

January, 2009

Issue 60



Family & Consumer Science Newsletter

JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

A Note from Michelle...

Welcome to the new year: 2009! I want to welcome all our new members. We gained 6 new members since 2008. If anyone has any questions, concerns or words of encouragement, please feel free to call, email or stop by my office.

My door is always open. My number is 287-7693 and my email address is mwsmith@uky.edu. Welcome!!!

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Club Dates

- 12th—Gray Hawk, 4 pm
- 26th—McKee Manor, 2 pm
- 26th—Northern Jackson County, 6 pm

Homemaker Leader Lessons

Our next Homemaker Leader Training will be **Help Yourself to a Healthy Home**, taught on **February 5th at 10 am** at the Extension Office, by Peggy Helton, Whitley County FCS Agent. Did you know that your home may have hidden dangers to your health? Is the air in your home clean and healthy? This lesson will answer these questions. Peggy will be traveling a long way, so I appreciate everyone who can attend. The March Les-

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son will be **Recipe for Safer Cooking**, on March 5 at 10 am. Careless cooking remains a leading cause of household fires. This lesson includes tips for preventing a cooking fire in your kitchen along with information about fire extinguishers and the proper ones to have in your kitchen. Renata Farmer, Knox Co. FCS Agent, will be teaching this informative lesson. These programs are free and open to the public, so invite a friend.

Civil War Christmas

The Civil War Christmas at the Big Hill Welcome Center went wonderfully. We could not have done it without the help and support of the Homemakers. I deeply appreciate everyone who made a dish, came to

the event and helped with serving the food. Especially thank you to



Arzella Bingham, Amy Hubbard and Imandra Johnson who helped get things set up, etc. With about 175 people attending, it was a huge success. You really missed out if you weren't there, especially if you missed seeing me fire the cannon. My ears are still ringing!!!

January Dates to Remember

- 15th—Area Officer/Chairman Training, 12 pm, Jackson County Extension Office**
- 19th—MLK Day, Extension Office Closed**

A HAPPY
NEW YEAR

February Dates to Remember

- 5th—Help Yourself to a Healthy Home Leader Lesson, 10 am, Extension Office**
- 13th—Extreme Makeover from the Inside Out, 10—2, Lunch provided**
- 18th—Ovarian Cancer Screening**



Homemaker Annual Christmas Dinner

The Jackson County Homemaker's Annual Dinner was held December 9th at the Annville Baptist Church. I was delighted at the attendance. We had a wonderful time, listening to the music played by Billy Roy Farmer and the singing by Robert Yarbrough. The food was also delicious. If you missed it, you really missed a wonderful time.

Lois Pogue, member of Gray Hawk Homemakers, was named as this year's Outstanding Homemaker. Lois has been a member of Homemakers for many years. She is a strong, but quiet supporter of our

programs. We appreciate everything she has done over the years and know she'll continue to support us in the years to come. Thank you Lois!



Upcoming Programs

Mark your calendars today for these interesting programs that will be offered soon.

Feb. 5th—Help Yourself to a Healthy Home, 10 am, Extension Office

Feb. 6th—Go Red for Women, 6 pm, London Community Center

Feb. 13th—Extreme Makeover from the Inside Out, 10 am—2 pm, Extension Office—Come enjoy a day of how to change yourself for the better; physically, mentally and nutritionally. A free Valentine's Lunch will be served. Call 287-7693 to pre-register by February 11th.

Mar. 3rd—The Biggest Loser Club is coming!!! Get ready to lose those holiday pounds!!!

Bad Weather Policy

Remember our bad weather policy. Generally, if the roads are bad and school has been cancelled in Jackson County, then any program we have planned at the Extension Office is cancelled as well. However, if you look out your window and the roads are clear, then just give us a call to be sure. Many times school has to be cancelled due to road conditions on one or two roads in the county, while the rest of the roads remain clear.



Funny Money

Please don't forget about our Funny Money project. To give everyone even more incentive to attend programs and club meetings, every time you attend, you will receive funny money. This funny money can be used at our June Homemaker Picnic auction to buy wonderful items during the auction.



Homemaker Lesson Ballot

Please find enclosed the new Leader Lesson ballot. Please take a few minutes and pick 8 lessons that you would like to see taught beginning in August. In order to count, I need them by February 6th. Please let your vote count. Remember, you can't complain if you don't vote.

Homemaker Cookbook

The Jackson County Extension Homemakers' Cookbook has been selling wonderfully. We have less than 100 books left, so if you haven't bought yours, you need to hurry. The price has now risen to \$12 per book. If you would like to take some books to sell, please stop by the Extension Office and pick them up. We appreciate everyone for buying and helping us sell them. All the proceeds do go into the Homemaker Account and will be used to do programs. Thanks for all your support!

Kentucky Women's Health Registry

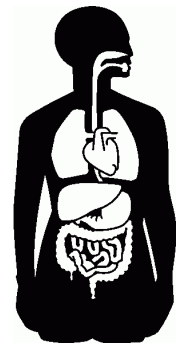
Why do some diseases affect women more than men? Why do women respond to some drugs and treatment therapies differently than men? What environmental factors and behaviors most influence women's health? Researchers don't know, but they want to find out. And they need your help. The Kentucky Women's Health Registry is a simple, confidential survey which can be either taken online or filled out in paper form. The survey takes about twenty to thirty minutes to complete each year. You can take the survey at

<http://www.kywomensregistry.com> or call 1-800-929-2320 for a paper form complete with a postage paid envelope. Researchers use the statistics to understand how our health changes over time and what causes disease. They also share statistics with local health departments and the county extension service so that they can use the information for grants and for education.

Please consider volunteering your time and helping them advance women's health for yourselves and the future women of Kentucky. They have a goal of enrolling 2500 new women each year, and they are very far from our goal. They would like to see more

women from Jackson County participate. In truth, they want MANY more women from Jackson County to participate. Feel free to go to <http://www.kywomensregistry.com> and click on the map to see about how many women from Jackson County have participated. They really need to have all of the counties be a darker color blue, or to have 50 women from each county take the survey.

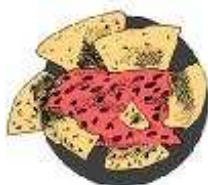
Please pass this on to friends, family and co-workers who are women, are over 18 years of age and live in Kentucky. Also, don't forget about the contest!!! The top three counties with the highest percentage of women participating in the Registry will receive special recognition at the state meeting in the spring. Counties that have 15% of their membership participate will also receive recognition at the state meeting in April. That means Jackson County needs at least 12 people to complete the survey. All you need to do is check "homemakers" when asked how you heard about the Registry. Thank you for your help!



Recipe Corner—Chicken Tortilla Soup

Ingredients

- 2 14-ounce cans chicken broth with roasted garlic
- 1 14-1/2-ounce can Mexican-style stewed tomatoes, undrained
- 2 cups shredded cooked chicken (about 10 ounces)
- 2 cups frozen (yellow, green, and red) peppers and onion *stir-fry* vegetables
- 1 cup tortilla chips
- Sliced fresh jalapeno chile peppers (optional)



Directions

1. In a 3-1/2- or 4-quart slow cooker, combine broth, undrained tomatoes, chicken, and frozen vegetables.
2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-1/2 hours.
3. To serve, ladle soup into warm soup bowls and top with tortilla chips. If desired, top with chile peppers. Makes 4 servings.

Nutrition Facts

Calories 181, Total Fat (g) 4, Saturated Fat (g) 1, Cholesterol (mg) 36, Sodium (mg) 1383, Carbohydrate (g) 19, Fiber (g) 1, Protein (g) 18

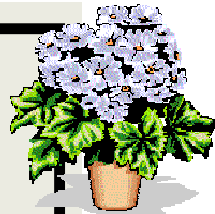
January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HAPPY NEW YEAR	2	3
4	5	6	7	8	9	10
11	12 4 pm Gray Hawk HM's	13	14	15 Area HM Officer Training	16	17
18	19 	20	21	22	23	24
25	26 2 pm McKee Manor HM's 6 pm Northern Jackson Co HM's	27	28	29	30	31

Helpful Hints

House Air Too Dry?

Bring several new plants into your home environment because they help to rehydrate the air. Ferns, begonias coleus and zebra plants like moisture and grow quickly. Put pots in a shallow tray filled with pebbles and water, this will help to keep moisture in the air.-Hints from Heloise



Sincerely,

Michelle W. Smith
CEA for FCS



Disabilities accommodated with prior notification

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Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.