Jul 16th & 30th

Aug 13th & 27th

# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

		2			1	4		
9			6	7		2	1	
6		4		2	8		5	
			9		7	5		1
	9						6	
2		8	1		6			
	2		4	3		1		8
	3	9		1	2			5
		7	8			9		

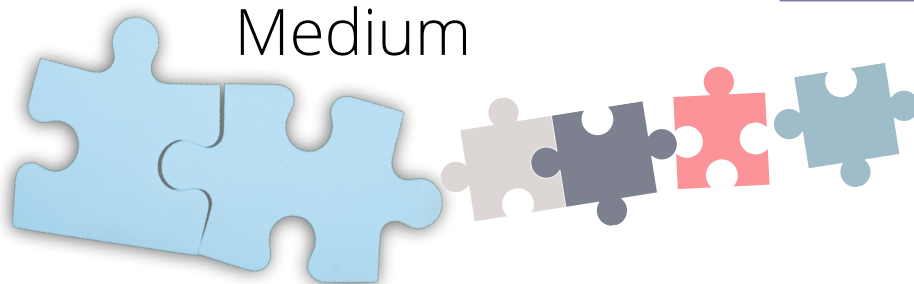
Easy

9	3					7		
4		7		5	8	2		
			7			3	4	
5				9				
7			1	8	4			3
				3				6
3	2				6			
	1		9	7		4		2
	7						8	9

Medium

		8			5			7
					4			9
5				8	1	4		
1	8				9	6		
	2							7
		9	6					2
		1	5	3				6
8			4					
7			1				8	

Hard



# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

Hickman County Cooperative Extension

329 James H. Phillips Drive

Clinton, KY 42031

270-653-2231

[mike.keller@uky.edu](mailto:mike.keller@uky.edu)

*The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*



If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.