

August, 2024

 Cooperative  
Extension Service

# Family & Consumer Sciences August Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

## Upcoming Events/Meetings to Remember!

- **Homemaker Council** will meet at 9:30 a.m. Aug. 7 at the Extension Office. Please make sure one representative from your club can attend.
- Please bring Cultural Arts entries to the Extension Office by **Aug. 9** so we can make sure they are tagged correctly and they can be judged! Winners will then go to Green River Area Annual Day on Sept. 24.
- The Ohio County Homemakers **92nd Annual Day** will be held at 10 a.m. Aug. 20 at the Extension Office. Please call the office to RSVP so we have enough food!
- Green River Area Annual Day will be held Sept. 24 at Hartford Christian Church, 122 W. Walnut St. in Hartford. Registration fee is \$15. RSVP to Sheila Decker at 270-256-2650.
- **Crafters Clan** will NOT meet in August or September! We will meet again at 5 p.m. Oct. 15 at the Extension Office. Call the office to hold your spot!
- Big Blue Book Club Watch Party! - Nov. 7 - Mark your calendars! The book will be "Laundry Love: Finding Joy in a Common Chore" by Patric Richardson. If you would like a copy of the book, call Brandy! More information in the next newsletter!

## Brandy Garcia

Program Assistant, Family & Consumer Sciences



*I am excited about this new chapter in my career, it is with mixed emotions that I say goodbye. Working with Homemakers has been a privilege and a pleasure. I have thoroughly enjoyed our collaborations and the successes we've achieved together. I am grateful for the trust and support you have extended to me and my family during my tenure here. Brandy Garcia, FCS Program Assistant, will be taking over some of my responsibilities and she is well prepared to assist you. She can be contacted via phone, 270-298-7441, or email, [brandy.garcia@uky.edu](mailto:brandy.garcia@uky.edu).*

Thank You,

*Nan Montgomery*

Extension Agent, Family & Consumer Sciences

## 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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Homemaker Happenings



Trainings will be given at the Daviess County and Henderson County Cooperative Extension Offices.

## 10:00 a.m. Lesson Training

September Lesson  
**ALL ABOUT SUCCULENTS**

Aug. 20 (Daviess)

Aug. 21 (Henderson)

Learn why succulents are popular houseplants. Learn the different families and varieties, as well as requirements for growing them successfully.

★ Miscellaneous

## 11:00 a.m. Lesson Training

October Lesson  
**INDOOR AIR QUALITY**

Aug. 20 (Daviess)

Aug. 21 (Henderson)

Raise awareness & knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health & steps for improvement. Presented by Hardin Stevens, UK

★ Environment, Housing & Energy

## Bring your crocheted/knitted items to the office!

As you all know, Ohio County Homemakers are hosting the 2024 Green River Annual Day on Sept. 24! If you have taken yarn home to crochet or knit dishcloths, we need you to bring the completed ones back to the office so we can make sure we have enough! For more information, call Brandy at 270-298-7441!

### Fordsville

President Cathy Green  
270-256-4082

Meets second Tuesday, 10 a.m.,  
Jack & Joan Edge's Community Room

### Taylorstown

President Marsha Young  
270-274-2633

Meets third Thursday, 10 a.m.

### Liberty Belles

President Norma Barrett  
270-256-8044

Meets second Tuesday, 10 a.m.,  
Liberty Church in Beaver Dam

### Specialty Club: Beda

President Regina Hudson  
270-298-3680

Meets second Thursday, 9:30 a.m.

### Specialty Club: Roadrunners

President Brenda Renfrow  
270-298-4460

### Specialty Club: Crafters Clan

Meets third Tuesday, 5 p.m.  
Ohio County Extension Office





# ANNUAL PICNIC

The Ohio County Homemakers Annual Picnic was held July 9 at the Extension Office. Entertainment was provided by Trace Crowe, who was also presented one of the Homemaker scholarships for this year, along with Georgia Beasley. It was very well attended and it was a great evening with good food and fellowship!



## Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food & Nutrition Education Program (EFNEP) & the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children & SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, & change behavior necessary to have a healthy lifestyle.

Looking for new recipe ideas?  
Check out <https://www.planeatmove.com/>



### Fresh Corn Salad

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <b>5 ears</b> of fresh corn        | <b>½ teaspoon</b> salt             |
| <b>½ cup</b> diced red onion       | <b>½ teaspoon</b> black pepper     |
| <b>3 tablespoons</b> cider vinegar | <b>½ cup</b> freshly chopped basil |
| <b>3 tablespoons</b> olive oil     |                                    |

**Shuck** and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

**Toss** the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

**Chill** to allow flavors to blend. Just before serving, add fresh basil.

**Yield:** 10, ½ cup servings.

**Nutritional Analysis:** 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





## VSU HOURS RECOGNITION

TOTAL VSU HOURS 3742, WHICH IS  
EQUAL TO \$104,776!

MARQUITA CROWE - 638  
JANAE MOHON - 164  
PAULA RENFROW - 72  
SARAH SMITH - 1252  
CONNIE WILSON - 100  
CATHY GREEN - 220  
WILDA HARDESTY - 90  
MARILYN MILLER - 612  
MARY RILEY - 220  
MARGRET MONTGOMERY - 230  
ELLEN HARL - 72  
JOAN EDGE - 72



## OHIO COUNTY HOMEMAKERS

# 92nd Annual Day

*Planting Seeds for Future Homemakers*

**AUGUST 20, 2024**

**10 A.M. REGISTRATION**

**10:30 A.M. MEETING**

**Ohio County Extension Office**

1337 Clay Street, Hartford

**PLEASE RSVP TO 270.298.7441 SO WE KNOW  
HOW MANY TO EXPECT!  
BRING SILENT AUCTION ITEMS  
THE DAY OF THE EVENT!**

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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



## Big Blue Book Club

A promotional graphic for the Big Blue Book Club. It features a green background with the text 'JOIN US for BIG BLUE BOOK CLUB presents SNACK CLUB COMING in September'. A book cover for 'RAISING A HEALTHY, HAPPY EATER' is shown, with the subtitle 'Avoid Picky Eating, Identify Feeding Problems, and Inspire Adventure Eating from Birth to School-Age'. The authors listed are NIBELI FERRELLINO, MS, RPH, and MELANIE POTDICK, MA, CCC-SLP. The UK Cooperative Extension Service logo is at the bottom left, and a circular logo with 'HEALTHY HAPPY KIDS' is at the bottom right.

Books are great sources of information, but we understand that the reality of caring for children may leave little time to read a book or participate in a traditional book club. Therefore, Big Blue Book Club presents SNACK Club, which stands for Supporting Nourished, Active Children in Kentucky. We welcome you to read along, but are happy to do the reading for you! Our Extension specialists in child nutrition will share bite-sized tidbits of information about feeding children of all ages in a conversational format that you can digest through podcasts or videos at your convenience.

Register for this session at [ukfcs.net/BBBCsnack](http://ukfcs.net/BBBCsnack). With or without a book, we encourage you to follow along with the discussions to give this format of book club a taste!

**If you would like a copy of the book, call Brandy at 270-298-7441 before Aug. 6.** More details to come!



# Do You Know the Musical Number?

ANSWERS

**COOL DOWN** Fill in the lyrics with the missing numbers.



1. "Oh, what a night, late December back in 63 "
2. "Workin' 9 to 5 what a way to make a livin'"
3. "Say say two thousand zero zero party over, oops out of time, so tonight I'm gonna party like it's 1999 "
4. "She looked at my palm and she made a magic sign she said, 'what you need is love potion number 9 '"
5. "Will you still need me, will you still feed me, when I'm 64 "
6. "Three coins in the fountain, each one seeking happiness"
7. "Sitting cross-legged on the floor, 25 or 6 to 4 "
8. "Hey fifteen, there's never a wish better than this, when you only got 100 years to live"
9. "You load 16 tons, what do you get? Another year older and deeper in debt"
10. "Knock 3 times on the ceiling if you want me, twice on the pipes if the answer is no"
11. "I got my first real 6 string, bought it at the 5 and dime, played it 'til my fingers bled, was the summer of 69 "
12. "So I repeat myself, at the risk of being cruel, there must be 50 ways to leave your lover"
13. "Hold me, love me, hold me, love me, ain't got nothing but love babe, 8 days a week"
14. "Floating in the summer sky, 99 red balloons go by"
15. "If you ever plan to motor west, travel my way, take the highway that is best, Get your kicks on Route 66 "



## Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>

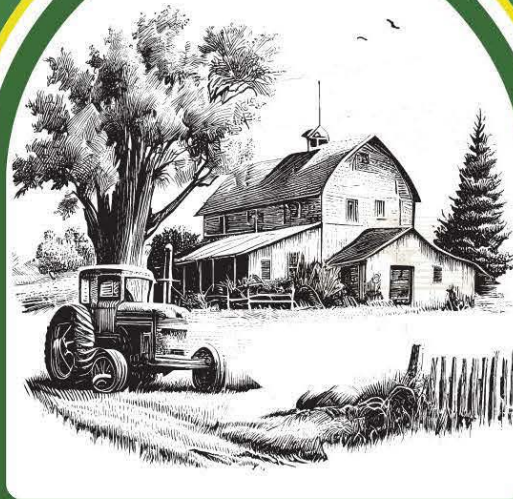


<https://www.facebook.com/OCExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>



# Green River Area Homemakers Annual Day



**FOOD, FAMILIES,  
FARM &  
FACTORIES**

Tuesday, September 24, 2024

Registration begins at 10:00 am

**Registration fee \$ 15.00**

Hartford Christian Church

122 W. Walnut Street

Hartford, KY 42347

RSVP Shelia Decker, Ohio County Homemaker President

(270)256-2650 by August 27, 2024