



September 2024

MCLEAN COUNTY COOPERATIVE EXTENSION

Important Dates:

Family and Consumer Sciences Newsletter

- 9-6-24: RECIPES FOR TASTE OF HOLIDAYS ARE DUE
- 9-9-24: HOMEMAKER COUNCIL 1:30
- 9-10-24: BEECH GROVE GLENVILLE 1:00
- 9-12-24: FRIENDSHIP CLUB 5:00
- 9-17-24: COOKING WITH THE CALANDER 10:30
TAI CHI 5:00
- 9-18-24: TAI CHI 10:00
LAST DAY TO PURCHASE YOUR TICKET FOR ANNUAL DAY
- 9-24-24: GREENRIVER AREA ANNUAL DAY (OHIO COUNTY)
TAI CHI 5:00
- 9-25-24: TAI CHI 10:00
SCARECROW CRAFT 5:30 (MYER CREEK PARK)

ROLL CALL:

LABOR DAY IS CELEBRATED THIS MONTH, WHAT IS THE FIRST JOB YOU EVER HAD?

LESSON:

LEARN WHY SUCCULENTS ARE POPULAR HOUSEHOLD PLANTS



Kelly Bland

McLean County
Extension Agent for
Family and Consumer
Sciences

Improve your balance and increase your range of motion with

Tai Chi

Join us at the McLean County Extension Office for a four week session of Tai Chi.
Tuesdays, September 17 - October 8th at 5:00 p.m.

OR

Wednesdays, September 18th - October 9th at 10:00 a.m.

All Tai Chi classes build on one another, with movements broken down for easier learning.
Beginners are welcome.

Classes are free, but **registration is required**. Please call (270) 273-3690 to register.

Cooperative Extension Service

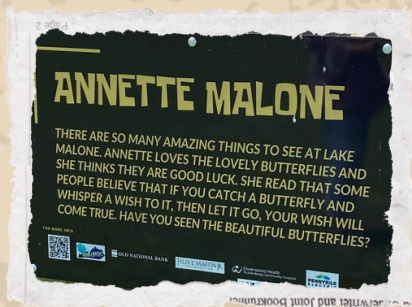
Agriculture and Natural Resources
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4-H Youth Development
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BEECHGROVE GLENVILLE HOMEMAKERS CLUB VISIT TO LAKE MALONE AND THOMAS DAMBO'S TROLL STATUES



Exciting Updates from Our Recent Gatherings and Upcoming Events!

Greetings to all our members!

Recent Outings: We recently enjoyed a delightful meal at the Shady Cliff Restaurant, situated on the picturesque shores of Lake Malone, where we also captured a group photo.

Unfortunately, Sharon Sandefur couldn't make it into the picture. During our visit, we encountered six "Big Twigs" from the trail at the State Park, enhancing our adventurous spirit. To sweeten the day, some members indulged in ice cream at the Island Dari-freez—a perfect end to a fun outing!

Upcoming Meetings:

- **Beech Grove Glenville Gathering:** Join us on September 10 at 1 PM at the Extension.
- **McLean County Council Meeting:** Scheduled for September 9 at 1:30 PM at the Extension.

Important Reminders:

- **Cookbook Contributions:** We're still accepting recipes for our homemakers' cookbook. There's no limit to the number of recipes you can submit, so please send them in as soon as possible!
- **Adults-Only Event:** Please note, no children are allowed at our next event. It will be structured differently this time, and Kelly will provide more details soon.

Don't Miss Out:

- **Green River Annual Day:** Mark your calendars for September 24 in Hartford. Make sure to purchase your tickets by September 18.
- **Quilt Show at Harvest Day:** Scheduled for October 19. We're looking for quilts of any make to exhibit. Please inform your club President about your entries.

Thank you for staying engaged and active in our community!

Warm regards,

Sharon



STAY COOL AND PROTECTED WITH THE RIGHT SUN-SAFE CLOTHING



As we enjoy the pleasant days of September, it's essential to protect our skin from harmful UV rays. Opting for sun-safe clothing made from lightweight, breathable materials like polyester or nylon not only offers excellent UV protection but also keeps you comfortable by wicking away moisture. We recommend choosing garments with long sleeves for maximum coverage, which helps shield more of your skin from direct sunlight. These fabrics are specifically designed to provide comfort and safety, making them perfect for your daily walks or outdoor gatherings!

CHECK IT OUT



We're thrilled to showcase the incredible projects our McLean County Homemakers created for Culture Arts. With so many opportunities to earn a blue ribbon, our group truly shined and did an amazing job! These items will advance to the Green River Annual Day and compete against other projects in the area. Best of luck to our Homemakers!



Woven Jacket Sewing Class

Wednesday, November 6th
9:00 a.m.

Daviess County Extension Office
4800A New Hartford Rd
Owensboro

Spaces are limited. To register, please call:

(270) 685-8480

(This class is not for beginners)

Supplies needed:

- Jean Jacket or other jacket, vest, or blouse
- 3-5 coordinating or contrasting fabrics for weaving; approximately 1/4 yard of each (fat quarters can be used)
- thread to match
- contrasting thread for decorative stitching
- Frixion marking pens (remove with heat)
- Extra straight pins
- rotary cutter, mat, and ruler
- Sewing machine with power cord and foot control

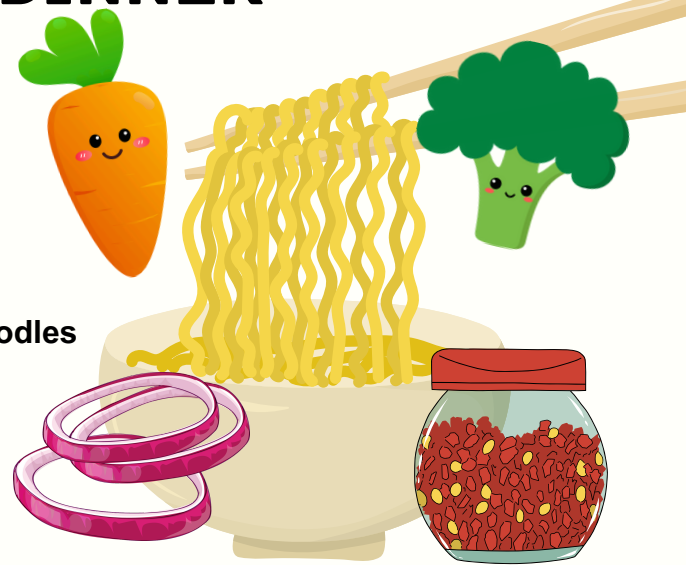


Class is for all Green River Area.
Brought to you from your Master
Clothing Volunteers.

RAMEN SKILLET DINNER

Ingredients:

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 1 bag (16 ounces) frozen broccoli
- 2 cups cooked chicken, chopped
- 1 package (3 ounces) chicken-flavored instant ramen noodles
- 1 cup water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes



Directions:

1. Wash hands with warm water and soap for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).
4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Source: Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

SERVINGS: MAKES 4 SERVING SIZE: 1 1/2 CUPS RECIPE COST: \$7.66 COST PER SERVING: \$1.92

REGISTER BY SEPTEMBER 13TH 2024

Free
cooking
class

COOKING
WITH THE
CALENDAR

SEPTEMBER 17TH

Once a
month!

WITH
MCLEAN COUNTY EXTENSION
OFFICE

Starts at
10:30AM

SCARECROW DECORATION SEPTEMBER 25, 2024

5:30 - 7:00 PM
MYER CREEK PARK
1 MYER PARK LANE
CALHOUN KY 42327

**REGISTER BY AUG. 29TH
CALL 270-273-3690**



**COST \$25.00 ALL
SUPPLIES
PROVIDED**

HOSTED BY MCLEAN
COUNTY HOMEMAKERS

FALL PUMPKIN CENTERPIECE OCTOBER 8, 2024

5:30 - 7:00 PM
MYER CREEK PARK
1 MYER PARK LANE
CALHOUN KY 42327

**REGISTER BY SEPT. 24TH
CALL 270-273-3690**



**JOIN US FOR A DELIGHTFUL EVENING OF CREATING A BEAUTIFUL FALL
CENTERPIECE THAT YOU'LL CHERISH FOR YEARS TO COME. ALL SUPPLIES WILL
BE PROVIDED. WE CANT WAIT TO SEE EVERYONE! COST: \$25.00.**

HOSTED BY MCLEAN
COUNTY HOMEMAKERS



**COST \$25.00 ALL
SUPPLIES
PROVIDED**

WITCHES HAT CENTERPIECE

OCTOBER 8, 2024

5:30 - 7:00 PM

MCLEAN COUNTY
EXTENSION OFFICE
335 WEST 7TH STREET
CALHOUN KY 42327

**REGISTER BY SEPT. 24TH
CALL 270-273-3690**

Green River Area Homemakers Annual Day

Tuesday, September 24, 2024.

Registration begins at 10:00 am

NOTE ADDRESS CHANGE

Ohio County Ext Office
1337 Clay Street
Calhoun KY 42347

Tickets are \$15.00 each.

TICKETS ARE STILL AVAILABLE AT THE MCLEAN COUNTY
EXTENSION OFFICE THROUGH SEPT. 18TH!

FOOD, FAMILIES, FARM AND FACTORIES.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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ADULT

HEALTH BULLETIN



SEPTEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT
HEALTH BULLETIN

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