

FAMILY & CONSUMER SCIENCES

Trigg County Extension Homemaker Newsletter July/August 2016

**Cooperative
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**Upcoming
Activities/Meetings:**

Dear Homemakers:

Summer is flying by and pretty soon September will be here and it will be back to work for our Homemaker clubs. We will kick off the year with our club and county officer and educational chairmen training on Friday, August 26, 2016. See the Activities and Events for more details.

As a service organization, we are always looking for ways to help our community. If you have any ideas for projects that would benefit others, call me and tell me about it. We can present these ideas to the County Council for further discussion. It never hurts us to step outside of our comfort zone to help others.

Thanks to all who came to the Oliver cabin for our Cultural Arts Retreat and Homemaker Picnic. We had good participation and a lot of fun and learning. We will start plans for next year very soon.

Enjoy the rest of July and August. After that we hit the ground running!

Sincerely,

Cecelia Hostilo
County Extension Agent for FCS



- **August 3, 2016—Gala of Tables—7:30 AM—Trigg County School Cafeteria.** The Homemakers will once again be sponsoring a table at the opening day teacher breakfast. I would love to have 3 volunteers to help plan and prepare the table. You do not have to be at the breakfast, but you do need to be available to set on at 3:30 PM on Tuesday, August 2nd. Please call the Extension Office at 270-522-3269 to volunteer to help!



- **August 17, 2016—Planning Meeting for Trigg County Women’s Show—10:00 AM at the Trigg County Extension Office.** This meeting is to lay out plans and deadlines for the Trigg County Women’s Show on Saturday, November 12th. It would be most helpful to have County officers and one representative from each club at this meeting.
- **August 26, 2016—County and Club Officer and Educational Leader Training—10:00 AM-1:00 PM at the Trigg County Extension Office.** This training is for new and returning officers and chairmen. A light lunch will be served. Our theme for this training will be the theme from the 2016 state meeting, “Winning with Homemakers.” It would be helpful in our planning if we knew how many were coming. Please call the Extension Office at 270-522-3269 to sign up. There is no cost to the training.

- **August 30, 2016--September Lesson Training—5:00 PM at the Trigg County Extension Office.**



I will be teaching “The Buzz about Honey” which is the September Homemaker Lesson. Please attend if you volunteered to teach, or send a representative if you cannot come.

- **Bloodmobile September 6, 2016 at St. Stephens Catholic Church. 12-6:00 p.m.**



Clubs to work are:
 12-2:00 p.m. - Rockcastle
 2-4:00 p.m. – Mailbox
 Members
 4-6:00 p.m. – Ebony Twilight

Each club is to provide 2 workers; 1 dozen sandwiches cut in half and wrapped along with 3 dozen cookies.

- **September 7, 2016—9:00 AM-5:00 PM—Day Trippers Club--Lunch at Lambert’s Café.**



Day Trippers is a new special interest club for those who like to see what’s out there just beyond our city limits and county borders. The club is open to anyone, but we are asking that non-Homemaker members consider joining as Mailbox Members. Our first trip will be to Lambert’s and we are going to carpool. I need to know if you would like to go and if you are willing to drive. The cost of the trip will be \$15.00 per person to cover the cost of gas and at least part of the meal for each driver. You will pay for your own lunch. Please call the Extension Office at 270-522-3269 by August 26th to sign up for the trip.

- **Trigg County Homemaker Advisory Council Meeting – Monday, September 12, 9:30 a.m. at the Trigg County Extension Office.** This is the quarterly meeting of the council. County officers and educational chairmen, Area officers and educational chairmen, and club presidents are asked to attend. Club presidents that cannot attend are asked to send a representative from your club if possible. We would like as much input as possible in planning our activities and taking care of business.

- **September 15, 2016—4:00-6:00 PM—4th Annual Day of Play at West Cadiz Park.**

Trigg County Homemakers will once again be providing a physical activity booth and handing out incentives. I will be at our National FCS Extension Agent’s Conference on that date, so I need 4 people to volunteer to man our booth and help the children with the activity. Please call the Extension Office by Tuesday, September 6th to volunteer. You will have great fun and it will only take a few hours of your time.

- **September 21, 2016—Homemaker Book Club—1:30 PM at the John L. Street**



Library. Our book club is open to anyone who would like to come. No specific book to read, just come ready to talk about some of the books and authors that you have been reading through the summer. Refreshments will be served. Please consider joining this fun group.

- **September 22, 2016 County Annual International Day** at Cadiz Christian Church. Registration will be 4:30 – 5:15 p.m. with Dinner following. More details to come later.
- **September 26, 2016—Trigg County Cultural Arts Retreat Planning Meeting—1:00 PM at the Trigg County Extension Office.** This meeting is to evaluate the 2016 retreat and begin plans for the 2017 retreat. Anyone who has attended the retreat or is interested in attending the Retreat is invited to this important meeting.
- **September 27, 2016—Needlework and Notions Club Meeting—5:00-7:00 PM at the Trigg County Extension Office.** This is a new special interest club designed to teach the heritage skills of needlework. Our first project will be a chicken scratch piece. The club is open to everyone, but we are asking that non-Homemaker participants at least consider joining as Mailbox Members. The cost of the projects will vary, but most will be \$5.00 or less. If our first meeting is successful, we will continue it on a monthly basis. Projects would be suitable for anyone as young as 6th grade. Please call the Extension Office at 270-522-3269 by September 22nd to sign up for this new club.



- **September 30, 2016—October Lesson Training—5:00 PM at the Trigg County Extension Office.** Angie York, Lyon County FCS Agent, will be teaching “Slow Cooking for Fast Times” which is the October Homemaker lesson. Please attend if you volunteered to teach, or send a representative if you cannot come.



- **October 5, 2016—10:00 AM-4:00 PM—Day Trippers Club—Excursion to Miss Lucille’s in Clarksville, TN.** Miss Lucille’s is a café and antique mall off of I-24, Exit 11 in Clarksville. Once again we will carpool. The cost of the trip will be @10.00 to cover the cost of gas and at least part of the meal for each driver. You will pay for your own lunch. Call the Extension Office at 270-522-3269 by September 28th to sign up for the trip.



- **October 13, 2016—9:00 AM-Noon—Ham Festival Contests Entries and Judging—Cadiz Baptist Church Annex.** The Canning, Arts and Crafts, Bake Off, and Pork Recipe Contests that the Trigg County Homemakers sponsor will take place on October 13th. Entries will be taken from 9:00 AM until Noon. Judging will begin promptly at 1:00 PM. I need 3-4 Homemakers to work each contest. You will take entries and arrange items in the morning and help the judges and place ribbons and do final displays in the afternoon. It is a lot of work, but the community enjoys seeing the talents of our citizens. Please call the Extension Office at 270-522-3269 by Friday, September 30th to volunteer.



- **October 17, 2016—Homemaker/Extension Dinner honoring Trigg County District Court—5:30 at the Trigg County Extension Office.** The Homemakers join with the Extension District Board to provide a meal for the Fiscal Court every October. Clubs will be asked to provide parts of the meal and our Homemaker Council members will be asked to help serve the meal. Mark the date on your calendar!

- **October 19, 2016—Homemaker Book Club--1:30 PM at the John L. Street Library.** Our book club is open to anyone who would like to come. No specific book to read, just come ready to talk about some of the books and authors that you have been reading through the summer. Refreshments will be served. Please consider joining this fun group.



- **October 25, 2016—Pennyrile Area Homemakers Annual Meeting—10:00 AM-2:00 PM at 2nd Baptist Church, Greenville, KY.** Muhlenberg County will be hosting our Area annual meeting this year. There will be more information in the September newsletter. Save the date!

- **October 27, 2016--Needlework and Notions Club Meeting—5:00-7:00 PM at the Trigg County Extension Office.** Our project at the meeting will be Redwork. The club is open to everyone, but we are asking that non-Homemaker participants at least consider joining as Mailbox Members. The cost of the project will be \$3.00 or less. Projects would be suitable for anyone as young as 6th grade. Please call the Extension Office at 270-522-3269 by October 20th to sign up for this project.





Check the Facts and Be an Educated Voter

This election year, political statements are more over-the-top than ever before, with candidates going so far as calling each other liars during presidential debates and media interviews. In our current political debates, various false claims are being made by presidential candidates and others. And it's not just a Democratic or Republican problem: candidates from both parties are saying things that are not true. Political commentators do this, too. If you don't want to be fooled by exaggerated political advertisements or false statements by candidates, you can find out for yourself. Check out their ads and statements yourself at www.factcheck.org to learn the unbiased truth about candidates of both parties.

So what are some false claims being made?

One false claim by a Republican: During the 10th GOP debate, Ted Cruz repeated a false claim regarding affordable health care. Cruz stated in the seventh GOP debate that the Affordable Care Act is "the biggest job-killer in America." And, in the 10th debate, he said that law had "killed millions of jobs." But millions of jobs have been created since Obama signed the ACA into law, and [2.4 million jobs have been added](#) since the employer mandate became effective in January 2015.

One false claim by a Democrat: During the sixth Democratic debate, Hillary Clinton made a false claim regarding wages. She stated, "Americans haven't had a raise in 15 years." According to the Bureau of Labor Statistics, December 2015 showed a 9.2 percent increase in real wages over 15 years ago, however. ("Real wages" show whether earnings have really gone up after inflation.) Last year, real wages increased 2.3 percent.

FactCheck.org revealed the facts in both of these cases. Based on a review of statements examined on their site, it is clear that, no matter who you vote for, you will be voting for a person who has bent the facts. So, in this less-than-ideal world, who is the best candidate for you?

If you do not know what all the candidates stand for, educate yourself. Do your own research. This can help you choose candidates based on your beliefs, those people you believe would do a good job. Be open to new information and hear what others have to say, but form your own informed opinions based on your own beliefs and the facts.

America is at a turning point and you can help make a difference in our country by being informed.

Source: Source: Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky; College of Agriculture, Food and Environment; and Ilana Pinsky, graduate student, Family Sciences

Canning? Watch Your Headspace!

In canning, headspace is the empty space between the top of the food and the top of the jar. This empty space allows the food in the jar to expand during processing. If too little headspace is left, the hot food may bubble over the top of the jar during processing, leaving a deposit on the rim and preventing the lid from sealing. If too much headspace is left, the processing time may not be long enough to drive all of the air out of the jar. This may cause the food in the jar to discolor and may prevent the formation of a strong vacuum seal on cooling.



Research-based canning recipes will specify the correct headspace to use. This is usually ¼ inch for jams, jellies and juices; ½ inch for pickles, fruits and tomato products processed in a boiling water canner; and 1 to 1¼ inches for most pressure-canned vegetables and meats.

It's important to leave the correct headspace for the food you are canning. If you have trouble estimating, you can use a specially designed headspace tool to help. This inexpensive tool, available where canning supplies are sold, measures the headspace in the jar in ¼-inch increments, removing the guesswork and helping to ensure canning success.

For more information and recipes for safe home canning, contact the Trigg County Extension office or visit the National Center for Home Food Preservation website at <http://nchfp.uga.edu/>.

Source: Debbie Clouthier, Extension Associate for Food Safety and Preservation, University of Kentucky; College of Agriculture, Food and Environment

Pedestrian Safety

Moving in and around traffic can be dangerous. According to the CDC, in the United States there is an average of one crash-related pedestrian death every 2 hours and a pedestrian injury every 7 minutes. Here are some tips on ways to stay safe when on foot with traffic around.

- It is important to walk against the flow of traffic so that you can see oncoming cars.
- If sidewalks or other surfaces for walking are available use those to travel alongside the road.
- If possible, wear reflective clothing/ bracelet/ or even reflective tape so that you can be seen.
- Cross streets on the crosswalk if one is available. Make eye contact with the driver of the car before crossing.
- If you are crossing a street that does not have a cross walk, remember that the vehicle has the right of way – as a pedestrian it is important that you wait and watch out for the vehicle.
- Be on the lookout even in parking lots, cars can pull out, back up and enter through the parking lot at any time. Stay alert!
- You should never assume that a driver sees or is going to stop for you.
- If possible, stay off of mobile devices that can distract you from what is happening on the road.

Stay safe when you are on foot by the road. Make sure to stay alert and pay attention to the vehicles that are on the road!

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment



Recipes

All Recipes were taken from <http://www.whatscooking.fns.usda.gov>

Roasted Corn on the Cob

Makes: 4 Servings

Add corn to your diet to help with increasing fiber. There are many ways to use fresh corn. Serve as a tasty side dish or eat it right off the cob after cooking.



Ingredients

4 ears fresh corn on the cob (with husks)
2 tablespoons margarine (melted)
2 cloves garlic (chopped)
2 teaspoons black pepper
1/4 teaspoon salt

Directions

1. Preheat oven to 350 degrees F.
2. Tear off 4 pieces of aluminum foil (enough for each piece to wrap 1 ear of corn). Lay each corn on the aluminum foil.
3. In a small bowl, combine melted margarine, garlic, black pepper, and salt.
4. Pour mixture evenly over each corn cob.
5. Wrap each corn cob in aluminum foil and place on a baking sheet.
6. Bake 15 to 20 minutes, turning once.

1 serving (about 1 piece) of Roasted Corn on the Cob:

Total Calories 130, Total Fat 7 g, Protein 3 g, Carbohydrates 18 g, Dietary Fiber 3 g, Saturated Fat 2 g, Sodium 160 mg

Recipe adapted from Food.com

Summer Squash Medley

Makes: 6 Servings

Ingredients

- 1 onion, small
- 1 tablespoon olive oil (or canola oil)
- 1 1/2 yellow summer squash, small and sliced (can use 1-2 squash)
- 1 1/2 zucchini, small and sliced (can use 1-2 zucchini)
- 1/4 teaspoon garlic powder
- Salt and pepper (to taste, optional)
- 1 can diced Italian tomatoes (14.5 ounces)
- 2 tablespoons Parmesan cheese (grated)

Directions

1. In large skillet, heat oil.
2. To heated oil, add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder to taste. Add salt and pepper (optional), if desired.
5. Serve warm, topped with Parmesan cheese.

University of Maryland Extension. Food Supplement Nutrition Education Program.

Serving suggestions: Serve this over angel hair pasta. And also add dried basil and oregano, and Italian seasoning to the garlic powder.



Directions

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Nutrition Information for 1 omelet:

Total Calories 300, Total Fat 12 g, Protein 30 g, Carbohydrates 16 g, Dietary Fiber 4 g, Saturated Fat 4 g, Sodium 510 mg

[Breakfast Recipes](#)

[California Department of Public Health, Network for a Healthy California](#)



Tomato & Garlic Omelet

Makes: 1 serving

Ingredients

- 1/2 slice bread (whole wheat)
- 1/2 teaspoon olive oil
- 1 garlic clove (finely chopped)
- 1 cooking spray (as needed, nonstick)
- 3/4 cup egg substitute
- 2 tablespoons mozzarella cheese (part skim, grated)
- 1 tomato (large, chopped)
- 1 teaspoon basil (dried)

