



Green County FCS Extension

Cooperative Extension Service

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September 2011

Dear Extension Homemaker,

Join me in welcoming our newest club the "New Homemakers" Club to our organization! We are excited you all are members and look forward to learning with you! I would also like to thank Gilda Keltner and Mary DeSpain for attending the E.L.F Leader Training August 27th. All leaders need to make plans to attend our next leader training on November 5th. The time and place will be announced in the coming months. Also, we are having a Shaker Tape Footstool Workshop on September 21. If you would like details please call the office. Please continue to work on items for the Holiday Bazaar on November 18th, vendor letters will be going out very soon. Have a great month and look forward to seeing each of you at your September meetings!

Joyfully,

Roll call:

Housekeeping job you like or hate the most.

Thought for the Month:

Love is the thing that enables a woman to sing while she mops the floor after her husband has walked across it in his barn boots.

—Hoosier Farmer

More Holiday Enjoyment for Less

Have you started the Christmas holiday shopping countdown yet? It may sound crazy, since we are still enjoying the hot days of summer, but with only slightly over 100 shopping days left, it is time to start thinking about a holiday budget. To avoid the holiday crunch on your wallet at the end of the year, plan for holiday expenses throughout the year. Also, it is important to realize that Christmas is not the only expensive holiday in the next three months.

Halloween ranks as the third most expensive holiday, following Christmas and Valentine's Day. This may be a surprise, since typically the holiday does not involve large gift giving or family events.

Nonetheless, the price of costumes, candy, and decorations adds up. Preparing early for holiday expenses can reduce stress and your after-holiday bills, regardless of the holiday you are celebrating.

Develop a specific budget for each of the upcoming holidays. Talk early with family members to determine their expectations for travel, food, and gift-giving. As you develop your budget, determine which items are must-haves, such as the turkey for Thanksgiving Dinner, and which items would be nice if you have a few extra dollars. Developing a budget for Halloween, Thanksgiving, and Christmas at the same time can help you stretch your finances over all three holidays and not overspend on one specific holiday. You will also want to think about how you will pay for holiday shopping.

You are less likely to overspend if you pay with cash rather than using a credit card. If you are using cash, once all of your cash is gone, you are finished with your holiday shopping. Another option: Many stores now offer layaway plans. If you use a store layaway option, be certain to check the return or sale policies and keep track of all payments.

Finally, remember that holiday sales can be tempting, but once you are in the store, stick to your original budget.

Below are some saving tips to help you celebrate the holiday season in style, but without playing a trick on your wallet.

Taking the Scare Out of Halloween: •Shop local consignment or thrift stores for costumes. Also consider selling some of your children's costumes from previous years. •Be creative: Search your closets, as well as Grandma's, for items that you can turn into a costume. •Do an internet search for easy DIY (do-it yourself) Halloween costumes.

Thrifty Thanksgiving: •Give both you and your wallet a break. Instead of preparing Thanksgiving dinner with all of the side dishes, plan a Thanksgiving pot-luck. •If finances are tight, reduce travel expenses by only visiting family on one holiday, either Thanksgiving or Christmas. •Plan holiday meals ahead of time, shop grocery deals and look for coupons.

Beat the Christmas Blues: •Talk to family and friends about setting new holiday traditions. •In many families, people enjoy spending time together more than they do the actual gift received. •Make a list of all friends and family for whom you would normally purchase a gift and then talk with them about setting a spending limit on gifts. • Before heading to the store, decide on a dollar amount that you will spend on each person.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues. Written by: Jennifer Hunter, Ph.D., Assistant Extension Professor Family Financial Management



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!**

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.

National Falls Prevention Awareness Day: Sept. 23

September 23, 2011, the first day of fall, is the National Falls Prevention Awareness Day to promote and increase public awareness about how to prevent and reduce falls among older adults. Roughly one-third of Kentuckians over the age of 65 fall each year, resulting in more than 33,000 seniors being treated for fall-related injuries in Kentucky hospitals. The Centers for Disease Control reports that falls are the leading cause of injury death for among those 65 years and older, and the leading cause of nonfatal injuries and hospital admissions. The Kentucky Department for Aging and Independent Living and the Kentucky Safe Aging Coalition remind all Kentuckians that injuries from falls are largely preventable.

Falls are not a 'natural' part of aging and by increasing fall prevention awareness, older adults and those associated with older adults can help decrease injuries and save dollars. Fall prevention education helps people remain independent and healthy.

There are four major risk factors for falls in older adults: lack of exercise, vision problems, medication side effects, and home/environmental hazards.

To reduce your risk of falls:

- **Begin a regular exercise program.** Exercise improves strength and balance, as well as coordination.
 - **Have your health care provider review your medicines.** Some medicines or combinations of medicines can make you sleepy or dizzy and cause you to fall.
 - **Have your vision checked.** Have your eyes checked by an eye doctor at least once a year. Poor vision can increase your chances of falling.
- Make your home safer.** Remove tripping hazards like books and papers from stairs. Remove small throw rugs or use double-sided tape to hold them in place. Install grab bars next to your toilet and shower.

References: Centers for Disease Control and Prevention (2010); Kentucky Cabinet for Health and Family Services Department of Aging and Independent Living (2011); National Council on Aging, Fall Prevention (2011); and the Kentucky Safe Aging Coalition (2011).

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

2011-2012 Extension Homemaker Lessons

Please pick from the following lessons for your September-November Lessons (the facilitator's guides are at the Extension Office)

- ◆Tame the Tube ◆Crockpot Cooking ◆Clothing Repair
- ◆2011 Dietary Guidelines ◆Don't Let Falls Get You Down

The following lessons will be available for you after the November 5 Area wide Leader Training:

- ◆What is Social Networking? ◆International Lesson: Women of the World ◆Gluten Free Living ◆Spring Cleaning & Green Products ◆Mediate, Breathe and Stretch

Please try to plan out your entire year (from October through May) and submit all lessons to the Extension Office after your next meeting. This will give us time to make copies of your lesson and/or find addition information if needed. Also, if you would like to have a lesson that is NOT listed please let me know this as well.

The Kentucky State Parks are taking part in the Coca-Cola "America is Your Park" campaign and are seeking votes for Cumberland Falls State Resort Park. The campaign encourages people to play, be active and to help give their favorite park a face-lift. "We have many state parks to choose from, but we are urging votes for Cumberland Falls because it is so well known in Kentucky and this region of the country," said Kentucky Parks Commissioner Gerry van der Meer.

The top vote getter will receive a \$100,000 recreation grant; second place \$50,000 and third place \$25,000.

Voting runs through Sept. 6, 2011. Visit www.LivePositively.com to vote for Cumberland Falls State Resort Park. You can vote as many times as you wish through the deadline.

Cumberland Falls State Resort Park has a lodge, Riverview Restaurant, cottages, campground, hiking trails, fishing, horseback riding, rafting, other recreational activities and a great view of Cumberland Falls. For more information about the park, call 1-800-325-0063.

Quick and Healthy Recipes from Families, Food and Fitness

"Quick and Healthy Recipes" is a user-friendly, attractive, and searchable database featuring recipes submitted by members of the "Families, Food and Fitness Community of Practice" from Land Grant Universities across the country. Users can search recipes based on title, ingredient, meal type, season, low-fat, low-sodium, and low-calorie. Recipes are categorized as "Kid Friendly" to help busy parents easily involve children in meal preparation. The database also features "Quick and Easy" recipes with minimal ingredients, preparation time, and cook time to ensure that even on the busiest weeknight, your family can enjoy a home-cooked meal.

Users have the option to create a user account. Registered users can rate and comment on recipes. Users can share and save their favorite recipes on popular social networks like Twitter, Facebook, and Delicious. Recipes can be printed in a variety of formats including full page or popular recipe card sizes like 3 by 5 or 4 by 6. Visit this website at <http://www.quickhealthyrecipes.msstate.edu/>.

PLATE IT UP!

Baked Apples and Sweet Potatoes

- | | |
|-------------------------|---------------------|
| 5 medium sweet potatoes | 4 medium apples |
| ½ cup margarine | ½ cup brown sugar |
| ½ teaspoon salt | 1 teaspoon nutmeg |
| ¼ cup hot water | 2 tablespoons honey |

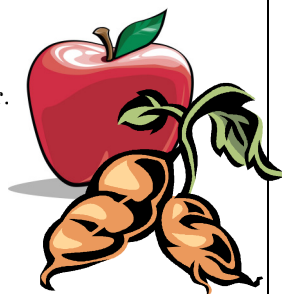
1. Boil potatoes in 2 inches of water until almost tender.
2. Cool potatoes, peel and slice. Peel, core and slice apples.
3. Preheat the oven to 400°F. Grease a casserole dish with a small amount of margarine.
4. Layer potatoes on the bottom of the dish.
5. Add a layer of apple slices.
6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.
7. Repeat layers of potatoes, apples, sugar, salt and margarine.
8. Sprinkle top with nutmeg.
9. Mix the hot water and honey together.
10. Pour over top of casserole.
11. Bake for 30 minutes.

Yield: 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: *USDA Food Stamp*

Nutrition Connection, Recipe finder. June, 2008.



KENTUCKY APPLES

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 2 1/2 inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food.

The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects. **STORAGE:** Use those with bruises or skin breaks as soon as possible. Apples that are slightly under ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact the Extension office for more information.

VARIETIES: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.



Audrey Myers, Danielle Jeffries-Lee, Kim Arps, Pearldean Jeffries, Anita White & Judy Simpson



The **2011 Cow Days Quilt Show** will be held at the Presbyterian Church on Friday, September 16th and Saturday, September 17th. Quilts that won last year cannot be entered this year, but can be shown. Any person from any county can enter.

Quilt Show Schedule (Friday):

- Check in 10:00 am – 1:00 pm
- Judging 1:00 pm– 2:00 pm
- Viewing 3:00pm – 6:00pm

Quilt Show Schedule (Saturday):

- Viewing 9:30am – 5:00pm
- Check out 5:00pm – 6:00pm



2011 Cow Days Quilt Show Classes:

- * White cloth * Embroidery * Antique * Pieced
- * Machine quilted * Appliqué * Wall hanging/ Baby quilt
- * Winner's Choice

Prize Money (in each class):

- * \$20.00 1st place * \$10.00 2nd place * \$5.00 3rd place
- * \$25.00 Viewers choice

We still need volunteers for the
2011 COW DAYS QUILT SHOW AND BOOTH!

If you are interested in helping with the Cow Days Homemaker Informational Booth or the Quilt Show please call the Extension Office and sign up for a date and time.

BOOTH Friday Sept. 16

- 9:00-10:00 1. Gilda Keltner
2.
- 10:00-11:00 1. Gilda Keltner
2.
- 11:00-12:00 1. Gilda Keltner
2.
- 12:00-1:00 2 people
- 1:00-2:00 2 people
- 2:00-3:00 1. Peggy Davis
2. Shelly Nunn
- 3:00-4:00 2 people
- 4:00-5:00 2 people
- 5:00-6:00 2 people

QUILT SHOW Friday Sept. 16

- 1. Betty Gay Lowe
2.
- 1. Betty Gay Lowe
2.
- 2 people
- 2 people
- 2 people
- 2 people
- 1. Peggy Davis
2. Shelly Nunn
- 2 people
- 2 people

BOOTH Saturday Sept. 17

- 9:00-10:00 2 people
- 10:00-11:00 2 people
- 11:00-12:00 2 people
- 12:00-1:00 2 people
- 1:00-2:00 2 people
- 2:00-3:00 2 people
- 3:00-4:00 2 people
- 4:00-5:00 2 people
- 5:00-6:00 2 people

QUILT SHOW Saturday Sept. 17

- 2 people
- 2 people
- 1. Shelly Nunn
2.
- 2 people
- 2 people
- 2 people
- 2 people
- 2 people
- 2 people

***New Homemakers Club Lessons
(Last Monday of the month @ 6:00 CT)***

- Sept. 26: The Art of Crocheting (bring H size hook)
- Oct. 24: Home Décor on a Dime: Learning how to sew Pillow Covers
- Nov. 28: Holiday Gifts and Decorating: Making Hand Crafted Ornaments
- Dec. 19: Holiday Get Together: Goodie Exchange & "Wrapping" Party
- Jan. 30: Repurposing Fabric: Learning how to Locker Hook a Rug
- Feb. 27: Preserving Our Heritage with Quilts: Quilting a Nine Patch

***Young Homemakers Club Lessons
(Last Tuesday of the month @ 5:30 CT)***

- Sept. 27: Apples, Apples, Apples! How to make Homemade Applesauce and Caramel Apples
- Oct. 25: Easy As Pie! Learning how to make the Perfect pie crust!
- Nov. 29: Pillows, Pillows, Pillows! Learning how to sew Pillow Covers and make pillowcase dresses
- Dec. 20: Holiday Get Together: Holiday Activity to be announced

September

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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	

September 2011

(all programs at the Green County Extension Office unless otherwise noted)

- 5: Office Closed for Labor Day
- 7: Adanta @ 10:00 CT
- 8: Mae's Homemakers 5:30CT @ the home of Pearldean Jefferies
- 10: Ag Round Up @ Lexington
- 12: Town & Country 6:00 CT
- 13: Summersville Homemakers 5:30 CT
- 14: District Staff @ Taylor County
- 15: Early Childhood Council 9:00 CT
- 16-17: Cow Days (please sign up to volunteer)
- 19: Matter of Balance 10:00 CT
- 19: Homemaker Extension Council 4:00 CT
- 20: Highland Homemakers 10:30 CT
- 21: Shaker Tape Footstool Class 10:00 CT
- 22-24: Heritage Skills Retreat
- 22: Matter of Balance 10:00 CT
- 26: Matter of Balance 10:00 CT
- 26: New Homemakers 6:00 CT *The Art of Crocheting* (bring H size hook and standard yarn)
- 27: Young Homemakers 5:30 CT *Apples, Apples, Apples!*
- 28: Family and Consumer Sciences Advisory Council 11:30 CT
- 29: Matter of Balance 10:00 CT

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.