

Trigg County Extension Homemaker Newsletter

August 2017

Cooperative Extension Service

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Activities/Events

Dear Homemakers:

In his opera, Porgy and Bess, George Gershwin wrote a song that begins with the lyrics “Summer time and the living is easy”. Ol’ George and I may have to disagree with that interpretation of our current season. When it is as hot as it is now, life can be a little difficult. Frankly, I don’t do hot very well! According to my mother, If you will “just sit still” for a little while you will cool off. That works for me as long as I am sitting still under the air conditioner. Please stay safe during this heatwave!

Thanks to Joyce Woods, Brenda Bosecker, Gloria Davis, Joann Harvey, and Gay Ledford for helping to plan and teach classes for our Cultural Arts Retreat. “Granny Camp” was a great success this year. I hope everyone can make plans to attend in 2018.

As we prepare to kick off the 2017-18 Homemaker year, I would like to thank you in advance for all that you have and will be contributing to the good of your community. I know your time is valuable, but you help to make a difference in the lives of others, and that is appreciated by all.

Sincerely,



Cecelia Hostilo
County Extension Agent for FCS

- August 7, 2017**—Trigg County Schools Gala of Tables—7:30-9:00 AM at the Trigg County School Cafeteria. This annual event is for the opening teacher appreciation breakfast. The Homemakers sponsor a table each year. Madge Heyen will be representing the organization the day of the breakfast as our president, but we need help with preparing decorations for the table. We will work on Thursday, August 3rd, from 1:00-4:00 PM, and depending on how much is accomplished, meet again at 1:00 PM on Friday, August 4th. Set up will begin at 3:30 on August 4th. I would love to have 4 or 5 Homemakers volunteer to help some or all of that time! Call the Extension Office at 270-522-3269 for more information or to volunteer.



- August 21 – Solar Eclipse – Office Closed**
- August 25, 2017—Homemaker Leadership Training—10:00 AM-1:00 PM at the Trigg County Extension Office.** This training is for club and county officers and educational chairmen, but any Homemaker who would like to be more actively involved is welcome to attend. We will talk about good leadership as well as plan for our Homemaker year. A light lunch will be served. The more input we have, the better our year will be. There is no charge for the training, but it would be helpful with planning for lunch to know how many to expect. Please call the Extension Office at 270-522-3269 to reserve your spot.





- **August 29, 2017--Homemaker Lesson Training—5:30 P. M. at the Trigg County Extension Office.** “The Pressure is On! Get your Dinner Ready Fast!” will be presented by Angie York, FCS agent for Lyon County. The training is for September club lesson leaders, but the community is invited to attend.

- **September 4, 2017—Trigg County Extension Office closed for Labor Day holiday.**

- **September 5 – Red Cross Bloodmobile.**

Clubs to work are:

11-1:00 p.m. Montgomery

1-3:00 p.m. United

3-5:00 p.m. Roaring Springs

Each club is to provide 2 workers; 1 dozen sandwiches sliced in half an individually wrapped; and 3 dozen cookies.

- **September 11, 2017—Trigg County Homemakers Advisory Council Meeting—9:30 AM at the Trigg County Extension Office.** This advisory council meeting is for county officers and educational chairmen, area officers and educational chairmen from Trigg County, and all club presidents. It is important that each club is represented, so if the president cannot attend, please send a representative in her place.

- **September 12, 2017—Managing Your Diabetes Support Class—5:30-7:00 PM at the Trigg County Extension Office.** This is the first of our quarterly support classes for those with diabetes or those who live with or care for someone with diabetes. This class will present general information about diabetes, medications, and A1Cs. We will also demonstrate and taste a diabetes friendly recipe. The class is free, but it would be helpful to know how many to expect.

Please call the Trigg County Extension Office at 270-522-3269 by September 11, 2017 to register.



- **September 19, 2017—Women’s Show Committee Meeting—10:00 AM at the Trigg County Extension Office.** This meeting will be to update progress on plans and preparations for the Trigg County Women’s Show. Anyone who would like to help is encouraged to attend this meeting.

- **September 20, 2017--Homemaker Book Club—1:30 PM at John L. Street Library.** The book club will begin meeting again on this date and we encourage all readers to join us. There is no specific book, just come prepared to talk about books and authors that you have read recently. I can promise that there will be good fellowship.

- **September 21, 2017—Trigg County Homemakers Association Annual Meeting.** Registration – 4:30-5:15 p.m. at Cadiz Christian Church with a Pot Luck Meal
Hostess Clubs: Roaring Springs & Town & Country
Theme: “Around the World”
Speaker: Leoni Mundelius, KEHA International Chairman
Registration & Name Tags: Rockcastle
Each club is to bring \$10 door prize
*Special collection for Kentucky Academy Library in Ghana.



- **September 25, 2017—Bake it From Scratch!—5:00-8:00 PM at the Trigg County Extension Office.** This is the first of a six-part series teaching the techniques of scratch baking. The session will be on baking quick breads.

Our workspace is limited, so each class will be limited to 12 people. Call the Trigg County Extension Office to enroll in the first session. See the article to follow for more information.

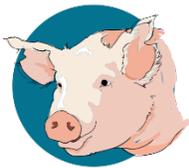
- **September 26, 2017—Needlework and Notions Special Interest Club Meeting—6:00-8:00 PM at the Trigg County Extension Office.** This is the first meeting of the year for this special interest club. Our first project will be Swedish Weaving on Huck toweling. We will also discuss other projects for future meetings.

- **October 5, 2017—Two Step Quilt Class—9:00 AM-4:00 PM at the Trigg County Extension Office.** This easy quilt top goes together



quickly! If you can sew a straight seam on a sewing machine, you should be successful. Bring your sewing machine and sewing supplies as well as a rotary cutter and board if you have one. You will also need to provide your own

lunch. A list of fabric needs will be available at the Trigg County Extension Office in early August. Sign up by calling the Trigg County Extension Office at 270-522-3269 by September 29, 2017.



- **October 12, 2017—Contest Entry Day for Trigg County Country Ham Festival.** It will be all hands on deck for this day!

We are still planning on

having all the contests—pork recipe, bake off, canning, and arts and crafts, but don't know exact details at this point. Final information will be in September/October newsletter. This takes most of the day to accept entries, help judges, and straighten exhibits. But it is a good day and the exhibits are appreciated and enjoyed by those who attend the festival. Make plans to be there!

- **October 26, 2017—Pennyrile Area Homemaker Meeting—Todd County.** Todd County will be our hosts for this annual meeting. More details to come in September/October newsletter, but be sure and save the date. We need lots to attend this meeting because...guess what? Trigg County hosts the meeting in 2018!

- **October 30, 2017—Bake it From Scratch!—5:00-8:00 at the Trigg County Extension Office.** This is the second of the six-part series teaching the techniques of scratch baking. This session will be on pies and cobblers.



See the article for more information.

- **November 4, 2017—The Trigg County Women's Show—9:00 AM-2:00 PM at the Trigg County Recreational Complex.** This event is the only fund raiser that our organization does to fund its service projects and scholarships. We need everyone's help and support! Set up will be Friday morning, November 3, 2017, at 9:30 AM and tear down and clean-up will begin at 2:00 PM as soon as the event is over. More hands make fast work! Put this date on your calendar. There will be more information to come about the jobs that will need your help.

September is National Suicide Prevention Awareness Month

The month of September is National Suicide Prevention Awareness Month. There are two primary goals for this month. The first goal is to promote awareness around the issues of suicide. The second goal is to educate about suicide prevention.

Suicidal thoughts can affect anyone of any age, gender or background. Suicide is the third leading cause of death among young people. It is the 10th leading cause of death among adults. Sadly, these rates are rising. Suicidal thoughts are often the result of an underlying mental health condition. In many cases the individuals, friends and families affected by suicide are left in the dark. They feel shame or stigma that prevents them from talking openly about issues dealing with suicide.

Anyone who works with children or families should be aware of the warning signs:

- Threats or comments about killing themselves
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

It is vital to talk about suicide in our communities in order to reduce the stigma. It is also important to remember that talking about suicide with a person does not increase the likelihood that they will attempt suicide. If you or someone you know is in an emergency, call

The National Suicide Prevention Lifeline at (800)273-TALK (8255). If you think someone is in immediate danger, call 911 immediately.

References: *National Alliance of Mental Illness (2016). Suicide Prevention Awareness Month.* Available at <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development

Bake it From Scratch!

Did you know that you can bake from scratch almost as quickly as from a box? And you can be proud of the results! This series of six lessons will focus on the techniques of baking from scratch and will include demonstration and instruction as well as hands-on baking. The plan is to meet on the fourth Monday evening from 5:00-8:00 PM in September, October, March, and April. The November session will be on the third Tuesday because of scheduling conflicts and the May session will take place on the third Monday evening because of the Memorial Day holiday. Because of the holidays and potential weather issues, we will not meet in December, January, or February. You can sign up for all sessions or just a few sessions. The sessions will be on the following topics:

- September 25, 2017—Quick Breads
- October 30, 2017—Pies and Cobblers
- November 14, 2017—Yeast Breads
- March 26, 2018—Cookies
- April 24, 2018—Cakes
- May 21, 2018—Meringues

Since our work space is limited, each session will be limited to 12 people. There is no cost for the classes, but pre-registration will be required. Call the Trigg County Extension Office at 270-522-3269 to sign up for the September session. The classes are open to all the community, so help us spread the word!



Active Aging

September 24- 30 is Active Aging Week. Active aging is embracing life and living as fully as possible. Active aging applies to everyone looking for ways to optimize health and enhance quality of life. The active aging campaign's goal is to share with older adults the possibility of experiencing wellness by participating in activities and exercise. Active aging allows people to realize their potential for physical, social and mental well-being throughout their life and to participate in society. Everyone functions better when adding wellness activities thorough the day. This can be as simple as taking a walk, visiting friends or family, working a crossword or singing and dancing. Here are a few tips to stay active and independent in life:

- Have fun being active. Finding enjoyable ways to add exercise to your life can be the ticket to success. Do things you enjoy and pick up the pace a bit. If you love the outdoors, try biking, fishing, jogging or hiking. Listen to music or a book while walking, gardening or raking.
- Practice mindfulness. Mindfulness is a way to remain present and focused through connectedness and relaxation. Taking time to include mindfulness in your daily routine can lead to greater quality of life and positivity while reducing anxiety and stress.
- Make connections. Social connections are good for your emotional well-being. Studies have shown that friendships and the social support network developed at senior centers, places of worship and neighborhoods not only prevent loneliness, but also provide a source of intellectual, physical and volunteer activities. Keep your social life active. Go out with friends to see a movie or enjoy a coffee.
- Laugh more. A healthy life is generally a life filled with joy and laughter. Laughing increases circulation, immune system defenses and mental functioning while decreasing stress hormones. So do what you need to do to kick up your heels and have a good time.
- Keep learning. Keep your mind and body active and engaged. Learning adds a needed dimension to life, whether it involves staying in touch with what is happening in the world or keeping the brain stimulated. The best news is that you can start learning new subjects or physical activities at any age.

Resources: <http://www.landofsky.org/index.html>;
<http://www.servingseiors.org/>;
http://apps.who.int/iris/bitstream/10665/67215/1/WHO_NMH_NPH_02.8.pdf

Source: Natalie Jones, Extension Program Coordinator II for Physical Activity

Homemaker Club Lessons 2017-18

September. The Pressure is On! Get your Dinner Ready Fast! - Do you still hear the jiggle of your Grand-mother's pressure cooker rattling in your head? If you think pressure cooking is a thing of the past, think again. Learn about new equipment, taste recipes, and learn tricks for making your pressure cooker an everyday part of your kitchen repertoire. (Angie York)

October. Creating and Maintaining Family Traditions - This lesson will reinforce the importance of family traditions, emphasize habits to preserve and respect traditions, and provide practical ways to establish new traditions. (Tiffany Bolinger)

November. Cooking for One, Two, or a Few - Creating and adapting recipes for quality, tasty baked goods can be fun, challenging and rewarding. Learn when you can reduce a recipe size or when it's best to leave it alone, what equipment to have for the job, and then practice recipe reduction techniques. (Mary Beth Riley)

January. Mailout

February. Downsizing and Organizing Your Home - Downsizing to a smaller home has become a recent trend. Downsizing can help save you money and provides an opportunity to create a "less-stressed" lifestyle and environment for your family. Explore ways to effectively declutter your personal belongings, organize and store seasonal clothes, and look at ways you can store more using a lot less space. (Morgan Rousseau)

March. Gardening in Small Spaces - Explore the various options for growing vegetables in any space. Information about growing herbs will also be provided. (Cecelia Hostilo)

April. Bird Feeders - Take a look at the different types of bird feeders and learn how to make your own feeding solution. (Katherine Jury)

May. Storytelling - Using stories, analogies and metaphors to communicate, a way for our minds to see and remember what our ears hear. (Ashley White)

June. Sweet Enough Without All That Sugar? - Have you or a loved one been told to cut the carbs from your diet? It can be hard to take away all those sweet desserts that we love. In this class you will learn how to indulge by reducing sugar in your baking and learning how to manage your carb intake because we are really sweet enough without all that sugar. (Jill Harris)

Recipes

All Recipes were taken from the Plate It UP! Kentucky Proud Project



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender
8 ounces reduced fat cream cheese softened
1 cup brown sugar, divided
1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped
½ cup all-purpose flour
2/3 cup quick cooking oats
3 tablespoons butter
¼ cup chopped pecans

Preheat the oven to 350°F. Lightly spray a 13" x 9" by 2" pan with non-stick spray. Mash sweet potatoes. Add cream cheese, 2/3 cup of the brown sugar, vanilla and cinnamon. Mix until smooth. Spread the sweet potato mixture evenly in the pan. Top the sweet potatoes with the chopped apples.

In a small bowl, combine flour, oats, and the remaining brown sugar. But in butter until mixture resembles coarse crumbles. Stir in pecans. Sprinkle the mixture over the apples. Bake uncovered for 35-40 minutes or until topping is golden brown and apples are tender.

Yield: 16 (3/4 cup) servings

Nutritional Analysis: 240 calories; 6 g total fat; 3 g saturated fat; 5 mg cholesterol; 200 mg sodium, 44 g carbohydrate, 4 g fiber; 20 g sugar; 4 g protein

Curried Chicken and Melon Salad

3 ounces sliced almonds
2 chicken breasts
½ teaspoon curry powder
1 ½ cups halved seedless red grapes
1 ½ cups cubed honey dew melon
1 ½ cups cubed cantaloupe
6 cups fresh baby spinach, rinsed and dried

Dressing:

½ cup reduced fat mayonnaise
½ cup plain Greek yogurt
1 tablespoon fresh lemon juice
1 tablespoon fresh orange juice
2 tablespoons honey
½ teaspoon ground curry powder
1 teaspoon lite soy sauce
¼ teaspoon pepper



Preheat oven to 350°F. Spread almonds on an ungreased shallow baking pan. Bake for 5-7 minutes until lightly browned. Remove from oven and cool.

Place chicken breasts in a medium saucepan; cover with water and bring to a boil. Cook until tender. Drain and shred chicken. Stir in curry powder. Stir in grapes and melon cubes.

Mix dressing ingredients in a small bowl and whisk until smooth. Add dressing to the chicken mixture to taste, but not to exceed ¾ cup. Store the extra dressing in the refrigerator for future use. Serve 1 cup of the chicken salad over 1 cup of the spinach leaves. Sprinkle with toasted almonds.

Yield: 6 (2-cup) servings

Nutritional Analysis: 270 calories; 12 g total fat; 1.5 g saturated fat; 25 mg cholesterol; 270 mg sodium; 28 mg carbohydrate; 4 g fiber; 22 g sugar; 15 g protein



Greek-Style Spaghetti Squash



1 spaghetti squash (2-3 pounds)
2 tablespoons olive oil
1 cup chopped onion
¼ cup chopped green bell pepper
2 cloves garlic minced

1 cup fresh spinach leaves
1 ½ cups chopped tomatoes
1 teaspoon dried oregano
1 teaspoon lemon no-salt seasoning blend
¼ teaspoon salt
2 tablespoons chopped fresh basil
¾ cup crumbled low-fat feta cheese

Preheat oven to 350°F. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place the squash on a lightly greased baking sheet, cut side down and bake for 3-35 minutes, or until a sharp knife can be easily inserted into the rind. Remove the squash from the oven and allow to cool just enough to handle. Use a fork to scrape out the stringy flesh from the shell and place in a colander. Press out as much liquid as possible. Place the squash in a medium bowl and cover to keep warm.

Heat the oil in a skillet over medium heat. Sauté the onion and bell pepper until tender. Add the garlic and continue to cook 2-3 minutes. Add the spinach; allow to wilt. Stir in tomatoes and cook until heated through. Toss the cooked vegetables with the warm spaghetti squash. Stir in seasonings, basil, and feta cheese. Serve warm.

Yield: 8 (1/2 cup) servings

Nutritional Analysis: 120 calories; 6 g total fat; 2 g saturated fat; 5 mg cholesterol; 280 mg sodium; 14 g carbohydrate; 3 g fiber; 6 g sugar; 4 g protein

