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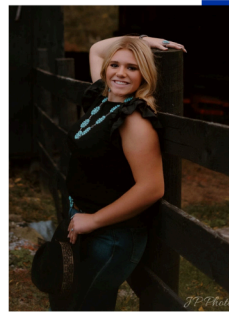
Laurel County Extension
Family & Consumer Science

August 2024

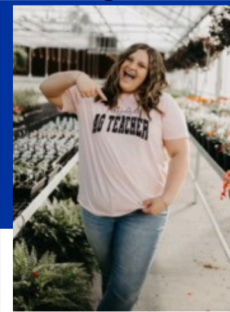
Letter from Lora-

August is a beautiful month. The weather is warm, the days are long, and there's a sense of relaxation in the air. It's the perfect time to enjoy the outdoors, go on vacation, or simply take some time to unwind. I love the late summer blooms and the opportunity to savor the remaining days of the season.

Lora Davidson
Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences



Braylee Fawbush



Kiera Oakley



Emma Lou Cissel Scholarship Recipients

The Laurel County Extension Homemakers are pleased to announce the recipients of this year's Emma Lou Cissel scholarship program. Since 1997 the Laurel County Extension Homemakers have awarded a college scholarship to one or more deserving high school graduates from Laurel County. Emma Lou, whom the scholarship is named for, felt very strongly about the importance of offering scholarships to help local students further their education. After a rigorous selection process, Kiera Oakley and Braylee Fawbush have been chosen to receive scholarships in recognition of their academic achievements, leadership qualities, and commitment to community service.

Family & Consumer Sciences

We aim to improve the quality of individual and family life through education, research, and outreach.

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

August 2024

C.L.A.S.S. Course Catalog



Sourdough Starters

Date(s): August 8th
Time(s): 6pm to 7:30pm
Cost: Free
Instructor: Robin Davis

Discover the ancient art of sourdough baking from scratch with our Sourdough Starter Workshop. Learn the secrets to cultivating and maintaining your own vibrant sourdough starter, the heart of artisan bread-making. Through step-by-step guidance, you'll master the art of feeding and nurturing your starter to achieve that distinctive tangy flavor and airy texture.

*Hosted at the Rockcastle County Extension Office

Made by You

Date(s): August 14th
Time(s): 10am-4:30pm and 5:30pm-8pm
Cost: Free
Instructor: Robin Davis/Tina Hefner

This class offers a dedicated space and time for you to work on your personal crafting projects. Bring your materials and ideas, and enjoy a supportive environment where you can express your creativity while connecting with fellow makers. Whether you knit, paint, or craft in any medium, this is your space to bring your projects to life.

*Assistance provided upon request!



Crafting Calm: Coastal Seashells

Date(s): August 15th
Time(s): 1pm and 6pm
Cost: \$10
Instructor: Robin Davis/Tina Hefner

Step into a world of tranquility with "Crafting Calm," a stress relief workshop designed to guide you through the therapeutic art of crafting. You will unwind and explore various creative techniques that not only enhance your artistic skills but also provide a soothing escape from the demands of everyday life. Participants will need to bring their own coir rug and all pants and stencils will be provided.

Ages: 16+



Cake Pops

Date(s): August 20
Time(s): 1pm and 6pm
Cost: \$5

Instructor: Robin Davis

Join us for a fun and interactive Cake Pop Creations class where you will learn the art of making delightful and delicious cake pops from scratch! In this hands-on workshop, you'll discover the secrets to baking moist cake, crafting the perfect cake pop mixture, and mastering the techniques for shaping, dipping, and decorating these bite-sized treats. Whether you're a beginner or a seasoned baker, this class will provide you with all the tips and tricks you need to create beautiful and tasty cake pops that are perfect for any occasion.

Ages: 16+



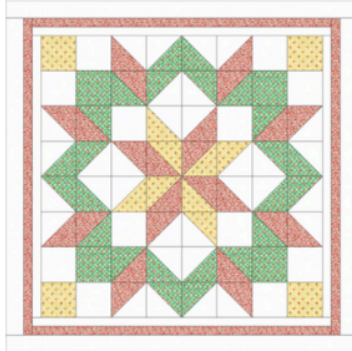
Quilting for Beginners: Carpenter Star

Date(s): August 24
Time(s): 10am to 4pm
Cost: \$30

Instructor: Sheryl Bowling

Have you always wanted to learn about quilting? Have you been too overwhelmed to know where to start? This is the class for you! This is a beginner-friendly quilt that will be the perfect place to start your quilting journey. Students will make large Half-Square Triangle units that will, in combination with background squares, go together to make a simple, but striking quilt. Many will complete the quilt top in class. All will complete at least 1/4 of the quilt top.

Material/cutting instructions will be emailed upon payment.



Do you have a class topic that you would like to see at our office?

Call us at (606)864-4167 -or-
email robin.davis@uky.edu

[CLICK HERE to register for classes!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

September 2024

C.L.A.S.S. Course Catalog



Cook Together, Eat Together

Date(s): Sept. 3rd to Oct 8th (each Tues)
Time(s): 6pm
Cost: Free
Instructor: Robin Davis, Judy Stephens

Join us for this fun cooking event where you won't even have to leave your home! During this series you will:

- Focus on time with your family, as we encourage the entire family to come together to enjoy these classes!
- Get tips that make cooking fast, fun and delicious with special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets!

This will be a hybrid series of classes where some will be held in person and some will be held on zoom. Attendance to all classes is required.

Bingocize

Date(s): Sept 2nd through Nov 11th (Mondays and Wednesdays)
Time(s): 10am
Cost: Free
Instructor: Lora Davidson, Robin Davis

Join our upcoming class dedicated to promoting health and wellness through engaging physical activities and practical advice. This program features chair exercises to enhance mobility, fall prevention strategies to ensure safety, and nutrition tips for a balanced diet. To add a fun twist, we've incorporated Bingo into the mix, making it an enjoyable way to learn and stay active. Perfect for all fitness levels, this class aims to improve your overall well-being while having a great time! **Class will be hosted at OPAC.**



Crochet 101: Purse

Date(s): Sept 5th - Sept 26th (Thursdays)
Time(s): 6pm
Cost: \$25
Instructors: Melissa Blankenship & Kayley Garlen

Discover the art of crochet by creating your very own stylish purse in our beginner-friendly class. Learn the basics of crochet, including essential stitches and techniques, while working on a fun and practical project. Our experienced instructors will guide you step-by-step, ensuring you gain the confidence and skills to complete your crochet purse. Perfect for those new to crochet or looking to refresh their skills, this class offers a supportive and creative environment to explore this timeless craft.

All materials provided.



Made by You

Date(s): September 11th

Time(s): 10am to 4pm

Cost: Free

Instructor: Robin Davis

This class offers a dedicated space and time for you to work on your personal crafting projects. Bring your materials and ideas, and enjoy a supportive environment where you can express your creativity while connecting with fellow makers. Whether you knit, paint, or craft in any medium, this is your space to bring your projects to life.



Crafting Calm: Fairy Houses

Date(s): September 19th

Time(s): 1pm & 6pm

Cost: \$10 (\$5 for Laurel Homemakers)

Instructor: Robin Davis, Tina Hefner

Step into a world of tranquility with "Crafting Calm," a stress relief workshop designed to guide you through the therapeutic art of crafting. You will unwind and explore various creative techniques that not only enhance your artistic skills but also provide a soothing escape from the demands of everyday life.

All materials provided.

Ages: 16+

Do you have a class topic that you would like to see at our office?

Call us at (606)864-4167 -or-
email robin.davis@uky.edu

[CLICK HERE to register for classes!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

MoneyWise

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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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Family and Consumer Sciences
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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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What are you cooking this month?



Fresh Corn Salad

5 ears of fresh corn
½ cup diced red onion
3 tablespoons cider vinegar
3 tablespoons olive oil

½ teaspoon salt
½ teaspoon black pepper
½ cup freshly chopped basil

Shuck and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

Toss the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

Chill to allow flavors to blend. Just before serving, add fresh basil.

Yield: 10, ½ cup servings.

Nutritional Analysis: 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

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



Kentucky Sweet Corn

SEASON: July to August

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a one-half cup serving.

SELECTION: Look for ears with green shucks, moist stems, and silk ends that are free of decay. Kernels should be small, tender, plump, and milky when pierced. They should fill up all the spaces in the rows.

STORAGE: Keep un-shucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and placed in a plastic bag for 4 to 6 days.

PREPARATION:

To microwave: Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for 1 ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

To boil: Remove shucks and silks. Trim stem ends.

Source: www.fruitandveggiesmatter.gov

Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until the kernels are tender.

To grill: Turn back shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasonings such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

CORN

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students
June 2010

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questions?**

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to us at any time with
your questions or
concerns!

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