

August 2024 FCS Newsletter



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Cooperative Extension Service

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“This morning, the sun endures past dawn. I realize that it is August: the summer’s last stand.” – Sara Baume, A Line Made By Walking

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant
(Nutrition Education Program)

August 2024
Nutrition
Education
Program
Calendar Recipe

Peanut Butter Oatmeal Bites



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 cup creamy peanut butter
 - 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
 - 1/3 cup brown sugar
 - 2 teaspoons vanilla
 - 2 teaspoons cinnamon
 - 2 cups quick oats
 - 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
 - 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Preheat the oven to 350 degrees F.
 3. Line two large baking sheets with parchment paper and set aside.

4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.
5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites
Serving size: 1 bite
Cost per recipe: \$4.44
Cost per serving: \$0.15

Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

Zucchini and Corn

Servings: 6 serving size: 3/4 cups



Nothing tastes like summer as much as fresh corn on the cob. This corn from the cob gets a tasty lift from fresh zucchini and tomato. Leftovers make a great snack.

Ingredients:

- 1/2 cup sliced green onion
- 2 tablespoons margarine
- 4 cups fresh corn, cut from cob
- 1 large zucchini cut into 1/4 inch slices
- 1 medium tomato, peeled and chopped
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- 1/8 teaspoon pepper



Directions:

1. Sauté onion in margarine until tender.
2. Stir in corn and zucchini and cook 10 minutes until tender.
3. Add tomato, parsley and seasonings and cook until heated.

Make It a Meal

- ◆ Grilled Chicken
- ◆ Zucchini and Corn
- ◆ Fresh Sliced peaches
- ◆ Whole wheat bread
- ◆ Low-fat milk

Source: Elizabeth Buckner, Extension Specialist University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 120 calories; 5 g total fat; 1 g saturated fat; 0.5 g trans fat; 0 mg cholesterol; 250 mg sodium; 19 g carbohydrate; 2 g fiber; 3 g protein; 10% Daily Value of vitamin A; 25% Daily Value of vitamin C; 4% Daily Value of Iron

Tips

- Choose vegetables rich in color. Brighten your plate with red, orange, or dark green veggies. They are full of vitamins and minerals.
- Wash melons and all fresh fruits before slicing.



Extension Homemaker Club Meetings

Country Charmers - No Meeting in August

Sunnybrook - No Meeting in August

Busy Bees - August 1st @ 1:00 p.m. - Downstairs Meeting Room

Crafter's Anonymous - August 14th @ 1:00 p.m. - Downstairs Meeting Room

Odds 'N Ends - No Meeting in August

Pots & Pans - No Meeting in August

Charity - No Meeting in August

Happy Chippers - August 15th @ 12:30 p.m. - Downstairs Meeting Room

Creative Characters - August 20th @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - August 26th - Assigned Appointments Only-Contact Seth Hart

Mudslingers - August 27th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



KEHA ~ Roll Call & Thought for the Day

August 2024

Thought for the Day:

"Out along the edges

Always where I burn to be"

Danger Zone

Kenny Loggins 1986



Roll Call: How do you beat the heat during the "dog days" of August?

NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.

Blood Drive!

Tuesday, August 20, 2024

Aspire Center

Country Charmers ~ 12:30-3:00 p.m.

Creative Characters/Happy Chippers ~ 3:00-5:30 p.m.





**Wayne County Extension Homemakers!
Dates to Book in Your Calendar**

AUGUST 2024

- August 1 - HM Yard Sale Committee Planning Mtg. @ 10:00 a.m. - Small Upstairs Meeting Room
- August 5-Ovarian Cancer Walk Committee Planning Mtg. @ 3 p.m. - Small Upstairs Mtg. Room
- August 5 - Wayne Co. Animal Benefit Committee Meeting @ 5:30 p.m. - Small Upstairs Mtg. Room
- August 6 - Pressure Canning Class @ 9:00 a.m.-4:00 p.m. - Upstairs Meeting Room
- August 8 - Beginning Pie Dough Class @ 5:00 p.m. - Upstairs Meeting Room
- August 16 - Sourdough Starter Workshop @ 12 noon - Downstairs Meeting Room
- August 21 - In-Stitches Class @ 10:00 a.m. - Downstairs Meeting Room
- August 22 - Pillow Case Class @ 10:00 a.m.-3:00 p.m. - Downstairs Meeting Room
- August 23 - Boiling Water Bath Canning @ 10:00 a.m. - Upstairs Meeting Room
- August 27 - HM Leader Lesson-Composition in Photography @ 5:30 p.m. - Downstairs Mtg. Room
- August 30-31 - Little Mountain Quilt Show - Aspire Center

SEPTEMBER 2024

- September 2 - Extension Office Closed - Labor Day Holiday
- September 6 - Set up for Homemaker Yard Sale
- September 7 - Homemaker Yard Sale
- September 10 - Jingle All the Way & North Pole Breakfast with Santa Committee Planning Mtg. @ 1:30 p.m. - Small Upstairs Meeting Room
- September 16 - Set up Ovarian Cancer Walk @ Aspire Center
- September 17 - Ovarian Cancer Walk Event @ Aspire Center
- September 18 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- September 19 - Happy Birthday JOY!!
- September 24 - Self-Care & Self-Pampering Leader Lesson @ 5:30 p.m. - Downstairs Meeting Room
- September 25 - Extension Homemaker County Annual Meeting Prep
- September 26 - Extension Homemaker County Annual Meeting

OCTOBER 2024

- October 13-19 - KEHA Week
- October 16 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- October 21-24 - MCV State Training @ Cave City
- October 22 - Healthy Eating Around the World Leader Lesson @ 5:30 p.m. - Downstairs Mtg. Room
- October 25 - Wayne County Animal Benefit Prep
- October 26 - Wayne County Animal Benefit @ Monticello Dog Park
- October 29 - LCA Extension Homemaker Council Meeting @ 9:30 a.m. CT (10:30 a.m. ET) @ Adair Co.
- October 31 - Happy Halloween!



**Wayne County Extension Homemakers!
Dates to Book in Your Calendar**

NOVEMBER 2024

- November 5 - Extension Office Closed for Presidential Election - GO VOTE!**
- November 22 - Jingle All the Way Setup**
- November 23 - Jingle All the Way Event**
- November 26 - Homemaker Leader Lesson (County Choice)**
- November 28-29 - Extension Office Closed - Thanksgiving Holiday**

DECEMBER 2024

- December 6 - Set up for North Pole Breakfast with Santa**
- December 7 - North Pole Breakfast with Santa Event - Upstairs Meeting Room**
- December 18 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room**
- December 24 - January 1 - Office Closed - Christmas & New Year's Day**

HOMEMAKER LEADER LESSONS - 5:30 P.M. - Downstairs Meeting Room

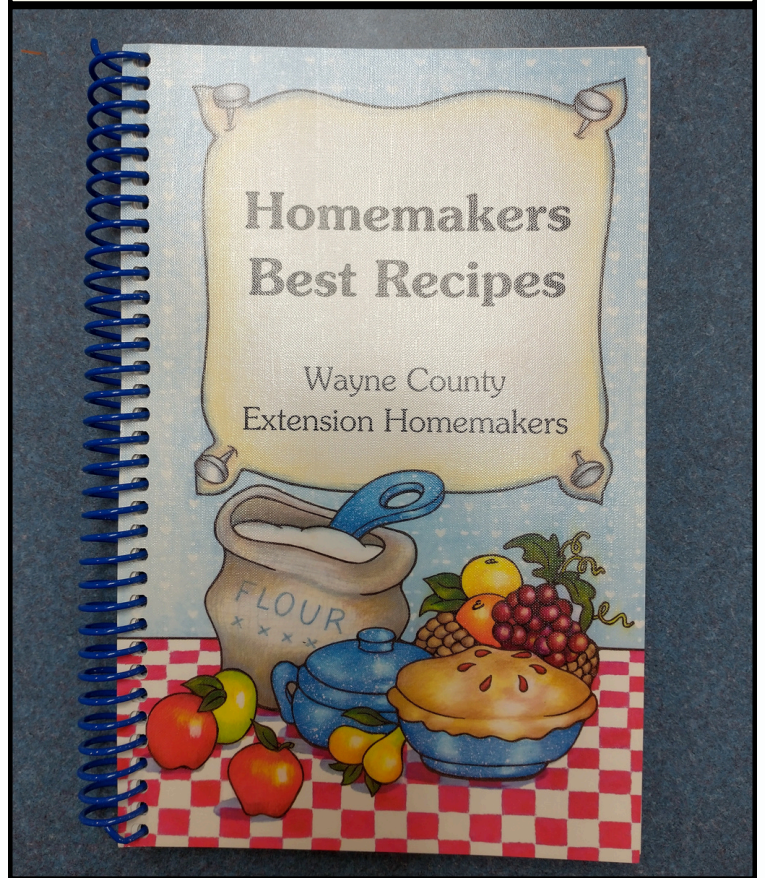
- August 27 - Composition in Photography**
- September 24 - Self-Care & Self-Pampering**
- October 22 - Healthy Eating Around the World**
- November 26 - County Choice**
- December 24 - County Choice**
- January 28 - How to Get Out of Mealtime Rut**
- February 25 - People Learn with Purpose: Understanding Learning Styles**
- March 25 - Indoor Air Quality**
- April 22 - Gardening Safety**
- May 27 - Using Your Air Fryer**



**Crafter's Anonymous
Homemaker Club Meeting
August 14, 2024 @ 1:00 p.m.
Downstairs Meeting Room
The club will be making
"Wood Slice Black Cats."**

Homemakers Best Recipes Cookbooks

Cookbooks are now available for sale at the Extension Office. Cost is \$15.00. An Extension Homemaker member can check out 5 cookbooks to sell. Within 3 weeks after signing out 5 cookbooks, you will need to turn in the receipts, money, and any cookbooks that didn't sell.



**In-Stitches Quilt Class ~ Metro Rings
Wednesday, August 21, 2024 @ 10:00 a.m.
Downstairs Meeting Room**

We will start a new project called METRO Rings. Please call the Extension Office for class prep information.





Seth Hart

Program Assistant
for Community Arts

New Barn Quilt "Wayne County, KY"



We have displayed a new barn quilt, entitled "Wayne County, KY." This block was designed by Community Arts Assistant, Seth Hart, and assisted by EFNEP Assistant, Gaye Hutchison. It features thirteen patterns that represent Wayne County and some of its historical landmarks, including *The Doughboy*, *West-Metcalf* and *Brown-Lanier* houses, *Dunagan's Grocery & Supply* and *Mill Springs Mill*, while also showing elements of Lake Cumberland and our heritage through quilting, agriculture and other familiar staples.

Seth's vision for this project began in 2016 and drafts for it continued to evolve until they were finalized early this year. Construction was then underway in March and completed in July. It's now visible by the lower-level parking lot at the Extension Office between our other blocks, "Extension for All Seasons, for All Ages" and "Celebrating 100 Years of Extension."

Designed by
Seth Hart, Community Arts Assistant

Painting Assisted by
Gaye Hutchison, EFNEP Assistant



BACK TO SCHOOL

Breakfast Ideas

We often hear breakfast is the most important meal of the day. *But why?* Children who eat breakfast do better on tasks that require attention and higher-level brain functions. This means children who eat breakfast focus and concentrate better and have fewer behavior problems. They also have higher school attendance, fewer hunger-induced stomach aches, and better muscle coordination. Children who eat breakfast also tend to have an overall healthier diet.

It is easy to miss or forget breakfast during the rush to get out the door for school. But a little planning and prep will have your family fueled for whatever the day brings. Try one or more of these tips to help make breakfast part of a back-to-school routine that sets children up for success.

- ★ **Prep the night before.** Set out breakfast options before going to bed. This will allow children and adults to easily get started eating or grab something for the road.
- ★ **Set the alarm a few minutes earlier.** A few extra minutes in the morning can provide time for a quick breakfast. It can also provide time for children to wake up and feel hungry or ready to eat.
- ★ **Role model breakfast.** Children copy adults' behavior. Sitting down to eat with children or at least eating while getting ready shows them breakfast is part of the start of the day.
- ★ **Pack breakfast to go.** Breakfast does not have to be eaten at home. You can pack healthy options for the bus or car ride to school and work.
- ★ **Try school breakfast.** Many schools serve nutritious breakfast. Ask your school and encourage children to take advantage of this.

Eating something is better than nothing. But to fuel the body and brain for a day of academic, social, and physical activity, the standout combination is a whole grain, some protein, and either fruit or vegetables. Find whole grains in things like hot or cold cereal, bread, tortillas, muffins, waffles, or even leftover rice or pasta. Look for protein, which is often missing from breakfast, in dairy products, eggs, nuts and seeds, beans, or animal meats.

Try one of these quick, easy ideas to fuel children's brains and behavior. Or create your own combination!

- ★ **Hot, instant cereal.** Add protein by making it with milk instead of water. You can change up the flavor based on things you mix in. Want it sweet? Add fresh, dried, or even frozen fruit and nuts. Want it savory? Add cheese and an egg with veggies of your choice.
- ★ **Yogurt bowl.** Start with a base of plain yogurt and then add fresh, canned, or frozen fruit and whole-grain cereal or granola.

- ★ **Egg sandwich.** Have an egg your way with cheese and veggies of your choice on a whole-grain bread, bagel, English muffin, or pita.
- ★ **Smoothie.** Blend milk, frozen fruit, and a banana. You can add yogurt or nut butter for more protein and flavor.
- ★ **Tortilla roll.** Spread nut butter and your choice of fruit on a whole-grain tortilla. Roll up and enjoy.
- ★ **Cheese and whole-grain crackers.** If you feel like snacking for breakfast, try veggies and hummus or fruit with whole-grain crackers and a stick or slice of cheese.
- ★ **Dinner for breakfast.** Leftovers are another quick and easy option for breakfast.

For more ideas, visit your local Extension office or the [planeatmove.com/recipes](https://www.planeatmove.com/recipes) website.

References

Ellis, E. (2021, March 5). Power up with breakfast. Eatright.org.

<https://www.eatright.org/food/planning/meals-and-snacks/power-up-with-br...>

Ellis, E., Msora-Kasago, C., Derocha, G., Escobar, S., Bochi, R.A., Sheth, V. (2021, July 9).

Breakfast: Key to growing healthy. Eatright.org.

<https://www.eatright.org/food/planning/meals-and-snacks/breakfast-key-to...>

Source: Courtney Luecking, Extension Specialist for Nutrition and Health



Submitted by:
Joy McGinnis

FCS Program Assistant



BASIC SOURDOUGH STARTER WORKSHOP

AUGUST 16TH @ 12PM EST
WAYNE COUNTY EXTENSION OFFICE

RSVP by August 12th
at (606) 348-8453

\$5 Registration Fee

Learn about the basic creation and maintenance of sourdough starters for bread making with Megan Gullett, Russell Co FCS Agent.

Each participant will receive a sourdough starter.



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Brain HEALTH ACADEMY



Educational Entertainment
Activities to stimulate body and mind. Programming designed for those with cognitive impairment and those who care about them.

Brain Boost for those living with Mild Cognitive Impairment and early dementia and Brain Health 101 for those with early to moderate dementia and those who care for them.



dementiacaregiver.createuky.net/Brain_Health/

Pillow Case Class

August 22, 2024

10:00 a.m.-3:00 p.m.

Downstairs Meeting Room

MUST REGISTER!

Skill Level - All (Beginners can do this!)



Participants need to bring:

- Sewing machine in good working order.
- Basic sewing supplies: thread, scissors, pins, etc.

Supplies needed:

- 2 yards focus fabric
- 1 yard coordinating fabric
- Neutral thread

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.



Pressure Canning Class

August 6, 2024

9:00 a.m.-4:00 p.m.

Upstairs Meeting Room

Registration Deadline: August 2, 2024

Spots are limited.

Lunch will be provided.

Registration Fee:

\$15.00 (Prepaid)

\$5 Discount for current paid

Wayne County Homemaker

Members

Preserving your garden or market produce is EASY & FUN! Learn to preserve your produce in a safe and shelf-stable way to feed your family for months ahead. This is a hands-on learning experience class.

Boiling Water Bath Canning Class

August 23, 2024

10:00 a.m.-3:00 p.m.

Upstairs Meeting Room

Registration Deadline: August 20, 2024

Spots are limited.

Lunch will be provided.

Registration Fee:

\$15.00 (Prepaid)

\$5 Discount for current paid Wayne

County Homemaker Members.

Great way to preserve your produce for long-term shelf-stable storage. This is a hands-on learning experience class.





Thursday, August 8, 2024 @ 5:00 p.m.

Upstairs Meeting Room

Cost ~ \$15.00 (Prepaid)

(\$5.00 Discount for Wayne County Extension Homemakers who have paid their dues for the 2024-2025 program year.)

Participants will receive a dough mat, rolling pin, and pastry/dough cutter.

Why Attend?

Cost Savings ~ Store bought pie dough can be expensive, especially when compared to homemade pie dough.

Skill Development ~ Gain practical skills to make your own pie dough from scratch with simple pantry supplies.

Personal Satisfaction ~ Learning a new skill is very gratifying and you can impress your family and friend with your new talents for making homemade pies!

**Registration & \$15.00 fee due to the Extension Office
by Monday, August 5, 2024.**

Looking for some tips on taking “good” photos? Our lesson on Composition in Photography can help! Come join us as we review the elements and principles of art and learn how we can use these concepts to make photographs that capture our interest. This class does cover “how to use a camera,” and will also inspire you to think about what you’re seeing through your camera’s view finder or on your phone’s screen before taking a picture. Come enjoy and view our photograph examples as we discuss why you may prefer some photos instead of others. Bring your own camera, and we will help troubleshoot your camera the best we can.



Composition in Photography

Wayne County Extension Office

Looking for some tips on
taking “good” photos?

Register Now! Call 606-348-8453

August 27, 2024

5:30 p.m.

Downstairs

Meeting Room



An Equal Opportunity Organization.



Information from the Kentucky State University Cooperative Extension Program

Seasonal CRD Preparedness Tips

July: Lightning Preparedness

Lightning is a powerful and unpredictable natural phenomenon that can strike with little warning, posing significant risks to life and property. Summer is the most likely time for lightning throughout the year, and understanding and implementing lightning safety measures is crucial to protect yourself and your loved ones. This tip sheet provides essential guidelines to help you stay safe from lightning, whether you're indoors or outdoors.

Tip #1: General Information

- All thunderstorms produce lightning and are dangerous
- Lightning can strike up to 10 miles away from any rainfall
- Many lightning deaths occur before rain starts or after it ends
- Don't be fooled by blue skies; if you hear thunder, lightning is a threat
- Lightning often leaves victims with permanent disabilities
- Wait at least 30 minutes after the last thunder before going outside

Tip #2: Outdoor Lightning Preparedness

- When lightning strikes, go indoors. Staying inside is the safest option
- If caught outdoors, avoid open fields, hilltops, isolated trees, and tall objects. Spread out if in a group
- Stay away from water and metal objects, as they conduct electricity well
- If in a car, keep the windows closed. The outer metal shell provides protection, but do not lean on the car
- If scuba diving, stay in the cabin of a boat or dive deep into the water during the storm
- If caving, go deep inside and avoid metal, water, and touching both the ceiling and floor

Tip #3: Indoor Lightning Preparedness

- Stay off corded phones, computers, and other electrical equipment that put you in direct contact with electricity
- Avoid plumbing, including sinks, baths, and faucets
- Stay away from windows and doors, and stay off porches
- Do not lie on concrete floors
- Do not lean against concrete walls

Sources

- <https://www.weather.gov/safety/lightning-tips#:~:text=Stay%20off%20corded%20phones%2C%20computers,not%20lean%20against%20concrete%20walls>.
- <https://www.weather.gov/safety/lightning>
- <https://www.weather.gov/media/safety/Lightning-Brochure18.pdf>
- <https://www.weather.gov/safety/lightning-outdoors>
- <https://www.weather.gov/safety/lightning-cars>
- <http://lightningsafetycouncil.org/>

For more information contact:

Cameron Sellers

Community Resource Development - Disaster Educator
cameron.sellers@kysu.edu



We understand that unforeseen circumstances arise occasionally, but if you must miss a class that you have signed up for, please notify us as soon as possible. In addition to purchasing materials for each attendee, we typically have a waiting list of people that would like to attend the class.

Extension Homemakers who enrolled by July 1, 2024 for the new program year will receive a special gift. Please stop by the Extension Office to pick up your gift. The deadline to pick up your gift is October 1st. Contact the Extension Office if you are unsure of your enrollment date.

Wayne County Extension Office will be closed on Monday, September 2, 2024 for Labor Day Holiday.



Debbie Shepherd

Debbie Shepherd, CEA FCS
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DS/vm



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



**Wayne County Cooperative
Extension Family and
Consumer Sciences**



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Disabilities
accommodated
with prior notification.