



Cooperative Extension Service

Boyd County
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Once Upon a Time...

Newsletters dedicated to telling your Homemaker story

FEBRUARY / MARCH 2011

UPCOMING EVENTS:

- Tri-State Diversity Conference **Feb. 9 - 11, Marriott Hotel, Cincinnati Airport**
- Homemaker Council Meeting **Feb. 14 @ 10am, Ashland Plaza Hotel**
- Homemaker Lesson Fishy Facts **Feb. 22 @ 10am, Boyd County Extension Office**
- KEHA State Meeting **May 9 - 12, Bowling Green, KY**

HOMEMAKERS PROUD OF MANY HOURS OF VOLUNTEER WORK

As the year of 2010 comes to a close, the Boyd County Extension Homemakers will be busy tallying up their many volunteer hours to send in to the University of Kentucky and to their state headquarters.

Each year, the homemakers donate many hours to their community, county and state by performing a variety of services.

Some of the many things they do include volunteering at local hospitals, churches, schools and libraries; assisting the 4-H agent at Reality Stores and Dollars and Sense at the local schools, judging speeches and demonstrations on the local and district levels, serving meals at the KDMC Hospitality House; mentoring youth; cooking for 4-H Bunny Breakfast; conducting Leadership classes; working in the Giving Tree in the Extension Homemakers Association state meeting to be held at the Library in Bowling Green; "Breakfast with Santa;" assisting at the 4-H Field Day; working with the Diversity Committee; cooking

and serving meals to Extension volunteers at the County Fair and in many other ways.

The following members with individual hours of 500 or over will be recognized in May at the Kentucky Extension Homemakers Association state meeting to be held in Bowling Green: Bessie Bowling, 662; Nancy Broughton, 3,902; Sally Broughton, 594;

This past year, Boyd County Extension Homemakers have given 40,137 hours of volunteer service. These hours are valued at the national rate of \$20 per hour for a total value of \$802,740 given to their communities, county and state.

Carolyn Burton, 896; Margaret Clere, 510; Barbara Cooper, 834; Norma Carey, 1,160; Libby Cline, 1,084; Jean Donta, 670; Martha Edwards, County Vice-President, 1,300; Phyllis Freeman, 842; Geneva Frazier, 636; Gladys Goodson, 932; Linda Greene, 1,432; Patricia Hall, County Treasurer, 2,308; Kathy King, 1,445; Beverly Martin, 632; Monica Martin, 502; Rhonda Mullings, 692; Rena Miller, 2,800; Mary Beth Patton, 1,350; Pat Potter, 815; Patricia Rose, 577; Vicki Shope, 1,400; Janet Shull, 684; Kitty Thompson, 500; Carolyn Trimble, 1,316; Brenda Tolliver, 1,962; Carla VanHoose, 744; Sue VanHoose, 500; Marty Vannatter, 924. The club totals are Hillendale, 7,266; Hilltop, 13,867; Ponderosa, 7,367; Sunshine, 5,604; Trace, 5,192.

Congratulations to all these ladies for their devotion to their community, county and state. Keep up the great work!



Ask Me About Homemakers by Nancy Broughton
Originally published in the Greater Ashland Beacon vol.1 no. 30



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FRENCH ONION SOUP

From Steps to a Healthier You, Feb 2009

- 4 teaspoons margarine
- 3 cans (14 ounce) beef broth
- 6 slices French bread
- ¼ cup grated Parmesan cheese

- 3 large sweet onions, peeled and diced
- 1 bay leaf
- 1 cup shredded Swiss cheese



1. Melt margarine in large skillet on medium heat.
2. Add onions. Cook about 15 minutes or until golden brown, stirring often.
3. Add beef broth and bay leaf. Stir.
4. Cover and simmer for 15 minutes. Remove and discard bay leaf.
5. Preheat broiler. Carefully toast both sides of French bread under broiler.
6. Top toast with Swiss cheese and return to broiler. Broil until cheese is brown.
7. Ladle hot soup evenly into six bowls.
8. Sprinkle soup with Parmesan cheese.
9. Top each bowl of soup with a slice of bread.

Option: Save money by using 6 ¼ teaspoons beef bouillon and 6 ¼ cups hot water to make beef broth. Low sodium beef bouillon may be substituted to reduce sodium by 620 milligrams per serving. Sandwich bread may be substituted for French bread.

Makes 6 Servings **Cost Per Recipe:** \$8.44
Serving Size: 1 cup **Cost Per Serving:** \$1.41

Source: Jackie Walters, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition Facts Per Serving: 330 calories; 11 g total fat; 5 g saturated fat; 0.5 g trans fat; 20 mg cholesterol; 1250 mg sodium; 42 g carbohydrate; 3 g fiber; 17 g protein; 8% Daily Value of vitamin A; 6% Daily Value of vitamin C; 25% Daily Value of calcium; 15% Daily Value of iron

HOMEMAKER CLUB MEETING DATES

- Big Sandy—1st Tuesday 10:30 AM
- Country Cooks—3rd Thursday 6:30 PM
- Hillendale—2nd Thursday 10:30 AM
- Hilltop—2nd Tuesday 6:30 PM
- Nightingales—2nd Monday 6:30 PM
- Ponderosa—2nd Tuesday 11:00 AM
- Summit—1st Thursday 10:00 AM
- Sunshine—2nd Thursday 6:00 PM
- Trace—2nd Thursday 10:30 AM



HEALTHY HEART LADIES: CONGRATULATIONS!!!

The ladies in the exercise class have attended the health and physical fitness class offered by the Family & Consumer Science program for five years and recently have been exercising on the floor for the first time. The previous classes have enabled them to have the strength to get down on the floor and even exercise with some yoga as well.

Please join these ladies every Tuesday at 10am at the Boyd County Cooperative Extension Office so that you can have a **healthy heart** and also **not have such a fear of falling** as we enjoy our golden years!



Doris Wellman, instructor, watches participants exercising on the floor for the first time.



Exercise class using exercise bands to strengthen muscle and increase flexibility.

Healthy Heart ladies practicing yoga.



SAVE ENERGY & MONEY ON APPLIANCES

One of the largest energy-using appliances in a household is the refrigerator. Appliances are designed to save time and money, but if an appliance is not energy efficient or is operated improperly, it could be wasting money.

Ensuring that you have an Energy Star-approved appliance is one solution; others are proper operation, location and maintenance.

Following a few basic tips can reduce your refrigerator's impact on your energy bills.

For example, keep the refrigerator out of direct sunlight. If you must place it against an exterior wall, choose one that does not receive direct sunlight to reduce the energy it needs to keep the contents cool.

Allow at least 2 inches of space behind, above and below the refrigerator. Sufficient air movement keeps the condenser coils cool and prolongs the life of the refrigerator.

You should not locate the refrigerator near any heating elements such as a stove or a dishwasher.

Check the seal on the refrigerator door by placing a piece of paper between the door and body, then shut the door and remove the

paper. If the paper comes out easily, you may need to adjust or replace the hinge or seals.

Allow hot foods to cool before you place them in the refrigerator, and cover all liquids and foods since the moisture they release makes the refrigerator work harder.

Set the refrigerator temperature around 37 degrees F and the freezer at 5 degrees F to keep your food at the appropriate temperature and to avoid wasting energy on overcooling.

Remove any frost that accumulates.

Instead of microwaving a frozen item to thaw it, remove it from the freezer the night before you intend to use it and place it in the refrigerator to thaw. This saves energy from not microwaving and reduces the amount of work your refrigerator has to do by using the cold released by the food as it thaws rather than using energy to cool the contents of the fridge.

For more energy-saving information, contact Boyd County Cooperative Extension Service and check out this University of Kentucky Extension publication <http://www.ca.uky.edu/agc/pubs/henv/henv703/henv703.pdf>.

Source: Ashley Osborne, extension environmental and natural resources associate

FOOD FACTS: SALT

From Healthy Choices for Healthy Families, v. 7 issue 3

Sodium is a key nutrient. We must have about 400 mg of sodium (about 1/4 teaspoon of salt) each day to stay healthy. The problem is that salt makes our food taste so good that the average American uses 3 to 5 teaspoons of salt daily. This is 5,000 – 8,000 mg of sodium! Is this a cause for concern? No one knows for certain, but did you know...

- Some countries use no salt, and high blood pressure is rare.
- Some countries (the United States, Japan) have very high salt and sodium intakes, and high blood pressure is common.
- High blood pressure is usually lowered when sodium is limited in the diet.

Too much sodium can upset the body's water balance, which can cause you to retain extra water. It can also cause blood vessels to tighten, which raises blood pressure. Not all of us react to sodium in this way, but there is no way to predict who is at risk. One-half of Americans over age 65 may be sodium-sensitive to some degree.

Source: Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition

NEED HELP FILING YOUR 2010 TAX FORMS?



Take advantage of free help preparing your taxes if your income is less than \$45,000. Call the local VITA sites at (606) 327-2035 (Ashland Central Fire Station) or (606) 325-5108 (Ashland Town Center Mall). They are open from February 1 to April 15. The preparers can assist you with getting tax credits such as the Child Tax Credit and Earned Income Credit if you are eligible. If you have any more questions or would like more information on this program, please call the Extension office at (606) 739-5184.

NEW EXTENSION STAFF ASSISTANT: MARGARET DAVIS

Margaret Davis joined Boyd County Extension staff in October of 2010. Please call her at the office at 739-5184 if you need any assistance, would like to volunteer with Extension or become a member of Boyd County Homemakers.



Margaret Davis visiting Suellen in her office. She joined the Boyd County Extension Office in October 2010.

NOTIFICATION OF DISCRIMINATION COMPLAINT PROCEDURE

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546, or Terry Allen, Associate Vice President of Institutional Equity, Lexington, KY 40546, or the Secretary of Agriculture, USDA Director, Office of Civil Rights, Room 326-W Whitten Bldg., 14th and Independence Ave. SW, Washington, D.C. 20250.

Sincerely,
Suellen Cunningham
Boyd County Extension
Agent for Family &
Consumer Sciences

Happy Valentine's Day!



Bouquet from the Greenbrier Hotel



My first grandbaby playing in the first snow...Oh I almost forgot...that is the momma holding my grandbaby, my daughter Helen.

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