

FAMILY & CONSUMER SCIENCES



Clinton County

**Cooperative
Extension Service**
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Family & Consumer Sciences Extension Newsletter

October 2011

Halloween on a Budget

Christy's Comments

Fall is in the air! FCS & Homemaker Events are in full swing this month. Please take time to review all of the event information and important dates. There's so much to do!

There's never a dull moment at the Extension Office or never a lack of activity for our Homemakers!!!

I hope all is well for you and your family. Take time to enjoy the fall and the beauty of the outdoors. See you soon!

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>

The fall can be a very expensive time of year for families with back-to-school clothing and supplies, as well as fall sports registrations and supplies. With all of the early fall activities, many families may not have planned ahead for Halloween expenses. Halloween ranks as the third most expensive holiday, following Christmas and Valentine's Day. This might surprise some people, since typically the holiday does not involve large gift giving or family events. Nonetheless, the price of costumes, candy, and decorations can add up. Below are some budget saving tips to help you celebrate Halloween in style, without playing a trick on your wallet.



- Shop local consignment or thrift stores for costumes. If you have a local children's consignment store, call and ask if they have a special costume sale. You may also consider selling some of your children's costumes from previous years. Often consignment stores will offer buying discounts to their sellers.
- Be creative, search your closets, as well as Grandma's, for items you can turn into a costume.
- Do an internet search for easy DIY (Do-It-Yourself) Halloween costumes.
- You certainly do not want to be a Halloween scrooge and not pass out candy. Search your local ads for Halloween candy specials. Try not to buy too much, not only does this cost extra, but you will also be tempted to eat the leftovers.
- If you can, buy a little candy at a time, to spread the expense over several weeks. However, you may want to hide the candy once you get it home to make certain that it lasts until Trick-or-Treat night.

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

Cultural Arts

The Cultural Arts Competition will be held on Thursday, October 27th at the Albany First Methodist Church. Entries will be accepted from 9:00-11:00 a.m., Judging will begin at 1:00 p.m. Entries will be on display beginning at 5:00 p.m. as part of the County Annual Meeting. Participants will have the opportunity to vote for a Viewer's Choice entry during the Annual Meeting. There is an Open Division as well for anyone in the county who is not a member of Homemakers. However, only winning Homemaker entries are eligible to advance to Area and State Competitions. Cultural Arts Categories and Rules are attached. If you have questions, please give us a call!



Christmas Village

Plans are underway for this year's Christmas Village which will be held on Thursday, December 8th. Location is pending at this time, but members will receive more information about changes to Christmas Village at the County Annual Meeting.



This is one of the Homemakers biggest fundraising and community outreach events, so please make an effort to attend!

Homemakers Membership Recruitment during Second Sunday & Health Fair

The Homemakers Council will have a booth set up at the Second Sunday & Health Fair on October 9th from 1:00-4:00 p.m. at the Mountain View Park. Homemakers will be providing water for participants as well as offering samples of some Plate It Up! Kentucky Proud recipes. Member enrollment forms and other marketing items will be available.

Volunteers are needed to work the table as well as prepare recipes. All ingredients will be provided by the Extension Office. Dishes need to be at the park by 12:30 pm on October 9th. Sample cups and spoons will be available. Recipes will include Baked Apples & Sweet Potatoes as well as Bacon & Tomato Dip.

Please call the office no later than October 5th if you can either assist with Second Sunday or can help prepare one of the sampling dishes.

2011 County Annual Meeting Handmade Traditions



Please join us for our County Annual Meeting on Thursday, October 27th at the Albany First Methodist Church. Registration will begin at 5:30 p.m. with the program beginning at 6:00 p.m. The Brown Baggers will provide the meat. All other members are encouraged to bring vegetables, breads, desserts, etc. The Homemakers Council will purchase paper products and drinks for the event.

New officers will be elected, members will have a chance to view Cultural Arts Exhibits, and we will discuss programming for the remainder of the year.

Please RSVP (387-5404) no later than Monday, October 24th so that we can prepare accordingly. Invite a friend!



Second Sunday & Free Health Fair October 9, 2011 Mountain View Park 1:00-4:00 p.m.

- Free health screenings for height and weight, blood pressure, body mass index, and much more.
- Cholesterol and glucose testing will be available for \$20.00.
- Flu shots will be available for \$30 or at no charge to Medicare B participants.
- Lots of local health and medical agencies will have displays and free give aways.

The Second Sunday piece of the event encourages participants to walk around the track to promote physical activity. In addition to walking around the track, there will be inflatable bounce houses for kids and sports activities sponsored by our high school athletic teams.

- Those who walk at least 2 laps around the track will receive a free pedometer or seat cushion while supplies last.
- Plus, those who walk at least 4 laps around the track will receive a free Second Sunday t-shirt while supplies last.

For more information, contact the Clinton County Extension Office at (606) 387-5404.

Big Blue Shape Up 10-Week Weight Loss Program

Registration & Kickoff Event

Monday, October 17th

4:30-5:30 p.m.

Clinton County Extension Office

Other classes will be held weekly on Monday nights

at the Clinton County Extension Office

4:30-5:00 pm Weigh In

5:00 pm Educational Program Begins

October 24th-My Plate & Portion Control

November 7th-Circuit Training

November 21st-Weight Loss Myths

December 5th-Caring for Yourself

December 19th-Wrap Up & Final Weigh In

October 31st-Healthy Snacks & Label Reading

November 14th-Diabetes: Are You at Risk?

November 28th-Physical Wellness Options

December 12th-Weight Maintenance

Registration Fees & Forms are due October 17th

One-time registration fee cost per individual (any age) is \$10

The Biggest Losers (as determined by total weight loss percentage) in each category male, female, and youth will be awarded cash and gift card prizes

For registration and rules contact:

Clinton County Extension Office

606-387-5404

<http://ces.ca.uky.edu/clinton/>

Email: christy.nuetzman@uky.edu



Coupons 101



A free Coupons 101 class will be held at the Extension Office on October 6th at 5:00 pm . Come and learn tricks of the trade to clip and save. Bring coupons to trade with others and remember to bring expired coupons to send to Military Families overseas. Call 387-5404 for more information and to register for this free training.

October

Roll call: Name your favorite Halloween costume from your childhood.



Thought for the Month:
Autumn is a second spring when every leaf is a flower.
Albert Camus, Author and Philosopher

Remember!

**October is
National Breast
Cancer
Awareness
Month!!**



Tailgater Caviar

- 1 (15 ounce) can black beans, drained *and rinsed*
- 1 (15 ounce) can black-eyed peas, *drained and rinsed*
- 1 (15 ounce) can white corn, drained
- 1 (15 ounce) can yellow corn, drained
- 2 (10 ounce) cans mild diced tomatoes *and green chilies, drained*
- 1 (4¼ ounce) can of chopped black olives, drained
- 1½ cups of light Italian dressing
- Garlic powder, salt ,and pepper to taste



1. Mix all ingredients and let sit in the refrigerator overnight.
2. Serve with tortilla chips.

OPTIONS: Add onion, green peppers, cilantro, or jalapeno peppers. Garnish with chopped parsley. Omit black olives to save about \$1.65.

MAKES 20 SERVINGS

Serving Size: ½ cup

Cost Per Recipe: \$8.98

Cost Per Serving: 45 cents

SOURCE: Jeffrey Hines, Lexington, Kentucky , NEPieces October 2011

NUTRITION FACTS PER SERVING: 110 calories; 3 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 710 mg sodium; 18 g carbohydrate; 2 g fiber; 3 g protein; 0% Daily Value of vitamin A; 6% Daily Value of vitamin C; 2% Daily Value of calcium; 4% Daily Value of iron

Cultural Arts and Heritage

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit "original" items for competition in state exhibits.

Each article must be the work of a homemaker member and must have been completed during the past two (2) years.

Champion (purple ribbon) entries from previous years in each category or subcategory are not eligible for in another KEHA cultural arts contest.

Areas may exhibit one item from each category and /or subcategory. Maximum number 80.

Identification of item should be on tag provided by state.

The Exhibitor and/or their representative are responsible for transporting exhibits to and from the state meeting.

Each Exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide a well identified easel or means of hanging exhibit from the wall.

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. All items will be judged and entries will receive a participant ribbon. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced, or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all Exhibitors.

The exhibits will be hosted at all times. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one year notice.

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2012

CATEGORIES

SUBCATEGORIES

1. APPAREL.....	Novelty
	Basic Sewing
	Quilted
	Pieced
	Appliquéd
	Accessory
2. ART, 3-DIMENSIONAL.....	Carving
	Sculpture
3. ART, NATURAL.....	Wood
	Other
4. BASKETRY.....	Plain
	Dyed Material
	Novelty
	Miniature (under 4 inch)
	Cane
5. BEADING.....	Non-jewelry Item/Wearable
	Knitting or Crochet with Beads
	Bead-weaving
	Miscellaneous
6. CERAMICS.....	Hand-formed
	Molded
	Pre-made
7. COUNTED CROSS STITCH.....	14 Count & Under
	16 - 22 Count
	Specialty Cloth (linens, etc.)
8. CROCHET.....	Yarn
	Thread
9. DOLL/TOY MAKING.....	Porcelain/China
	Cloth
	Handmade Toy other than Porcelain/China or Cloth
10. DRAWING.....	Pastels
	Pen & Ink
	Pen & Ink with Oil Roughing
	Pencil-Black
	Pencil-Color
11. EMBROIDERY.....	Basic Embroidery
	Crewel
	Candle Wicking
	Smocking
	Ribbon
	Machine Embroidery
	Swedish
	Tatting/Lace Making
	Miscellaneous
12. FELTING*.....	Wet Method
	Needle Method
13. HOLIDAY DECORATIONS.....	Spring
	Summer
	Autumn
	Winter

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2012 Continued

14. JEWELRY.....	Original Design
.....	Beaded
.....	Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING.....	Hand
16. NEEDLEPOINT.....	Cloth Canvas
.....	Plastic
17. PAINTING, ART.....	Oil
.....	Acrylic
.....	Water Color
18. PAINTING, CHINA.....	
19. PAINTING, DECORATIVE.....	Wood
.....	Metal
.....	Other
20. PHOTOGRAPHY.....	Black & White (mounted & framed)
.....	Color (mounted & framed)
21. PILLOWS**.....	
22. QUILTS.....	Machine Appliqué (machine quilted)
.....	Hand Appliqué (hand quilted)
.....	Hand Pieced (hand quilted)
.....	Machine Pieced (hand quilted)
.....	Machine Pieced (machine quilted)
.....	Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
.....	Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
.....	Baby or Lap (hand quilted)
.....	Technology Based (hand or machine quilted)
.....	Miscellaneous (hand or machine quilted)
23. RECYCLED ART (Include a before and after picture).....	Clothing
.....	Household
.....	Other
24. RUG MAKING.....	
25. SCRAPBOOKING***.....	Heritage Layout
.....	Family Layout
.....	Miscellaneous Layout
.....	Collage Layout
26. WALL or DOOR HANGING.....	Fabric
.....	Other
27. WEAVING.....	Loom
.....	Hand (macramé, caning)
28. MISCELLANEOUS.....	Items not included in other categories listed, otherwise they will be disqualified

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Clinton County Family & Consumer Sciences Extension & Homemaker Happenings October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Brown Baggers @ 11:30 Coupons 101 5-6 p.m.	7	8
9 2nd Sunday & Health Fair 1-4 p.m.	10  <i>Columbus Day</i>	11 Homemaker Council Mtg. 4:30 p.m.	12	13 Beekeepers 7:00	14 Nursing Home 11:00 a.m.	15
16	17 Big Blue Shape Up 4:30 - 5:30 pm. @ Extension Office	18 Lee's Chapel 1:00 pm @ Elli's	19	20	21	22
23	24 Big Blue Shape Up @ 4:30 - 5:30 pm	25	26	27 Cultural Arts 9:00 - 11:00 a.m. County Annual Meeting 5:30 pm	28 Quilt Guild 8:30 a.m.	29
30	31  Big Blue Shape Up @ 4:30 - 5:30 p.m. <i>Halloween</i>					

HOLIDAY

FLAVORS & FAVORS

Saturday

November 5, 2011

Green County Extension Office

298 Happyville Road-Greensburg

9:00 C.T. ~ 1:00 C.T.

Registration will begin at 8:30 A.M. C.T.

\$10.00 Registration Fee

Lunch will be provided.

Lessons & take home ideas for:

Sweet Treats

Gifts from the Heart

Pamper Yourself

Wrap It Up

Healthy Helpings

Register by mailing the below registration form to:

Green County Cooperative Extension Service

298 Happyville Road

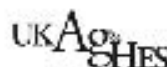
Name: _____ County: _____

Address: _____

Email Address: _____ Telephone: _____

Registration deadline is October 28, 2011.

Please make checks payable to Green County Cooperative Extension Service.



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