

Hancock County Extension Family & Consumer Science Education



Hancock County
Building Strong Families for Kentucky



September 2023

Cooperative Extension Service

Hancock County
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Hawesville, KY 42348
(270)927-6618
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Roll Call

Fall begins in September. What is your favorite type of tree?

Thought for the Day

“Every leaf speaks bliss to me, fluttering from the autumn tree.”

-Emily Bronte

Monthly Lesson

This months lesson is All About Paw Paws. Hawesville Homemakers lesson will be September 11th at 6pm. Taught by Kaye & Martha Rice.

Sunshine Circle Homemakers lesson will be September 12th at 5:30 pm. Taught by Paula Mason.

The Hancock County Cooperative Extension Office will be closed Monday, September 4th for the Labor Day Holiday.

Adult Sewing Classes

September 18th, 25th, and 28th.

9 am.- 12 pm.



or



4 pm. - 8 pm.

Sorghum Festival

The Sorghum Festival will be October 28th at the Hancock County Fairgrounds, 10:00 am to 6 pm. Free admission! Live music, inflatables, local art, food vendors, sorghum cooking demonstrations, **QUILT SHOW**, and antique tractors and more!



The Hancock County Sorghum Festival is set for October 28, 2023. The Hancock County Homemakers will be having their annual Quilt Show. Quilts can be dropped off anytime that week at the Hancock County Cooperative Extension Office to be taken to the show.

Quilt Show Categories will be as follows:

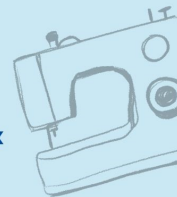
- Baby Quilt
- Rag Quilt
- T-Shirt Quilt
- Quilted Table Runner & Placemats
- Quilted Craft Item (teddy bear, purse, pillow, etc.)
- Youth Quilted Item (ages 5-12 years old)
- Teen Quilted Item (ages 12-18 years old)
- Traditional Bed Quilt (any bed size)



Winners of each category will receive a \$15 gift card to a local restaurant.

People's Choice Grand Prize will be a \$50 gift card to JoAnn Fabric & Crafts.

2 DAY ADULT SEWING CLASS FOR BEGINNERS



**September 1st & 2nd
5:30 pm to 8:30 pm.**

**Hancock County Development Complex
Call 270-927-6618 to sign up!**

You will learn about the following:

- Fabric
- Hand Sewing
- Patterns
- Sewing Tools
- Sewing Machines-(Bring your own machine or use one here)
- Serger
- Seam Finishes
- Sewing Project #1 Pillowcase #2 Apron #3 Recycled Jean Christmas Ornament



The class is free. You will need to bring supplies:

Apron:
1 & 1/2 yards of fabric (cotton) your choice color
pre-washed and ironed
1/2 yard fabric of coordinating fabric
Thread to match

Jean Christmas Ornament:
1 pair of old jeans (can be
1 leg of a pair)

Pillowcase:
1 yard of fabric pre-washed and ironed
1/2 yard coordinating fabric
Thread to match



Cooperative Extension Service
Specialties and Related Services:
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Specialties and Related Services:
Soil and Water Conservation
Plant and Soil Health
Food and Nutrition
Equine and Livestock Management
Food Safety and Inspection Service
Agricultural and Environmental Sciences
4-H Youth Development
Community and Economic Development



Green River Area Homemakers Annual Meeting

September 19, 2023

Registration 10:00 am.

**Buck Creek Baptist Church
Fellowship Hall**

3788 US Hwy 431

**Between Utica and Livermore,
Ky**

Tickets \$15

**Can be purchased at the
Hancock County Extension
Office**

Recognizing And Managing Teen Depression

Source: Kerri Ashurst, Senior Extension Specialist

For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye. Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives.

Everyone experiences times when they may feel down or a little depressed. This is common and may even be beneficial so one learns to deal with the ebbs and flows of life. A depressive disorder, on the other hand, is marked sadness or a change in mood that adversely affects a person's functioning capacity. If untreated, symptoms may last for a few weeks to many years.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression. These signs include:

- sad feelings
- frequent crying
- loss of interest or pleasure in activities that once made a person happy
- significant weight loss or weight gain
- an increase or decrease in appetite
- anger
- agitation
- fatigue
- trouble concentrating
- withdrawal from family and friends
- change in sleep pattern
- thoughts of death
- thoughts, or plans or attempts at suicide.



Teens who are depressed may also struggle academically, express boredom, self-harm, engage in risky behavior, and frequently complain of physical symptoms like headaches and stomachaches.

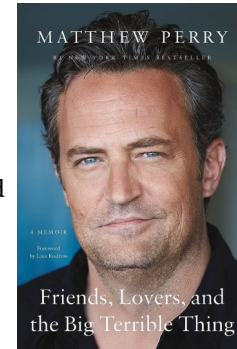
If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice.

More information on raising healthy families is available from the Hancock County Cooperative Extension Service.

BOOK CORNER

Friends, Lovers, and the Big Terrible Things: A Memoir by Matthew Perry (2022)

In an extraordinary story that only he could tell—and in the heartfelt, hilarious, and warmly familiar way only he could tell it—Matthew Perry lays bare the fractured family that raised him (and left him to his own devices), the desire for recognition that drove him to fame, and the void inside him that could not be filled even by his greatest dreams coming true. But he also details the peace he's found in sobriety and how he feels about the ubiquity of Friends, sharing stories about his castmates and other stars he met along the way.



Recipes from the 2023 Food And Nutrition

RECIPE CALENDAR



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

One Pan Shrimp and Veggies



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

Nutrition facts

per serving:
290 calories;
14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.
3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$9.97
Cost per serving: \$1.99

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

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LEXINGTON, KY 40546



We still have plenty of these calendars here at the Extension Office if you would like one. We also have a variety of recipe cards for anyone who would like them! Feel free to stop by and find something new and nutritious to fix for your family!

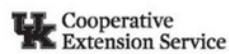


Hancock County Homemakers will have a booth for the Highway 60 Yard Sale October 6th & 7th. They will be taking donations for items to sell. Contact Lesa Keown for more information, 270-922-0554.

KEHA Week will be October 8th - 14th, 2023!

“Plant the seed- Help us grow.”

Activities will be announced soon!



Making Food Fun to Eat

Make food into shapes

How?
Serve a mix of squares, circles, triangles, ovals, rectangles, cubes, or wedges. Use cookie cutters and food cutters to make fun shapes.



Why?
Shapes make plates more interesting. It's also a chance to talk about shapes and colors with young children.

Use pops of color



How?
Add color through small amounts of vegetables and fruit.

Why?
Regularly serving a rainbow of colors gets children more interested in the foods on their plate. It also encourages them to try new foods.

Serve finger foods or foods on a stick

How?
Lollipop or cake pop sticks (or anything with a blunt edge) to hold food together.



Why?
Children think food on a stick is fun. Plus, young children are developing motor skills related to eating. Finger foods allow them to practice coordination.

Serve with a dip



How?
Make a dip or choose childhood favorites like ranch or ketchup.

Why?
Dips can enhance the flavor of fruit and vegetables. It can also serve as a familiar flavor when trying new foods.

Kid-Approved Recipes: https://www.planeatmove.com/recipes/?recipe_category=152

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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Contact us for more information at 270-927-6618.


Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth Development Education— Hancock County




Fall Bunco!

Sunshine Circle Homemakers will be having a fall bunco! It will be on September 30th at 6 pm and at the Hancock County Development Complex. Tickets are \$20 and will be available at the Hancock County Extension Office.

KENTUCKY STATE UNIVERSITY
Cooperative Extension Program

Angelia (Angie) Swihart



Hancock County Extension Agent for
Family & Consumer Science Education