

FCS Extension News

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



January/February

Empathy is a powerful tool we have to be able to build connections that can span cultures, generations, and any social construct we come across in our daily lives. At times it can be too easy to settle into our personal comfort-zone that can too easily become similar to isolated echo chambers, bouncing the same concepts and ideas around. Finding our comfort zone is good and healthy but remain open to new experiences, or even learning about new or unfamiliar concepts. By allowing ourselves to experience cultures other than our own, we can strength our ability to feel and utilize empathy to build strong relationships that strength our community. Thank you for letting me be a part of this.



Upcoming Dates

- Jan 15 - Wits Workout
- Jan 21 - Hickman County Homemaker Advisory Council
- Jan 28 - Private Applicator Class
- Jan 29 - Wits Workout
- Jan 30 - Run Club Parent/Guardian Meeting
- Jan 31 - Move Your Way Homemaker Leader Lesson
- Feb 4 - Run Club run day
- Feb 5 - Private Applicator Class
- Feb 12 - Wits Workout
- Feb 13 - Reality Store
- Feb 13 - Run Club run day
- Feb 20 - Run Club run day
- Feb 24 - Indoor Air Quality Homemaker Leader Lesson
- Feb 25 - Run Club run day
- Feb 27 - Run Club run day

Upcoming Lessons!!



Feb - Move Your Way: Exercise for Everyone

With Kelly Alsip - McCracken County FCS Agent

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

Graves County - 1/29 Marshall County - 1/28
Hickman County - 1/31 McCracken County - 1/30

Mar - Indoor Air Quality

With Mike Keller - Hickman County FCS Agent

What do you think of when you hear the term "air quality"? Many may think of outdoor air pollution such as vehicle exhaust, smog, and smoke but what about indoor air quality? Have you considered what contributes to indoor air quality? This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

Graves County - 2/26 Marshall County - 2/27
Hickman County - 2/24 McCracken County - 2/28

Apr - Gardening Safely

With Debra Hixon - Calloway County FCS

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

Graves County - 3/25 Marshall County - 3/26
Hickman County - 3/27 McCracken County - 3/28

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 2024-2025

		Graves	Hickman	Marshall	McCracken
Lesson	How to get out of the Mealtime Rut				
SEPT	Denise Wooley	8/30	8/29	8/26	8/28
Lesson	Lead Your Team: Health Literacy for the Win!				
OCT	Brooke Hogancamp	9/26	10/2	9/30	9/25
Lesson	Communication Essentials for Good Impressions				
NOV	Sarah Drysdale	10/29	10/25	10/31	10/30
Lesson	Elements & Principles of Art II				
JAN	Vicki Wynn	12/4	12/3	12/5	12/12
Lesson	Move Your Way: Exercise for Everyone				
FEB	Kelly Alsip	1/29	1/31	1/28	1/30
Lesson	Indoor Air Quality				
MAR	Mike Keller	2/26	2/24	2/27	2/28
Lesson	Gardening Safely				
APR	Debra Hixon	3/25	3/27	3/26	3/28
Lesson	Healthy Eating Around the World				
MAY	Anna Morgan	4/30	4/29	5/1	5/2
Lesson	Carbon Monoxide				
JUNE	Mailout				





Cauliflower Bites

Prep Time: 15 minutes

Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48

Nutrition facts

per serving:
100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP Assistant Senior,
University of Kentucky Cooperative Extension



SELF DEFENSE WORKSHOP

THURSDAY, MAR 20TH, 2025

5:30PM-6:30PM

Hickman County

Extension Office

WHAT IS SELF DEFENSE?

Join us Thursday evening for an introductory lesson into the philosophy and basic principles of self defense.

This workshop will include:

- Self Defense Concepts
- Practical Self Defense for Self and Home
- Opportunity to Practice Simple Self Defense Maneuvers

FOR MORE INFORMATION OR TO REGISTER

MIKE KELLER

270-653-2231

MIKE.KELLER@UKY.EDU

 **Martin-Gatton**
College of Agriculture,
Food and Environment

Hickman County Extension Office
329 James H Phillips Drive
Clinton, KY 42031



space is limited!!
Last day to register is
Wednesday March 19th

Wednesday March 19th



Registration fee of \$1

Workshop is open to and intended for 12+

12-17 with parent or guardian

HEIRLOOM ACRES

HERB APPEAL

Using Fresh Herbs in
Oils Sauces & More!!

TWO LESSONS

Saturday Apr 19th

Thursday May 8th

*Weather permitting

Stayed tuned in to Hickman
County Extension and Heirloom
Acres social media and
advertisements.

Times are currently TBD

FOR MORE INFO CONTACT

Caroline Webb

270-254-6140

Caroline@heirloomacresky.com

485 Webb Road

Clinton, KY 42031



 **Martin-Gatton**
College of Agriculture,
Food and Environment

Wits Workout

Come train your brain!

Dates may change. Contact the Hickman County Extension Office or Hickman County Senior Citizens Center for more information.

~~November 6th~~

~~December 4th & 18th~~

January 15th & 29th

February 12th

March 26th

April 9th & 23rd

May 7th & 21st

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

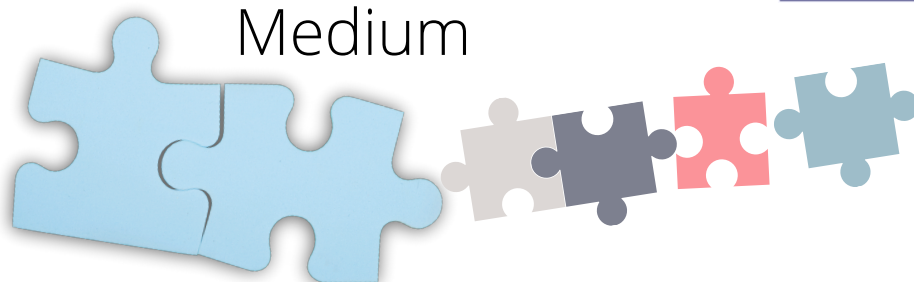
Easy

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

Medium

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

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

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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.



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