

FCS Extension News

Hickman County
329 James H. Phillips Dr
Clinton, KY 42031
270-653-2231
www.ca.uky.edu/ces



Martin-Gatton
College of Agriculture,
Food and Environment

July/August 2023

The time has come for me to ask my community members a favor. I currently am in the process of building my program development council. Some of you I have reached out to in hopes that you might be interested in joining my council aid in me in the direction of my programs being offered. If you are interested in joining or if you know someone who would like to be a part of identifying where program needs are, or if there is something you would like to see be held, this is a perfect opportunity. If you have any questions please reach out to me at the Extension Office or by my email mike.keller@uky.edu. Together we can bring the programs that you the community want to see and continue building our community as a whole!

FAMILY & CONSUMER SCIENCES



Upcoming Dates

- 7/6,7/13,7/20,7/27 - Summer Reading Program @ Hickman County Library
- 7/18 - 4H Baking Day
- 7/19 - Bingocize Intro Session
- 7/20 - WAVE Ag Day
- 7/24 - 4H Woodworking Day
- 7/25 & 7/26 - Bingocize
- 7/29 - Farmer's Market Outdoor Cooking Demo
- 8/1 - 4H Rally Day
- 8/1 & 8/2 - Bingocize
- 8/8 & 8/9 Bingocize
- 8/16 - Bingocize
- 8/17 - Laugh and Learn
- 8/17-8/19 - Hickman County Fair
- 8/22 & 8/23 - Bingocize
- 8/24 - PASTA Kinship Care Group
- 8/26 - Farmer's Market Outdoor Cooking Demo



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

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

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, or physical or mental disability, University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Upcoming Lessons!!



Sept - Cosmetics

With Sarah Drysdale - Ballard County FCS Agent

Graves County - 8/30 Marshall County - 9/1

Hickman County - 8/29 McCracken County - 8/31

Oct - Planning Thrifty & Healthy Holiday Meals

With Kelly Alsip - McCracken County FCS Agent

Cooking during the holidays Doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You learn learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

Graves County - 9/26 Marshall County - 9/28

Hickman County - 9/27 McCracken County - 9/29

Nov - Self Care and Self-Pampering

With Brooke Hogancamp - Carlisle County FCS Agent

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you.

Graves County - 10/25 Marshall County - 10/27

Hickman County 10/24 McCracken County - 10/26

Jan - Time Well Spent: Organizing Tips for Increased Productivity

With Denise Wooley - Graves County FCS Agent

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

Graves County - 12/1 Marshall County - 11/29

Hickman County - 11/28 McCracken County - 11/30

A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.

PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
Lesson	Cosmetics				
SEPT	Sarah Drysdale	8/30	8/29	9/1	8/31
Lesson	Planning Thrifty and Healthy Holiday Meals				
OCT	Kelly Alsip	9/26	9/27	9/28	9/29
Lesson	Self-Care and Self-Pampering				
NOV	Brooke Hogancamp	10/25	10/24	10/27	10/26
Lesson	Time Well Spent: Organizing Tips for Increased Productivity				
JAN	Denise Wooley	12/1	11/28	11/29	11/30
Lesson	Elements and Principles of Art				
FEB	Vicki Wynn	1/30	1/29	2/1	1/31
Lesson	Handy to Have: Emergency Health Information Cards				
MAR	Debbie Hixon	2/26	2/27	2/28	2/29
Lesson	Savor the Flavor: Seasoning with Spices				
APR	Mike Keller	3/26	3/25	3/27	3/29
Lesson	Strong Bones for Life: Prevent Osteoporosis				
MAY	Anna Morgan	5/1	4/30	5/2	5/3
Lesson	Radon: A Silent Killer				
JUNE	Mail Out				





OUTDOOR Cooking


JULY 29TH
SET UP @ 9AM
DEMO BEGINS AT 9:30AM




CAMPFIRE PIZZA
SAUCE



MINI CAMPFIRE
PIZZAS



DEMOS WILL BE HELD MONTHLY ON
THE LAST SATURDAY OF THE MONTH
AT THE ROTARY PARK FARMER'S
MARKERT IN HICKMAN COUNTY. WE
WILL GO OVER BASIC CAST IRON CARE
AND SAFETY WORK COOKING
OUTDOORS. SAMPLES WILL BE
AVAILABLE UNTIL THEY'RE GONE!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



What is it?

Bingocize is a program that combines the fun and excitement of bingo with light & easy practical movements and exercises focused towards senior audiences. In person and virtual options will be available after the initial program has concluded. Stay tuned for other upcoming events!

If you are interested in joining us for Bingocize please try to make it to all the sessions. There will be future sessions held at other times to allow everyone to participate in future sessions.

If you have any questions please reach out to Mike Keller

Contact Info

P) 270-653-2231

E) mike.keller@uky.edu

Info will be put out via the Hickman County Family and Consumer Sciences Facebook page

Upcoming Sessions

7/19 - Introduction/Session 0

7/25 & 7/26 - Week 1

8/1 & 8/2 - Week 2

8/8 & 8/9 - Week 3

8/16 - Week 4

8/22 & 8/23 - Week 5

9/5 & 9/6 - Week 6

9/12 - Wrap Up/Outro Session



For age 5 & under accompanied by an adult

Laugh &

LEARN



Fun & Creative Playdate for Pre-Schoolers
Games, Story time,
Sensory & Developmental Activities

**OCCURS THE 3RD THURSDAY OF
EVERY MONTH**

**THIS MONTH'S TOPIC:
GOING CAMPING!!!!**



**FOR MORE INFO
CALL 270-653-2231
EMAIL MIKE.KELLER@UKY.EDU**

AUGUST 17TH, 2023

**At the Hickman County
Public Library at 10a.m.**




UK Cooperative Extension Service
HICKMAN COUNTY FCS Program
University of Kentucky College of Agriculture, Food and Environment

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



All who are involved with raising a child are welcome to attend!!!!

A
PASTA
GROUP

IT TAKES A VILLAGE

LET'S WORK TOGETHER!

Raising children can be difficult, especially when unexpected situations present themselves. PASTA is a group centered around non-traditional families and giving each other the support we need to handle the daily stresses of childrearing. Come spend an hour with similar individuals and discuss the different ways to help the child you raise become the best individual possible.

Meetings will be held at 10am on the last Thursday of the month at the Hickman County Elementary School unless otherwise noted. Follow the Hickman County Cooperative Extension Service on Facebook to stay up to date.

Please call either the school or Extension Office to let us know you plan on coming.

Our Next Meeting: August 24th at the Hickman County Extension Office @ 10am



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

CONTACT:

✉ MIKE.KELLER@UKY.EDU

☎ 270-653-2231

♡ HICKMAN COUNTY EXTENSION ON FACEBOOK



Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

Wash hands with warm

1. water and soap, scrubbing for at least 20 seconds.

Wash produce under cool

2. running water and dry before preparing for the recipe.

Preheat the oven to 400 degrees

3. F. Line a large baking sheet with parchment paper or aluminum foil.

If using thick chicken breasts, slice

4. crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet.

Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing).

Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.

Wash hands after handling

5. raw chicken.

Place baking sheet in the preheated

6. oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



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

Nutrition facts per serving:

350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

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

7. While the chicken and tomatoes cook, prepare the pasta according to package directions.

8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet.

Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.

9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.

10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings

Serving size: 2 cups

Cost per recipe: \$11.52

Cost per serving: \$1.92



Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well.

They can be difficult but rewarding.

2	5		1		7	8		
7			4		6	3		
				6	5			
9	8	2		1	7			
5				6		3		
			5	4		2	8	1
		8	2					
	9	5			8			7
1		3			4		5	6

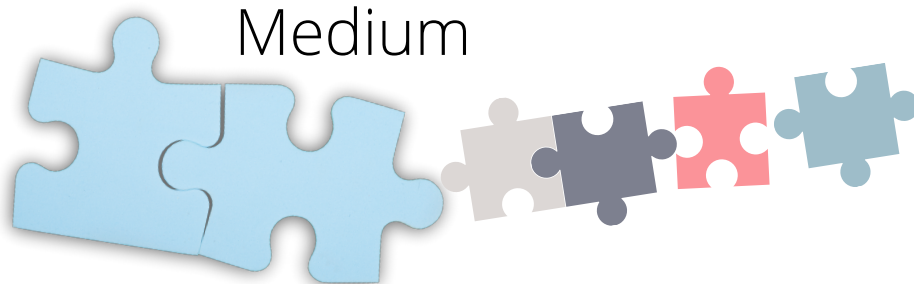
Easy

9				3	7			
2								
		1	9		5	6		
4	2	6			3	8		
7		9	5		8	3		4
		3	1			7	6	9
		5	4		9	2		
								6
			6	5				3

Medium

3			5				6	8
				8		3		
	4	9	1	6				
		1						
	7	8	6		4	5	2	
						7		
				2	1	4	3	
		2		3				
6	1				5			2

Hard



Stay Connected

Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

Contact Us

Hickman County Cooperative Extension

329 James H. Phillips Drive

Clinton, KY 42031

270-653-2231

mike.keller@uky.edu

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at mike.keller@uky.edu. Your input is very important.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Hickman County
329 James H Phillips Drive
Clinton KY 42031

RETURN SERVICE REQUESTED

Healthy Homes.

Healthy Families.

Healthy Communities.

It starts with us