



I hope everyone is staying warm and safe during all this bad weather. Have a warm Valentine's Day and don't forget to tell everyone that you love how you feel. Happy Valentine's Day!!



Club Dates

- 9th—Gray Hawk, 4 pm
- 16th—N. Jackson Co., 6 pm
- 16th—McKee Manor, 2 pm
- 17th—Heart of County, 7 pm

Homemaker Leader Lessons

We have some great Homemaker Leader Lessons in the upcoming months.

Peggy Helton, Whitley Co. FCS Agent, will be teaching **Help Yourself to a Healthy Home** on Thursday, February 5 at 10 am.

Renata Farmer, FCS Agent from Knox Co., will be teaching **Recipe for Safer Cooking** on Friday,

March 13 at 10 am.

I will be teaching **Climbing Your Family Tree** on Thursday, April 16th, beginning at 10 am. Have you ever wondered where you came from and who your ancestors where? Are you related to someone famous from our past? Come learn how to start tracing your family tree?



Cornhusk Dolls

Renata Farmer, Knox Co. FCS Agent, will be here on February 10th at 1 pm, hosting a workshop on making cornhusk dolls.



These dolls are different than other corn husk dolls you may have seen. They are approximately 12 inches high and wear a cloth apron. The cost for this workshop is \$2 per person. To register for this workshop, call 287-7693.

Remember if school is cancelled on any of these dates, then our Extension programs will be cancelled as well.



JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

Family & Consumer Science Newsletter



February Dates to Remember

3rd—Start Moving, Smart Choosing kickoff
5th—Help Yourself to a Healthy Home Leader Lesson, 10 am, Extension Office
10th—Corn Husk Dolls Workshop, 1 pm, \$2, Extension Office
10th—Homemaker Council Meeting
13th—Extreme Makeover from the Inside Out, 10 am
18th—Ovarian Cancer Screening
24th—Fat Fear Factor, 11 am
26th—Get Money Wise, 10 am



March Dates to Remember

3rd—Biggest Loser Kickoff, please see the enclosed flyer for more information
13th—Safe Cooking Leader Lesson, 10 am, Ext. Office
19th—Area Homemaker Meeting and Officer Training, 12 pm, Laurel County Extension Office



The Biggest Loser Weight-Loss Program

Are your pants fitting too tight? Are you ready to lose those extra pounds you gained through the holidays? Are you ready for a healthier you? If so, join us on March 3rd for the kickoff of our weight-loss program, “The Biggest Loser.” This program is a research-based program developed by the nutrition specialists at the University of Kentucky. You will learn nutrition, exercise and cooking tips to achieve a healthier weight in a safe and effective way. Please see the enclosed flyer that outlines all of the details



of this program. If you are really committed to achieving a healthier weight, then this program is for you. The kick-off will be March 3rd, with weigh-ins, nutrition programs, and exercise opportunities being available every Tuesday for 10 weeks at the following locations:

- **Sand Gap Family Resource Center, 10 am**
- **Jackson County Extension Office, 12 pm**
- **Jackson County Ministries Gym, 5 pm**

The initial cost will be \$10 per person, with the Biggest Loser winning a cash award of \$200.

Upcoming Events and Programs

February 13th beginning at 10:00am *Extreme Makeover from the Inside Out*---Come for a complete makeover. Learn how to eat healthy to help your insides, then stay for lunch and a new look on the outside. Local hairstylists, makeup artists and fashion gurus will be available to help with your new look. This program is free and open to public.



February 24th at 10 am *FAT Fear Factor*—learn why we are overweight and what we can do about it. A low-fat lunch will be served.

February 26th at 10 am—*Get Money Wise*—Learn how to budget your money better in these hard economic times.

Homemaker Council Meeting

As you probably already know, Jackson County will be hosting the Area Homemaker Meeting for the entire 8-county area this year in October. To get prepared for this event, the Jackson County Homemaker Council will be meeting on Tuesday, February 10th at 4 pm. Our theme will be “Lunch at Tiffany’s in Jackson County.” We need to continue to make plans and get ready for this exciting event. Anyone wishing to help with the planning is invited to attend this council meeting. Working together, this can be the best Area Homemaker Meeting ever!!!

Jackson County Food Bank

Due to the tough economic times, food banks in are struggling to keep food on the shelves. If you would like to help the people who are struggling to make ends meet, please take a few moments to give to our own local Food Bank. Any kind of food will be accepted, but foods that can be used to make a whole meal work best. Think of what you would serve your family and bring that. The food bank has freezer and refrigerator space, so perishable foods can be accepted there. Of course, money donations will work best. You may drop either off at the Jackson County Food Bank from 12:30—2:00 pm, M-F. Non-perishable foods can be dropped off at the Extension Office if you can’t make it to the Food Bank on McCammon Ridge Road. Thank you so much!



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Washington, D.C. 20250-9410
202-720-5964

Getting Out of Debt

Even responsible credit users can get over-extended. They can get sick, divorced, or lose their jobs and fall behind. What should you do if you realize you have a debt problem?

The first step is to stop using credit. Don't take on new debts or charge any new items. Paying off debt is hard enough; don't add to what you owe! Leave your credit cards at home. The next step is to figure out how much you owe. List who you owe and how much you owe them.

The third step is to decide how much you can pay back. Compare your monthly income with your monthly expenses. Examine ways to reduce your flexible expenses—the ones that vary each month—and shave your spending down to the bare-bones level. You may need to get a second job so that your income will cover both your current expenses and your debt repayment.

Next, develop a debt repayment plan. There are a number of ways to get out of debt. Consider each of the different methods and decide which one(s) you'll use.

• **Importance method.** Pay the debts that will keep your family safe and your credit rating intact—for example, your rent/mortgage, food, and utilities. If you're making payments on a house, vehicles, furniture, or appliances, don't risk losing that property by getting behind on your scheduled payments. Until you can pay



more, just make the minimum payments on your other debts and credit cards. That will keep you in good standing with all of your creditors and won't damage your credit rating.

• **High interest rate method.** Check your monthly statements for interest or annual percentage rates and pay off the debt with the highest rate first. Pay as much as you can on that debt each month until it's paid off. Meanwhile, make minimum payments on your other debts. Then apply the payments you were making on the highest-rate debt to the next highest rate debt, and so on.

• **Low balance method.** Pay off the bills with the lowest balances first. For example, if you have only four payments left on your car or washing machine loans, pay those bills first. Then use the money you put toward those payments and pay off the debt with the next-lowest balance.

• **Debt consolidation method.** You may be able to get a single loan that pays off your other debts. The monthly payment on this "consolidation" loan will usually be lower than the total amount you're now paying on your other debts, because consolidation loans are spread out over a longer period of time. However, debt consolidation may cost you more in the long run because you'll likely pay more interest.

Source: University of Idaho, Credit Cents Newsletter

Recipe Corner—Meaty Stuffed Potatoes

- 3 medium potatoes
- Non-stick cooking spray
- 1 cup cooked, diced turkey or other lean cooked meat
- 1 cup coarsely chopped broccoli
- ½ cup chopped onion
- ½ cup thinly sliced carrots
- ¾ cup hot water
- ¾ cup nonfat milk
- 1 tablespoon flour
- ¼ teaspoon black pepper
- ½ cup shredded, low-fat cheese



Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half lengthwise. In a covered sauce pan, boil potatoes in just enough water to cover. When they are fork-tender (15 to 20 minutes), remove from heat and drain. Set aside. Spray a skillet with non-stick cooking spray. Combine cooked meat, broccoli, onion, carrots and water in the skillet.

Boil until fork tender (about 5 minutes). Reduce heat to low. Shake milk, flour and pepper together in a jar with a tight fitting lid. Stir flour mixture into meat mixture until well blended. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon one third cup of the meat mixture over each. **NOTE:** 1 can (5-ounce) of chicken may be substituted for 1 cup of diced leftover turkey.

*Makes 3 servings, Serving Size: 1 potato, Cost per recipe: \$4.07
Cost per serving: \$1.36 Nutrition Facts per serving: 220 calories; 3 g total fat; 1.5 g saturated fat; 0 g trans fat; 40 mg cholesterol; 220 mg sodium; 22 g carbohydrate; 7 g fiber; 10 g sugar; 27 g protein; 110% Daily Value of Vitamin A; 130% Daily Value of Vitamin C; 25% Daily Value of Calcium.*

Source: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, Jan. 2007

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 Start Moving, Smart Choosing begins at the Library	4	5 Help Yourself to a Healthy Home, 10 am	6 Go Red for Women, 6 pm, London Community Center	7
8	9 Gray Hawk Homemakers, 4 pm	10 Corn Husk Dolls, 1 pm, \$2 Homemaker Council Mtg, 4 pm	11	12	13 Extreme Makeover from Inside Out, 10 am	14 
15	16 McKee Manor, 2 pm Northern Jackson Co, 6 pm	17 Heart of the County, 7 pm	18 Ovarian Cancer Screening	19	20	21
22	23	24	25	26	27	28

Helpful Hints

To Deodorize a Wood Butcher Block

Sprinkle baking soda onto a wet sponge and scrub over the butcher block. Rinse well. Then reseason the wood by lightly oiling the surface with mineral oil (NOT vegetable oil). Wipe excess with a paper towel. -Hints from Heloise




You Are Loved

Sincerely,



Disabilities accommodated with prior notification

Michelle W. Smith
CEA for FCS

Agriculture & Natural Resources • Family & Consumer Sciences • 4-H/Youth Development • Community & Economic Development

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