

# Trigg County Extension Homemaker Newsletter September/October 2017

Cooperative Extension Service  
Trigg County  
P.O. Box 271  
Cadiz, KY 42211-0271  
(270) 522-3269  
Fax: (270) 522-9192  
<http://extension.ca.uky.edu>

Dear Homemakers:

Here we are at the beginning of another Homemaker year. My ninth, to be exact. It has been a joy to work with you these nine years. I hope you have learned a few things along the way. Despite the name having an old fashioned connotation, the Homemakers represent all in our community who are interested in improving the lives of families. Invite your friends and families to your club meetings, or encourage them to join the mailbox group. We have so much to offer and so many ways to serve our community. Let's see if we can grow this group this year. You will be glad you did.


We have our first big opportunity for service coming up in October with the Trigg County Country Ham Festival. Not only do we need you to enter your work in the contests, but we need about 12 people to give us their time on October 12<sup>th</sup> to take entries and help with the judging and arranging exhibits. It is a long day, but it is fun and rewarding. Please let me know if you can work this year.

I got my first whiff of hickory firing in a tobacco barn, which means fall should be just around the corner. Hope you have a great end to you summer!



Cecelia Hostilo  
County Extension Agent for FCS

## Activities/Events

- **September 4, 2017—Trigg County Extension Office closed for Labor Day holiday.**
- **September 5 – Red Cross Bloodmobile** Clubs to work are: 11-1 p.m. Montgomery; 1-3 p.m. United and; 3-5 p.m. Roaring Springs
- **September 11, 2017—Trigg County Homemakers Advisory Council Meeting—9:30 AM at the County Extension Office.** This is for Trigg county officers and educational chairmen, area officers and chairmen, 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 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. Who knows, there may be refreshments! I can promise that there will be good fellowship.

- **September 21, 2017—Trigg County Homemakers Association Annual Meeting.** See attached article!



- **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.

- **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. The design will be a Christmas tree pattern. We will also discuss other projects for future meetings. The cost of the first project is \$9.00 to cover the cost of materials. There will be kits for 10 participants, so please call the Extension Office at 270-522-3269 to pre-register by September 22, 2017.

- **September 27, 2017—Homemaker Lesson Training—1:30 PM at the Trigg County Extension Office.** “Creating and Maintaining Family Traditions” will be taught by Tiffany Bolinger, Christian County FCS agent. Although this training is designed for club lesson leaders, the community is always invited to attend.

- **October 6, 2017—Two Step Quilt Class—9:00 AM-4:00 PM at the Trigg County Extension Office. Please note the change in date!** 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. Sign up by calling the Trigg County Extension Office at 270-522-3269 by September 29, 2017.



- **October 12, 2017—Contest Entry Day for Country Ham Festival—9:00 AM-4:00 PM at Cadiz Baptist Church Annex.** It will be all hands on deck for this day! We are having all the

contests—pork recipe, bake off, canning, and arts and crafts, and need 3-4 helpers for each contest. **Flyer with information about contests and rules are in this 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! And please make plans to enter as much as you can in all the contests. Someone is going to win—might as well be you!

- **October 24-25, 2017—“Think Pink” Tea Party—8:00 AM-4:00 PM at the Trigg County Hospital.** Trigg County Homemakers have been asked to help provide pink-themed refreshments for this breast cancer awareness event. I would also appreciate volunteers throughout both days to help hand out refreshments and health information. Call the Extension Office at 270-522-3269 if you would like to help.
- **October 26, 2017—Pennyrile Area Homemaker Meeting—Todd County. Flyer attached in newsletter.** 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.
- **November 1, 2017—Homemaker Lesson Training—10:00 AM at the Trigg County Extension Office.** “Cooking for One, Two, or a Few” will be taught by Mary Beth Riley, ECS agent for Muhlenberg County. Although this training is designed for club lesson leaders, the community is always invited to attend.
- **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.
- **November 10, 2017—Holiday Bites Cooking School—10:00 AM-12:30 PM at the Trigg County Extension Office.** This will be our 9<sup>th</sup> annual holiday cooking school. Come prepared for hand on activities and lots of tasting. The cost of the school will be \$7.00 to cover the cost of supplies. Please call the Extension Office at 270-522-3269 to register for the class by November 7, 2017.



- **November 14, 2017-- Bake it From Scratch!— 5:00-8:00 at the Trigg County Extension Office.** This is the third of the six-part series teaching the techniques of scratch baking. This session will be on yeast breads.



## Trigg County Homemaker Annual Meeting



Our county-wide annual meeting is scheduled for Thursday evening, September 21, 2017 at the Cadiz Christian Church fellowship hall. Registration is from 4:30 to 5:15 PM and dinner will start at 5:30. Once

again, the meal will be potluck and we are asking everyone who attends to bring a dish. Theme for the day is “Around the World”. We are in for a treat because we have the Kentucky Extension Homemakers Association State International Chairman, Leonidisa Mundelius, coming to speak to us about the International work of the Homemakers. In addition to our usual collection for Coins for Change, we will be collecting additional funds to donate to the completion of the library for the Kentucky Academy in Adjeikrom, Ghana, West Africa, a school that the Kentucky Extension Homemakers Association has supported for several years.

We also will be installing new officers at our meeting. Please consider serving as an officer or county educational chairperson. These are the positions that need to be filled this year:

- Vice President
- Cultural Arts and Heritage Chairman
- Family and Individual Development Chairman
- Food, Nutrition, and Health Chairman
- International Chairman

**Roaring Springs and Town and Country Homemakers** are serving as our hostesses for this year’s meeting. Other club duties are as follows:

Registration & Name Tags: Rockcastle  
 \*\*Other responsibilities will be determined at Advisory Council Meeting

Each club is to bring \$10 door prize

I hope to see you all at our county meeting. We have great food and great fellowship. You will be glad you came.





**October is Breast Cancer Awareness Month.** The following information was provided by Joan Lang, Cancer Control Specialist for the Pennyriple District of the Kentucky Cancer Program through the Brown Cancer Center of the

University of Louisville. Please share with as many as possible because knowledge saves lives.

### **Kentucky Women's Cancer Screening Program**

Early detection of breast and cervical cancers increases the chances of successful treatment. However, if a woman does not have health insurance, she may postpone the visit to her health care provider for that all important check-up and screening. The Kentucky Women's Cancer Screening Program (KWCSPP) funds breast and cervical cancer screening for eligible women at reduced cost through local health departments and contract providers. Some women may qualify for services at no cost.

A woman may be eligible for the KWCSPP if she:

- Is 21 or older and younger than 65
- Has a household income at or below 250% of the federal poverty level
- Has no health insurance (no Medicare, no Medicaid, or no private insurance)

Women interested in being screened through the KWCSPP can make an appointment by calling the Trigg County Health Center at (270) 522-8121.

Women who have been screened by a local health department and found to need treatment for breast or cervical cancer, or pre-cancer of the breast or cervix, may be eligible for treatment funded through Kentucky Medicaid Services. Women must be screened and diagnosed through the Kentucky Women's Cancer Program to qualify for treatment coverage. Participant eligibility will be determined by the local health department.

### **Breast Cancer Today**

The good news is women whose breast cancer is diagnosed at a localized stage have a 5-year relative survival rate of 99 percent. For all stages combined, it's 90 percent. A lot has to do with women getting screened regularly. It's still true that early detection increases the chances of successful treatment. Mammograms are important. Medicare will pay for a screening mammogram once every 12 months (11 full months must have passed since the last screening).

Tremendous progress has been made in treatment. Seventy-three percent of all cases are hormone receptor positive (HR+) and the good news here is the most common type of breast cancer has the best prognosis. Beginning in 1978 with FDA approval of Tamoxifen for HR+ breast cancers, research has produced more medications for this and other types of breast cancer. The research continues.

It's rare but men can develop breast cancer also. Less than 1 percent of all cases occur in men. The mean age at diagnosis is 60 – 70 years but men of all ages can be affected by this disease. Increased incidence is seen in men who have a number of female relatives with breast cancer. Overall survival is similar to that of women with breast cancer.

### **Breast Cancer in Young Women**

Most breast cancers are found in women who are 50 and older, but breast cancer also affects younger women. About 11 percent of all new cases of breast cancer in the United States are found in women younger than 45 years of age. Some young women are at a higher risk for getting breast cancer at an early age compared with other women their age. If you are younger than 45, you may have a higher risk if:

- You have close relatives who were diagnosed with breast or ovarian cancer (particularly at age 45 or younger)
- You have changes in certain breast cancer genes (BRCA1 and BRCA2)
- You are of Ashkenazi Jewish heritage
- You were treated with radiation therapy to the breast or chest in childhood or early adulthood
- You have had breast cancer or other breast health problems such as lobular carcinoma in site (LCIS), ductal carcinoma in site (DCIS), atypical ductal hyperplasia, or atypical lobular hyperplasia.

Young women have an average risk of developing breast cancer if the risk factors don't apply. It is still important for women to know how their breasts normally look and feel and talk to your health care provider if any changes are noticed. Aside from genetics, little is known about what causes breast cancer in women younger than 45 years of age.

For more information, please visit:

- Centers for Disease Control and Prevention [www.cdc.gov/cancer/breast](http://www.cdc.gov/cancer/breast)
- Metastatic Breast Cancer Network [www.mbcn.org](http://www.mbcn.org)
- National Cancer Institute [www.cancer.gov](http://www.cancer.gov)

## “What’s Cooking- USDA Recipes”

Visit the website at:

<https://whatscooking.fns.usda.gov/>



### Apple Slice Pancakes

- 1 apple (Granny Smith)
- 1 1/4 cups pancake mix (any type)
- 1/2 teaspoon cinnamon
- 1 large egg
- 2 teaspoons canola oil
- 1 cup milk, low-fat

Lightly coat a griddle or skillet with cooking spray and heat over medium heat.

Peel, core and thinly slice apple into rings.

In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)

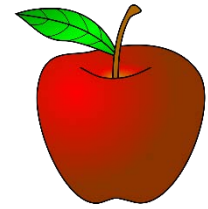
For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple. Cook until bubbles appear. Turn and cook other side until lightly brown.

**Yield:** 6 servings

**Nutritional Analysis:** 160 calories; 4 g total fat; 1 g saturated fat; 35 mg cholesterol; 320 mg sodium; 26 mg total carbohydrate; 2 g dietary fiber; 10 g sugar; 5 g protein

### Apple Chunk Cake

- 1 1/4 cups sugar
- 1/4 cup vegetable oil
- 2 egg
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups apple (diced, chunks)
- 1/4 cup applesauce (unsweetened)
- 2 cups apple (sliced, to place on cake)



Preheat oven to 350° F. In a large bowl, mix sugar, oil and eggs together. Beat well. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well. Add apple chunks and applesauce to the batter. Stir to combine.

Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour. Place apple slices on top of apple cake and serve.

**Yield** 12 servings

**Nutritional Analysis:** 240 calories; 6 g total fat; 1 g saturated fat; 25 mg cholesterol; 310 mg sodium; 45 g total carbohydrate; 2 g dietary fiber; 27 g sugar; 3 g protein

### Deep Dish Apple Cranberry Pie

- 4 apples (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cup sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)



Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape. Bake at 375°F for about an hour. Serve warm. Refrigerate any leftovers.

**Yield:** 10 servings

**Nutritional Analysis:** 240 calories; 8 g total fat; 2 g saturated fat; 0 mg cholesterol; 115 mg sodium; 42 g total carbohydrate; 3 g dietary fiber; 24 g sugar; 1 g protein