

Anderson County Extension Service September/October 2017 Programs and Classes

Family & Consumer Sciences

“Vegetarian 101: History, Health, and Tips”

September 26, 10 a.m.

Every day we make choices about the foods we eat. Some people choose a plant-based eating pattern, ranging from foods with no animal connections (vegan) to those with mostly plant-based food and minimal animal connections (vegetarian). This lesson explores vegetarian and vegan diets, providing history, outlining health benefits and reviewing possible nutrient challenges. Tips for eating vegetarian or vegan are outlined, as are strategies for moving toward a plant-based diet.

Tatting Class

September 28, 1 – 4:30 p.m.

Call the Extension Office at 502-839-7271 to register for above classes.

Agriculture

Anderson County Cattlemen Meetings:

September 3, 2017; 6:30 p.m.

4-H/Youth Development

4-H Booth at Burgoo Festival

Join 4-H for the 2017-2018 program year! This is a wonderful opportunity to come learn about all the different clubs and activities that 4-H has to offer. There will be lots of information and an opportunity to complete enrollment forms.

Dog Club:

Youth get to work with their dog to learn responsibilities of dog ownership, demonstrate dog care and management, feeding, care, handling, grooming and

obedience. Dog Club meets the 1st Thursday of each month (without your dogs) and the 3rd Monday at 6:30 p.m. (with your dogs) at the Anderson County Extension Office. Scheduled meeting dates are: September 18th, October 5th, and October 16th.

Shooting Sports Club:

Is an introduction to the safe and responsible use of firearms and archery equipment which is a valuable life skill, trains youth to handle and shoot firearms safely, and teaches leadership and responsibility in a non-formal environment while offering fun activities for youth and adults. Practice will be at the Sportsman Club in Anderson County, weather permitting. Notice of changes/cancellations will be made on the Anderson County 4-H Facebook page. Usual meetings times are 1st & 3rd Mondays- Rifle and Shotgun, 2nd & 4th Mondays- Archery. Meetings will begin in the spring.

Livestock Club:

Livestock Club is all about the animals! Learn lots of interesting information on different animals and care. Regular meeting time is the 4th Thursday from 3:30 – 5:00 p.m. Scheduled meetings are: September 21st & October 26th.

Horse Club:

You don't have to have a horse to be in Horse Club! Horse Club will begin its regular meeting time of the second Tuesday of the month from 5:30 – 7:30 p.m. Scheduled meeting times are September 13th & October 10th.

Middle School Club:

NEW CLUB ALERT!! If you are in the 6th – 8th grades and would like to join in on this new club come check out our first meeting, September 26th from 3:30- 5:00 p.m. at the Extension Office!

