

August, 2009

Issue 66

**Aug.**

JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

# Family & Consumer Science Newsletter

## A Note from Michelle...

August is here, so it is time to get back to work. I'm scheduled to have my wisdom teeth removed next week, so I'll be off a few days. However, this won't stop us as we get back to work. We have lots of wonderful things coming up, so mark your calendars!

**\$3 FM** *Club Meeting Dates*  
 • 17th—McKee Manor, 2 pm  
 • 24th—Northern Jackson County Homemakers, 6 pm, Clover Bottom Baptist Church

## International Dinner **\$10 FM**

The Jackson County Homemaker International Dinner is scheduled for **Thursday, August 6th, 6 pm**, at the **Jackson County Extension Office**. The country we will be celebrating this year is **Switzerland**. Henry Smith will be sharing his experiences with us. Please invite others to attend for this taste of Switzerland. The menu includes swiss chicken, ribs, cucumber soup, sausage salad, zopf,

tomatensalat and chocolate and nut cake. Hopefully, everyone will be able to attend, as this makes the dinner much better. Our past dinners have been wonderful and I expect this one to be even better. This program is free and open to the public, so invite someone to come along. *Ves there!!!*



## Homemaker Leader Lessons **\$10 FM**



Judi O'Bryan, Laurel Co. FCS Agent, will be teaching this month's Leader Lesson, "**MoneyWi\$e**" on Wednesday, August 26 at 1 pm. Short on cash this season? Concerned about the economic issues of the times? Come learn basic money wise tips on how to put money in your pocket for the long-run.


We have several good Homemaker Lessons coming up this year that you won't want to miss.

- Sept. 11—Move It or Lose It !, 10 am
- Oct. 28—Holiday Ideas, Laurel County
- Jan. 19—Using Your Crockpot, 10 am
- Feb. 16—Recycle, Remake & Reuse Clothing, 10 am
- March 16—Using Culinary Herbs, 10 am
- April 15—Clutter-Free Living, 10 am

### August Dates to Remember

**6th—International Dinner, 6 pm**  
**25th—Area Meeting Decorating Committee, 1 pm, Annville Baptist Church**  
**26th—MoneyWi\$e Leader Lesson, 1 pm**  
**31st—Jackson County Fair/Cultural Art Entries Taken at Vocational School**

### September Dates to Remember

**7th—Labor Day, Extension Office Closed**   
**11th—Move It or Lose It Leader Lesson, 10 am, Extension Office**  
**22nd—Area Homemaker Council Meeting, 4 pm, Jackson County Ext. Office**

## Homemaker Events and Announcements

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The Homemakers are once again planning a day trip to the **Natural Bridge and Clay City** on Friday, October 23rd. Our previous trip had to be cancelled due to rain. We plan to leave from the Extension Office at 8:30 am. Be aware that there will be lots of walking and climbing involved. If you wish to go, call 287-7693 by October 9th to pre-register.

### Upcoming Events:

**Oct. 3**—Area Homemaker Meeting, Annville Baptist Church, \$10 per person

**Oct. 28**—Holiday Ideas, Laurel County Extension Office

**Nov. 12**—Holiday Cooking School, Optimist Club, London

**Dec. 8**—Annual Homemaker Dinner, 6 pm, Snow  
Date: Dec. 10.

Please see the enclosed funny money chart to see how to earn your cash for next year's Funny Money Auction at the Homemaker Picnic!

## Homemaker Summer Happenings

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We've had a great summer. Thanks to everyone who participated!

**Homemaker Picnic:** Everyone had a great time at the Homemaker Picnic on June 23. The funny money auction was again a huge success, so we will have it again next year. Remember, the more ways you participate, the more funny money you will have to spend.

**Area Meeting Planning Committee:** I am extremely proud of everyone who has helped with planning the upcoming Area Homemaker Meeting scheduled for October 3rd. We have met many times this summer. Our theme will be "Lunch in Jackson County at Tiffany's." We even met one time and watch the movie, "Breakfast at Tiffany's," which I had never seen. We plan to meet again on August 25th at 1 pm at Annville Baptist Church to continue the planning process. Everyone is invited to attend.

## Jackson County Fair/Cultural Arts Competition

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It's Fair time!!!! The fair **will be** August 31– Sept 4. I hope everyone has been working hard on items to enter. I am enclosing a copy of the fair categories, so look them over carefully

as they have changed some. Remember, a Purple/Blue ribbon will be awarded to the items judged the Best in Show, along with a \$10 premium.

Also, as a homemaker, the items you enter will be judged twice. Once as a fair entry and a second

time against other homemakers for the cultural arts competition. If your item wins the cultural art competition, your item will be eligible to go to the Area Homemaker Meeting in October here in Jackson County. I would like to see our county well represented! Please find enclosed a copy of the Cultural Arts categories. If you are a winner in the Homemaker contest, you will receive a *small* ribbon, however there is **no** cash prizes for the small homemaker ribbons. Also, we desperately need help on Monday, Aug. 31st to help take entries from 12—6 pm. If you can help, please call me ASAP at 287-7693.

# Controlling Ants in the Home

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No one wants to wake up in the morning, go into a kitchen to grab some breakfast and find ants invading your home. Ants are one of the most common pests found in homes, but many misconceptions exist about their control.

While ants may all look the same to humans, many different species exist. The most common ants found in Kentucky homes include pavement ants, carpenter ants, acrobat ants, pharaoh ants and odorous house ants. It is important to determine which species you have because each has unique characteristics and may require a different method of control. An entomologist or knowledgeable pest control firm can help you determine which species you have.

In addition to being irritating, ants may contaminate food, build unsightly mounds on your property or cause structural damage to your home by hollowing out wood for nesting.

The most common mistake people make is spraying only the ants they see. Colonies house anywhere from several hundreds to millions of ants and can be located inside or outside the home. By only spraying the ants you see, you may not be getting the



entire colony. It is more effective form of control to find and destroy the colony.

One way to do this is to set insecticide bait. The ants will take the bait to the colony and feed it to the queen ant(s) and other members.

Many times the bait will destroy the entire colony. Baits usually are user-friendly and can be purchased at most stores. Many of them come in child-proof containers, while others are applied as granules or via syringe.

Various species prefer different types of bait at different times throughout the year. If ants are not eliminated on the first try, you may want to try a different kind. If the bait works, you should see more ants feeding around it. While it may be tempting, you should not spray the ants while they are feeding on bait. They will likely take the bait back to their queen and others in their colony. Do not spray household cleaners and insecticides near baits because they could make them less appealing to the ants.

If the ants are not gone after several attempts to control them, you may want to consult a professional pest control firm.

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## Recipe Corner—PARMESAN RICE & PASTA PILAF

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### Ingredients

2 tbsp olive oil  
1/2 c finely broken vermicelli, uncooked  
2 tbsp diced onion  
1 c long-grain white rice, uncooked  
1 1/4 c hot chicken stock  
1 1/4 c hot water  
1/4 tsp ground white pepper  
1 bay leaf  
2 tbsp grated parmesan cheese



Yield: 6 servings--Serving Size: 2/3 cup each

Each serving provides:

*Calories: 172*  
*Total fat: 6 g*  
*Saturated fat: 1 g*  
*Cholesterol: 4 mg*  
*Sodium: 193 mg*

Source: Stay Young At Heart: Cooking the Heart Healthy Way

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

In a large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2 to 4 minutes over medium-high heat. Drain off oil. Add rice, stock, water, pepper, and bay leaf. Cover and simmer 15-20 minutes. Fluff with fork. Cover and let stand 5-20 minutes. Remove bay leaf. Sprinkle with cheese and serve immediately.

# August 2009

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6 International Dinner, 6 pm	7	8
9	10	11	12	13	14	15
16	17 McKee Manor HM's, 2 pm	18	19	20	21	22
23	24 Northern Jackson Co. HM's, 6 pm	25 Area Meet- ing Decorating Committee, 1 pm, Annville Baptist	26	27	28	29 Fair Beauty Pageant
30	31 Entering for the Fair, 12—6 pm					

## Helpful Hints When You Store Leftovers

Mark the containers clearly and put a date on them. Group all in one area, like the top shelf. That way they won't get shoved to the back of the refrigerator and not get eaten or start growing yucky stuff! - Hints from Heloise

Sincerely,

Michelle W. Smith  
CEA for FCS



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