

# August Morgan County FCS NEWSLETTER

Morgan County Ext. Office  
1002 Prestonsburg St.  
West Liberty, KY 41472



*Nicolette Knuckles*

Nicolette Knuckles  
County Extension Agent for  
Family Consumer Sciences  
nbkn222@uky.edu

## Agent Update

**It is already almost August!  
We are halfway through this year and  
getting ready for lots of fun!  
This month we have the Kids Eat Right  
Month, the Morgan County Fair,  
Market in the Park, Field Day, Water  
Bath Canning Class and the Farmers  
Market.**

**We have a lots to offer this month and  
we hope to see you at one or all of our  
events!**

## in This Issue:

- Dates to Remember
- Homemaker Club Meeting Times
- Events coming up!
- Eating over the Rainbow Challenge
- MoneyWi\$e Article
- Health Bulletins
- KY Proud Recipe



## 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

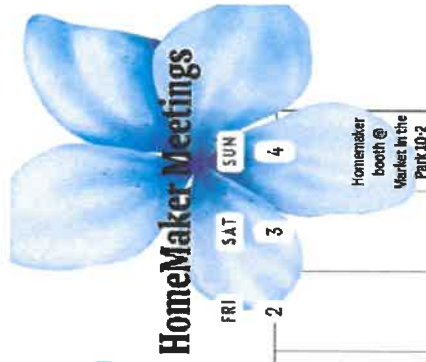
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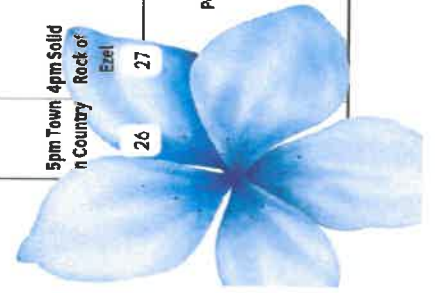
2024

AUGUST



HomeMaker Meetings

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	7pm Country Cousins and Friends	9-4 Peace by Piece	7pm West Liberty Homesteaders	6pm Woodbend		HomeMaker booth @ Market in the Park 10-2
19	20	21	22	23	24	25
26	27	28	29	30	31	
5pm Town n Country Rock of Ezel		8-4 Peace by Piece				



2024

AUGUST



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
		Farmers Market 9-12	Wits Workout 10am Senior Center	Farmers Market 9-12		10-2 Market in the Park 9-12 Farmers Market
11	12	13	14	15	16	17
		8-4:30 County Fair Exhibition Showcase	8-4:30 County Fair Exhibition Showcase	Farm Bureau Day		
		Farmers Market 9-12	First Day of School	Farmers Market 9-12		
18	19	20	21	22	23	24
		Farmers Market 9-12	Wits Workout 10am Senior Center	Farmers Market 9-12		
		Cooking through the Calendar 5pm	Wits Workout 10am Senior Center	Water Bath Canning Class 1-3		
25	26	27	28	29	30	31
		Wits Workout 10am Senior Center	Farmers Market 9-12	Farmers Market 9-12		Hereford Show





**Cooperative Extension Service**

## WITS WORKOUT

Join us for an interactive brain program that focuses on intellectual change and social connectedness to workout those brain muscles!

**August/Sept. Dates**

• 8/7	• 9/4
• 8/14	• 9/11
• 8/21	• 9/18
• 8/26	• 9/25

**Location:** The Morgan Co. Senior Center  
**Time:** 10am-11am

**ILLINOIS Extension**  
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES  
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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Educational programs of University Cooperative Extension are of primary significance to agriculture, as well as to other areas of human endeavor. The College of Agriculture, Food and Environment is the primary provider of these programs. The College is committed to the advancement of the agricultural and food systems of the future. The College is also committed to the advancement of the human and environmental sciences. The College is committed to the advancement of the agricultural and food systems of the future. The College is also committed to the advancement of the human and environmental sciences. The College is committed to the advancement of the agricultural and food systems of the future. The College is also committed to the advancement of the human and environmental sciences.

**Martin-Gatton College of Agriculture, Food and Environment**

## Understanding Disability

### After School Reading Program

**JOIN US EVERY 2ND THURSDAY @4:30 STARTING IN SEPTEMBER FOR READING AND SNACKS AT THE MORGAN CO. LIBRARY!**

**THE READING PROGRAM INCLUDES:**  
READING  
DISCUSSION  
ACTIVITY  
SNACK

**We'll see you Sept. 12th!**

**FOR MORE INFORMATION CALL 606-743-3292 OR EMAIL FCS AGENT NICOLETTE KNUCKLES @ NRKN222@OKY.EDU**

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**Cooperative Extension Service**

## LAUGH & LEARN

**TOPIC: WIND/FALL**

**SEPT. 10TH @10:30**

**Age 3-5 years**

**JOIN US AT THE EXTENSION OFFICE FOR AN INTERACTIVE CHILD & PARENT PLAYDATE.**

**WE WILL A VARIETY OF STATIONS AROUND THE ROOM INCLUDING A CRAFT, STORY, MUSIC, A SNACK AND WORKING FINE & GROSS MOTOR SKILLS.**

**An adult must be present during the class**

**Please call 606-743-3292 or stop by the Morgan Co. Extension Office to get a spot in the program!**

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**Morgan County Extension Office**

## Cooking through the Calendar

**8/20 - PEANUT BUTTER OATMEAL BITES**  
**9/24 - RAMEN SKILLET DINNER**  
**10/22 - SWEET POTATO HASH**  
**11/19 - HEARTY HARVEST BOWL**  
**12/10 - SLOW COOKER NAVY BEAN SOUP**

**@ THE EXTENSION OFFICE AT 5PM**

**More Info** **CONTACT FCS AGENT NICOLETTE KNUCKLES AT 606-743-3292 OR NRKN222@OKY.EDU**

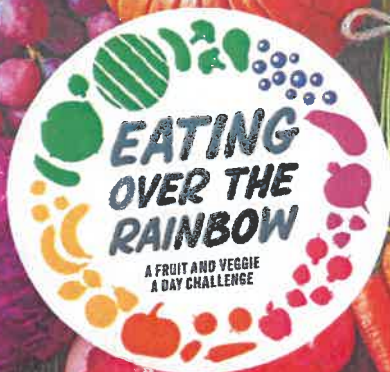
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**Martin-Gatton**  
College of Agriculture,  
Food and Environment



# Getting to YES with Fruits and Vegetables

**August 2024**  
**Morgan Co. Extension Office**

Encouraging kids to eat fruits and vegetables is not always easy. *Eating over the Rainbow: A Fruit and Veggie a Day Challenge* will give parents and caregivers tools to inspire healthy choices

## **Kids Eat Right Month!**

- Stop by the Farmers Market/Tredway Park **Aug. 3rd & 5th(9-12)** to pick up your Eating Over the Rainbow Challenge packet!
- Return your completed items to the Extension Office at the end of the month to be entered in the drawing for a prize.

[morgan.ca.uky.edu](http://morgan.ca.uky.edu)





**EATING  
OVER THE  
RAINBOW**

A FRUIT AND VEGGIE  
A DAY CHALLENGE



Cooperative  
Extension Service

# Getting to YES with Fruits and Vegetables

**August 3rd 9-12pm**

**@ 672 Glenn Ave. West Liberty, KY 41472**

## **Program Sessions:**

Encouraging kids to eat fruits and vegetables is not always easy. *Eating over the Rainbow: A Fruit and Veggie a Day Challenge* will give parents and caregivers tools to inspire healthy choices

- Taste Testing Tuesday **August 6th**
- Meal Planning Thursday **August 8th**
- Create a Butterfly snack Tuesday **August 20th**

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Lexington, KY 40506



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# MONEYWISE

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.

### SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including



needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-> grants faces for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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## MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



### SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

### REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

### Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock  
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# PARENT



# HEALTH BULLETIN



AUGUST 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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1002 Prestonsburg Street  
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606-743-3232

## THIS MONTH'S TOPIC

## PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

Continued on the next page

*When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills.*

Continued from the previous page

to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

### REFERENCES:

- [https://www.cdc.gov/healthyschools/families\\_tips\\_sheet.htm](https://www.cdc.gov/healthyschools/families_tips_sheet.htm)
- <https://www.cdc.gov/healthyschools/families/factB5.htm>

## ADULT HEALTH BULLETIN

Written by:  
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Adobe Stock

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# Kentucky Summer Squash

**SEASON:** June through October.

**NUTRITION FACTS:** Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

**SELECTION:** Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

**STORAGE:** Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

preparation. The storage life of summer squash is brief; use within two to three days.

**PREPARATION:** Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

## KENTUCKY ZUCCHINI

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students

June 2013

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COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture

## Stuffed Zucchini Boats

4 medium zucchini  
1 pound chicken breast  
½ cup chopped onion  
1 egg, beaten

¾ cup marinara sauce  
¼ cup bread crumbs  
1 teaspoon garlic powder  
½ teaspoon black pepper

1½ cups shredded  
cheddar cheese  
Olive oil, optional

Cut zucchini in half lengthwise. Cut a thin slice from the bottom of each with a sharp knife to allow the zucchini to sit flat. Scoop out the pulp, leaving ¼-inch shells. (Optional, lightly brush the shells with olive oil.) Preheat the oven to 350° F. Cut chicken breast into 1 inch cubes. In a large skillet, cook chicken and onion over medium heat until meat is no longer pink; drain. Remove from the heat; stir in the egg, marinara sauce, bread crumbs, garlic powder, black pepper and 1 cup cheese. Spoon about ¼ cup into each

zucchini shell. Place each filled shell onto a non-greased cooking sheet and place into the oven and bake for 15 minutes.

Remove boats from oven and sprinkle on the remaining cheese. Bake boats for an additional 5 minutes or until the cheese melts.

**Yield:** 4 servings

**Nutritional Analysis:** 420 calories, 20 g fat, 9 g saturated fat, 170 mg cholesterol, 700 mg sodium, 19 g carbohydrate, 4 g fiber, 9 g sugar, 40 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

