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**RELAY FOR  
LIFE KICK-OFF  
@ VETERAN'S  
BUILDING-  
FEBRUARY 6TH  
FROM  
5-7:30pm.**

**Cumberland County Extension Homemakers**

**FEBRUARY 2009**

**Winter Extension Forum**

Wow! Homemakers were very well represented during the County Extension Winter Forum. We asked for desserts and you certainly provided. Thank you very much for providing desserts, helping serve, and of course, attending the meeting. As a result of your generosity, a donation was made to the Homemaker Scholarship fund in the amount of \$200. I cannot begin to express how **AWESOME** you are!!!



**CLUB MEETING DATES**

- Hegira: February 2nd @ 4pm at Extension Office**
- Kettle: February 3rd @ 1:00pm @ Elaine Rector's**
- Co-Workers: February 9th @ 6:00pm at Veteran's Building**
- Station#2: February 12th @ 6:30pm at Highland Chapel**
- Krafty Kritters: February 16th @ 5:30pm at Jones Chapel**
- Quilt Guild: February 19th @ 9:30am at Housing Authority**
- Knitting Club: February 23rd @ 4pm at Extension Office**

**Cultural Arts Entry Form**

(One form per entry please!)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Circle Category for Item Entered:**

- 1. **APPAREL**
  - a. Novelty b. Quilted c. Pieced d. Appliqued
- 2. **ART, 3-DIMENSIONAL**
  - a. Carving b. Sculpture
- 3. **ART, NATURAL**
  - a. Wood b. Other
- 4. **BASKETRY**
  - a. Plain b. Dyed Material c. Novelty d. Miniature (under 4")
- 5. **BEADING**
  - a. Jewelry b. Bead-Weaving c. Miscellaneous
- 6. **CERAMICS**
  - a. Hand-formed b. Molded c. Pre-Made
- 7. **COUNTED CROSS-STITCH**
  - a. 14 count & under b. 16-22 count c. Specialty Cloth (linens, etc.)
- 8. **CROCHET**
  - a. Yarn b. Thread
- 9. **DOLL/TOY MAKING**
  - a. Porcelain/China b. Cloth c. Handmade Toy (other than Porcelain/China/Cloth)
- 10. **DRAWING**
  - a. Charcoal b. Pastels c. Pen & Ink d. Pencil-black e. Pencil-color
- 11. **EMBROIDERY**
  - a. Basic Embroidery b. Crewel c. Candle Wicking d. Smocking e. Ribbon f. Machine Embroidery g. Swedish h. Tatting/Lace Making i. Miscellaneous
- 12. **HOLIDAY DECORATIONS**
  - a. Spring b. Summer c. Autumn d. Winter
- 13. **KNITTING**
  - a. Hand
- 14. **NEEDLEPOINT**
  - a. Cloth Canvas b. Plastic

- 15. **PAINTING,ART**
  - a. Oil b. Acrylic c. Watercolor
- 16. **PAINTING, CHINA**
- 17. **PAINTING, DECORATIVE**
  - a. Wood b. Metal c. Stenciling d. Other
- 18. **PHOTOGRAPHY**
  - Mounted & Framed
    - a. Black & White b. Color
- 19. **QUILTS**
  - a. Appliqued (hand quilted) b. Hand Pieced (hand quilted) c. Hand Pieced (machine quilted) d. Machine Pieced (machine quilted) e. Novelty (stencil, embroidery, etc./hand quilted) f. Baby or Lap (hand quilted) g. Whole Cloth (hand quilted)
- 20. **RECYCLED ART**
  - Include a before and after picture
    - a. Clothing b. Household c. Other
- 21. **RUG MAKING**
  - a. Braided b. Woven c. Hooked
- 22. **SCRAPBOOKING**
  - (at least 1-2 pages, may bring entire book)
    - a. Heritage Layout b. Family Layout
- 23. **WALL OR DOOR HANGING**
  - a. Fabric b. Other
- 24. **WEAVING**
  - a. Loom b. Hand (macrame/caning)
- 25. **MISCELLANEOUS**
  - Items not included in other categories listed, other wise they will be disqualified.

**Brief Description** (1 or 2 sentences)

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International Dinner is scheduled for February 19th at 6:00pm at Highland Chapel. Members should have food at Highland Chapel by 5:30pm. Cost is \$6.

County Cultural Arts will be held February 16th at 9:00 am at the Ag Building at Veteran's Park.  
Area Cultural Arts will be held at Adair County on February 27th beginning at 9am.



**International Dinner Menu:**

*Co-Workers:*  
British Isles

*Hegira:*  
Germany

*Kettle:*  
France

*Krafty Kritters:*  
Italy

*Station #2:*  
Mexico

## Recipe

### Fruit Crisp (as found in Weight: The Reality Series)

4 cups sliced apples, peaches, pears, or berries	1/4 cup apple juice
3/4 cup oatmeal	3/4 sugar
1 tsp. cinnamon	1/2 tsp. nutmeg
2 TBSP. butter/margarine	



Place fruit in pan sprayed with cooking spray. Pour fruit juice over fruit. Mix oatmeal, sugar, cinnamon, and nutmeg in mixing bowl. Cut in butter or margarine with knife or pastry cutter until mixture is crumbly. Spread crumb mixture over fruit. Bake at 375 degrees for 45 minutes.

Makes 8 servings.

Nutrition Facts: 210 calories, 2.5 grams fat, 2 grams protein, 47 grams carbohydrates, 3 grams fiber

This recipe is a good example of using fruit, whole grain, and less sugar.

## CONTACT US:

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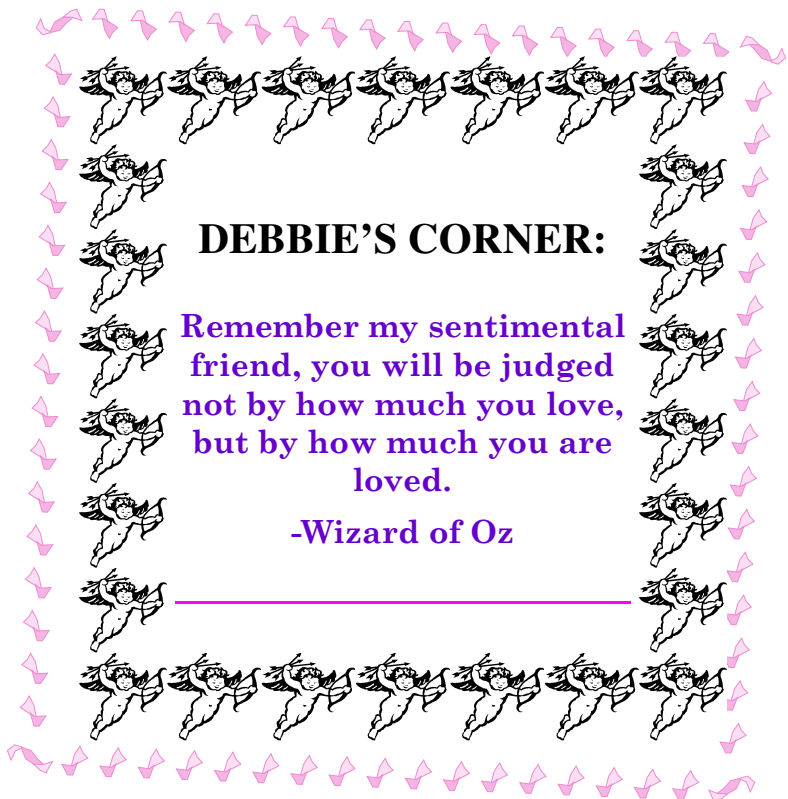
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*Debbie Messenger*

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### DEBBIE'S CORNER:

Remember my sentimental  
friend, you will be judged  
not by how much you love,  
but by how much you are  
loved.

-Wizard of Oz

## YOUR DIET

### WEIGHT: THE REALITY SERIES

**The class is going very well! Meeting at Shapes fitness center is perfect! Weight: The Reality Series meets Thursday nights from 6-7pm. We are already starting to see success in the people who are attending. It is a wonderfully supportive group atmosphere. And, of course, it is FREE! As someone said "you can't beat free!"**

### 10 WAYS TO ADD FIBER TO

- Eat berries
- Eat more legumes, such as dried beans
- Choose romaine lettuce or spinach instead of iceberg lettuce
- Enjoy 100 percent whole grain or whole wheat bread
- Eat whole grain breakfast cereals
- Choose brown rice instead of white
- Eat skins on fruits and vegetables such as apples and potatoes
- Eat corn, including popcorn
- Snack on dried fruit
- Eat whole fruits and vegetables instead of drinking juice

**\*For most adults, eating 20-30 grams of dietary fiber per day is best.**

Fiber plays an important role in lowering blood sugar and cholesterol, reducing risks of certain cancers, regulating bowel movements. Fiber also makes us feel full longer which aids in weight loss.