



*Green County*  
**FCS Extension**

**Cooperative Extension Service**

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**August**

**2011**

**Summer on a Budget**

As the temperature heats up outside, many families look forward to spending more time with friends and family, vacationing, and participating in other summer activities. Often, people are tempted to do and spend more during the summer months. It is important to realize that with proper planning, you can still enjoy all of the fun that summer has to offer without spending more than your budget will allow.

Clothing is one of the largest spending temptations. This year, as you retreat to your closets to review last year's wardrobe, retailers will likely be tempting you with shopping deals to update your wardrobe. The start of a new season is a good time to clean out your closet, but instead of buying new items, consider selling your unwanted items, and dressing up your wardrobe, at a consignment shop. Consignment stores often offer shopping discounts to their consignors. You may also think about organizing a clothing swap, this is an especially good idea for gently worn children's clothing. You can also update last year's wardrobe by purchasing new accessories, instead of a new outfit.

You may also be planning activities for your children this summer. Spending time together as a family is important. If your budget does not allow a big vacation this summer, *America Saves*, offers the following tips to answer the question: What can we do for fun this summer?

- Don't spend your savings to see the summer blockbusters. Consider hitting cheaper matinees or borrowing recent flicks for free from the library.
- Look for free festivals or outdoor concerts in your area. Check newspapers, bulletin boards, your local library, and search engines (type "free events" and the name of your city).
- Network shows are on vacation for the summer, so take a break from the TV! Cancel cable for the summer and add the savings to your bank account.
- Be a tourist in your own city. Check out local museums and art galleries. For further savings, attend on discounted or free-to-the-public days.

Reference: *America Saves*, Avoiding the Summer Spending Temptations, <http://blog.americasaves.org/post/2010/06/25/Avoiding-the-Summer-Spending-Temptations.aspx>

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

Dear Extension Homemaker,

I hope you are just as excited as I am about our leadership trainings in August. What a perfect way to start our new homemaker year! Registration forms are due for the E.L.F. Training (Evolving Leaders Forum) by August 9<sup>th</sup>. If you are interesting in attending please let me know or visit our website to print one off. If you have any questions please feel free to contact me. Enjoy the rest of the summer, fall will be here before you know it!

Joyfully,

*Audrey Myers*

**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 oft'est In Kentucky;  
Friendship is the strongest, Love's fires glow  
the longest; Yet, a wrong is always wrongest  
In Kentucky."*

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

*The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.*



Find the Green County Family and Consumer Sciences fan page, Click "like" to keep up with FCS activities and to receive timely consumer tips. You can also follow us on Twitter! Just search **greencountyfcs!**



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## Tips for Adults Heading Back to School

Over 40 percent of adults, 25 years and older are heading to school. They may be seeking additional education for job promotion, or because they lost a job and seek alternative opportunities. Some older students may be going to school for the first time. If you are looking to go to school as a non-traditional student, here are some things to think about:

- Call the college admissions office and ask if they have a lot of adults on campus and ask whether or not they are graduating.
- Ask for a reference so that you can talk to a non-traditional student about his or her experience.
- Analyze whether or not the institution makes you feel like they want you there.
- Ask admissions if they offer on-line courses or whether or not they will accept courses you may have taken from other schools.
- Think about the responsibility and balance going to college takes. While an 18 year old may go to college full time and live on campus, at 35 you may have a job and family responsibilities that make scheduling a problem.
- Look into what flexibility is offered — can you take a few courses at a time, are there certificate programs or online classes?

Look into what financial incentives are available.

A non-traditional student may not be as used to studying and using computers and social media to hand-in papers and projects because they have not tapped this part of the brain for quite some time. It is important to remember that adults have more to offer than they think. Adults can be resilient. They have experience getting knocked down and getting up again. They have been solving life's problems, raising children, and working — which is experience that helps adults adjust and do quite well in the classroom setting. Older students tend to be more dedicated, serious, and motivated. They often know why they are there and it is important to them to do well. Faculty also appreciate non-traditional students due to their considerable experiences.

*Reference: Freeman Hrabowski, President of U of MD Baltimore Co.*

*Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky College of Agriculture*

## Scalloped Okra and Corn



- 4 cups sliced fresh or frozen okra
- 4 tablespoons olive oil
- 1½ cups cooked corn kernels, drained
- 2 tablespoons whole wheat flour
- 1 cup skim milk
- 8 ounces shredded 2% cheddar cheese

1 cup Italian style dry bread crumbs

1. Stir-fry okra in 2 tablespoons olive oil for 10 minutes. Place in baking dish alternating layers with drained corn.
2. Prepare white sauce by heating remaining 2 tablespoons olive oil in saucepan over low heat and blending in whole wheat flour. Cook oil and flour mixture 1 to 2 minutes.
3. Add skim milk all at once, cooking quickly and stirring constantly until mixture thickens.
4. Stir in cheese until blended.
5. Pour mixture over vegetables. Sprinkle bread crumbs over casserole. Bake at 350° F for approximately 45 minutes, until casserole is heated through and the crumbs have browned.

**Yield:** 8, 1 cup servings

**Nutrition Analysis:** 220 calories; 9 g total fat; 2 g saturated fat; 0 g trans fat; 5 mg cholesterol; 340 mg sodium; 24 g total carbohydrate; 4 g dietary fiber; 7 g sugars; 9 g protein; 20% recommended allowance for vitamin C; 20% recommended allowance for calcium; 8% recommended allowance for iron.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

**Kentucky Proud Project** County Extension Agents for Family and Consumer Sciences . University of Kentucky, Nutrition and Food Science students

**May 2011 Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Ovarian Cancer Screening

If you are over the age of 50 please call the Markey Cancer Center at (800) 766-8279 to make an appointment for your free annual screening test. All women who have been screened need to return for a repeat screen every year.

## Cucumber Yogurt Dip

Serving Size: 1/6 of recipe

Yield: 6 servings

### Ingredients:

- 2 large cucumbers
- 2 cups plain yogurt, low-fat
- ½ cup sour cream, non-fat
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots



### Preparation:

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter.
4. Serve with dip

### Nutritional Analysis Per Serving:

Calories 100

Total Fat 1.5 g

Saturated Fat 1 g

Sodium 120 mg

Protein 6 g

Source: SNAP-Ed Connection

The **2011 Holiday Bazaar** will be Friday, November, 18<sup>th</sup> at the Green County Extension Office. Anyone can sell at the Bazaar! For Extension Homemaker members, the cost will be \$5.00 per table and non-members \$10.00 per table. You will be able to keep any proceeds you may earn. This is a great way to support local crafters and get some great gifts for the holidays. Start

making your items  
**NOW!**



## School Sports —

### Keeping Active All Year Long

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, she 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

### **We need volunteers for the 2011 COW DAYS QUILT SHOW!**



We need volunteers for the 2011 Cow Days Quilt Show sponsored by the Green County Extension Homemakers. Please start thinking about when you would like to work. More details will be available at the next council meeting.

**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*

The registration for the workshop is **\$10**.

For more information and to receive a registration form, please contact the Extension Office.

# August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2: Back to School Fest @ 5

3: Adanta @ 10

5-6: Leadership Retreat at Cumberland Falls (leaving the office at 1:30 CT)

9: Town & Country will be going to Little Taste of Texas in Glasgow for their "free dinner" and for monthly meeting. Meet at IGA @ 4:30 CT to carpool.

15: Homemaker Council Meeting @ 4:00

18: Speedy Suppers @ 5:00

26: Friday Fun Food Group (FFFG) Cooking with Herbs @ 5:30

27: Evolving Leaders Forum in Russell County (leaving the office at 7:30 CT)

**EXTREME LEADER MAKEOVER**

We will be going on a Leadership Retreat August 4-6 at Cumberland Falls State Resort Park. The cost is absolutely FREE. You only have to pay for your meals. We will be leaving Thursday, August 4<sup>th</sup> at 2:00 and will be returning Saturday August 6<sup>th</sup>. I can take a total of 10 people. We will be planning our new homemaker year, learning leadership skills and learning how to work with one another! Please call the Extension Office if you are interested at 932-5311.

**DON'T FORGET TO PAY YOUR \$8.00 DUES AT YOUR SEPTEMBER CLUB MEETING!**

*The Green County Homemaker's Extension Council will meet the 3rd Monday of every month beginning at 4:00 P.M. All club officers and chairman are invited.*