

FALL 2023

HENRY COUNTY FAMILY & CONSUMER SCIENCES

Quarterly Newsletter

Krista Perry, Henry County Extension Agent
2151 Campbellsburg Rd, New Castle, KY 40050
(502)-845-2811

Agent Notes

KRISTA PERRY

My favorite season is right around the corner! The changing colors of the leaves, cooler weather, soups, fall festivals, mums, and visiting the pumpkin patch with my family! With a new program year beginning, exciting things are happening within our Extension Office, Family & Consumer Sciences, and our Homemakers!

Our Storywalk ribbon cutting is coming up in October, a delicious program on chocolate will be offered this fall, a cast iron basics workshop, including a tasting and more! See upcoming events and program information inside.

For our Homemakers, I am excited for this fall to begin with a new Homemaker group (Loving Local Ladies), Homemaker Week, and their 30th Annual Holiday Bazaar in November!


If you aren't following our Extension website and the Henry County Family & Consumer Sciences Facebook page for upcoming programs and events, follow today!



Come Celebrate with Us!

All the fun a family can have with a story walk is priceless! We are so excited to share the storywalk with our community, especially the first book we are showcasing. Be sure to save the date below to come see the Storywalk and enjoy the activities.

The poster features a light blue background with white clouds. At the top right is the logo for the University of Kentucky's Martin-Gatton College of Agriculture, Food and Environment. The main title 'StoryWalk' is in large, bold, black letters, with 'RIBBON CUTTING' below it in a smaller, bold, black font. Underneath, it states 'A PARTNERSHIP BETWEEN THE HENRY COUNTY PUBLIC LIBRARY AND THE HENRY COUNTY EXTENSION OFFICE'. The book title 'BOOK: DRIPPY THE TALE OF THE SAD RAIN CLOUD' is prominently displayed. To the left, a stylized tree with orange and red foliage contains the text 'pumpkin painting, bookmobile & first 100 scoops of ice cream are free'. In the center, there is a small image of the book cover for 'Drippy: The Tale of the Sad Rain Cloud', which shows a sad-looking white rain cloud. At the bottom, the date 'October 10, 2023', time '5-7pm', and location 'New Castle Park' are listed, followed by the promise 'Each child will receive a free book!'.

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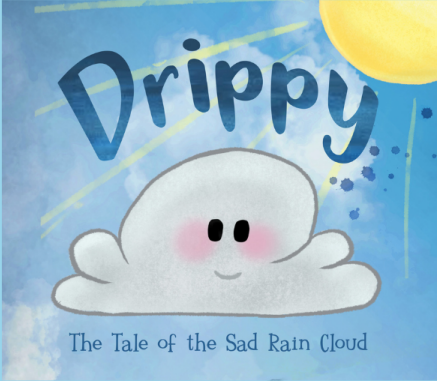
StoryWalk

RIBBON CUTTING

A PARTNERSHIP BETWEEN THE HENRY COUNTY PUBLIC LIBRARY
AND THE HENRY COUNTY EXTENSION OFFICE

BOOK: DRIPPY THE TALE OF THE SAD RAIN CLOUD

pumpkin painting,
bookmobile &
first 100 scoops of
ice cream are
free



October 10, 2023
5-7pm
New Castle Park

Each child will receive a free book!



Martin-Gatton College of Agriculture, Food and Environment

THE BASICS OF Chocolate

A sweet program designed to teach even the novice baker how to use chocolate

Presented by Christy Eastwood, Carroll County Extension Agent for Family & Consumer Sciences

NOV 14TH
5:30-7PM

Please register by Nov 7th 845-2811

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

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KENTUCKY HUMANITIES

PRESENTS **EDDIE PRICE AS ROSCOE TARLETON GOOSE**
Kentucky Derby Winner

OCTOBER 17, 2023
1:30PM

TWIN OAKS ASSISTED LIVING
98 ADAMS STREET, NEW CASTLE, KY 40050

Sponsored By:
Henry County Family & Consumer Sciences

An exclusive presentation of Kentucky Humanities
With support from:







Martin-Gatton College of Agriculture, Food and Environment

Cooking with Cast Iron

CAST IRON BASICS WORKSHOP

THURSDAY, NOVEMBER 9
5:30-7:30PM

Henry County Extension Office
2151 Campbellsburg Rd, New Castle

Learn about cast iron history, how to season and restore cast iron and how to cook with it!

Registration required by Nov. 6th
845-2811

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Martin-Gatton College of Agriculture, Food and Environment
KENTUCKY STATE UNIVERSITY
Office of Agriculture, Forestry, and the Sciences

How can we serve you, Kentucky?

Take our survey at
go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION
An Equal Opportunity Organization.

Participation in this survey assists with state wide as well as county programming. If you screenshot the "thank you" page at the end and email it to Kelly.dockter@uky.edu, you will be placed in a drawing to win a \$50 visa gift card

DATES TO REMEMBER

KEHA Week October 8-14

October 10th 1-3 pm
Create your own fabric pumpkins

October 11th 5-7pm
KEHA Homemaker event- see flyer

October 12th 7:30am-4pm
Railway trip (see flyer)

October 24th 1:30pm
Self care and pampering leader lesson

November 11th 9-3pm
Holiday Bazaar

November 14th 5:30-7pm
Chocolate class

December 12th-
Holiday Bake-off

Recipe of the Month

Apple Sage Pork Chops

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: Apples are high in fiber and contain a good amount of vitamin C and potassium.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skin, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by squeezing a bit of lemon juice on the cut surface.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

March 2022

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



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JOIN US!



Team Baking Challenge

December 12th, 2023

Henry County Extension Office

Times will be assigned based on category.

Cakes-Candies-Cookies-Pies

WE WILL ACCEPT REGISTRATIONS (SCAN THE QR CODE) THROUGH
DECEMBER 9TH FOR GROUPS OF UP TO 4.



This year, we ask that you bring all supplies needed.
Check with us to see if we have the bakeware you need!

JUDGING WILL BE DONE BY THE HENRY COUNTY
HOMEMAKERS AT 4PM THAT DAY. ALL ENTRIES WILL BE
JUDGED ON CREATIVITY, PRESENTATION, AND TASTE.

*There will be a trophy & prizes given for the
team champion in each category.*

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Want less paper mail? Sign up
to receive the FCS Newsletter
digitally! Scan the QR code
below to get signed up or
contact the Extension Office at
(502) 845-2811.



WALKING KENTUCKY CHALLENGE

 College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension



 A Group of People are Leading A
Movement for a Healthy Lifestyle
to Improve Their Quality of Life

This Summer, the Louisville Area FCS Agents hosted a Walking Kentucky Challenge to promote moving your body, eating healthier and staying hydrated! In Henry county, over 50 people participated in the challenge, either as an individual or with a team. A weekly email was sent sharing information on different ways to move your body and activities to participate in, such as walking, swimming, hiking, kayaking, etc; healthy recipes were also shared throughout the challenge for participants to enjoy.

At the conclusion of the challenge, 90% of the participants who completed the survey expressed how much they enjoyed the challenge and participating in the challenge held them accountable of goals they set for themselves in the beginning.

From those participants who sent in their final steps, Henry County moved 4,188 miles, which is equivalent to walking Kentucky 10 times!! Wow!!!

Congratulations to our Individual participant, Mrs. Jean Ray who moved 302 miles during this challenge & the Circuit Clerk's Office who moved 1,497 miles!

Thank you to everyone who participated in this challenge and provided feedback as we host this challenge again next year.

ADULT

HEALTH BULLETIN



OCTOBER 2023

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:

BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

Continued on the next page →



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Disabilities accommodated with prior notification.

Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



→ Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com, Adobe Stock



HOMEMAKER HUB

HENRY COUNTY HOMAMAHER OFFICERS:
PRESIDENT- TERRY HEFFLEY
VICE PRESIDENT- KATHY SCHWANDNER
SECRETARY- CYNTHIA DARE
TREASURER- IRENE SMITH
CULTURAL ARTS CHAIR-CINDY MOORE

COMMUNITY PROJECTS

October

Bar soap, shampoo, deoderant, toothbrushes, toothpaste, hand sanitizer, baby we wipes, diapers, feminine hygiene products, toilet paper, facial tissues, paper towels, and laundry soap for the family resource center

November

NCDHD- Cribs for Kids- monetary donations matched by the health department to purchase cribs for participants.

December

KY Moms Blessing Box: diapers, wipes, burp clothes, bibs, baby food, baby clothing, etc.



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KEHA HOMEMAKER WEEK SPECIAL EVENT

October 12, 2023

LET'S TAKE A TRAIN!

BIG SOUTH FORK SCENIC RAILWAY

Join us for our round trip adventure on the historic Kentucky & Tennessee Railway line for an exciting return to Barthell Coal Camp. (30 minute ride to Barthell Coal camp, 2 hour layover and 30 minute train ride back)

- \$ 30/adult includes rail ticket & Coal Miner's lunch
- must be a paid homemaker

REGISTRATION DEADLINE:
SEPTEMBER 29TH

KEHA WEEK EXTRAVAGANZA

PLANT A SEED... HELP US GROW

OCTOBER 8-14

TUESDAY, OCT 10 1:00-3:00

CREATE YOUR OWN FABRIC PUMPKINS

WEDNESDAY, OCT 11 5:00-7:00

(OPEN HOUSE STYLE)

PIN WEAVING DEMONSTRATION, WHAT IT
MEANS TO BE A HOMEMAKER, LIGHT
REFRESHMENTS & FABRIC PUMPKIN CRAFT

THURSDAY, OCT 12 7:30AM- 4:00PM
BIG SOUTH FORK SCENIC RAILWAY TRIP

PLEASE REGISTER FOR TUESDAY AND THURSDAY ACTIVITIES
BY SEPTEMBER 29TH. 845-2811

TUESDAY AND WEDNESDAY ACTIVITIES WILL BE AT THE
EXTENSION OFFICE



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BINGO *TIME*

Must be a paid Homemaker. Dues are \$8. Call the Extension Office for an enrollment form. 502-845-2811

JULY 26
AUG 30
SEPT 27

OCT 25
NOV 29

START AT 1:30 PM
2151 CAMPBELLSBURG RD, NEW
CASTLE, KY 40050

HOMEMAKER CLUBS

COUNTRY LADIES:
TERRY HEFFLEY

JERICHO:
CYNTHIA DARE

TOWN & COUNTRY:
NANCY
HEIGHTCHEW

LOVING LOCAL
LADIES:
DIANA BAXTER

**"THE HOME SHOULD
BE THE TREASURE
CHEST OF LIVING."
-LE CORBUSIER**

KEHA Recommended Book List

Arts

- Downtown Abbey: A New Era: The Official Film Companion by Emma Marriott & Gareth Neame (2022)
- Nashville City Blues by James Talley & Peter Guralnicle (2023)

Biography

- Friends, Lovers, and the Big Terrible Things: A Memoir by Matthew Perry (2022)
- Forever Young: A Memoir by Hayley Mills (2021)



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LEXINGTON, KY 40546



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