

## Anderson County Extension Family & Consumer Sciences Newsletter March, 2025 Building Strong Families

**Cooperative Extension Service**  
Anderson County  
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### Important Dates:

- March 1**—Basket Guild, 10—3 p.m.
- March 3**—Quilt Guild, 5:30 p.m.
- March 6**—EH Project Day, 9—2:30 p.m.
- March 8**—2nd Saturday Sew, 10—4 p.m.
- March 10**—Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.  
Craft Camp planning, 10 a.m. at Jessamine  
County Extension office
- March 13**—County Cultural Arts Contest
- March 15**—Homemaker Craft Day, 10—2 p.m.
- March 19**—Homemaker Council Meeting, 10 a.m.
- March 20—22** Anderson County Piecemakers Quilt  
Retreat; registration information at  
<http://anderson.ca.uky.edu>
- March 25**—WITS Workout, 10 a.m.
- March 27**—Lunch & Learn, 11 a.m.
- March 29**—Quilting Bees, 10—4 p.m.
- April 16**—Ft. Harrod Area Cultural Arts Contest

### Anderson County Cultural Arts Contest

The Anderson County Cultural Arts Contest will be Thursday, March 13th. Set up is on Wednesday from 4—6 p.m. and entries will be taken on Thursday from 9 a.m.—12 noon. Judging begins at 1 p.m. Public viewing is from 3—4 p.m. and entry pickup is from 4—4:30 p.m. (Exhibit categories are located on the Anderson County Extension website or may be picked up at the Extension office.)

County winners will go on to compete at the Ft. Harrod Area Cultural Arts Contest in Garrard County on Wednesday, April 16th.



### A Message From The County President:

After a rough winter we have some catching up to do. If you would like to help plan events please let any of us know. We're looking at a self care/spa day theme for our county annual meeting and would love to have your input.

Please gather the items you've worked on and enter them in the Cultural Arts Contest March 13.

We need two people to work on the Area Heritage Craft Camp planning. Please let me know if you're interested.

*Mattie Spaulding*



### Lunch & Learn

**March 27, 11:00 a.m.—12 p.m.**

**Call the Extension Office at 839-7271  
to register!**

**FREE!!**

Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing "Crunchy Air Fryer Fish" this month!

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

Lexington, KY 40506

## Finding Motivation to Stick to Your Exercise Resolutions

Source: Katherine Jury, Extension Specialist for family health

You may have a goal of becoming more active this year but might be finding it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic.

Physical activity has a ton of benefits including aiding in weight loss, boosting your immune system, relieving stress and helping to lower your blood pressure. The goal is to get 150 minutes of physical activity each week.

While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.



- Make it manageable. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day.
- Make a plan. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit in. Once you have an exercise schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.
- Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Your activity does not have to be difficult. It could be as simple as walking around your neighborhood or dancing to music each day.
- Find ways to make it social. Some people find it helpful to have an exercise partner or join a gym class for motivation. Get a workout buddy or find a virtual exercise class. You can also make it a family activity by encouraging them to be active with you.

For more information on ways to get and stay active, contact the Anderson County office of the University of Kentucky Cooperative Extension Service.

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### LEADER LESSON TRAINING

The lesson for March is "Elements and Principles of Art." This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

Links for the video: <https://www.youtube.com/watch?v=-74kL7zaXE4>  
<https://www.youtube.com/watch?v=aoWzhOUL66k>

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>



Let us know if you have any questions about this newsletter or need additional information.

*Susan Campbell*

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Kennedy Hannah, Anderson County  
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