

Trigg County Extension Homemaker Newsletter November/December 2016

Cooperative Extension Service

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Activities/Events

Dear Homemakers:

Where did September and October go? They breezed through here like a whirlwind, and now we all find ourselves making preparations for the—dare I say it?—holidays! Meals to be planned, gifts to purchase or make, houses to be cleaned and decorated. It can sometimes take the joy out of the season. I am one who tends to be stressed by the whole thing. Yes, even to the point of being a Scrooge.

But you have to decide what it is about the holidays that you love and what it is that stresses you. I don't enjoy decorating, but I love getting together with our family during the holidays. I was raised with a strong emphasis on family, even extended family. Holidays were large growing up. So that's what we do. It's "over the river and through the woods to Grandmother's house we go" for the Hostilos. It's fun because it is the same house I went to for holiday celebrations. We will have a 5th generation celebrating the holidays in that same house this year. It's a tradition I hope continues for a long time.

Best wishes for a joyous season of holidays!

Sincerely,

Cecelia Hostilo
County Extension Agent for FCS



November 15, 2016—Holiday Bites Workshop—5:30-8:00 PM

This will be our 8th annual holiday cooking workshop. The cost of the class is \$8.00 per person. There will be some hands-on activities during the evening. The deadline for registration is Friday, November 11th. Call the Extension Office at 270-522-3269 to sign up!

- **November 16, 2016—Homemakers Book Club—1:30 PM at the Trigg County Public Library.** There is no assigned book, just come prepared to talk about what you have read during the past month and enjoy fellowship and refreshments. We will discuss doing something special for our December meeting.

- **Thanksgiving Holiday** – The County Extension Office will be closed Thursday, November 24-Friday, November 25th for the holiday.



- **December 5, 2016** – Homemakers County Advisory Council Meeting – 9:30 a.m.



December 12-14, 2016—Candy Cane Land—9:00-Noon at the Trigg County Extension Office

This is our annual county-wide service project that provides a "Christmas shopping" trip for preschoolers. We will decorate the meeting rooms at the Extension Office on Friday, December 9th beginning at 9:30 AM. We need all hands on deck for this project! **Clubs are asked to donate at least 50-60 items per club.**



- **December 12, 2016 Homemaker Membership Dues!** Membership rosters and dues are needed to the office by this date. Our deadline to send dues to the area and state is December 15th, and information needs to be entered into the state database to insure that everyone gets the spring state newsletter. This date is not negotiable! Thanks for your cooperation!
- **Holiday Office Schedule – Our office will be closed December 26, 2016 – January 2, 2017.**



January 3 – Red Cross Bloodmobile Clubs to work are: 12-2 p.m. Montgomery, 2-4:00 p.m. United and 4-6:00 p.m. Roaring Springs. Each club is to provide 2 pots of soup or chili and 3 dozen cookies.

- **January 4, 2017—Homemaker Lesson Training—10:00 AM at the Trigg County Extension Office.** Katherine Jury, Hopkins County FCS Agent, will be presenting the “Boosting Your Brain Power.” Club lesson leaders for January are asked to attend, but anyone in the community is welcome.
- **January 18, 2017 Book Club 1:30 PM at the Trigg County Public Library.** There is no assigned book, just come prepared to talk about what you have read during the past month and enjoy fellowship and refreshments. We will discuss doing something special for our December meeting.



January 24, 2017—One Potato, Two Potato Workshop—10:00 AM-Noon at the Trigg County Extension Office.

This special interest class will teach creative ways to make a meal out of a baked potato. The cost of the class will be \$5.00 to cover supplies and handouts and you need to register at the Trigg County Extension Office by Thursday, January 19th. Everyone is welcome!

- **January 31, 2017—Homemaker Lesson Training—1:00 PM at the Trigg County Extension Office.** Morgan Rousseau, Livingston County FCS Agent, will be presenting a lesson on “Social Media.” Club lesson leaders for February are asked to attend, but anyone in the community is welcome.



February 7, 2017—Make Your Own Marshmallows—2:00-4:00 PM at the Trigg County Extension Office.

Learn how to make your own tasty marshmallows at home with this hands-on workshop. The cost of the workshop will be \$3.00 to cover supplies and handouts. We must know ahead of time if you are attending. Please register at the Trigg County Extension Office by Thursday, February 2nd if you would like to attend. Everyone is welcome!

- **February 24-25, 2017—Five Freezer Fixes Workshop—5:00-7:30 PM and 9:30-Noon at the Trigg County Extension Office.** Though this sounds like how to fix your freezer, this workshop will actually be fixing five meals to store in your freezer. This is a 5 hour workshop over 2 days and at the end of the workshop you will have 5 meals ready to go in your freezer, then from the freezer to the slow cooker. Space will be limited to 10 people because of the nature of the workshop. The cost of the workshop will be \$50.00 and each meal you take home should feed 4 people. The fee will cover the cost of supplies and handouts. Please call the Trigg County Extension Office by February 17th to register for this workshop. Everyone is welcome!



Candy Cane Land

This annual service project is a wonderful event for our preschoolers and for our Homemakers. We need 50-60 items from each club to put in the “store.” We would love for our mailbox members to participate as well by donating items for the store. Please do not use this project to clean out closets to donate. Chances are good that we will have to just throw those items away. Very lightly used items might be an exception, but no one wants to give their mother a used perfume bottle for Christmas.

We will need at least 10 people each day to make this a success. Some will take children shopping, some will wrap presents, and others will entertain the children while they wait for their turn. You will walk away tired, but so satisfied that you were able to help children have a better Christmas. It would be helpful if we knew who was coming on which day, so please call the Extension Office at 270-522-3269 to volunteer. Thanks so much in advance for all the hard work you will be contributing!



Gifts for Western State Hospital

I received a flyer this past week from Tony Winfield at Western State Hospital requesting gifts for patients and the guideline that need to be followed for being those gifts to the hospital. May of our clubs like to do a special project during the holidays so I am included that information for you to use if you like. This is not a county-wide project, just a suggestion for a service project if you want to participate.

Patients can use Men’s and Women’s jeans, shirts, socks, and underwear in all sizes. They do not need sweat pants and shirts at this time. Please, no used clothing at Christmas.

Other gift suggestions are card games such as Rook or Uno, word search puzzles, playing cards, puzzles, adult coloring books with advanced designs and patterns, composition books (no wire spirals), caps, hats, gloves. House shoes.

Please DO NOT bring the following gifts: pens, pencils, and markers; spiral wire notebooks; Chap stick or other lip balms; clothing or hats with drawstrings or hanging strings; any item in a glass container; any item with a mirror; aerosol sprays or cans; plastic water bottles or cups; personal care items with alcohol (lotion, mouthwash, aftershave, perfume, cologne, finger nail polish remover, etc.); stuffed animals; jewelry; purses or bags with handles or straps; headbands.

All gifts should be brought to Western State unwrapped. Go to the switchboard and someone there will contact Tony’s office to assist you. If you have questions, feel free to contact Tony at Tony.Winfield@ky.gov or call him at 270-889-6025, ext. 609 or 565.



Safety When Gathering Leaves

One of those necessary chores homeowners face in autumn is gathering leaves. Nowadays this can mean raking or blowing leaves. Both have their hazards, and can lead to injuries. Here are a few tips to follow to make things safer:

- Don’t get a back injury by poor posture while raking or lifting bags of leaves. Stand upright and pull the rake from your arms and legs, not your back. Don’t twist your back.
- Don’t overfill bags, and when lifting them, bend your knees and lift with your legs, not your back. Remember, keeping the bags lighter and using a few more bags is a small price to pay compared to a back injury.
- If you use a leaf blower, be aware of the risk of flying particles, and wear safety glasses. Remember that a typical leaf blower moves air at speeds well over 100 mph, sometimes over 200 mph, about the speed of a race car. Lots of dirt and debris and even small pebbles are picked up and moved by a leaf blower, and could easily end up in your eyes. Safe clothing including long pants, long sleeves, gloves and good work shoes are also recommended.
- Also if using a blower, use your energy source safely. If you have a cordless electric blower, be sure the battery is fully charged and that the charger is not near water or in a damp area. If you

use a cord, be sure to use a cord designed for outdoors. The cord must be free from damage that can result in exposed wires and potential electrocution. And if you have a gasoline blower, follow proper safety procedures for fueling. Pour fuel in a ventilated area, and let the engine cool before refueling.

- If you pile leaves near the curb, do not allow children to play in them. Leaf piles can obstruct the view of drivers and put children at risk of being hit, even if they are not in the pile. Also, playing in leaf piles often results in lots of running and jumping, and children can end up in the street.

Source: Mark Purschwitz, Extension Specialist for Agricultural Safety; University of Kentucky, College of Agriculture, Food and Environment



Smart Strategies to Slice Away at Calories for the Season

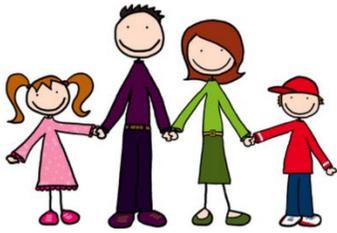
Cutting calories during the Holidays does not have to be difficult. Many individuals gain approximately four extra pounds during these times of festivities and family gatherings. This may not seem like a lot but if this weight is kept on then it can accumulate with each passing year. The following suggestions should help you slice away at some of the calories that are so easy to accumulate during the Holidays.

- Lighten your holiday beverages.
 - Drink alcohol in moderation. Remember that calories from alcoholic beverages count. A 12 ounce, regular beer contains 150 to 200 calories, wine coolers contain 180 to 200 and 1½ ounces of cordial or liqueur contains 160 calories. When you drink, alternate each alcoholic beverage with a glass of water.
 - Seasonal drinks such as eggnogs, apple cider and Holiday punches are high in sugar and some are high in fat. As much

as possible, make these drinks at home. Use low-fat milk for eggnogs. Apple cider can be lightened by using low-sugar apple juice and adding cinnamon sticks, nutmeg, bay leaf, cloves and even whole cranberries to get the traditional flavor while cutting back on the calories. Replacing sodas and fruit drinks with diet sodas, unsweetened teas or water are effective calorie-cutting strategies.

- Limit toppings on drinks or use the low-fat versions.
- Watch out for sweet treats and desserts. Try using a low-calorie version of some of your favorite treats. Sharing a serving of dessert with a friend can help you cut back on calories while still enjoying dessert.
- Reduce your fat intake. Fats provide more calories than sugar and starches. It is a concentrated form of energy. Using foods that are grilled and baked instead of fried can cut a person's fat intake considerably. Trimming excess fat from meat and poultry also reduces fat intake. Baked goods and desserts may contain high amounts of fat, so watch your intake of these foods.
- Pay attention to portion sizes. Portion sizes have gotten much bigger in recent years and cutting calories may mean learning what a standard portion size is. For example, one bread roll, ½ cup mashed potato, 3-4 ounces of cooked turkey, ½ cup stuffing.
- Share a meal with a friend when eating out. Choosing small or medium portions, or setting aside half of the food you ordered for another meal, can also be ways to cut portion sizes.
- Include more fruits and vegetables with your meal and eat them as snacks. In fact, it is a good idea to begin meals with a salad.
- Eat smaller, more frequent meals throughout the day to curb your appetite and reduce cravings.
- Stay involved in physical activity. Maintaining regular physical activity is one of the most important things we can do for our health and it helps offset some of the extra calories taken in during the Holidays.

Source: Ingrid Adams, Extension Specialist for Nutrition and Weight Management, University of Kentucky; College of Agriculture, Food and Environment



Strengthening Family Relationships during the Holiday Season

There is no better time to strengthen the most important relationships in your life than during the holiday season. Holidays can be very busy and stressful, but they can also be opportunities to celebrate life with the people you love. Here are some ideas for strengthening family relationships during the holidays.

- Shift your focus from what you have to get done to what you want to experience with the people you **care about**. **There are so many things around the holiday season that we have to get done. It can make** the holidays feel like one big giant obligation. Shift your attitude from obligation to your hopes for your family during the holidays. It may surprise you how much a shift in focus can do.
- Make your goal clear. Let your family know that your No. 1 goal is to strengthen your family during the holiday season. Use language that makes it something everyone will want to do rather than something people feel forced to do. Communicate your goals for how you plan to strengthen relationships with each member of your family. When you communicate that you care about people and tell them they are your No. 1 priority, it can be amazing how they will respond.
- Practice self-care. We are happiest and most likely to have positive exchanges with our families when we are taking proper care of ourselves. Get enough rest and eat regular meals. Do something you enjoy or have been wanting to do and take a little “me time.” You will surprise yourself when you realize how much more positive your family interactions can be after you have taken some time to care for yourself.
- Put down the technology and focus on each other. We all spend too much time on computers, iPads, smart phones and other technologies. The best way to strengthen family relationships is to do something together and focus on each other. Play a fun family board game. Volunteer at a food pantry or nursing home as a family. Bake your

favorite dessert together. Tell jokes together. It doesn't matter what you are doing, just do it together.

Spend time reflecting together as a family. What are your favorite memories from past holidays? What traditions are important to your family? How can we work together as a family to keep a focus on the positive? How can we work as a family to reduce stress? Sharing these reflections can help to reduce future conflict and feel more understood.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment

Recipes

Fall Harvest Salad

5 cups torn leaf lettuce
2 ½ cups spinach leaves
1 medium red apple, chopped
1 medium pear, chopped
4 teaspoons lemon juice
¼ cup dried cranberries
¼ cup feta cheese crumbles
½ cup chopped walnuts



Dressing:

2 ½ tablespoons olive oil
2 tablespoons balsamic vinegar
1 ½ teaspoons Dijon mustard
2 teaspoons Kentucky honey
½ teaspoon salt

Combine leaf lettuce and spinach leaves in a large salad bowl. Mix apples and pears with lemon juice in a small bowl and add to lettuce mixture. Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat. Sprinkle salad with cranberries, feta cheese and walnuts. Serve immediately.

Yield: 8 (1 cup) servings

Nutritional Analysis: 130 calories; 9 g fat; 1.5 g sat fat; 240 mg sodium; 12 g carbohydrates; 3 g fiber; 7 g sugar; 3 g protein



Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples
½ cup margarine
½ cup brown sugar
½ teaspoon salt
1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

Boil potatoes in 2 inches of water until almost tender. Cool potatoes, peel and slice. Peel, core and slice apples. Preheat the oven to 400° F. Grease a casserole dish with a small amount of margarine. Layer potatoes on the bottom of the dish. Add a layer of apple slices. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer. Repeat layers of potatoes, apples, sugar, salt and margarine.

Sprinkle top with nutmeg. Mix the hot water and honey together. Pour over top of casserole. Bake for 30 minutes.

Yield: 6 (1 cup) servings

Nutrition Analysis: 300 calories; 8 g fat; 320 mg sodium; 0 mg cholesterol; 59 g carbohydrate



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 oven to 350° F. Lightly spray a 13 x 9 x 2-inch pan with non-stick spray. Mash sweet potatoes. Add cream cheese, 2/3 cup brown sugar, vanilla and cinnamon. Mix until smooth. Spread sweet potato mixture evenly into pan. Top sweet potatoes with chopped apples. In a small bowl, combine flour, oats, and 1/3 cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans. Sprinkle mixture over apples. Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16 (¾ cup) servings.

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

