

Calloway County Family & Consumer Sciences **AUGUST 2024 NEWSLETTER**



Hello Friends!

We've had an incredibly busy and fulfilling summer here at the Extension office. This summer has brought us canning classes, cooking and culture classes and our season began with the Western Rivers Livestock Show in early June, followed by the Murray-Calloway County Fair. Both events were a blast, brimming with excitement and joy. One of the highlights was seeing the children's enthusiasm during the judging contest. I vividly remember one young man who, after receiving his medal, sat down across from me and beamed, "This is the first time I have been in a judging contest." The joy on his face assured me that he will be back next year. This same look of pride and satisfaction is evident in the adults who attend our classes, as they experience success and enjoyment in their newfound skills. As we embrace the back-to-school season, let's all remember the joy of learning. Whether it's picking up a new skill, exploring new ways of eating or exercising, or simply having fun, there's always something new to discover and enjoy!

Stay safe,

Debbie



Eggplant Parmesan

3 eggplants, cut in ½-inch slices	1½ cups seasoned bread crumbs	1 (16-ounce) bag shredded mozzarella cheese, made with skim milk
1 tablespoon salt	1 cup grated Parmesan cheese	
3 eggs	2 (24-ounce) jars prepared marinara sauce	
½ cup water		
⅓ cup flour		

Place eggplant slices in a large bowl in layers, lightly **sprinkling** each layer with salt. Let **stand** for 30 minutes. **Drain** liquid from bowl. **Rinse** and **dry** slices on paper towels. **Whisk** together eggs, water and flour. In a separate bowl, **mix** seasoned bread crumbs with Parmesan cheese. **Dip** eggplant slices in egg mixture, then **dredge** on both sides in bread crumb mixture. **Place** the breaded slices in a single layer on a greased baking sheet. **Bake** at 400 degrees F for 15 to 18 minutes, or until lightly golden. **Place** ⅓ of the baked

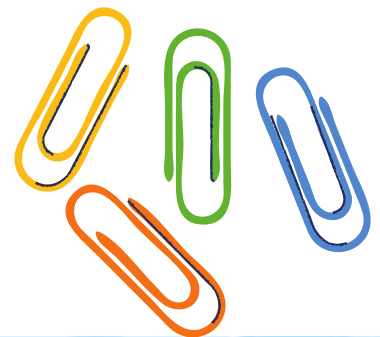
eggplant slices into a greased 13-by-9-by-2-inch baking pan. **Top** with ⅓ of the marinara sauce (about 1½ cups) and ⅓ of the shredded cheese. **Repeat** the layers two more times. **Bake** at 400 degrees F for 15-20 minutes or until marinara is bubbly and cheese is melted and lightly golden.

Yield: 12, 3-inch square servings

Nutritional Analysis: 290 calories, 12 g fat, 6 g saturated fat, 90 mg cholesterol, 130 mg sodium, 30 g carbohydrate, 3 g fiber, 11g sugar, 18 g protein.

Calendar of Events

August 1	MCV Community Sew	10am-12pm	Lee Furst Cabin
August 2	Global Kitchen Exp. Bagels	10am-1pm	Meeting Hall
August 5	Area Homemaker Adv. Council	9:30am	Meeting Hall
August 6	Cooking Through the Calendar	10:30am	CCPL
August 9	WITS Workout	10am	Murray Sr. Center
August 10	Canning Class	9am-3pm	Meeting Hall
August 14	Comfort Quilts	9am-4pm	Meeting Hall
August 15	FCS Advisory Board Meeting	12pm	Meeting Hall
August 16	Global Kitchen Exp. Tamales	10am-1pm	Meeting Hall
August 20	Quilt Lovers Homemaker Mtg.	5pm social 6pm meeting	Meeting Hall
August 21	Cty. Homemaker Adv. Council	9:30am	Meeting Hall
August 23	WITS Workout	10am	Murray Sr. Center
August 27	Friendship Homemakers	6:30pm	Judy Stahler home
September 1	Labor Day- Office Closed		
September 3	Cooking Through the Calendar	10:30am	CCPL
September 5	Potpourri Homemakers	9:30am	Meeting Hall



AUGUST

Calloway County Homemakers Corner

Club Information:

It's time to start enrolling for the 2024-2025 Homemaker year! We have two Homemaker clubs meeting this month. The **Quilt Lovers** will meet on August 20 for their regular monthly meeting, and **Friendship** will meet on August 27 for a salad potluck and meeting at Judy Stahler's.

Enrollment cards have been updated to a new format that is bigger and easier to write on. Additionally, we will be using mini-binders for the Homemaker yearbooks this year, which will reduce the amount of printing we do in the office. I am to have all the forms and publications to each club president before September 1.

We will provide VSU Calendar books for logging your hours, along with a one-page form if you prefer to submit your hours monthly. The following article will be included in your VSU booklet and yearbook.

What counts as volunteer hours in each category?

Extension - All Extension Agent directed programs, including "train the trainer" lessons where you participate in agent-led training then teach the lesson to your club or other audiences. This category also includes assisting with any program organized and presented by an Extension agent like judging a 4-H event, leading a 4-H club, volunteering at an Extension field day, etc. Also includes volunteering for activities like 4-H Speech contests, Farm Safety Days, 4-H Reality Store, LEAP, or serving as a member or officer for the county Extension Council, county Family and Consumer Sciences Advisory County, County Extension District Board or State Extension Council. Counted hours should include your training, preparation time, travel time and delivery time to your audience. The key here is agent-led and directed programs where the KEHA member is a volunteer.

KEHA - Programs that originate and are directed by KEHA leaders and members. This includes service to a club, county, area, or the state as a committee member or officer. Participation in training sessions and organizing and leading KEHA-sponsored events should be counted. All volunteer hours from planning, preparing and conducting the meeting or activity should be included, as well as travel time, phone and/or messaging time and activity/presentation time. All volunteer time for club, county, area or state KEHA projects, fundraisers and special initiatives would be counted in this category. Examples include making quilts for the Center for Courageous Kids, baking for local bake sales, planting trees, picking up trash in local clean-up project, etc.

Community - This category is for your service as a member or officer within community groups not Extension or KEHA coordinated or led. Examples include local home owner's association, library board, Rotary or Kiwanis, Eastern Star, parent-teacher organizations, etc. This category is also for reporting volunteer time mentoring/tutoring students at school, with local literacy programs, senior home visits/music programs, American Cancer Society, Red Cross, local health departments, etc. as long as the volunteer role is not related to an Extension-led activity or Extension Homemakers activity. Also report serving as a volunteer first responder, on a local school board, any governmental appointments, jury duty, or any other similar roles. All volunteer hours from planning, preparing and conducting the meeting or activity should be included, as well as travel time, phone and/or messaging time and activity/presentation time.

Personal - This category is for discretionary reporting of any unpaid service to family, friends, and neighbors. It includes babysitting relatives not living with you, taking a neighbor or friend to the doctor and/or shopping, mowing the neighbors' lawn, shoveling their snow, raking leaves, etc. Church and faith-based participation such as choir member practice, Sunday school, transporting church members and other religious activities can also be included in this category.

2024-2025 Homemaker Lessons

Introducing the 2024-2025 Homemaker Lesson Schedule and Descriptions

Hubs for lesson training

	Graves	Hickman	Marshall	McCracken
Ph.	270-247-2334	270-653-2231	270-527-3285	270-554-9520

If you are the lesson leader for your club, please follow these steps:

Find the lesson training that fits your schedule, call the hub to RSVP, the hub office will make the number of copies that you require for you to take home to your club. If you are unable to attend the training, call our office a week before the meeting and we will print the copies for you.

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	10/1	10/2	9/30	10/3
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				

2024-2025 Homemaker Lessons

2024-2025 Lesson Descriptions

September. Denise Wooley- How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

October. Brooke Hogancamp- Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don’t worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

November. Sarah Drysdale- Communication Essentials for Good Impressions

Let’s learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

January. Vicky Wynn- Elements & Principles of Art II

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. *This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.*

February. Kelly Alsip- Move Your Way: Exercise for Everyone

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.

2024-2025 Homemaker Lessons

2024-2025 Lesson Descriptions

March. Mike Keller- Indoor Air Quality

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. *This lesson is part of the Environment, Housing and Energy Program of Work for 2022-2024.*

April. Debra Hixon- Gardening Safely

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!

May. Anna Morgan- Healthy Eating Around the World

We’ll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we’ll learn about new foods and ways of eating. As we arrive back in the U.S., we’ll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. *This lesson is part of the International Program of Work for 2022-2025.*

June. Mailout- Carbon Monoxide

Carbon monoxide (CO) is a poisonous gas that can’t be smelled or seen. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us. *This lesson is part of the Environment, Housing and Energy Program of Work for 2022-2024.*



FCS PHOTOS!



EMBRACING LIFE AS YOU AGE

August is Cataract Awareness Month: Understanding your diagnosis will help you to take control of your vision loss.

Has your overall vision become gradually blurred or faint, without any noticeable eye pain? Do colors appear duller than they did in the past? If so, you might have a cataract; and it is important to know that you do not have to live with vision loss from cataracts.

Normally the lens in the eye is clear due to its makeup of protein and water. As people age, however, the protein can begin to clump together and cloud the lens. This is a cataract and it blocks the passage of light that is needed for vision. Seeing with a cataract can be compared to looking through a window that is frosted or yellowed; a cataract can cause blurry or dimmed vision depending on where it is located in the eye. Cataracts usually grow slowly and without pain. Cataracts are detected through eye examinations; while eyeglass prescriptions may be helpful, surgery is the only way to remove a cataract. Most doctors agree that the best time to have a cataract removed is when it starts to interfere with things you like to do. It is not yet clear why the lens changes with age, but doctors do recommend ways to prevent cataracts.

Common symptoms of cataracts include

- a painless blurring of vision;
- glare, or light sensitivity;
- poor night vision;
- double vision in one eye;
- needing brighter light to read;
- fading or yellowing of colors.

If you have concerns about your eye health, you should always contact your doctor.

Events

Fabulous Fall Curb Appeal Workshop

Join us for the Fabulous Fall Curb Appeal Workshop, presented by Kellie and Kim from Five Psalms Store on South 4th St. in Murray. This creative duo will provide you with inspiring ideas to decorate your porch or yard. Feel free to bring one item you'd like to include into your outdoor space, and they will assist you in incorporating it into your design.

This workshop is FREE!

PLEASE JOIN US FOR

FABULOUS

FALL

CURB APPEAL

WITH PRESENTERS KELLIE STEELE & KIM CROUCH
FROM FIVE PSALMS CO.

SEPTEMBER 14 AT 10 AM

LEARN HOW TO DECORATE YOUR PORCH
OR YARD FOR FALL AT THIS **FREE EVENT!**

PARTICIPANTS MAY BRING ONE ITEM FOR DECORATING IDEAS

1 GIVEAWAY AVAILABLE!

EXTENSION MEETING HALL
93 EXTENSION WAY
MURRAY, KY 42071

CALL CALLOWAY EXTENSION
OFFICE @ 270-753-1452 FOR
MORE INFO.

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.

Events

Martin-Gatton
College of Agriculture,
Food and Environment

WITS WORKOUT

An engaging, interactive,
and educational
brain health program

Come and join in the fun at the
Senior Center

**Calloway County Cooperative Extension
and
Murray-Calloway Senior Citizens Center
present a free**

WITS WORKOUT

May 10, 24 June 14, 28
July 26 August 9, 23

All classes at 10: am

ILLINOIS COLLEGE OF AGRICULTURAL, CONSUMER
Extension & ENVIRONMENTAL SCIENCES

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 receipt of public assistance 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 Cooperative Extension, Lexington, KY 40506

Cooperative Extension Service

Summer Series

COOKING THROUGH THE CALENDAR

With Calloway County FCS & CCEPL

Come & learn how to make fun and nutritious University of Kentucky recipes!

FREE SAMPLES!

May 14th June 4th
July 2nd August 6th

Calloway Co. Public Library @ 10:30

@Callowaycounty FCSExtension

Cooperative Extension Service

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 receipt of public assistance 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 Cooperative Extension, Lexington, KY 40506

Purchase Area Annual Day

Hosted by Calloway County Extension Homemakers

The Ties That Bind

September 10th, 2024
Registration: 9:30 am
Meeting: 10:00 am
Cost: \$14.00

Calloway Extension Meeting Hall
93 Extension Way
Murray, KY 42071
Located behind Scott's Grove Baptist Church

RSVP with payment to your local Extension office by August 28th

Purse Silent Auction with proceeds to UK Ovarian Cancer Research

Menu:
Ham, Chicken, Vegetables, Salad

Cooperative Extension Service

KEHA
KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION

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 receipt of public assistance 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 Cooperative Extension, Lexington, KY 40506





OFFICE INFORMATION

93 Extension Way
Murray, KY 42071
270-753-1452
8:00am - 4:30pm
calloway.ca.uky.edu

FCS Agent: Debbie Hixon
debra.hixon@uky.edu



Calloway
FCS

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.



Long form Non-discrimination Policy

The Martin-Gatton 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 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.

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, Martin-Gatton 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.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.