

September, 2008

Issue 56

Sept.

A Note from Michelle. . .

We've had a great beginning to our new homemaker year with lots of things going on. I wanted to thank everyone for all their help through each event. Your dedication to this organization is deeply appreciated.



Club Dates

\$3 FM

8th—Gray Hawk, 4 pm
18th—Heart of County, 7 pm
22nd—McKee Manor, 2 pm
29th—Northern Jackson Co., 6 pm

Indian International Dinner

\$10 FM

The Jackson County Extension Homemakers' International Dinner was held on Thursday, August 7th at the Extension Office. Thanks to everyone who prepared the Indian dishes. They were delicious!!! Our guest speaker, Sean Madden, did an excellent job sharing his experiences in India with us. If you missed this fun event, you really missed out. Please

don't forget about bringing in your peanut butter. Devonna will be taking the jars to Versailles after Sept. 30th. They will be sent to Haiti from there.



Leader Lesson

\$15 FM

Rebecca Sharp, Bell Co. FCS Agent, will be teaching Building a Basic Wardrobe. Learn what you'll need in your closet to build a fantastic new look on September 16th, beginning at 10 am. Everyone is invited, but each club should send at least one person for this lesson. I know everyone's busy, but **no one** attended the last leader lesson, after the agent drove all the way here. Please try to attend!

Body Recall Class

Beginning September 15th, Cathy will be having Body Recall every Monday and Thursday from 5-6 pm at the Annville Baptist Church. Consult with your doctor before beginning any exercise program. Body Recall is an excellent physical activity program for anyone with arthritis or other health conditions as it increases flexibility. Please call 287-7693 to register.

\$5 FM

September Dates to Remember

15th—Body Recall begins, 5 pm, Annville Baptist Church
16th— "Building a Basic Wardrobe" Leader Training, 10 am
25th—Holiday Planning—10—2, Ext. Office
30th—Annie's Project begins, 5:30, Laurel Co. Ext. Office
30th—Deadline to bring Peanut Butter to Extension Office

October Dates to Remember

4th—Volunteer Appreciation Picnic, 1 pm
10th—Health Fair, 9-1, Location TBA
11th—Area Homemaker Meeting, Harlan County
28th—Holiday Ideas Leader Lesson, Clay County



JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

**Family & Consumer
Science Newsletter**



Annie's Project



\$15 FM

You are invited to attend a new program for women living on a family farm. This program, "Annie's Project," is a six-weeks course designed for farm women on topics related to managing a farm. This workshop empowers women to be better business partners in the changing world of farm living.

We are very excited to be able to offer you the opportunity to attend this program. The program cost is \$50.00, but if you attend 4 out of the 6 session, you will receive your money back. Attendance at this program can provide women living on a farm information to make informed decisions related to the business side of

farming. Don't get left holding the bag! Understand the details of your farm so you don't have to depend on someone else.

Who is Annie? Annie grew up in a small town in northern Illinois and eventually married a farmer. Annie spent her lifetime learning how to be an involved business partner with her husband. While they were successful, the learning process was not easy.

Seeing her struggles, Annie's daughter, an agent in Illinois, created **Annie's Project** to take her experiences and share them with farm women living and working in a complex business. Please see brochure for more info.

Upcoming Events

Come to "**Holiday Planning & Healthy Eating**," on Thursday, Sept 25, from 10 –2. We'll help you get organized, reduce stress, and eat healthy during the upcoming holiday season. Pre-registration is required, so call 287-7693.

\$3 FM

Volunteer Appreciation Picnic—October 4. The Jackson Co. Fair Board is planning an appreciation picnic for anyone in the county who volunteers. More details will be available soon.

Peanut Butter Drive. You may bring peanut butter for the people of Haiti to the Extension Office until Sept 30. Any kind will work.

\$5 FM

Quilt Trail Project—Painters are DESPERATELY needed to help with this project. On the Monday's I have free, I am painting at JC TEC in Annville beginning at 1 pm. I need help!!

\$5 FM

The **Holiday Ideas Program** will be held on **Tuesday, October 28th** in Clay County. The cost is \$10 and includes lunch and one craft. See enclosed brochure for more info.

\$15 FM



The **Holiday Cooking School** will be **Thursday, November 13th** at the London Optimist Club. Cost is \$20 per person and includes a copy of the Bell County Homemaker's cookbook.

\$15 FM

Jackson County Health Fair—This will be on October 10 with a tentative location at Jackson Co. Ministries in Annville from 9 am—1 pm. The definite location will be announced soon.

Area Homemaker Meeting/Cultural Arts Competition **\$10 FM**

The Wilderness Trail Area Annual Homemaker Meeting will be held on Saturday, October 11th, in Harlan County, at the Depot. Please see the enclosed flyer for more information. If you want to go, please let me know ASAP.

Also, if you received a small blue Homemaker ribbon on an item you entered in the Jackson County Fair, that item is eligible to go on to the Area Cultural Art Competition to be held that day. If you cannot attend, I will be glad to take your items for you.

Here is a list of our blue ribbon winners: **Apparel (pieced) - Lois Pogue, Apparel (accessory)—**

Devonna Hisel, Art, Natural, wood - Jenny Yarbrough, Counted cross stitch - Lois Tyra, Drawing, pencil—Jeanne Smith, Smocking—Margaret Hunter, Holiday Decoration— (Winter)- Joyce Davidson, Painting (oil)—Cathy Howell, (acrylic) - Jeanne Smith, Painting (decorative) - Jeanne Smith, Photography (color) - Jenny Yarbrough, Quilt (hand appliqué) —Lois Pogue, (hand pieced)—Lois Tyra, (machine pieced) - Lois Pogue, Wall Hanging (fabric) - Devonna Hisel.



Congratulations to everyone who entered!

Lessen Stress By Learning to Control It

Everyone knows how stress feels. Stress makes it difficult to meet the challenges associated with everyday life. Daily, people deal with stress from meeting deadlines, appointments and balancing home and work schedules. Coupled with everyday issues, life changing events such as a death in the family, moving, career change or family problems can cause additional stress.



The human body can take a certain amount of stress, but the level varies with each individual. It's important for you to be in tune with your body and realize when the stresses in your life are reaching uncontrollable levels and leading to distress. Distress can cause you to become ill, injured or depressed.

It is impossible for you to control all the stresses in your life, but fortunately, you can control or lessen many of the common stressors to prevent distress. The process for gaining control over stress includes knowing the signs and symptoms of distress, identifying contributing factors, developing

ways to manage contributing factors and carrying out a plan to minimize stress.

You should step back and examine your life to determine the events and situations that could be contributing to stress. Issues such as financial difficulty, divorce or separation between family members, changes at work, loss of friends and medical problems in the family can all be contributing factors.

Once contributing factors are determined, you along with friends and family should brainstorm ways to prevent the stress associated with the factors from occurring. It could be something as simple as making sure you get enough sleep at night, or it could be a more complicated change, such as re-focusing your priorities.

After determining ways to limit stress, you must then implement changes in your life. Set goals for implementation. Implementation can be immediate or over a period of time, whichever is the most comfortable for you. Developing a network of support can also help.

Recipe Corner—Autumn Sweet Potato Chili

- 1 can (15-ounce) sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 jar (16-ounce) salsa
- 2 cans (15-ounce) black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream (optional)
- Shredded sharp cheddar cheese to garnish (optional)
- Dried or fresh chopped cilantro for garnish (optional)

Combine sweet potatoes with liquid, chili powder, and salsa in a large saucepan. Bring to a boil, reduce heat to simmer, and cook until thoroughly hot, stirring as needed. Add beans with liquid and cook another 3 minutes to blend flavors. Thin with water if needed. Heat through. Serve with sour cream, cheese, and cilantro on the side.

Makes 8 servings

Serving size: 1 cup





Cost per recipe: \$5.19

Cost per serving: 65 cents

Nutrition Facts per serving: 220 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 760 mg sodium; 42 g carbohydrate; 8 g fiber; 8 g sugar; 9 g protein, 200% Daily Value of Vitamin A, 50% Daily Value Vitamin C, 20% Daily Value iron.



September 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2	3	4 10 am Area HM Council,	5	6
7	8 4 pm Gray Hawk HM's	9	10	11	12	13
14	15 Body Re- call Begins,	16 10 am Building Wardrobe Leader	17	18 7 pm Heart of the County	19 Deadline for Annie's Pro-	20
21	22 2 pm McKee Manor HM's 	23	24	25 10 am Holi- day Planning & Healthy Eating 	26	27
28	29 6 pm Northern Jack- son Co. HM's	30 Annie's Project <u>begins Clay County</u> Deadline to bring in peanut butter. 				

Homemaker Cookbook

Since we didn't get a lot of recipes, we are going to combine the new recipes with some of the recipes from the old Homemaker Cookbook. Hopefully, we can combine them to make an exciting, new cookbook. We'll get them to the printer as quickly as we can.

Sincerely,

Michelle W. Smith
CEA for FCS



Disabilities accommodated with prior notification

Helpful Hints

What NOT to Give Your Dog

Don't feed your pooch onions, grapes, raisins, raw eggs, mushrooms, fruit pits or tomato stems, which can be dangerous. Table scraps also are not good for them.

Talk with your vet about proper feeding of your dog.—

Heloise's Hints

