UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

Lexington, KY 40546

Magoffin County Cooperative Extension Service Newsletter

January & February 2009

Cooperative Extension Service
Magoffin County
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Inside this issue:

Agent's Comments

Happy New Year!

Hopefully everyone is off to a great start in 2009! We have officially rung in the new year and are hard at work here at the office!

We've covered several different topics of interest for our first edition of '09. One such subject is how to be a healthier you in a brand new year. If this appeals to you, be sure to check out *Magoffin County's Biggest Loser* information enclosed!

Also relevant is an informative article dealing with carbon monoxide safety during the winter months. To find out more, be sure to read page 5!

It's also the time of year when we begin to take calls for the popular fruit orders. Don't miss out!

Check out our new photo gallery to see if you've been caught on camera! If we missed you this time around, hopefully we'll get you soon!

If you'd like more information on anything you've read or are interested in topics we haven't touched on, let us know. *Don't forgot to check out our featured recipe...colorful quesadillas!*

Sincerely,

Russell Sparks, CEA for Ag/Natural Resource

Russell Sparks

Brooke Jenkins, CEA for Family/Consumer Sciences

Brooke Jenkins

Dora Webb, CEA for 4-H Youth Development

Dora E Webb

Wishing Everyone a Happy & Prosperous New Year!

Have a Great 2009!

Extension Service Staff

Magoffin County's Biggest Loser!

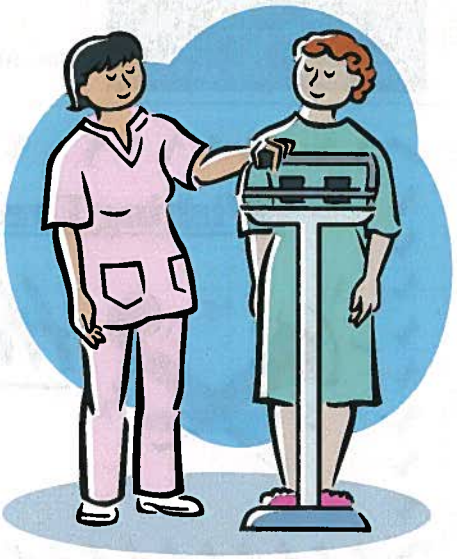
Submitted by: Brooke Jenkins

Are you ready to get healthy and lose weight this year? The New Year is the perfect time to start fresh. The Magoffin County Cooperative Extension Service will be having a weight loss program to see who can become Magoffin County's Biggest Loser.

The following key recommendations from the National Institutes of Health, National Heart, Lung and Blood Institute are good advice. The first goal of weight control may be to prevent further weight gain. Over the holidays, weight gain is common as we depart from regular schedules and socialize over food. An achievable weight loss goal should be to reduce body weight by about 10 percent. If your starting weight is 250 pounds, the goal would be to lose 25 pounds over a 12 week time period. After reaching your goal, it may be best to maintain the reduced weight of 225 pounds for a few weeks before attempting to lose more weight. The rate of weight loss should be 1 to 2 pounds per week for a period of 6 months. Depending on the amount of success at weight loss during the 6 month period, design a new strategy for the next period of weight reduction. Reducing fat alone without reducing calories is not sufficient for weight loss. However, reducing fat along with carbohydrate can help reduce calories. To lose 1 to 2 pounds per week, reduce daily calories by 500 to 1000 per day. Physical activity should be a part of any program because it: contributes to weight loss in overweight adults, may decrease abdominal fat, increases cardiovascular and respiratory fitness, and may help with maintenance of weight loss. To begin a physical activity program, aim for 30 to 45 minutes of moderate activity on 3 to 5 days of the week. A long-term goal of at least 30 minutes of moderately vigorous activity on most days of the week is appropriate for most U.S. adults. Weight loss programs can be improved by aiming to change lifestyle behaviors. A weight maintenance program should be a priority for at least 6 months after a period of weight reduction.

We will meet each Tuesday starting January 27 at 3:00 PM. We will meet for 10 weeks—until the end of March. At that time we will follow you with a maintenance program and you can sign up for Get Moving Kentucky which will begin in April. Each week participants will weigh in, learn weight loss strategies that work, be physically active and taste a healthy recipe. Participants will receive a cookbook and information. The person losing the greatest percentage of body weight will be Magoffin County's Biggest Loser and will receive a great prize!

Come to the first session to sign up and find out more about this program! Its free, so bring a friend.



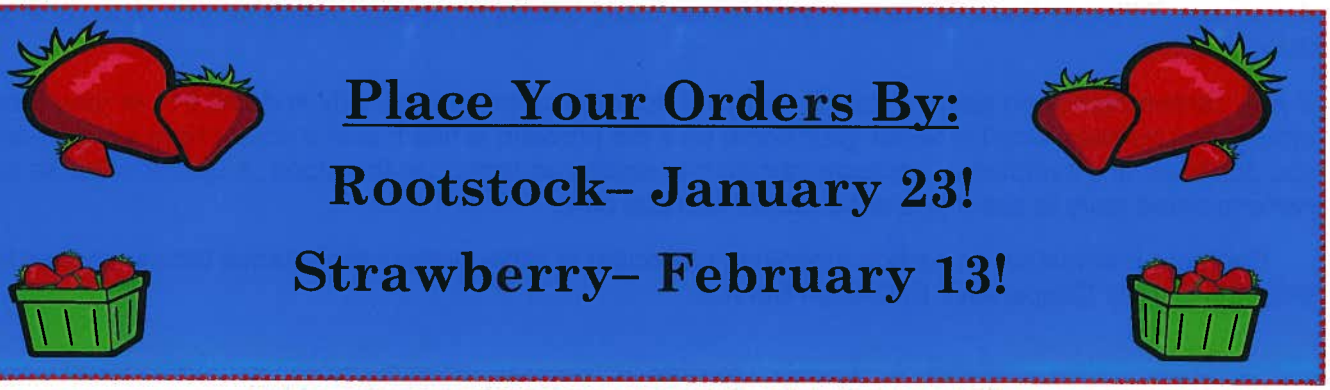
Group Fruit Plant Orders By: Russell Sparks

The Magoffin County Extension Service will be involved in two group fruit plant orders this year. We traditionally conduct group orders for grafting rootstock and strawberry plants.

The grafting rootstock order is for EM7A semi-dwarf apple and standard pear grafting rootstock. The rootstock group order is due on or before January 23, 2009. The rootstock ordered is scheduled to arrive in early March. People interested in ordering rootstock should contact the extension office at 349-3216 for more information and to place an order. The cost of the rootstock is $1.00 per rootstock. Grafting is one way to get an apple or pear tree just like the one you or a friend already has at home. Cuttings from the tree should be taken in January, wrapped in damp paper towels, sealed in a garbage bag and stored in the refrigerator. The cuttings should be last year's new growth, should be about the diameter of a pencil and about 12 inches long. If you do not know how to graft trees we can schedule a grafting class so you can learn how to graft trees. I have been grafting fruit trees in Magoffin County for 29 years and know where many of the older varieties are located if you need help finding the type tree you want cuttings from to graft.

The group strawberry plant order is due on or before February 13, 2009 and the plants should arrive about the middle of March. The varieties we will order are Earliglow (an early season June bearer), Allstar (a mid season June bearer), and Tribute (an everbearing or dayneutral or all season bearer). The cost of the strawberry plants is $3.00 per 25 plants. The same company we order from would charge you $10.00 for 25 plants plus 15% shipping and handling if you ordered the plants on your own and not through a group order. The only way we get them at this reduced price is because we order about 7000 plants each year for Magoffin County Citizens. If you look in most order catalogues the more you order the cheaper they get for each plant.

We do the group fruit orders each year to encourage people to plant fruit plants of the recommended varieties, help people get information on caring for fruit plants and help people get them at a reduced price. For more information or to place an order contact the Magoffin County Extension Service at 349-3216 or visit our office located on Rockhouse Fork Road at the junction of Highway 114 and Highway 1415 near Salyersville.



Carbon Monoxide Safety is Extremely Important During Winter *Submitted by: Brooke Jenkins*

With winter here, most people are closing up their windows and turning up the heat. These actions increase the risk of carbon monoxide poisoning. Carbon monoxide is a silent but deadly gas that is responsible for hundreds of deaths each year. Many people do not realize that they are breathing in carbon monoxide because you cannot smell, taste or see it. Although carbon monoxide poisoning poses threats for everyone, infants, children, senior citizens and anyone who suffers from respiratory problems have increased risks.

Carbon monoxide poisoning can cause many health effects, and high levels of carbon monoxide can cause death. Some symptoms of breathing in low levels of carbon monoxide include headaches, dizziness, confusion and drowsiness. Breathing in high levels of carbon monoxide can cause breathing and vision impairments, reduced brain function, loss of consciousness and death. Since many of the carbon monoxide poisoning symptoms can be mistaken for the flu, many people overlook the symptoms. If you believe that you are suffering from carbon monoxide poisoning, seek medical attention immediately.

Since carbon monoxide is so deadly, it is important to remember not to take chances. Here are some helpful tips that can lower your risks and could save your life.

- Have a qualified technician clean and inspect all combustion equipment each year. This includes gas furnaces, gas or kerosene space heaters, wood-burning or gas fireplaces and gas water heaters.
- If you encounter a problem with your furnace and can't stay warm, do not use kitchen ovens or gas ranges for additional heat. This is very dangerous.
- Install carbon monoxide detectors in your home and anywhere else you use gas heating appliances. Test periodically to make sure they are working properly.
- Install and use exhaust fans vented to outdoors over gas stoves.
- Open flues when using fireplaces.
- Never warm a car or run any motor appliance inside your garage. Even with the garage door open, carbon monoxide can build up rapidly and cause poisoning within minutes.
- Never use a charcoal or propane grill inside your home or garage.
- Avoid the use of gas or kerosene space heaters inside your home. If you can't avoid using them, follow operating instructions very carefully and always make sure there is an open window for ventilation.
- If you use a gasoline or other fuel-fired generator during a power outage, keep the generator outdoors during use. If the generator is indoors, your house could quickly fill up with deadly carbon monoxide gas as the fuel burns.

If your carbon monoxide alarm goes off, exit your house or apartment quickly and call 911 or your local emergency number. Don't re-enter your home until the problem is fixed. See a doctor right away, even if you don't feel any symptoms, because carbon monoxide can remain in the blood. A doctor or nurse can perform blood tests to see if you need further medical care.

For more information on carbon monoxide poisoning or other home maintenance topics, contact the Magoffin County Cooperative Extension Service.

Source: Linda Adler, Extension specialist for home furnishings

4-H News!

NEEDED: ADULT VOLUNTEERS TO WORK WITH YOUTH for SHOOTING SPORTS PROGRAM!

4-H Shooting Sports is an educational program that began in Kentucky in 1988. The program focuses on youth development through introducing them to the safe and responsible use of firearms and archery equipment. The program offers a competitive event in the fall at the state level but competition is not the focus of the program. The Shooting Sports program has a variety of events such as Trap (.12 and .20 gauge), Rifle (.22 cal and Air), Pistol (.22 cal and Air), Muzzleloader (Rifle and Pistol), and Archery (Recurve, Compound Bare, Bow Hunter and Target). Coaches only have to have one area of interest but are welcome to do more than one. The eligible youth participants would be between the ages of 9 and 19.

There has been a great deal of interest in Magoffin County to bring this program to our youth. In order to do this we need adult volunteers who enjoy working with youth in these areas, who are willing to undergo a background check, a state certification training on Feb 20-22nd , and possibly a drug test. **The deadline to apply for this would be January 16th!**

We also need community members to participate on the 4-H Youth Protection Committee and the 4-H Council that identifies the interests and needs of youth throughout the county.

Please contact: Dora Webb Magoffin CEA for 4-H/YD @ 349-3216 or dora.webb@uky.edu

UPCOMING EVENTS

Teen Council **Meeting Thursday January 15 @ 6:30 at the Magoffin County Extension Office**

4-H Council **meeting Tuesday January 20th @ 6:30 at the Magoffin County Extension Office**

1st– 4-H Youth Protection Committee **meeting January 20th @ 6:30 at the Magoffin County Extension Office**

A very special thanks to all the Homemakers who worked very hard at the Chili Dinner Fundraiser in support of our much needed 4-H Camp Scholarship Funds!!!

Looking forward to a wonderful upcoming New Year!

Dora Webb, Magoffin County 4-H Youth Development Agent

HIGHLAND BEEF CATTLE ASSOCIATION MEETING

By: Russell Sparks

Magoffin County cattle producers are invited to attend the Highlands Beef Cattle Association Annual Awards Dinner scheduled for 6:00 P.M. Thursday, January 15, 2009 at the **Lawrence County Extension Service**. *Note: This reflects a change in location as originally the program was planned to be held at the Country Highway Museum in Johnson County*! Dr. David Ditch will provide information on hay and pasture management during high fertilizer prices.

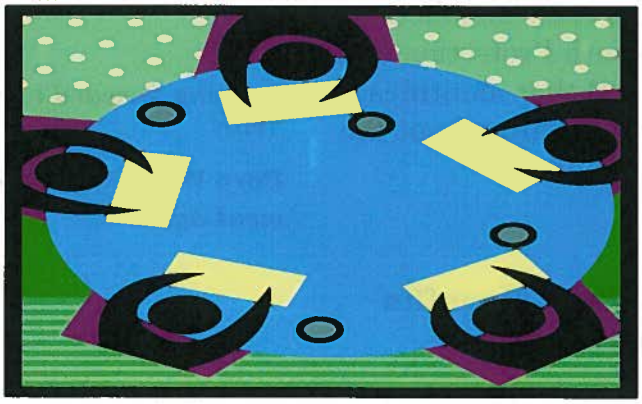
Please make reservations for this meeting by calling the extension office at 349-1236 before 4:30 P.M. Monday, January 12, 2009.

Don't Forget to RSVP!

Retirement Focus Group—Participants Needed!

We need your help to participant in a focus group about retirement. Participants must be MEN, who have worked most of their life, not college or trade school educated. We need men who have retired or are almost ready to retire. The focus group will last 1 — 1 1/2 hours and for their participation, they will receive a $25 gas voucher and a meal. A representative from UK will be conducting this focus group on Monday, January 26. If you can assist me by participating or recruiting other participants, please let us know at the Extension Office as soon as possible. We will follow up with additional information for the participants.

Thank you so much!



Extension Photo Gallery

Homemaker Holiday Social

Thanksgiving Baskets

Patchwork Painting

IMPORTANT DATES TO REMEMBER:

January

- Horse & Cattle Assoc. Mtgs., January 8
- Friendship Quilt Guild, January 9 & 23
- Ivyton Hippie Chix Mtg., January 13
- Highlands Beef Cattle Assoc. Mtg., January 15
- 4-H Teen Council Mtg., January 15
- Office Closed: MLK Day, January 19
- Funyons Homemaker Mtg., January 20
- 4-H Adult Council & Youth Prot. Comm., January 20
- Uptown Girls Homemaker Mtg., January 21
- Patchwork Playdates., January 22
- District Board Mtg., January 26
- Night Owl Quilt Guild, January 26
- Country Dumplings Homemaker Mtg., January 27
- Biggest Loser Weight Program, January 27
- Mobile Food Pantry @ Park, January 28
- Homemaker Council Mtg., January 30

IMPORTANT DATES TO REMEMBER:

February

- Biggest Loser Program, February 3, 10, 17, & 24
- 4-H Teen Summit Deadline: February 6
- Ivyton Homemakers Mtg., February 10
- Patchwork Playdates, February 12
- Horse Association Mtg., February 12
- Quilt Guild, February 13 & 27
- Night Owl Quilt Guild., February 16
- Ag. Development Council Mtg., February 16
- Funyons Homemaker Mtg., February 17
- Uptown Girls Homemaker Mtg., February 18
- 4-H UK Engineering Day, February 21
- Country Dumplings Homemaker Mtg., February 24
- Patchwork Playdates, February 26
- Time Management Homemaker Lesson, February 27

Colorful Quesadillas

FEATURED RECIPE

Source: Adapted from Iowa State University Extension

Ingredients:

8 ounces cream cheese, fat-free
1/4 teaspoon garlic powder
8 small flour tortillas
1 cups chopped sweet red pepper
1 cup shredded low-fat cheese
2 cup fresh spinach leaves or 9 oz. frozen, thawed and squeezed dry

Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts

Serving Size 4 wedges or 1 quesadilla
Servings Per Container 8

Amount Per Serving	
Calories 160	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 11g	
Vitamin A 35% • Vitamin C 45%	
Calcium 20% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Horse & Cattle Association Mtgs., 7PM; Patchwork Playdates, 2-4 PM; Brooke on MCTV	9 Quilt Guild, 9AM	10
11	12	13 Ivyton Hippie Chix, 6 PM	14	15 Highlands Beef Cattle Association Mtg., 6 PM; 4-H Teen Council Mtg., 6:30 PM	16	17
18	19 Martin Luther King Day: Office Closed	20 Funyons, 5:30 PM; 4-H Adult Council Mtg. & Youth Protection Comm., 6:30 PM	21 Uptown Girls, 10:30 AM	22 Patchwork Playdates, 5-7 PM	23 Quilt Guild, 9AM	24
25	26 District Board Mtg., 6:30 PM; UK Retirement Focus Group; Night Owl Quilt Guild, 2PM	27 Country Dumplings, 10:30 AM; Biggest Loser, 3 PM	28 Mobile Food Pantry, 10:30 AM @ Park	29 Brooke on MCTV	30 Homemaker Council Mtg., 9 AM	31

Disabilities accommodated with prior notification.

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Biggest Loser Weight Loss Program, 3 PM; County Extension Council Mtg., 6 PM	4	5	6 4-H Teen Summit Deadline	7
8	9	10 Biggest Loser Weight Loss Program, 3 PM; Ivyton Homemakers Mtg., 6 PM	11	12 Patchwork Playdates, 2-4 PM; Horse Association Mtg., 7PM	13 Quilt Guild, 9 AM	14 
15	16 Night Owl Quilt Guild, 2 PM Agriculture Development Council, 7 PM	17 Biggest Loser Weight Loss Program, 3 PM; Funyons Homemaker Mtg., 5:30 PM	18 Uptown Girls Homemaker Club Mtg., 10:30 AM	19	20	21 4-H UK Engineering Day for Youth Ages: 9-19
22	23	24 Country Dumplings Homemaker Mtg., 10:30 AM; Biggest Loser Weight Loss Program, 3 PM	25	26 Patchwork Playdates, 5-7 PM	27 Quilt Guild, 9 AM; Time Management Homemaker Lesson, 11 AM	28

Happy Valentine's Day!