

## 2017 WVCEOS Chosen Educational Topics Final Titles and Descriptions

- **How to Say No with Grace:**

Saying no can be difficult. With grace we can be sensitive to the needs around us while still taking into account our own personal limits. Learn ways to be a positive influence and do no harm so that situations can have the outcome of a win-win situation. - **Becky Smith and Lauren Prinzo**

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- **7 Natural Wonders of West Virginia:**

West Virginia is Wild and Wonderful, but do you know many of its natural wonders? The Himalayan Mountains are approximately 40 million years old, comparatively the Appalachian Mountains of West Virginia are approximately 300 to 400 million years old. This ancient history has yielded a unique environment with spectacular natural phenomena. The state of West Virginia is home to some of the most stunning natural wonders to be found, can you guess all seven? - **Lauren Weatherford**

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- **Sleep: From A to ZZZ:**

Think that sleep is “down time” for your body? Healthy sleep patterns are vital at all stages in life. Learn the myths and facts about this often-neglected and misunderstood health topic. - **Elaine Bowen and Gwen Crum**

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- **Living Frugal: Simple Ways to Save Money:**

In hard economic times, we often struggle to have money left at the end of the month or even cover our expenses. However, there are simple ways to save a few dollars here and there that will add up in the end. Living frugal doesn't always mean going without, it means being aware of your financial habits then planning your spending and saving. Learn small ways to cut costs, live on a little less and save a few dollars each month. - **Andi Bennett & Terrill Peck**

- **Canning Jars – The Test of Time:**

Throughout the years the canning jar has been used for countless things ranging from food preservation to crafts. Canning jars today go beyond food preservation and can be used for creative decor and gift giving. Enjoy investigating their Napoleonic beginnings, the race for improvement, and joining the canning jar craft era! - **Jesica Streets**

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- **You Can Have Your Cake and Eat it Too:**

Baked goods make a perfect snack or a sweet ending to a wonderful meal. Unfortunately, that pleasure provides added calories with little nutrition – calories that can add pounds to our bodies. Learn a few simple tricks, substitutions, and additions that can turn baked goods from empty calories to food that tastes great and nourishes the body. - **Cindy Smalley**

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- **West Virginia Quilt Trails:**

This lesson will help adult learners discover barn and building quilts and trails found throughout the United States and specifically, in West Virginia. The content of this lesson will define a barn quilt and quilt trail; briefly detail the history of the American Quilt Trail Movement; describe the nearly ten quilt trails found in West Virginia; detail how to develop a quilt trail; provide instructions on how to construct and paint a barn/building quilt; and, provide activities for club members to do with regard to this topic. - **Julie Tritz**

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- **Cooking for One:**

Discover ways to improve your eating habits when you live alone; how to easily and quickly prepare healthy meals for one; how to creatively use leftovers; and how to safely store food in a freezer or pantry. - **Sue Flanagan and Cheryl Kaczor**

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- **West Virginia Women Who Made History:**

Several notable women from the state have earned distinguished awards, been champions of women's suffrage, and paved the way for women in the arenas of politics, athletics and medicine.

Phebe Tucker Cunningham and Kate Carpenter have heroic stories of surviving frontier life and capture by Indians. Anna Maria Keeves Jarvis was the founder of Mother's Day. Harriet Jones was the state's first female doctor and woman to serve in the State Legislature. Pearl S. Buck was the winner of the Pulitzer Prize and has several published works. Mary Lou Retton was the first American woman to ever win a gold medal in gymnastics at the Olympics and the youngest inductee in the USOC Olympic Hall of fame. This lesson aims to honor those women and preserve their story. - **Stephanie Lusk and Lisa Montgomery**

- **More Meat for Your Money:**

Discover how to save money when buying meats by learning the cuts of beef and pork, cooking methods for less expensive cuts, and serving meatless meals. - **Sue Flanagan and Cheryl Kaczor**

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- **Addiction: A Community Crisis:**

A lesson that will bring awareness to the substance abuse epidemic within West Virginia. This lesson will provide tips on recognizing substance abuse behaviors, and will also debunk some of the stereotypes surrounding substance abusers. This lesson will provide recovery resources for families who have a loved one battling addiction. - **Dana Wright**

- **Eating Out of Your Comfort Zone?:**

We often get in a rut and eat and buy the same foods over and over again. This lesson will help you to step out of your comfort zone and try new foods. We will explore what it means to be adventurous in the grocery store and try new fruits, vegetables and grains. - **Terrill Peck and Andrea Bennett**

- **Cameroon: A Melting Pot of Africa:**

An introduction on the diverse culture of Cameroon. - **Denis Scott and Line-Audrey Maeva Nkule Sonkeng**