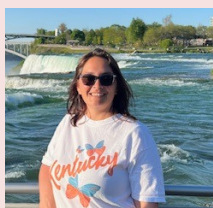
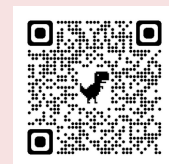


Welcome to the FCS Newsletter February 2024

JODY AND MICHELLE HAVE SOME EXCITING PROGRAMS, WORKSHOPS, AND SUPER SATURDAY EVENTS PLANNED FOR THIS MONTH. I SUGGEST TAKING A MOMENT TO SIT DOWN AND LOOK THROUGH ALL THE WONDERFUL CLASSES AND FUN INFORMATION THEY HAVE TO OFFER. ALSO, KEEP AN EYE OUT FOR JODY AND MICHELLE'S CRAFT CHATS AND TASTY TIDBITS WITH THEIR TRAVELING ROAD SHOW!



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**Cooperative
Extension Service**






Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Timeless Treasures  1		2
4	5	6	7	8	9	10
Mountain Crafters		Pocket Hugs at Lincoln County Library 	Crafts N Chats Cards of Love	Lincoln County Homemaker Council Meeting  Photo Club	Sassy Stitchers	Souper Saturday Event
11	12	13	14	15	16	17
Pieceful Hearts ***Community Resource Fair***		Rae of Sunshine Cupcake Baking Homemakers 	WIP-Works In Progress Blocks of Love Turn In Date Four Corners OPI	Crafts Chats & Tasty Tidbits-Crab Orchard 	Community Kindness by Lincoln County Homemakers 	
18	19	20	21	22	23	24
	High Tea	Crafts Chats & Tasty Tidbits-Broughtown 	Rae of Sunshine Cupcake Handout at LCMS Homemakers	Happy Hearts 	March 1 Savory the Flavor	March 2
25	26	27	28	29		

Chicken and Brussels Sprouts One Pan Meal



2 skinless, boneless chicken breasts (about 1 pound)
1 tablespoon olive oil
Salt and pepper to taste

1 1/2-1# Brussels sprouts, trimmed and quartered
1 cup sliced fresh mushrooms
1 red bell pepper, diced, about 1 cup

1 medium yellow onion, diced, about 1 cup
2 cloves garlic, minced
1/2 cup half-and-half
3/4 teaspoon nutmeg
1/4 cup parmesan cheese

pepper to taste. Pour mixture over chicken and vegetables. Sprinkle with parmesan cheese. Bake 25-30 minutes until lightly golden on top. **Serve hot.**
Yield: 6, 1 cup servings



Kentucky Brussels Sprouts


SEASON: June to November
NUTRITION FACTS: Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.
SELECTION: Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or pudgy, or have yellowed or wilted leaves.
STORAGE: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

PREPARATION: Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.
To blanch: Using 1 cup of water for every cup of sprouts, boil uncovered for 8 minutes or until tender.
To microwave: For 1/2 pound of sprouts, use 1/4 cup liquid and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.
To steam: Place sprouts in saucepan with 1/4 inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

KENTUCKY BRUSSELS SPROUTS
Kentucky Proud Project
Kentucky Department of Energy and Commerce
University of Kentucky, Dietetics and Human Nutrition students
October 2018
Source: www.fda.gov/oc/foods/geninfo.htm

Blanching Kentucky Proud is easy! Look for the label at your favorite grocery store, market, or roadside stand. www.kentuckypride.com
<http://bit.ly/2d8t8a4>

Educational program of Kentucky Cooperative Extension System
This material is provided as a service to our clientele. It is not intended to constitute an offer of any financial product or service. For more information, contact your county Extension agent for help and customer service or visit www.kentuckypride.com


University of Kentucky, College of Agriculture, Cooperative Extension Service



TINY TIGERS

PREPARING FOR PRESCHOOL WITH JODY PAVER
WHERE: HUSTONVILLE FAMILY RESOURCE CENTER

WHEN: JANUARY 16TH

TIME: 10 AM

AGES TO ATTEND 2 YRS- 5 YRS NOT ENROLLED IN SCHOOL.



Crafts N Chats

at The Lincoln County Extension Office

February 7, 2024

Time: 10:00am-Noon

Cost: \$5.00 per person (all supplies included)

Call 606-365-2447 to register or sign-up with the QR code..

Are you ready to spread some love this Valentine's Day? Let's create a one-of-a-kind Valentine's card and a beautiful basket to hold all your small favorite treats! It's the perfect way to show your loved ones how much you care. Let's get started!



Community Resource Fair Sponsored by Lincoln County Schools

February 19, 2024

Please watch FCS Facebook Page for more information.



Couch Potato Challenge

Come and Join Us!

Starting:
March 1, 2024

Have you decided it is time to get off
the couch, but not sure how?

Timeless Treasures:

Date: February 1, 2024

Tasting New Recipes at 5:00pm-5:30pm

Scrapbooking: 6:00pm-8:00pm

We will continue creating our scrapbook pages please bring 2-3 pictures. Make sure to bring your Circuit machine cutting mats and the necessary software to run your machine. Everyone is welcomed to attend



Quilting Workshop

Instructor: DJ Smith

Come learn how to make the quilt Old Time
Glory

When: Monday-March 4, 2024

Where: Lincoln County Extension Office
104 Metker Trail Stanford 40484

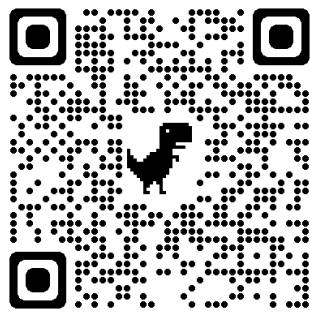
Phone: 606-365-2447

Time: 9:00 am-4:00 pm

Cost: \$35 per person to attend the class
Old Time Glory Fabric Kit \$125.00 cut and ready to sew.

Sewing Skill Level: Intermediate

SIGN UP >>



Registration and payment
is required by February
16th to give enough time to
cut fabric kits.



SOUPER SATURDAY

ONE PIECE AT A TIME



February 10, 2024
9am - 11am.

Open to any adult who wants to sew and any youth with a supervised adult.



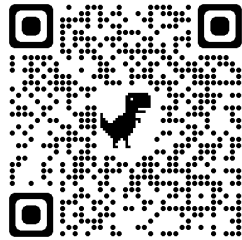
Fabric and sewing machines available if needed.

If you prefer to bring your own fabric you may stop by the office to pickup the supply list or email michelle.padgett@uky.edu.



SIGN UP >>

Garden Charm block



Contact



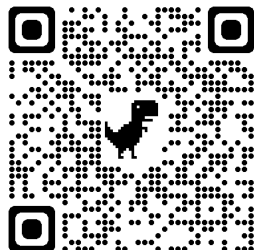
Michelle Padgett
606-365-2447



104 Metker Trail
Stanford, KY 40484

SIGN UP >>

Sweetheart Block



Project creating block for special quilt of Love

Beginner Friendly-Garden Charm Block- 9am-11am
Advanced-Sweetheart Block- 11am-1pm



SOUPER SATURDAY

TASTY TIDBITS



February 10, 2024

Noon- 2 pm.

Free cooking
class and food
demonstrations.

Other items that
may be disused

Cooking with
diabetes, Cooking
with out gluten,

cooking on a

budget and so
much more!



Everyone is Welcome!

SIGN UP >>



Contact



Jody Paver
606-365-2447



104 Metker Trail
Stanford, KY 40484

Recipe Cards
2024 Calendar with Recipes
New gadgets and techniques.



Savor the Flavor



The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it! We look forward to seeing you!



March 1st from 10am-3pm
Boyle County Cooperative Extension Services
99 Corporate Drive, Danville, KY

Registration begins at 9:30am.
Lunch and taste testing will be provided.

Call BCCES at (859) 236-4484 to
register by Feb. 26th!

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

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Lexington, KY 40506



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Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



If you require transportation to Savory the Flavor event, the Lincoln County Extension Office is offering a van service from our office to Boyle County. To any of our Lincoln County Residents. You will need to call 606-365-2447 and sign up before February 23rd. Additionally, if you are a participant from Lincoln County, you can register and pay using the QR code provided. Or you can send payment to the address above to Boyle County.

SIGN UP



Lincoln County Sign up
QR code for Savory the Flavor



High Tea

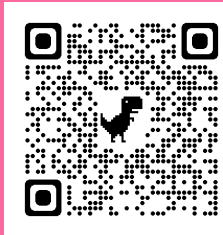
A new club is being formed for widows and widowers to join together monthly for an outing with socializing over tea and biscuits (cookies). For the month of February 26, 2024, we will be going to Hustonville. We will load the van at the Lincoln County Extension Office at 9:15 am. Our main activity will be creating an art painting with Far Beyond Rubies from 10:00 am to 2:00 pm. There will be sandwiches, chips, tea, water, and cookies for lunch. We will return to the Lincoln County Extension Office around 2:45 pm.



The cost for everything is \$40.00 per person. Please call and register or use the QR code if you are interested in joining. We need a minimum of five participants to avoid cancelling the event.



SCAN
ME! >>>

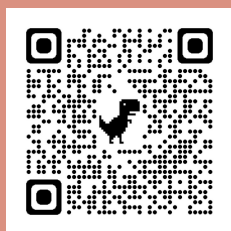


Come join us for a Pocket Hug event at the Lincoln County Public Library in Stanford on February 6, 2024, at 2 pm.

**CRAFTS CHATS & TASTY TIDBITS
TRAVELING ROADSHOW WITH JODY &
MICHELLE AT CRAB ORCHARD CITY HALL
FEBRUARY 15, 2024 AT 6:00 PM.
EVERYONE IS WELCOMED**

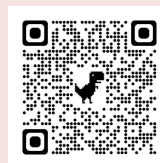


**CRAFTS CHATS & TASTY TIDBITS
TRAVELING ROADSHOW WITH JODY &
MICHELLE AT BROUGHTONTOWN
COMMUNITY CENTER FEBRUARY 27, 2024
AT 6:00 PM. EVERYONE IS WELCOMED**



**Lincoln County
Public Library has a
lot to offer check
them out!**

**LINCOLN COUNTY FCS
FACEBOOK PAGE**



**Cooperative Extension Service
Lincoln County
104 Meter Trail
Stanford, KY 4084
606-365-2447
lincoln.ca.uky.edu**



**Save the Date
March 25, 2024
Microprocessor Workshop
at
Lincoln County Extension Office**



Jody L. Paven



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2024-2025 Fort Harrod Area Extension Homemakers Lesson Ballot

Please check one:

Individual Ballot _____ Club Ballot, please name club _____

Scan the QR Code below to fill out the survey via the online survey option.

Please choose the **top 8** lessons you would like taught in the 2024-2025 Extension Homemaker year.

Return your ballot to your County Extension Office no later than April 30, 2024.



_____ Elements and Principles of Art

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 PowerPoint lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also include a facilitator guide, PowerPoint slides, and an evaluation. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

_____ 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 includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.

_____ Strong Bones for Life: Prevent Osteoporosis

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces and an evaluation.

_____ KEHA Plays Pickleball

In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America’s fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun play, and fun to say! Using paddles and lightweight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.



Understanding and Preventing Suicide

The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.

Mindful Eating

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines. Lesson materials include a publication, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation tool, mindful eating exercise, and three other activity options.

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.

People Learn with a Purpose: Understanding Learning Styles

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation.

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. Lesson materials include a publication, facilitator guide, and evaluation.

Handy to Have: Emergency Health Information Cards

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.

Understanding Your Credit Score

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours. Materials include an informational handout, podcast, facilitator guide, optional PowerPoint slides, evaluation, and marketing tools.

A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.