

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE

• HAPPY •

March

MARCH 2025

LETTER FROM YOUR AGENT

Can you believe that we are already entering the third month of the year! Winter seemed to linger forever, and our community has unfortunately experienced some damaging impacts from Mother Nature's winter weather. However, a light of hope lies within the warmth of spring and the month of March! Now that programming is returning to a regular schedule, we hope you'll join us for some exciting programs and events at the Owsley County Extension Office. This newsletter includes helpful tips to stay weather-aware as we transition into spring, along with details on our upcoming Survive and Thrive workshops in April, which focus on emergency preparedness. Did you know that March is National Nutrition Month? It's the perfect time to evaluate your nutritional habits and focus on healthier eating. Your County Extension Office is a great resource to gain more information about nutrition and being healthier. As always, stay updated through our Facebook page and county website at [owsley.ca.uky.edu](http://owsley.ca.uky.edu).

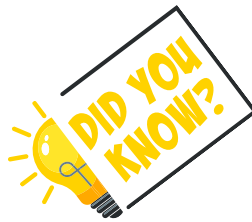


*Rosa Smith*

Rosa Smith, Owsley CEA for  
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(606)593-5109



Warm wishes,  
Rosa Smith  
Owsley County FCS Agent



March was named after Mars, the Roman god of war, because it was traditionally the month when military campaigns would resume after winter. It also marks the beginning of spring in the Northern Hemisphere, a time of renewal and growth! 🌱🌟

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4-H Youth Development  
Community and Economic Development

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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 reprisal or retaliation 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, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# FCS Focus

## Owsley County Book Club

5:00pm

March 20th- The Giver of Stars

April 28th- Book TBD



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## Keys to HomeOwnership

March 25th @ 6pm



## Loaves of Love

March 15th @ 12pm

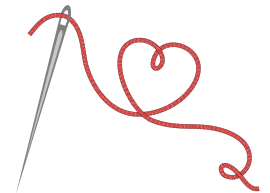
## Stitch & Chat

Held on the second Friday of each month at 9am

March 14th

April 11th

May 9th



## Owsley County Homemakers

March 19th- Lunch-n-Learn "Entertaining Little Ones" @ 12:00pm

March 21 - Lunch-n-Learn "Time well Spent" @ 12:00pm

April- Homemaker Spring Meeting (Breathitt County)

May 14th -Lunch-n-Learn " Osteoporosis" @ 12:00pm



All Sessions held at 1:00pm

March 6th

March 11th

March 14th

March 19th

March 21th

March 25th

March 28th



## Cooking Through the Calendar

All sessions held at 4:00pm

March 14th

April 11th



## Junior Homemakers

March 13th @ 3pm

April 17th @ 3pm

## Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley C. Public Library at 3:30pm

March 11th- Theme: Dinosaurs

April 8th- Theme: Being Healthy

May 13th- Theme: Sports

June 17th- Theme: The Beach



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Lexington, KY 40506



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# Cabbage Rolls

## Ingredients:

- 12 cabbage leaves
- 1 pound lean ground beef
- 1 cup cooked brown rice
- 1 (15 ounce) can tomato sauce
- 1 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 teaspoon sugar
- 1 tablespoon cornstarch
- 1 tablespoon water

## Directions:

1. Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling.
2. Mix beef, rice, 1/2 cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. Put 1/3 cup in each leaf, starting at leaf end; roll, tucking in the sides.
3. Place seam side down in a 9-by-11-inch baking dish.
4. Mix remaining tomato sauce with the sugar, pour over rolls.
5. Cover and bake at 350 degrees F for 1 hour.
6. Remove cabbage rolls from baking dish, pour juice in a saucepan.
7. Mix cornstarch and water; stir into saucepan. Heat and stir until mixture boils, cook 1 minute.
8. Serve sauce with cabbage rolls.

**Servings: 6**

**Serving Size: 2 rolls**

Nutrition facts per serving: 190 calories; 4g fat; 1.5g saturated fat; 40mg cholesterol; 550mg sodium; 24g carbohydrate; 6g fiber; 9g sugars; 18g protein.

Source: Plate it up! Kentucky Proud Project.

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# BE PREPARED FOR A POWER OUTAGE

Power outages are more likely to occur during severe weather events, such as strong thunderstorms, hurricanes and winter storms, or other natural disasters, such as wildfires.

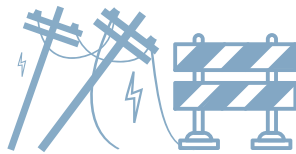


FEMA

FEMA V-1008/December 2023

A power outage is when the electrical power is lost unexpectedly.

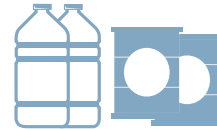
Power outages . . .



may disrupt communications, water utilities, and transportation for a long time.



may cause businesses, stores, gas stations, ATMs, banks, schools and other services to close.



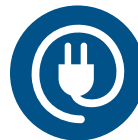
may cause food spoilage and water contamination.



may cause injuries, disease or death, or prevent use of medical devices.

## PROTECT YOURSELF FROM A POWER OUTAGE

Keep freezers and refrigerators closed.



Unplug appliances and electronics to avoid damage from electrical surges.

Use generators outdoors and at least 20 feet away from building openings.



Make a plan for refrigerating medicines and powering medical devices.

Stay fire safe. Do not use a gas stove to heat your home.



If safe, go to an alternate location for heat or cooling.



Keep mobile phones and electronic equipment charged before a power outage.



# HOW TO STAY SAFE FROM A POWER OUTAGE

## Prepare NOW

**Create a communications plan and keep a paper copy.**

**Install smoke and carbon monoxide alarms with battery backup (if hardwired) on every level of your home and near sleeping areas.** Learn the signs of carbon monoxide poisoning, which include flu-like symptoms.

**Talk to your doctor to make a plan** for how you will use your medical devices that need electricity, store your medications and stay safe during a power outage.

**Gather supplies to last for several days.** Check your supplies regularly and before predicted extreme weather events. If you aren't able to build a separate emergency supply kit, make sure you know where items that you already have are located.

**Keep mobile phones and other electronic equipment charged before a power outage.** Plan for alternative power sources that you can use to charge devices.

**Determine whether your phone will work in a power outage and how long your battery backup (if applicable) will last.** Remember that landline phones will not work if the lines are damaged.

**Make sure your vehicle's gas tank has plenty of fuel before predicted extreme weather events** in case there's a power outage.

**Install and use your generator safely.** Store fuel safely. Plan to prioritize the things you will need to plug in. You may not be able to power all appliances at one time.

**Prepare to keep the refrigerator and freezer cold with ice.** Keep a thermometer in the refrigerator and freezer so that you can make sure food stays at a safe temperature. Be prepared to throw away food that's no longer at a safe temperature.

## Survive DURING

**Avoid carbon monoxide poisoning.** Use generators, camp stoves or charcoal grills outdoors, at least 20 feet away from any building openings like windows, doors or garages. Never use a gas stovetop, oven, grill or dryer to heat your home.

**Stay fire safe.** Use flashlights, lanterns and other battery-powered lights. Don't use gas stoves or candles to heat your home. Always use fireplaces, portable heaters and wood-burning stoves safely.

**Don't leave a vehicle running inside a garage,** even if the garage door is left open. If you use your vehicle as a source of power or warmth, make sure to run it in a well-ventilated place outside.

**Keep freezers and refrigerators closed.** A refrigerator will keep food cold for **about 4 hours**. A full freezer will stay a safe temperature for **about 48 hours**. Do not store food in the outside or in the snow during cold weather.

**Unplug appliances, equipment and electronics** to avoid damage from electrical surges. Use surge protection devices.

**Pay attention to water advisories.** Boil water or use bottled water from your emergency supply kit, if needed.

## Be Safe AFTER

**When in doubt, throw it out!** Throw away any refrigerated food that has been exposed to temperatures 40 degrees Fahrenheit or higher for more than 4 hours. Throw away refrigerated food that has an unusual odor, color or texture.

**Replace refrigerated medications if the power is out for a day or more, unless the drug's label says otherwise.** Call your doctor or pharmacist if you depend on refrigerated medications that have been at room temperature. Only use the medicine until you have a new supply.

### Be Prepared. Multiple Disasters May Happen at the Same Time.

**Know how to stay cool in extreme heat, even when the power is out.** Find places with air conditioning that you can go to. Find shade, wet your skin with water, avoid high-energy activities and wear lightweight, light-colored clothing.

**Make a plan to stay warm if a power outage happens in the winter.** Evaluate your safety before leaving your home. Consider spending the coldest parts of the day in a location with heat. Check on family members and neighbors if it is safe to do so.

### Take an Active Role in Your Safety

Go to [Ready.gov/power-outages](https://www.ready.gov/power-outages). Download the **FEMA app** to get more information about preparing for a **power outage**.



# Wireless Emergency Alerts (WEA)

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## What are Wireless Emergency Alerts?

- Wireless Emergency Alerts, or WEAs, are free messages sent directly to your cellular phone, warning you about severe weather, AMBER Alerts and threats to safety in your area.
- WEAs are sent to you by your state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, the U.S. Geological Survey, and the President.
- WEAs began in 2012 and should already be on your cellular phone or other wireless device.
- WEAs are no more than 360 characters and will provide brief critical information about a threat in your location or an AMBER emergency.
- The WEA notification is designed to get your attention and alert you with a unique sound and vibration.
- WEAs resemble a text message on your cellular phone – but WEAs will not interrupt calls in progress.
- WEA messages allow alerts to be sent to cellular phones in a geographically targeted affected area.
- WEAs are one-way alerts to any cell phones in range of the cell tower, which ensures that authorities cannot collect any data from an individual.
- WEAs are not affected by network congestion.
- Wireless customers will not be charged for the delivery of WEA messages.

## Unique Sound & Vibration

- The unique sound and vibration (Common Audio Attention Signal and Vibration Pattern) you receive when a WEA is sent are prescribed in Part 10 of the Code of Federal Regulations for use in Alert messaging only.
- The unique sound and vibration cadence are particularly helpful to people with visual or hearing disabilities.

## Will I Receive WEAs on My Cell Phone?

- To find out if your phone can receive WEA alerts, contact your wireless provider. All the major providers participate in WEA on a voluntary basis. It will take time for upgrades in infrastructure, coverage and handset technology to allow WEA enhancements to reach all cellular customers.
- Wireless providers are selling devices with WEA capability included but not all handsets now on the market can receive WEAs. To learn how yours is configured, contact your wireless provider or phone manufacturer.
- WEA messages can save lives. Do not ignore these messages! WEAs contain basic information so if you receive a WEA, seek additional information from other sources such as radio or TV.

For more information visit <https://www.fema.gov/ipaws>. Contact the IPAWS Program Management Office at [ipaws@fema.dhs.gov](mailto:ipaws@fema.dhs.gov).

*IPAWS is a national system for local alerting that provides authenticated emergency alert and information messaging to the public through cell phones and internet applications using Wireless Emergency Alerts, and to radio and television via the Emergency Alert System.*



# FEMA

# 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>

## 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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**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





2025

# March

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|--|---|---|---|--|---|
|        |  |   |   |   |  | 1   |
| 2      | 3  | 4   | 5   | 6   | 7  | 8   |
|        |  |   |   | <br>Bingocize @ 1pm            |  |   |
| 9      | 10   | 11  | 12  | 13  | 14   | 15  |
|        |  | <br>Bingocize @ 1pm<br><br>Laugh & Learn<br>3:30pm            |   |  Junior Homemakers<br>3:00pm |  Stitch & Chat<br>9am<br><br>Bingocize @ 1pm                 | Loaves of Love<br>@ 12pm<br> |
| 16     | 17   | 18  | 19  | 20  | 21   | 22  |
|        | <br>Cooking Through the<br>Calendar @ 4pm |   |  Lunch-n-Learn<br>Entertaining Little<br>Ones @ 12pm<br><br>Bingocize @ 1pm | <br>Book Club @ 5pm          |  Lunch-n-Learn<br>Mealtime Rut @ 12pm<br><br>Bingocize @ 1pm |   |
| 23     | 24   | 25  | 26  | 27  | 28   | 29  |
|        |  | <br>Bingocize @ 1pm<br><br> Keys to<br>HomeOwnership<br>@ 6pm |   |   | <br>Bingocize @ 1pm   |   |
|        | 30   | 31  |   |   |  |   |