

MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES NEWSLETTER

January/February 2024

Happy New Year!

The new year is off and running and it seems as though winter has finally arrived, with the prediction of snow in the coming few weeks. This newsletter will combine January and February activities for Family & Consumer Sciences programs and Homemaker activities. Hang your calendars on your fridge and mark the calendar with the programs that you plan to attend. I hope that 2024 will be a year of good health and happiness for everyone!

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**CEA for FCS/4-H
Youth Development
Education**



Cooperative Extension Service

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

TOBACCO STICK SNOWMAN MEASURING STICK

**“Get Ready to Measure
the Snow!”**

Thursday, Jan. 25th

5:00 PM

**Class taught by
Jan Lemaster &
Debra Wireman**

**Call the Extension Office
to reserve your spot!**

349-1236



Friendship Quilters

January 12

January 26

February 9

February 23

Sew What Quilters

January 12

February 10

Special Interest Club Meetings

Crochet Club

10:00 AM

January 3

January 17

February 1

February 14

Creative Stitchery Club

January 10

January 24

February 7

The Junior Homemakers Club is a joint club with the 4-H Teen Club.

The schedule included in this newsletter is for both.

The 4-H Agent and I are working together with this newly formed group.

When school is canceled in Magoffin County, all Homemakers Meetings are also canceled.

If you ever have questions about the status of a meeting, please, feel free to call 349-1236.

ADULT HEALTH BULLETIN



JANUARY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page



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Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

→ Continued from the previous page

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS
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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2024

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

THIS MONTH'S TOPIC: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.



WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup versus delivery.

PLUG SPENDING LEAKS

Track purchases. Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

Examine receipts. If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

Analyze auto-drafts. List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

Say “No” to Easy Pay. Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

Written by: Nichole Huff | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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2024 COOKING

UK Martin-Gatton
College of Agriculture,
Food and Environment

THROUGH THE CALENDAR SERIES

With Cathy Sparks

January 25th

February 29th

March 28th

April 24th

May 23rd

June 27th

July 25th

August 22nd

September 26th

October 24th

November 21st

December 19th

Each month, the series will be held
at the Extension Office @ 12:00 PM

Come join the fun!

Contact Us :

606-349-3216

606-349-1236



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Magoffin County 4-H After School Club



FOR STUDENTS AGES 9-18

The after school club will focus on a variety of fun and interesting activities:
ART, CRAFTS, COOKING,
ANIMALS, ROBOTICS, HEALTH, AG, NATURE,
CIVICS, COMMUNICATIONS, LEADERSHIP
and more.



THURSDAYS 3:30-5:00PM

- January 11
- January 18
- January 25
- February 1
- February 8
- February 15



Call to register: **349-3216**

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Family and Consumer Sciences
4-H Youth Development

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MAGOFFIN COUNTY 4-H CLOVERBUDS CLUB



This club is for grades K-3 to learn about 4-H involvement and community service. Members will experience a variety of topics and projects with emphasis on learning new skills and having fun.

PARTICIPATE * LEARN * HAVE FUN

REGISTER NOW

Magoffin County Extension Office
3:30-4:30pm



- January 17
- February 7
- March 20
- April 17
- May 15



CONTACT US 606.349.3216 stefaine.back@kysu.edu

Extension Service
Agriculture and Natural Resources
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4-H Youth Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating



Magoffin Co. 4-H Teen Club

Join us for food, fun,
activities, projects,
friendship and more!

Meeting Dates:

- December 19
- January 9
- January 16
- February 6
- February 20



3:30-5:00pm

Magoffin County
Extension Office
15 Rockhouse Fork Rd.

Call the Magoffin County
Extension Office at
(606) 349-3216

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**Cooperative
Extension Service
PRESENTS**

4-H CAMP

"UNDER THE BIG TOP"



Rowan Morgan
Magoffin Menifee
June 4-7, 2024

Cooperative
Extension Service
Agriculture and Natural Resources
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4-H Youth Development

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Receipt No. _____



2024 Plant Order Form

Cooperative
Extension Service

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

Magoffin County
15 Rockhouse Fork Road
P.O. Box 349
Salyersville, KY 41465
(606) 349-1236

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$6.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$6.50 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Jewel Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	

Pre-payment is required by Tuesday, March 12, for all plant orders.
Make checks payable to: MC ext non-tax fund

Payment Information:

Amount Paid: _____

Date: _____

Received by: _____

Check No.: _____ or Cash _____

Plants are expected to ship from the nursery during the first full week of April. We will give you a call to let you know when the plants will be available for pickup.

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1/2024 January

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Crochet Club 10AM	4	5	6
7	8	9 Junior Homemakers & 4-H Teen Club 3:30-5:00 PM	10 Beginners' Stitchery Club 10:00 AM	11 4-H After School Club 3:30-5:00	12 Friendship Quilters 10:00 AM	13 Sew What Quilters 9:00 AM
14	15	16 Junior Homemakers & 4-H Teen Club 3:30-5:00 PM Women in Mission Homemakers 5:00 PM	17 Crochet Club 10:00 AM Cloverbuds Club 3:30-5:00 PM	18 4-H After School Club 3:30- 5:00	19	20
21	22	23	24 Beginners' Stitchery Club 10:00 AM	25 Cooking Through Calendar Noon 4-H After School Club-3:30-5:00	26 Friendship Quilters 10:00 AM	27
28	29	30	31 Crochet Club 10:00 AM			

FEBRUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 4-H After School Club 3:30-5:00 PM	2	3
4	5	6 Junior Homemakers & 4-H Teen Club 3:30-5:00 PM	7 Beginners' Stitchery Club 10:00 AM	8 4-H After School Club 3:30-5:00 PM	9 Friendship Quilters 10:00 AM	10 Sew What Quilters 9:00 AM
11	12	13	14 Crochet Club 10:00 AM Happy Valentine's Day!	15 4-H After School Club 3:30-5:00 PM	16	17
18	19	20	21	22	23 Friendship Quilters 10:00 AM	24
25	26	27	28	29	1	2

RETURN SERVICE REQUESTED

Italian Turkey Sausage and Peppers

3 red bell peppers	6 cloves garlic, chopped	2 tablespoons Italian seasoning
2 green bell peppers	2 tablespoons olive oil,	8 4-ounce links of Italian
1 yellow bell pepper	divided	turkey sausage
2 large tomatoes	2 teaspoons garlic	¼ cup shredded mozzarella
1 large sliced red onion	powder, divided	cheese

Wash and **slice** the peppers and tomatoes; **place** in a large bowl. **Place** sliced onions and chopped garlic cloves in a small bowl and **set** aside. In a separate small bowl, **combine** 1 tablespoon of olive oil, 1 teaspoon of garlic powder, and Italian seasoning. **Drizzle** oil mixture over peppers and tomatoes, and lightly toss. **Slice** each sausage link into 5 or more pieces. **Heat** 1 tablespoon of olive oil and the remaining garlic powder in a large skillet over medium-high heat. **Add** sausage and **cook** until browned. **Add** peppers

and tomatoes. **Reduce** heat to medium-low; **cover** and **simmer** 15 minutes; **stir** as needed. **Add** onions and chopped garlic; **cover** and **cook** an additional 5 minutes. **Sprinkle** with mozzarella cheese. **Cover** and **simmer** until cheese melts.

Yield: 6 1-cup servings

Nutritional Analysis:
380 calories, 21 g fat, 5 g saturated fat, 110 mg cholesterol, 730 mg sodium, 17 g carbohydrate, 3 g fiber, 8 g sugars, 0 g added sugars, 32 g protein.



Plate it up!

