

FAMILY & CONSUMER SCIENCES



Clinton County

Family & Consumer Sciences Extension Newsletter

August 2011

**Cooperative
Extension Service**
Clinton County
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School Sports — Keeping Active All Year Long

Christy's Comments

What an exciting time of year! August will begin the new Homemaker year and lots of opportunities for learning, fellowship, and fun!

The Homemakers Council will meet on August 2nd. Meeting minutes and important dates will be sent to you at a later date.

Please note the August 12th deadline for Heritage Skills Retreat as well as the Evolving Leaders Forum on August 27th in Russell Springs. I hope Clinton County will be well represented!!

As always, program updates will also be via email and our webpage.

Best wishes,

Christy Nuetzman
Clinton County Extension Agent for Family
and Consumer Sciences

**Email me at christy.nuetzman@uky.edu or
find us online at <http://uky.ag/clinton>**

It is the Surgeon General's recommendation that children and teens get at least 60 minutes of physical activity every day. As school begins again this fall, your child or grandchild may have asked to get involved with a school sport. This is a great opportunity to help your child stay physically active, as well as make friends and most importantly have fun! Choosing the sport to get involved in can be a tough decision. This could be because children or teens may have never played an organized sport or perhaps their friends are playing a different sport.



There are different types of sports often offered at school. Some sports are team sports where there are several people playing together. Examples of these sports are football, soccer, baseball, and volleyball. There are also sports where you work as an individual for the good of the team. Examples of these sports are cross country, track and field, gymnastics, and tennis.



In most schools, there are certain sports played in the fall and others played in the spring. Please check with the school to find out more about the sports offered. Remember that sports are meant to be fun — even if your child does not like a sport after he has joined, he should stay with it until the end of the season, and try a different one next year.

Reference: Kids Health. *Choosing the Right Sport for You*, January 2011.

Source: Nicole Peritore, Program Coordinator for Get Moving Kentucky, University of Kentucky College of Agriculture

Back to School on a Budget



It is officially back-to-school season. Many retailers have started running back to school shopping ads and with less than 30 days before the first day of school in many school districts, it is time to start planning for back to school needs. If you have children in school, you know to plan for back to school expenses; however, these may not be part of your regular budget, since it is not a reoccurring monthly expense. Similar to holiday shopping, you can reduce your back to school stress and expenses by developing a budget prior to heading out to your local retailer. Planning in advance gives you time to shop for the specific items that you need at the right price.

Start with the class supply list. Inventory any items that you may already have at home or remaining from last school year, such as backpacks, folders, paper, and so forth. Identify the items on the list that you will need to purchase, look for retail sale ads in your local newspaper or on the internet. Many retailers will have large discounts on class supplies to entice you to visit the store. Take your class supply list with you and only purchase those items on the list. If there is a summer reading list, talk with students who recently completed the grade your child will be entering, they may be willing to let you borrow or purchase their books at a reduced rate.

Back to school is also a good time to inventory clothes closets. Identify clothes which have been out grown or your children no longer wear. Consider taking clothes which are in good condition and still in style to a local children's consignment shop. Selling clothes at a consignment store may earn you a few extra dollars and many consignment retailers offer buying discounts to sellers. Check with your child's school to determine if the school has a dress code, then make an inventory of the items that your child will need to start the school year. Identify if certain items can wait until later in the school year. For example, you probably do not need to purchase a winter coat in August. By dividing your school clothes shopping over several months, you are spreading out the expenses.

Prioritize your school shopping list in order of importance, while talking to your children about the difference between needs vs. wants. Develop a budget based on your needs; if you still have additional funds available then you can allocate some money to wants. While you are doing your back to school shopping you are less likely to overspend if you pay with cash, as opposed to using your credit card. Shopping with a credit card is very convenient, but since there are no immediate consequences for using your credit card, you are more likely to overspend. If you are using cash, once all of your cash is gone, you are finished with your back to school shopping. Spending cash makes you much less likely to overspend if you cannot afford it.

If you are looking for additional money tips, educational materials may be found on the University of Kentucky MONEYWISE website at www.ca.uky.edu/moneywise.

Source: Jennifer Hunter, Extension Specialist for Family Financial Management, University of Kentucky College of Agriculture

August

Roll call: If you were a flower what would be your name?



Thought for the Month: "The moonlight falls the softest In Kentucky; The summer's days come off'est In Kentucky; Friendship is the strongest, Love's fires glow the longest; Yet, a wrong is always wrongest in Kentucky."

"In Kentucky," by Judge James Hillary Mulligan's 100-year-old tongue-in-cheek ode to the Bluegrass State.

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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.

Common Fitness Myths Revealed

There is plenty of information about how to get in shape on TV, in newspapers and magazines, and, of course, on the internet. Unfortunately, sometimes incorrect information is given to us. Here are some fitness myths you may have heard and why they are not true.

Myth 1: If you are running, a treadmill is better than the pavement. This idea comes from thinking that the treadmill puts less stress on the knees than being outside on the cement. The truth is that jogging and running will impact your knees wherever you do it, and one is not necessarily better than the other. At least if you are outside your view changes.



Myth 2: If you have a hard workout, your body will continue to burn calories for hours. This is a partial truth. If you have had a hard workout, your body will continue to burn calories for hours afterward, but generally it is not as many as you would think. In fact, it could be as few as 20 extra calories for the entire day!

Myth 3: If you are not sweating, you are not working hard enough. There are plenty of exercises you can do, such as light weight lifting or walking, that may not result in a sweat. Sweating is a sign that your body is hot, it may not mean that you are burning extra calories because of your workout.

Myth 4: No pain, No Gain. The belief that you have to “feel” your workout can be very dangerous. It is possible that you may have some soreness after you workout, even up to two days, but you should not feel pain while you are working out. Also, if you are doing something that hurts, STOP. If it does not stop hurting, you should see your health care provider.



Some of the myths about fitness are very dangerous. If you have not been physically active for awhile, you should talk to your health care provider before starting a new physical activity routine. If you are exercising regularly now, keep these myths in mind next time you go for your workout.

Reference: WebMD. Top 9 fitness myths – Busted! Reviewed May 2010. Accessed on 4/5/2010 at <http://www.webmd.com/fitness-exercise/features/top-9-fitness-myths-busted>

Source: Nicole Peritore, Program Coordinator for Get Moving Kentucky, University of Kentucky College of Agriculture

Vegetable Pizza

1 can (8 ounces) reduced-fat crescent rolls

1/3 cup reduced-fat mayonnaise

1 cup shredded cheddar cheese

5 cups finely chopped raw vegetables (broccoli, carrots, green onions, cauliflower, bell peppers, summer squash, tomatoes or other vegetables)

8 ounces fat-free cream cheese

1/2 package dry ranch-style dressing mix



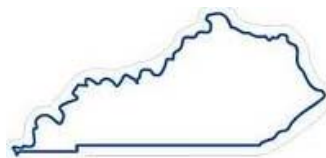
1. Press crescent rolls onto a cookie sheet. Cover the entire sheet. Pinch the seams together to form 1 sheet. **2.** Bake at 375°F for 10 minutes or until golden brown. Let cool. **3.** Soften cream cheese to room temperature. **4.** Mix mayonnaise, cream cheese, and dressing mix together and spread over the crust. **5.** Arrange vegetables over the crescent roll crust. **6.** Spread shredded cheese over the vegetables. Press down gently to help the vegetables and cheese adhere to the dressing. **7.** Refrigerate for at least 2 hours or overnight before serving.

MAKES 8 SERVINGS; NUTRITION FACTS PER SERVING: 180 calories; 6 g total fat; 2 g saturated fat; 0 g trans fat; 5 mg cholesterol; 630 mg sodium; 22 g carbohydrate; 1 g fiber; 10 g protein; 60% Daily Value of vitamin A; 25% Daily Value of vitamin C; 25% Daily Value of calcium; 6% Daily Value of iron* *Note: nutrition analysis will vary with vegetables selected. This recipe was analyzed using carrots, broccoli, tomato, onions, and yellow squash.

SOURCE: Donna Ridener, Laurel County Nutrition Education Program Assistant,
University of Kentucky Cooperative Extension Service

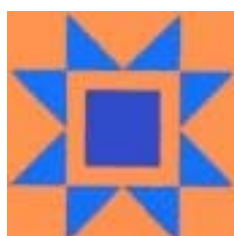
Bluegrass Area/Lake Cumberland Area Heritage Skills Retreat

COOPERATIVE
EXTENSION
SERVICE



Lake Cumberland Education Center
Jabez, KY

2011 Catalog
September 22-24, 2011



Bluegrass/Lake Cumberland Area Extension Homemakers
Contact Agent: Kelli Bonifer, FCS Agent
Adair County Extension Office
P O Box 309
Columbia, KY 42728-0309



2011 Heritage Skills Classes:

- Patchwork Fabric Basket
- Floating Churn Dash Quilt Block
- Rick Rack Rose Pin
- Crocheted Necklace
- Seminole Patchwork
- Origami Tissue Holder
- Candle/Table Pad with Yo-Yo
- Bracelet
- Indian Summer Basket
- Indian Corn
- Black Work
- Kentucky Star Quilt Block
- Turtle
- Folded Star Hot Pad
- Boo Y'all
- Magical Pillowcase
- Painting Class
- Bejeweled Gourd Bowl
- Grape Cluster Gourd
- Primitive Chair Bottom
- Primitive Ladder
- Scarecrow
- Quickie Table Runner
- Fall Birdhouse
- Fall Blessings
- Winter Wonderland
- Cookie Jar With Wooden Base/Lid
- Wallpaper Gift Bags
- Wool Felt Candle Mat
- 1930s Fabric Basket
- Gingerbread Greeter
- Sock Monkey
- Stain Glass Quilt Block (Tulip)

Woodworking Crafts

- Craft Tote
- Small Shelf
- Paper Towel Holder
- Hanging Wren House
- Step Stool
- Large Bluebird House
- Hot Glue Gun Holder
- Bird Feeder

For a Registration Packet:

Contact the Extension Office at (606) 387-5404 or visit us online
at <http://uky.ag/clinton>

DEADLINE: August 12, 2011



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

Lake Cumberland Extension Homemaker Leadership Workshop 2011
Lake Cumberland Extension Homemakers
August 27, Russell County Natatorium, Russell Springs

8:30 a.m. (Central Time) - Registration
9:00 a.m. - 2:00 p.m. (Central Time) - Program

HIGHLIGHTS OF THE DAY

Break-out Sessions

True Colors

Jennifer Bridge, Meade County FCS Agent

True Colors is a great way to find out more about your personality and how you interact with other people. This interactive session will include self assessment and the chance to see others in a whole new way!

Learning Styles/Personality

Jody Paver, Wayne County FCS Agent

People learn with a purpose! Those purposes are enhanced when learning takes place in an environment that brings out positive emotions and joy in learning. Designing learning activities with different learning styles in mind creates an atmosphere in which participants react positively and feel successful while acquiring knowledge to improve the quality of their lives.

Teamwork/Communication

Debbie Messenger, Cumberland County FCS Agent

Changing opinions on leadership have also meant changing opinions regarding the importance of followership. Leadership is much more about an effective relationship than it is the superior skills or traits of the leader alone. Communication has many important aspects. Today we will focus on non-verbal communication, speaking and active listening. To be sure you put your best foot forward, review each of these aspects.

County Success Stories (displays only)

Becky Nash, Taylor County FCS Agent

Each county is encouraged to bring a display showing successful membership recruitment ideas, programs, fund raising efforts, etc.

Homemaker Leader Training Sessions

2010 Dietary Guidelines, Pam York, Russell County FCS Agent

Don't Let Falls Get You Down, Kelli Bonifer, Adair County FCS Agent

Clothing Repair/Stain Removal, Debbie Shepherd, Casey County FCS Agent/Edith Lovett, Pulaski County FCS Agent

Crockpot Cooking, Anastasia Wheeler, McCreary County FCS Agent

Taming the Tube, Christy Nuetzman, Clinton County FCS Agent

DIRECTIONS: *Russell County Natatorium, 2166 S. Highway 127, Russell Springs, KY*

From Campbellsville: At the junction of 55, 210 and 68-70, go south toward Columbia on 55 for approximately 18 miles. On the square in Columbia, take the 3rd exit on Jamestown Street. This is also still 55 South. Go about 1.5 miles and turn left onto the Louie B. Nunn Parkway. Go 13.3 miles and take exit 62 for US 127. Turn left toward Jamestown. Go 1 mile and the Natatorium will be on your left.

From Somerset: Take the Louis B. Nunn Parkway. Exit at exit 62 but turn right and go for 1.2 miles to the Natatorium.

From Liberty: Take 127 South to Russell Springs. At the junction of 80 and 127 continue for 2 miles to the Natatorium.

Evolving Leader Forum

Lake Cumberland Extension Homemakers

August 27, Russell County Natatorium, Russell Springs

Central Time

- 8:30-9:00** **Registration**
- 9:00-9:45** **Welcome and Goals for the Day**
- Judy Rexroat - Lake Cumberland Area President
 Anna Smith - District 5 Director
General Session/Speaker on Member Recruitment and Generational Differences -
 Mindy McCulley, Barren County FCS Agent
- 9:45-10:30** **Break-out Leadership Session 1**
10:30-11:15 **Break-out Leadership Session 2**

True Colors, Jennifer Bridge, Meade County FCS Agent
 True Colors is a great way to find out more about your personality and how you interact with other people. This interactive session will include self assessment and the chance to see others in a whole new way!

Learning Styles/Personality, Jody Paver, Wayne County FCS Agent

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Teamwork/Communication, Debbie Messenger, Cumberland County FCS Agent

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County Success Stories (displays only), Becky Nash, Taylor County FCS Agent - Each county is encouraged to bring a display showing successful membership recruitment ideas, programs, fund raising efforts, etc. Each county needs to notify Becky Nash by 8/12/2011 if your county will be bringing a display board.

11:30-12:15 **Lunch**

12:30-1:30 **Homemaker Leader Training Sessions**

2010 Dietary Guidelines, Pam York, Russell County FCS Agent
 Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.

Don't Let Falls Get You Down, Kelli Bonifer, Adair County FCS Agent

While the risk of falling and of being seriously injured in a fall increases with age, older adults are not falling because they are old. By addressing risk factors, a person can lower his/her chance of falling, or prevent a fall from occurring.

Clothing Repair/Stain Removal, Debbie Shepherd, Casey County FCS Agent/Edith Lovett, Pulaski County FCS Agent

Clothing repair and mending can cover a rather wide range of activities varying from those requiring very little skill to those demanding a great deal of sewing skill and expertise. The rewards of mending vary from the self-satisfaction for a job well done to a substantial monetary savings by prolonging the life of a garment. Clothing is also frequently discarded due to stains. Another way to save money on clothing is utilizing proper stain removal and fabric care techniques. In this session you will learn various ways to stretch your clothing dollars thru proper care and repair.

Crockpot Cooking, Anastasia Wheeler, McCreary County FCS Agent

Are you clueless when it comes to cooking in a crock-pot? Are you tired of cooking the same meals all the time? Are you just looking to brush up on your crock-pot knowledge? Then join us for "What a Crock! Making the Most of Your Crock Pot" for talking, learning, and fun. Bring yourself, an open mind, and a few copies of your favorite recipe to share.

Taming the Tube, Christy Nuetzman, Clinton County FCS Agent

Too much screen time affects children's family interaction, brains, and bodies. Learn more about how to help children get active and avoid spending too much time watching TV, playing video games, and surfing the internet. This supports National TV Turnoff Week (September 18-24, 2011) and is a challenge to families to spend time together without television.

1:30-2:00 **Wrap-up/Evaluation**





Lake Cumberland Extension Homemaker Leadership Workshop 2011

August 27

Sponsored By: Lake Cumberland Extension Homemakers and Cooperative Extension Service

Want to learn more about Extension Homemakers and ways to increase your leadership skills? Then you will want to attend a day of learning, exploration and fellowship at the Lake Cumberland Evolving Leadership Forum. The day will begin at 9:00 a.m. Central Time (registration begins at 8:30 a.m.) and will include concurrent sessions on True Colors, Learning Styles, and Teamwork & Communication. Assigned lesson leaders will receive training on the following lessons: 2010 Dietary Guidelines, Don't Let Falls Get You Down, Clothing Repair/Stain Removal, Crockpot Cooking, and Taming the Tube. We plan to end the day around 2:00 p.m. (cst) with new energy and tools to get the Homemaker year off to a great start! We would love to have you join us! Please complete the registration form below, include \$10 and mail to the Russell County Extension Office by August 12.

Cost: \$10 which will cover lunch and all materials.

Break-out Sessions: (Please choose 2)

- True Colors/Generational Differences
- Learning Styles/Personality
- Teamwork/Communication

If you are assigned as a lesson leader, please choose the lesson you will be attending and taking back to your county:

- 2010 Dietary Guidelines
- Don't Let Falls Get You Down
- Clothing Repair/Stain Removal
- Crockpot Cooking
- Taming the Tube

Name: _____

Address: _____

Phone number : _____

Email address: _____

County: _____



Send funds and completed form by August 12, to:

Make checks payable to: *Lake Cumberland Area Extension Homemakers or LCAEH.*

**Russell County Extension Service
Attn: Pam York
2688 South Hwy. 127
Russell Springs, KY 42642**



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