

# Hancock County

## Building Strong Families for Kentucky



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

### Cooperative Extension Service

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## June 2017



### Roll Call:

What is your favorite dairy product?

### Thought/Quote of the Month:

A house is not a home unless it contains food and fire for the mind as well as the body. ~ Benjamin Franklin

### Club Date:

12 Hawesville – Kenergy – 6:00 p.m. –  
Hostess: Lesa Keown

### Upcoming Dates to Remember:

- ✓ 4<sup>th</sup> of July Celebration – Saturday, July 1<sup>st</sup> – Vastwood Park
- ✓ County Fair – August 9<sup>th</sup>-12<sup>th</sup>
- ✓ State Fair – August 17<sup>th</sup>-27<sup>th</sup>
- ✓ Sorghum Festival – October 28<sup>th</sup> & 29<sup>th</sup>

### Congratulations!

The \$200 homemaker scholarship was awarded to Ashton Howton and she plans to attend OCTC and major in Nursing. She is the daughter of Brad and Jennifer Howton of Hawesville.

### Fireworks Fundraiser:

The 4<sup>th</sup> of July Celebration will be Saturday, July 1<sup>st</sup> at Vastwood Park. Volunteers are needed to help with the snow cones, tea and lemonade! Maggie will take the freezer and the tables at 9:30 that Saturday morning. Joan/Nancy will pick up the 20 bags of ice and take to Vastwood. Nancy will open the booth at 4:00 p.m. and Maggie will have the cash box. After the fireworks, Maggie will take the stuff back to the storage building. Please consider volunteering and then call the Extension Office at 270-927-6618 to let us know when you can help! Thank you!

### Pancake Breakfast:

The County Fair will be here before we know it! The Annual Pancake Breakfast is Saturday, August 12<sup>th</sup>. Serving begins at 8:00 a.m. and goes until 11:00 a.m. Please make sure to volunteer to help with this endeavor too!



## Sorghum Festival Quilt Show:



The Hancock County Sorghum Festival is October 28<sup>th</sup> and 29<sup>th</sup> at the Fairgrounds. Quilt Show volunteers are needed Friday afternoon at 4:00 p.m. to set up and also to help on Saturday and Sunday. Mark this on your calendar so you can check out this great local festival!

## June: National Dairy Month:

- One dairy cow produces an average of 2,537 gallons of milk per year.
- It takes 10 lbs. of milk to make one pound of cheese.
- It takes 21.8 lbs. of milk to make one lb. of butter.

## Melon Berry Smoothie:

Ingredients:

¼ cup skim milk  
1 cup low fat vanilla Greek yogurt  
2 cups chopped honey dew melon  
1 cup frozen blueberries, strawberries or mixed berries  
1 tablespoon honey, optional



Directions:

**Place** all ingredients in blender.  
**Blend** together until smooth using the pulse function, if available.  
**Pour** into serving glasses and serve immediately.

Nutritional Analysis: 130 calories, 1 g fat, 0 g saturated fat, 5 mg cholesterol, 55 mg sodium, 28 g carbohydrate, 2 g fiber, 24 g sugars  
3 g protein Yield: 4, 8 ounce servings

## Be With Family: Spit Watermelon Seeds!



June 22-25 is National Watermelon Spitting Week! What may seem like a silly observance could actually be an activity or tradition that pulls families together and makes communities stronger. Family traditions are just one example of how families can create a sense of connection, closeness, emotional safety, security and stability. Strong families play an important role in the community and contribute to a healthy society overall. For example, positive development of a young child depends on a parent's ability to nurture, teach and provide. Despite daily stressors and various emotional barriers, positive family interactions — especially those that include a sense of belonging, love, connection, trust, sensitivity and responsibility, can contribute to overall happiness, health and well-being. Therefore, gather your family and start spitting watermelon seeds!

**Source:** Amy Hosier, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment

Sincerely,

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

