

## September/October 2022

I wanted to start this newsletter with a huge thank you to everyone for being so welcoming and giving me this chance to be a part of the Hickman County community!

With that being said, remember the September is National Courtesy Month! Everyone knows a small act of kindness can change a person's entire day and have a chain reaction. If you do something as small as smile or hold the door for someone, that could lead them to being happier and doing the same for someone else, or 2 or 3 and on and on! Try to remember to share a kind smile or word (or both!) each day this month.

October is National Emotional Health Month. As the days grow short and sunlight fades, those small acts of courtesy go even further. Take the time to check in on your loved ones but also be aware of those around you.

We all hurt from time to time and sometimes the best thing we need is someone to talk to. Always remember you are loved to someone.

Happy Fall Yall!!!



## Upcoming Dates

Sept 5 - Office Closed

Sept 26 - Accessories - The Finishing Touch

Oct 1 - KEHA Leadership Academy Application Deadline

Oct 7-9 - Civil War Days @ Columbus-Belmont Park

Oct 11 - Area Annual Meeting @ McCracken County Extension Office

Oct 18 - Women in Ag Seminar @ Young Center

Oct 25 - Charcuterie Boards Lesson

Oct 31 - Halloween Parade @ Hickman County Courthouse Square

# Upcoming Lessons!!

## Oct - Accessories - The Finishing Touch

*With Sarah Drysdale - Ballard County FCS Agent*

There is not a single or right way to wear accessories, but there are some general guidelines that can help you make flattering choices. Jewelry, hat, scarves, ties, watches, glass, shoes, belts, purses ... these wardrobe accessories are the key components to looking "stylish." Wearing these add-ons can personalize or spruce up and everyday look. Accessories can help you become a different person each day, just by changing your shoes or jewelry. You can also achieve and "signature style" by wearing the same kind of accessory every day, such as a scarf or headband. As fashion trends come and go, accessories can be an easy way to update your wardrobe. It is fine to have a few accessories that are "on trend," combined with well-made, classic accessories that will always be in style. But how you wear, or group accessories is just as important as the accessories themselves.

Hickman County - 9/26

McCracken County - 9/28

Graves County - 9/27

Marshall County - 9/29



## Nov - Charcuterie Boards

*With Anna McCoy - Fulton County FCS Agent*

Get "on board" with the charcuterie trend! For entertaining or an easy family meal, charcuterie boards helps make exploring flavors and foods fun. A charcuterie board is the perfect way to incorporate not only delicious food (meats, cheese, nuts, etc.) but also to show off your artistic skills at the same time. Learn the basic steps in creating an exciting board to impress all your guests.

Hickman County - 10/25

Graves County - 10/27

Marshall County - 10/26

McCracken County - 11/1

## Jan - Mindful Eating While Managing Stress

*With Denise Wooley - Graves County FCS Agent*

Get "on board" with the charcuterie trend! For entertaining or an easy family meal, charcuterie boards help make exploring flavors and foods fun. A charcuterie board is the perfect way to incorporate not only delicious food (meats, cheeses, nuts, etc.) but also to show off your artistic skills at the same time. Learn the basic steps in creating an exciting board to impress all of your guests.

Hickman County - 11/28

McCracken County - 11/30

Marshall County - 11/29

Graves County - 12/1

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**

# PURCHASE LESSON SCHEDULE 2022-2023

	Lesson Hubs 10:00am	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Making the Most of Meals While Traveling- Brooke Hogancamp				
<b>SEPT</b>		8/24	8/23	8/26	8/25
<b>Lesson</b>	Accessories- The Finishing Touch- Sarah Drysdale				
<b>OCT</b>		9/27	9/26	9/29	9/28
<b>Lesson</b>	Charcuterie Boards- Anna McCoy				
<b>NOV</b>		10/27	10/25	10/26	11/1
<b>Lesson</b>	The Art of Mindful Eating and Managing Stress Eating -Denise Wooley				
<b>JAN</b>		12/1	11/28	11/29	11/30
<b>Lesson</b>	Heart Health- Mail out				
<b>FEB</b>		1/26	1/25	1/27	1/23
<b>Lesson</b>	Transferring Cherished Possessions- Vicki Wynn				
<b>MAR</b>		2/27	2/28	3/2	3/1
<b>Lesson</b>	Entertaining Little Ones - Kelly Alsip				
<b>APR</b>		3/28	3/29	3/30	3/31
<b>Lesson</b>	Learn with a Purpose: Understanding Learning Styles-Mike Keller				
<b>MAY</b>		4/25	4/26	4/24	4/27
<b>Lesson</b>	Reducing the Risk of Identity Theft- Mail out				
<b>JUNE</b>					



*Mike Keller*

Mike Keller  
 Hickman County Extension Agent  
 for Family & Consumer Sciences University of  
 Kentucky Cooperative Extension  
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# HONEY MUSTARD CHICKEN TENDERS



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

RECIPES

- 1/3 cup low-fat mayonnaise
- 2 tablespoons honey
- 2 tablespoons mustard, any type
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika (optional)
- 1/4 teaspoon black pepper
- 1 1/2 pounds uncooked chicken tenders or boneless chicken breast, sliced into strips
- Nonstick cooking spray
- 2 cups panko breadcrumbs

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine mayonnaise, honey, mustard, garlic powder, paprika (optional), and black pepper. Stir well.
3. Trim any fat from chicken. After handling raw poultry, scrub hands with warm water and soap, for at least 20 seconds.
4. Using tongs, add chicken to sauce in bowl. Turn pieces over to coat all sides with sauce.

5. Refrigerate chicken for 30 minutes, turning over once or twice.
6. Preheat oven to 400 degrees F.
7. Lightly coat a baking sheet pan with nonstick spray.
8. Place breadcrumbs in a shallow bowl. Lift chicken out of bowl one piece at a time, keeping a good layer of sauce on the chicken. Put chicken on the breadcrumbs and turn to coat all sides. Discard any remaining sauce.
9. Place chicken pieces on pan in a single layer.
10. Bake for 15 minutes. Remove pan from oven and carefully turn chicken pieces over.
11. Return pan to oven and bake 10 more minutes, or until a thermometer inserted into the thickest piece reads 165 degrees F.
12. Store leftovers in the refrigerator within 2 hours.

**Makes 6 servings**  
**Serving size:** 4 ounces  
**Cost per recipe:** \$9.45  
**Cost per serving:** \$1.58

**Nutrition facts per serving:**  
 270 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 27g total carbohydrate; 0g dietary fiber; 7g total sugars; 0g added sugars; 29g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 10% Daily Value of iron; 0% Daily Value of potassium.

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

# APPLE SPINACH SALAD



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 (10-ounce) bag baby spinach
- 1 large apple, diced
- 1/2 small red onion, thinly sliced
- 2 medium carrots, shredded
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries

**Dressing**

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Gently scrub apple, red onion, and carrots with a clean vegetable brush under cool running water before preparing them.
3. Add all salad ingredients to a large bowl.
4. Add all dressing ingredients to a small jar with a lid. Shake well to combine. Pour the dressing over the salad and toss well to combine.
5. Serve immediately, and store leftovers in the refrigerator within 2 hours.

**Makes 6 servings**  
**Serving size:** 2 1/2 cups  
**Cost per recipe:** \$9.13  
**Cost per serving:** \$1.52

**Nutrition facts per serving:**  
 250 calories; 19g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 110mg sodium; 20g total carbohydrate; 4g dietary fiber; 13g total sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

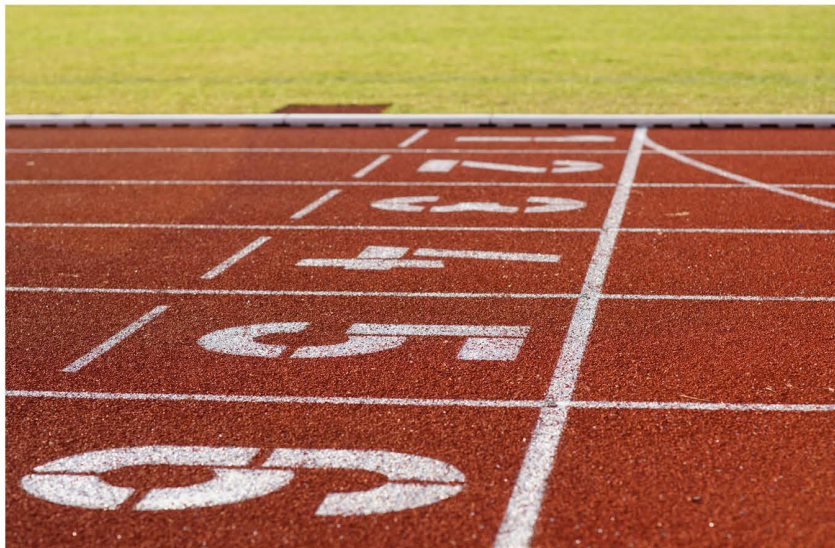
**Sources:** Brooke Jenkins, Extension Specialist; and Jean Najor, Program Coordinator II, University of Kentucky Cooperative Extension Service

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 Food and Environment

PLAN.  
 EAT.  
 MOVE.

HICKMAN COUNTY

# WALK CLUB



Days are growing short and winter will soon be upon us! Come join us for a mini “get up and move” session or two so we can enjoy the sunshine and fresh air while spending time with your fellow walkers. We look forward to seeing you there!

Tuesdays  
&  
Thursdays

Track behind  
ball fields  
\*weather  
permitting\*

9 AM-10 AM

**September 27th-November 22nd**

Contact the Hickman County Extension office at  
**270-653-2231**  
for more information.



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

8				5				
4	1	7		3	9			2
	2	6			7			3
	9		3	7			2	
			9		1			
	6			2	4		7	
9			4			7	8	
7			2	8		1	5	9
				9				4

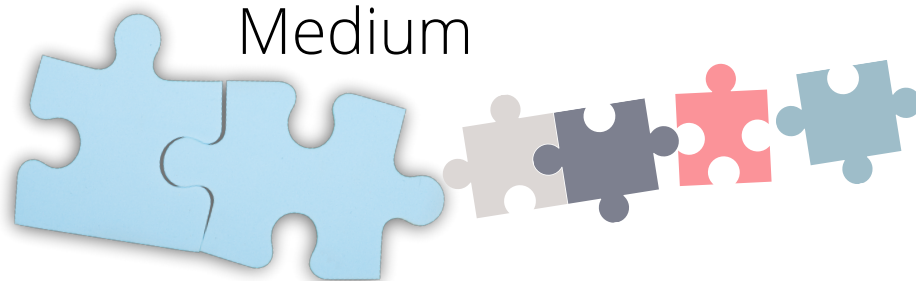
Easy

8						3		
		5		3		7	4	
		3		5	1			
4			8	6				3
		7	2	4	3	9		
3				1	5			2
			5	7		8		
2	5			8		6		
	7							5

Medium

				8		9			
2	9	8			6				
		3	2			7		1	
8				3			4		
	3						1		
	5			7				3	
4	2				7	5			
			8				1	7	2
		9		5					

Hard





Join us for a free event

featuring Meteorologist  
Beau Dodson, WeatherTalk

Thursday Evening  
September 29  
6:00 P.M.

# Surviving The Storm

at the Hickman County Extension Office

*Beau Dodson, Southern Illinois Weather Observatory, will review the December 2021 Tornado, lessons learned and disaster preparedness tips. Justin Jackson, HC OEM Director, will overview the Hickman County damage and response.*

**Door Prizes and Light Refreshments provided.**



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**SAVE THE DATE**

Annual

**WOMEN**

IN

**AG**

Seminar

**October 18, 2022**

9:00am-2:00pm

**Young Center**

**Clinton, KY**

For more information, contact your local Extension Office

Ballard 270-665-9118

Fulton 270-236-2351

Carlisle 270-628-5458

Hickman 270-653-2231



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# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

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If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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