

Trigg County Extension Homemaker Newsletter September/October 2016

Cooperative Extension Service

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Dear Homemakers:

I am so excited about our new program year. We have new opportunities to serve and to learn. Our clubs start meeting very soon and I hope that this year I can visit each of your meetings. Please invite your family and friends to be a part of this organization. We have been challenged by the state KEHA board to increase our membership by three people each year for the next three years. While it sounds small, it is a big challenge. Promote Trigg County Homemakers whenever and wherever you can!

As you read this, I am in Big Sky, Montana at our National Association for Extension Family and Consumer Sciences annual session. I enjoy meeting other Extension professionals from around the country and learning about the programs and activities that they have. Hopefully, there will be some things that we can try in Trigg County as well. The scenery will be beautiful, but it is a long time to be away from home and from the office. I will miss Trigg County!

Don't forget Ham Festival! Contest entries will be taken October 13th! Read the newsletter for more information.

Sincerely,

Cecelia Hostilo
County Extension Agent for FCS

Activities/Events

- 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 13th 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 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.**

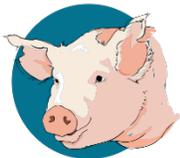


Angie York, Lyon County FCS Agent, will be teaching “Slow Cooking for Fast

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.** 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, 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. ***Contests and categories are included in the newsletter.**

- **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 21, 2016—10 Minute Quilt Block Class—9:00 AM-3:00 PM at the Trigg County Extension Office.** Morgan Rousseau, FCS Agent in Livingston County, will be



teaching this class, and I have been promised that it is an easy project. There is no cost, but you will need to bring your own fabric, sewing machine, and basic sewing supplies. The deadline for registering for the class will be Tuesday, October 18th by the end of the day. A supply list will be available on September 30th at the Extension Office.

- **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. See the attached flyer for the details. We would love to have you attend.



- **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.

- **November 15, 2016—Holiday Bites Workshop—5:30-8:00 PM at the Trigg County Extension Office.** This will be our 8th annual holiday cooking workshop.



The cost of the class is \$8.00 per person to cover supplies. There will be some hands-on activities during the evening. The deadline for registration is Friday, November 4th. Call the Extension Office at 270-522-3269 to sign up!

“Leading with Love”

At our August officer training, I started a study of the book, “Leading with Love” by Joel Manby. This book is about how the Herschner Family Entertainment group, owners of Silver Dollar City and Dollywood. They have been so successful just by treating their employees like they wanted to be treated themselves. We will spend about 15-20 minutes at each Advisory Council meeting beginning in December continuing this important discussion. If you would like to read the book, 5 copies are available at the Trigg County Extension Office for you to check out, read, and return.

Trigg County Women’s Show

Because of my failure to call and schedule the Trigg County Recreational Complex early enough, our normal weekend for the show was given to another group. The planning committee met and discussed several other options for holding the show, but in the end it was decided that rather than cause a great deal of confusion for this year, it would be better to just cancel the show for this year (2016).



Our vendors from previous years will be notified when the date for next year has been decided and ask them to save the date for 2017.

Again, I apologize for a lack of planning on my part.

Monthly Lesson Ideas

We are beginning the planning process for choosing our educational lessons for 2017-18 and 2018-19. Hard to believe, right? There is a form that will be presented to you at your club meeting this month that lists the areas of education that Homemakers focus on. Please list your ideas for lessons and return those forms to the Extension Office by September 30th.

Hello,
September!

Recipes

Zippy Corn Chowder

- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 tablespoon butter
- 1 (14.5 ounce) can low-sodium chicken broth
- 2 large red potatoes, cubed
- 1 jalapeno pepper, seeded and chopped
- 2 teaspoons Dijon mustard
- 1 teaspoon basil
- ½ teaspoon paprika
- ½ teaspoon crushed red pepper flakes
- 3 cups fresh or frozen whole kernel corn
- 4 green onions, chopped
- 2 cups skim milk, divided
- 2 tablespoons all-purpose flour
- 1 teaspoon salt (optional)



In a large saucepan, sauté onion and green pepper in butter until tender. Add broth and cubed potatoes. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are almost tender. Stir in jalapeno, mustard, basil, paprika and red pepper flakes. Add corn, green onions and 1½ cups of milk. Bring to a boil. In a separate bowl, combine all-purpose flour and remaining ½ cup milk, stirring until smooth. Gradually add mixture to soup. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

Yield: 8 (1 cup) servings

Nutritional Analysis: 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein

Kale and Potato Soup

- 4 teaspoons olive oil
- 1 chopped yellow onion
- 3 cloves garlic, minced
- 1 box (48 ounce) low-sodium chicken broth
- 6 red potatoes, diced
- ½ cup chopped carrot
- 4 cups shredded kale
- ½ pound cooked chicken breast, shredded
- ¼ teaspoon black pepper



In a large saucepan, heat the olive oil over medium heat for 1 minute. Add chopped onion and garlic and cook uncovered for 5 minutes. Add chicken broth, potatoes and carrot; cover and bring to a boil. Reduce heat and simmer for 20 minutes. Mix in the kale, chicken and black pepper. Cover and simmer for 15 minutes or until kale is tender.

Yield: 6 (1½ cup) servings

Nutritional Analysis: 270 calories, 5 g fat, 1 g saturated fat, 25 mg cholesterol, 210 mg sodium, 43 g carbohydrate, 5 g fiber, 15 g protein

Broccoli Chowder

- 2 tablespoons canola oil
- ½ cup chopped onion
- 3 cloves garlic, finely minced
- ½ cup chopped carrots
- 2 cups diced, unpeeled red potatoes
- 3 cups broccoli florets
- ½ teaspoon dried Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons all-purpose flour
- 3½ cups low sodium chicken broth
- ½ cup half-and-half
- ½ cup low-fat, shredded cheese



In a large heavy pot, heat the oil over medium heat. Add the onion and garlic and sauté 2-3 minutes. Add the carrots, red potatoes and broccoli one at a time; sauté each about 2 minutes. Add the Italian seasoning, salt, pepper and flour and toss until vegetables are coated. Cook 1-2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot and simmer for 15 minutes. Remove lid and stir in the half-and-half. Bring back to a simmer and remove from heat. Ladle into bowls and top with cheese to serve.

Yield: 8 (1 cup) servings

Nutritional Analysis: 180 calories, 8 g total fat, 2.5 g saturated fat, 15 mg cholesterol, 340 mg sodium, 18 g total carbohydrate, 3 g dietary fiber, 4 g sugar, 8 g protein

COUNTRY HAM FESTIVAL EVENTS 2016



General Rules for all Contests

1. Exhibits under supervision of Extension Homemakers and are open to anyone in the county.
2. All contest entries will be made on Thursday, October 13th, between 9:30 a.m. and 1:00 p.m. at the Cadiz Baptist Church Annex. Call the Extension Office (270-522-3269) for additional details.
3. All work must be done by the exhibitor in the past year and one entry per class and must not have been a winner in 2015.
4. Neither the Festival Fair Board or the Extension Service, nor the facility owners will be responsible for loss or damages.
5. All classes are judged as follows: 1st – blue ribbon - \$3.00, 2nd – red ribbons - \$2.00 and 3rd – white ribbons - \$1.00. Judges decisions are final.
6. All food entries must be on paper plates and inserted in a ziplock plastic bag. Include recipe of your entry. At the end of exhibition all food entries will be discarded. **Only one entry per category.**
7. All exhibits will be on display at the Cadiz Baptist Church Annex on Friday & Saturday, 9:00-5:00 p.m.
8. Entries & prize money can only be picked up on Monday from 8:00 a.m. until 12:00 (noon) at the Cadiz Baptist Church Annex. Overall winners will be awarded in the Bake Off, Canning and Arts & Crafts contests in the amount of 1st - \$40, 2nd - \$30 and 3rd - \$15.00,
9. Prize money support provided by the State Department of Agriculture (50%) and the Trigg County Ham Festival, Inc. (50%).

PORK RECIPE CONTEST

Bring only one (1) serving of the dish and the recipe prepared for the contest on a disposable plate that is microwave safe.

Winners will be posted at the Homemaker Display. A \$20 first place; \$15 second place and \$5 third place will be awarded in each category. **Only one entry per category.**

CLASSES

Appetizer Dish
Main Dish
Casserole

BAKE-OFF CONTEST

All entries must be on paper plates and covered with plastic wrap on in a Ziploc bag. **Include recipe with your entry. Only one entry per category.** Overall winners will be awarded as follows: 1st - \$40.00, 2nd - \$30.00 and 3rd - \$15.00 based on total points awarded.

Best Chocolate Cake
Best White Cake
Best Yellow Cake
Best Pound Cake
Best Spice Cake
Best Fruit Cake
Best Angel Food Cake
Best Nut Pie
Best Chess Pie
Best Fruit Pie
Best Brownies
Best Bar Cookies
Best No Bake Cookies
Best Drop Cookies
Best Fudge Candy
Best Divinity Candy
Best Cream/Pulled Candy
Best Other Candy
Best Biscuits
Best Corn bread
Best Yeast Bread
Best Fruit & Nut Bread
Best Breakfast Cakes



*Cake entry should be ¼ of cake

**Pie entry should be ¼ of pie

**Cookie/Candy entries should be 3 servings

***All bread entries are to have 3 samples or ½ loaf

ARTS AND CRAFTS

All entries should have been completed in the last year. An entry which was a 1st place winner in 2014 is not eligible for competition. Best of Show will be awarded as follows \$40.00, \$30.00 and \$15.00, selected by judges.

HM 144 - Afghans
HM 145 - Baskets
HM 146 - Ceramics
HM 147 - Christmas Decorations
HM 148 - Christmas Ornaments
HM 149 - Counted Cross Stitch
HM 150 - Crochet - Hand
HM 151 - Spring/Summer Decoration
HM 152 - Decorated Clothing
HM 153 - Dolls
HM 154 - Drawing - Charcoal/Pastels
HM 155 - Drawing - Ink/Pen/Pencil
HM 156 - Dried Flower Arrangement
HM 157 - Embroidery - Hand
HM 158 - Embroidery - Machine
HM 159 - Halloween/Fall Decorations
HM 160 - Jewelry
HM 161 - Knitting - Hand
HM 162 - Miscellaneous
HM 163 - Needlepoint/Plastic Canvas
HM 164 - Needlepoint/Canvas
HM 165 - Other Holiday Decorations
HM 166 - Gourd Crafts
HM 167 - Painting - Tole
HM 168 - Painting - Oil/Acrylic
HM 169 - Painting - Watercolor
HM 170 - Photography - Color
HM 171 - Photography - Black & White
HM 172 - Pillows
HM 173 - Pottery
HM 174 - Recycled Crafts
HM 175 - Rug Making
HM 176 - Sewing - Garments
HM 177 - Sewing - Bags, totes, purses
HM 178 - Sewing - Other
HM 179 - Soft Sculpture - Animals/Dolls
HM 180 - Stained Glass
HM 181 - Verdigris finished item
HM 182 - Weaving
HM 183 - Woodcraft - Furniture
HM 184 - Woodcraft - Hand Carved Figures
HM 185 - Woodcraft - Lathe Turned
HM 186 - Woodcraft - Other
HM 187 - Wooden Toys

HM 188 - Wreaths
HM 189 - Yard Decorations
HM 190 - Scrapbooking (2 page spread)
HM 191 - Stamping
HM 192 - First Timer's
HM 193 - Children's Division - 10 and under
HM 194 - Children's Division - 11-18 years
HM 195 - Fleece Items

*Miscellaneous Category is designated for items for which there is no other category.

HOME CANNING CONTEST

USDA Recommendations must be followed. Standard canning jars and lids must be used (all jars must have canning rings on top). Canning must have been done within the past year. Rings and lids must be clean and free from rust. Jars will not be opened. Label all jars on side as to contents (but no name). Overall winners will be awarded based on the amount of points received in the amount of 1st - \$40, 2nd - \$30 and 3rd - \$15.00.

JELLY	PRESERVES
JAMS	FRUITS
FRUIT JUICES	PIE FILLING
VEGETABLES	PICKLES
RELISHES	PICKLED VEGETABLES
SAUCES	PICKLED/SPICED FRUITS
OTHER	MEATS

****Stop by the County Extension Office for a complete list of categories that can be entered.**





Will Medicare Pay for Your Nursing Home Coverage? You Need to Know!

Because of pressure from Medicare, many hospitals keep patients overnight but never officially check them in. Patients could be kept under “observation status” for several days and end up owing more money than they would if they had been checked in as an inpatient.

Even worse, Medicare will not pay for skilled nursing home care unless the beneficiary has been a hospital inpatient for at least three days. For example, a private room in a nursing home in Lexington now costs \$8000 a month. This could become very expensive for an elderly person who has already used all their Medicare days. The problem is widespread and a new Medicare law has been passed. The Medicare Outpatient Observation Notice Act (MOON) “requires hospitals to notify patients that they may incur huge out-of-pocket costs if they stay more than 24 hours without being formally admitted.” Notices from hospitals should start going out in January 2017.

Until then, do not assume that you are an inpatient. Ask hospital personnel what your status is and request inpatient status, especially if you are elderly and likely to end up in a nursing home after a three-day stay (or longer) in the hospital. Let them know how important this is to you and your family.

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

Inflammation, is there a diet that helps?



Picture going for a run and falling and cutting your knees, or working in the garden and having a rose thorn become lodged in your finger.

When these and other injuries occur the body tries to remove the harmful, irritated tissues or damaged cells and begin the process of healing by producing inflammation. Redness, heat, swelling, pain and loss of function are signs of acute inflammation but some inflammation can occur without these symptoms. Inflammation can affect certain parts of the body and cause chronic diseases; for example, the joints (rheumatoid arthritis), bowel (Crohn’s disease) and skin

(psoriasis). With these conditions the inflammation process is not helpful and in fact the immune system mistakenly fights against the cells of the body.

Though some research suggests that foods such as fatty fish, salmon, sardine, and herring, berries and tart cherry juice can reduce the effects of inflammation, however, the role specific foods have on the inflammation process is still being studied. Research is showing that saturated fat from meats, butter, cream and trans-fats from processed foods actually turn on the inflammatory process.

The Academy of Nutrition and Dietetics suggests that eating with reduced inflammation in mind is not difficult and may be easier than many people think. They provided the following guidelines:

- At meals let fruits and vegetables make up at least half your plate. Take care to regularly fit in fresh, frozen or dried berries and cherries. Be sure to eat a variety of vegetables, including leafy greens such as kale, chard and Brussels sprouts.
- Opt for plant-based sources of protein including beans, nuts and seeds.
- Choose whole grains instead of refined ones. Give up white rice and replace it with brown, black or wild rice; whole oats or barley for cream of wheat; and whole-wheat bread instead of white.
- Pick heart-healthy fats as opposed to not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices.
- Choose fatty fish such as salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids.
- Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch.

Though diet is important, it's not the only factor. Quality and duration of sleep, regular exercise, maintaining a healthy weight, can all have a direct impact on inflammation.

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