

FCS Newsletter

January 2008

Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601
(502) 695-9035
Fax: (502) 695-9309
www.ca.uky.edu/ces

January 2

- Louisville Road, 10 a.m., JoDee Layman, Helen Davis, St. Paul UMC Church

January 3

- Peaks Mill, 10:30 a.m., Ann Dean, Extension Office
- Springhill, 11:30 a.m., Potluck, Extension Office
- Switzer, 2 p.m., Lynne Hughes

January 7

- Swallowfield, 7 p.m., Linda Eldridge
- West End, 6:30 p.m., Henrietta Goins

January 8

- Cloverdale, 7 p.m., Anita Hall
- Meadows, 6:30 p.m., Teresa Abell
- Sunny Morning, 10 a.m., Susan Hutcherson, Extension Office

January 9

- Country Lane Morning, 9:30 a.m., Joy Hampton

January 10

- Ridgeview, 11 a.m., Barbara Sonnen, Rhenda Mills

January 15

- College Park, 1 p.m., Marianne Hanley, 407 College Park

January 16

- Indian Hills, 10 a.m., Evelyn White, Pot Luck, Extension Office

January 17

- S&S, 6 p.m., Lucy Wilson

January 21

- Random, Noon, Brown Bag Lunch, Extension Office

Roll Call: Answer with a “New Year’s Resolution” that you have kept.

Mini Lesson: Investing, Management & Safety
Chairman

HAPPY NEW YEAR !

Greetings Franklin Co. Homemakers!

The new year is here! I hope that you had a wonderful holiday season celebrating with family and friends. Let’s keep that joyful holiday spirit all year long.

I am excited and challenged about the many opportunities before us. Let’s do everything we can to promote KEHA in 2008.

January Lesson

Tickle your Feet with Good Care!
January 29th 2:00 p.m.

This month’s lesson will be taught by Rita Stewart, Lincoln Co. FCS Agent.



Annual Membership/Dues Information

December 2007-2008 269 members – 14 clubs
(89 mailbox, 180 club members)

State dues paid: \$ 941.50
Area dues paid: 134.50
Ovarian Cancer: 442.00
\$1518.00

Homemakers Council

Cultural Arts & Council Lunch

The Council and Cultural Arts exhibit will meet during lunch on Thursday, January 24, 2008 at 11:30 a.m. The lunch is \$3.50 and prepared by the County Officers. Clubs are to bring one cultural arts exhibit per category for the county judging. Each article must be the work of a homemaker member and must have been completed during the past two years. Mailbox members may also enter. This is an important council meeting. Categories were in the November newsletter.

2008-09 Lesson Ballot

The ballot is in this newsletter. Please vote for 8 lessons and take ballot to club meeting. Club presidents are to tabulate member's votes and turn in one club sheet at the January Council Meeting. Mailbox members may mail their ballot to the office.

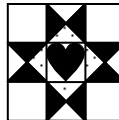


Please get them in by February 20, 2008.

Did You Know?

- Homemakers Training Schools are rescheduled if the Franklin County Schools are closed due to the weather. Listen to local radio or Lexington TV for school closings. This does not apply to Special Interest classes or meetings conducted by other organizations.
- The Extension Office will be closed December 24-January 2, 2008 for the Holidays and January 21 in observance of Martin Luther King Day.

Central KY Homemakers Quilt Guild



*Friday Stitchers Quilting Bee
January 22, 6-7 p.m.*

Learn to quilt, improve your quilting skills or solve quilting problems. Open to the public. Pre-registration: None. Cost: Free. Instructors: Members of the CKHQG.

January Special Interest Classes

All classes held at the Franklin County Extension Office, 101 Lakeview Court, Frankfort, KY

**Double X Quilt Block
Monday, January 14
9:00 a.m.-3:00 p.m.**

This is a classic quilt and it could be made with scrappy fabrics, red/white or blue/white. Using squares and half-squares will be a breeze to make. Pre-register by January 9. Cost: \$10.00. Instructor: Judith Ricks.

“The Weight to Reality Series” 10 week series - will begin in February at the Franklin Co. Health Department. It’s free. Call the Extension Office at (502) 695-9035 to register.

Recipe of the Month

Apple Cinnamon Nut loaf

This dark brown loaf uses more chopped fruit than most quick bread recipes, and adds plenty of healthful cinnamon and crunchy walnuts.

Canola oil spray
1 cup whole-wheat flour
1/3 cup unbleached all-purpose flour
1/2 tsp. salt
3/4 tsp. baking soda
2 tsp. cinnamon
2/3 cup brown sugar
1/4 cup canola oil
1/4 cup unsweetened applesauce
2 eggs, lightly beaten
1 tsp. vanilla extract
2 cups coarsely chopped crisp apples such as Fuji
1/3 cup walnuts

Preheat oven to 325 degrees. Spray 9x5 inch loaf pan with canola oil spray and set aside. In mixing bowl, whisk together flours, salt, soda and cinnamon. In separate bowl, whisk sugar with the canola oil, applesauce, eggs and vanilla. Stir in apples and walnuts. Pour into dry ingredients and mix until blended. Bake for 50-60 minutes or until toothpick inserted into center comes out

clean. Cool for 15 minutes before turning out on rack.

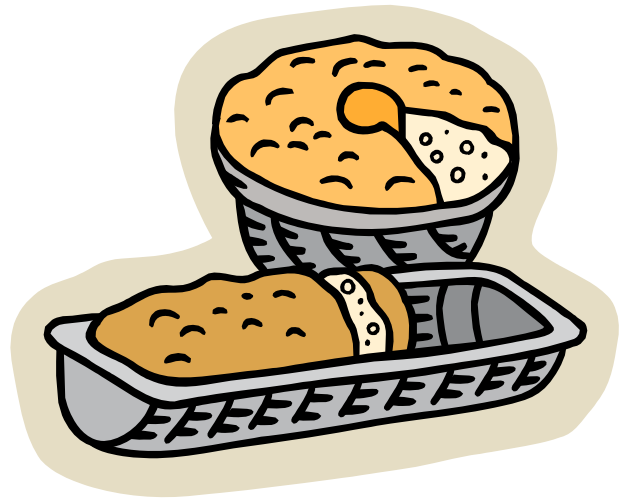
Makes 10 servings. 214 calories, 9 g total fat, 30 g carbohydrates, 4 g protein, 2 g dietary fiber, 231 mg sodium.

Reprinted with permission American Institute for Cancer Research – Winter 2008 -Issue 98

Happy New Year!



Tamera A. Thomas, M.S.
CEA Family and Consumer Sciences



COOPERATIVE
EXTENSION
SERVICE



UNIVERSITY OF KENTUCKY
College of Agriculture

Cooperative Extension Service
University of Kentucky
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750

NONPROFIT ORG
US POSTAGE PAID
FRANKFORT KY
PERMIT 10090

Preparing for the Switch from Analog to Digital TV

Thinking of buying a television for the holidays? Then think digital, especially if you get your service via an antenna. On Feb. 17, 2009, the nation will end an era of analog television and switch to all-digital broadcasts.

What this means is you will have to select one of three options to continue to receive television reception after this date if you are using an antenna. Options include switching to cable, satellite, or another pay service; buying a new digital television; or keeping your existing TV and buying a television converter. Converter boxes will begin appearing in retail stores in 2008. They are about the size of a hardcover book, connect easily to your television and allow the all-digital signals to display on your existing TV set.

Beginning Jan. 1, 2008 you will be able to contact the National Telecommunications Information Administration at the U.S. Department of Commerce to request two free \$40 coupons to use towards the purchase of converter boxes. The coupons will be good for 90 days.

Jan. 1, 2008 through March 31, 2009 is the time frame for consumers to request the two \$40 free coupons for converter boxes. NTIA will only ask for the name, address and number of coupons requested. To request a coupon, call 888-388-2009 or visit <http://www.dtv.gov>.

Don't let this change catch you or someone you know by surprise. Request and use the coupons to buy a converter so your "over-the-air" viewing of TV will continue without interruption.

Source: Suzanne Badenhop