

Hancock County Extension Family & Consumer Science Education

**February
2024**

**Hancock County Building
Strong Families for
Kentucky**

**Cooperative Extension
Service**

Hancock County
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Roll Call

Which is your favorite season and why?

Thought for the Day

“If the winter is too cold and the summer is too hot, you are not a hiker.”

-Unknown

Monthly Meetings

Hawesville Homemakers will have their monthly meeting February 12th, at 6 pm. at the Kenergy Building. The lesson will be Self Care and Self Pampering taught by Tanis Lewko.

Sunshine Circle Homemakers will have their monthly meeting February 13th at 5:30 pm at the Hancock County Development Complex. The lesson will be Self Care and Self Pampering taught by Cindy Adkins.



March Lesson will be Healthy Eating Around The World.

Lesson Training

April's lesson will be **Handy To Have: Emergency Health Information Cards**. The training will be at Daviess County March 19th at 10 am. At Henderson March 20th at 10 am.

May's lesson will be **Understanding and Preventing Suicide**. That training will be March 19th at Daviess County also, but at 11 am. At Henderson March 20th at 11 am.

Sunshine Circle Homemaker Dates

2/6 - 5:00 p.m. - Career Center - Meals on Wheels craft project

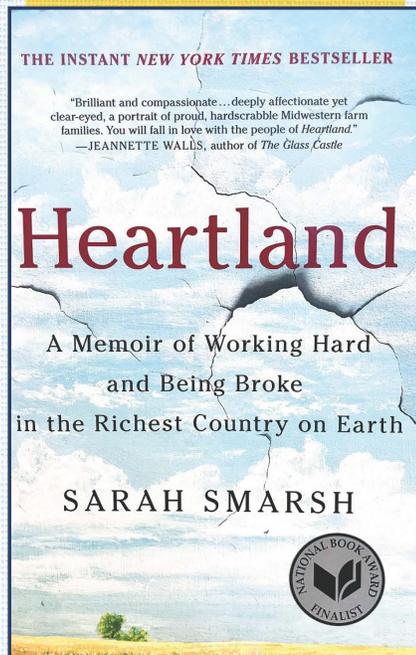
2/6 - 6:00 p.m. - Career Center - Placemat Workshop

2/13 - 5:30 p.m. - Career Center - February Business Meeting

2/15 - 11:45 a.m. - SHES - Girls with Pearls - Button Class

2/27 - 5:00 p.m. - Career Center - BOM Workshop





WE ARE EXCITED TO
 READ WITH
YOU
 THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

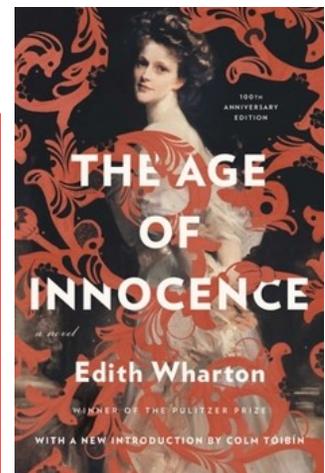
Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

Book Corner

The Age of Innocence

By Edith Wharton (1920)

A story that includes faltering love, newfound passion, and the demand for duty. Upon the arrival of Ellen Olenska, the cousin to Newland's soon to be fiancé, Newland slowly begins to fall for the countess. Newland soon finds himself torn between the allure of Ellen's otherworldliness and the pressures of family and societal expectations.



Save These Dates!



Make plans to attend the 2024 KEHA State Meeting at Sloan Convention Center and Holiday Inn University Plaza In Bowling Green!

May 7-9, 2024

Call 270-745-0088 to make your reservations now! Code is KEH. Make your reservations by April 6th to secure the conference rate.

SUNSHINE CIRCLE HOMEMAKERS MARCH MADNESS BUNCO PARTY

Entry \$20 MARCH 9th. 6:30 p.m.

Hancock Co Career Center

COME DRESSED IN YOUR
FAVORITE TEAM COLORS

REFRESHMENTS WILL BE SERVED

LIMITED SEATING SO GET YOUR
TICKETS EARLY



IF ALL TICKETS ARE
SOLD: GRAND PRIZE
WILL BE \$100



MUST HAVE TICKET TO PLAY

Get your tickets at the Hancock County
Extension Office!

Farm City & Ag Awards Dinner

February 19, 2024

6:00 pm.

Tickets are on sale now!

Hancock County Fair Dates

July 31-August 3, 2024



HANCOCK COUNTY HOMEMAKERS CULTURAL ARTS

KEHA Cultural Arts entries are due to the Hancock County Extension Office by September, 2024.

Entries will be judged and the top entry from each category will advance to the Green River Area Cultural Arts competition in April.

For more information, please contact the Hancock County Extension Office at (270) 927-6618



KENTUCKY STATE
UNIVERSITY
Cooperative Extension Program

Angelia (Angie) Swihart

Angelia Swihart

Hancock County Extension Agent
for

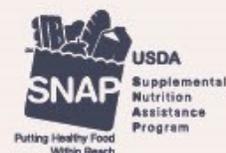
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Everything Tuna Melts



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

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings
Serving size: 2 bagel halves
Cost per recipe: \$7.52
Cost per serving: \$1.50

Nutrition facts per serving:

320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

Source:
Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

Show Your Support For Women's Heart Health on National Wear Red Day

**Source: Debbie Murray, Associate Director
of Health Education through Extension
Leadership**

Heart disease is the No.1 killer of women in the United States. Each year, about 267,000 women die from heart attacks or other heart-related diseases. This year you can show your support for women's heart disease prevention by participating in National Wear Red Day Feb. 6.

Heart disease and heart attacks in women are commonly overlooked. Many women report early warning signs of an impending heart attack as early as a month before the attack occurs. Understanding the early warning signs of a heart attack will help decrease your chance of death. Some symptoms of heart attacks are:

- Unexplained severe fatigue or trouble sleeping, especially for an extended period of time
- Persistent indigestion like pain in the chest
- Pain that is worse with activity but decreases with rest
- Pain along with sweating, nausea, vomiting or shortness of breath
- Pain or dull ache under arms, jaw area, neck or back.

If you suffer from any of these symptoms, go to the nearest hospital emergency room immediately. If you are alone, call 911.

Everyone can help support heart disease prevention in women by wearing red. It is a simple, powerful way to help raise awareness about heart disease and stroke in women. By wearing red or making a donation to the American Heart Association, you'll help support ongoing research and education about women and heart disease.

Remember to show your support for the fight against heart disease in women Feb.6 by wearing red. For more information about heart disease in women or other related topics, contact your Hancock County Cooperative Extension Service.

