



Muhlenberg County Newsletter

FAMILY & CONSUMER SCIENCES

**Cooperative
Extension Service**
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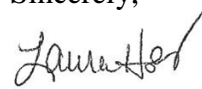
February 2012  

Dear Homemakers,

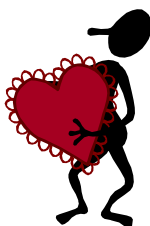
Happy Valentine's month. Not only is this the month to remember those we love but this is also the month our county will kick-off HeartChase. You might ask what is HeartChase? HeartChase has been designed to help raise awareness about heart health, encourage teamwork, raise money for the American Heart Association, and to bring some fun and pride to our community. The kick off will be at the Extension Office on Feb. 22 from 11-1. Lunch will be served by Homemakers in our help to raise awareness of heart disease and encouraging neighbors to get healthy.

The deadline for submitting volunteer hours has been extended to Feb. 1. Please get these to me so you or your club will be recognized at the state meeting if you have 500 or more hours.

Sincerely,



Laura Holt
County Extension Agent
For Family & Consumer Sciences



Mark Your Calendar

- ♥ Jan. 30- County Council officers meet- 10:30, 2:00-lesson training
- ♥ Feb. 1- MCV work day in Princeton
- ♥ Feb. 2- LEAP taught in pre-schools, 1:30- HeartChase committee meeting, Apron Friends meet

- ♥ Feb. 3- Sew day for nursing home cover-ups, 9-2, office
- ♥ Feb. 8- Agent district staff meeting, Harmonizers Club meets
- ♥ Feb. 9- LEAP in pre-schools, Coupon class- 6:30, office, Graham Club-Maple Manor Birthday party
- ♥ Feb. 14- Graham Club meets
- ♥ Feb. 15- Area Homemaker program planning (agent), Forever Young Club meets
- ♥ Feb. 16- LEAP at pre-schools
- ♥ Feb. 17- Manners lesson at Central City Elementary, 1st graders
- ♥ Feb. 19-25-KY Saves Week
- ♥ Feb. 20- Cultural Arts entries due
- ♥ Feb. 21- Homemaker Council, 9:30, Imitation Club meets, Neighborhood Club meets
- ♥ Feb. 22- HeartChase, 11-1, office
- ♥ Feb. 23- Area Cultural Arts Day, Princeton
- ♥ Feb. 25- Penguin Plunge at Dogwood Lake
- ♥ Feb. 27- Homemaker lesson, Supporting Military Families, 9:30, office
- ♥ Feb. 28- Women's Safety Class, office
- ♥ March 2- Deadline for signing up for AARP Safe Driving class on March 7
- ♥ March 4- Grand Opening of Felix E. Martin Hall at West High
- ♥ March 6, 13,20,27- Diabetes Classes, Extension Office
- ♥ April 2- Homemaker Scholarship applications due at office



Area Cultural Arts Day

You have received a listing of categories for the Area Cultural Arts day on Feb. 23 in Princeton. These are also listed in your yearbook. If you plan to exhibit, please have your item at the Extension Office by Feb. 20 so it can be labeled for the contest. We will leave the office at 8:15 a.m. if you would like to carpool. Muhlenberg County needs two leaders to place ribbons after the judging. Please call the office at 338-3124 if you plan to attend.

A Day in Madison, Indiana

Muhlenberg County Extension Homemakers will travel to Madison, Indiana on Friday, April 13. Cost is \$73.00 per person and the deadline to register is March 15. We will depart from the Extension Office at 6:00 a.m. and enjoy coffee and doughnuts as we travel. We should arrive in Madison at 9:30 a.m. where we will see a short video in the Madison Visitors Center and tour the Lanier Mansion. The Lanier Mansion is a great example of Greek revival architecture and today is acknowledged as the "Crown Jewel" of Madison's Historic District. Lunch is included at Falls Restaurant in Clifty Falls State Park. At 1:00 p.m. we will tour Dr. William Hutchings Office and Hospital in Madison where many original 19th century medical instruments and furnishings remain. We will finish out the day with free time for shopping in downtown Madison. We will depart from Madison around 3:30 p.m. and stop at Cracker Barrel for a bite to eat on the way home. We should return to Greenville around 8:15 p.m.



SAFE DRIVING

We will once again host the "Safe Driving" class on Wednesday, March 7th. The class will be from 12:30-4:30 p.m. at the Extension Office. Cost is \$12 for AARP members and \$14 for nonmembers. You will learn defensive driving techniques, new traffic laws and rules for the

road as well as how to handle aggressive drivers and left turns, right- of -way, interstate highway traffic, trucks and blind spots. Check with your auto insurance company about possible discounts for attending the class. Call by March 2 to register.

Women's Safety Class

Muhlenberg County Sheriff Curtis McGhee will be teaching a women's safety class on Feb. 28 at the Extension Office. More information will follow but mark your calendar now.



What is Good for Your Heart is Good for Your Brain

Sometimes people are at higher risk for Alzheimer's disease and stroke due to risk factors they cannot control. Such risk factors may include advanced age, family history or ethnicity. There are risk factors you can control, however, to help improve both heart and brain health. It starts with your heart. It is the heart's job to pump and circulate blood throughout the body, including the brain. The brain receives 15 to 20 percent of the body's blood supply. The blood brings many materials necessary for the brain to function properly and also removes materials from the brain. As the brain ages, it naturally begins to shrink and lose volume. Therefore, a healthy heart is important because the stronger it can pump blood, the healthier and bigger your brain may be.

To keep your heart and brain healthy:

- Watch your numbers
 - Blood pressure – desirable blood pressure is less than 120/80
 - Blood sugar – desirable fasting blood sugar is less than 100 mg/dL
 - Body weight – keep your body weight in the recommended range
 - Cholesterol – desirable cholesterol is less than 200 mg/dL
- Make healthy lifestyle choices

- Stay mentally active
- Remain socially involved
- Stay physically active
- Reduce your intake of fat and cholesterol
- Don't smoke

Resources: AARP. (2010). Heart Health Linked to How the Brain Ages. American Heart Association, American Stroke Association, and the Alzheimer's Association. (2011). What's Good for Your Heart is Good for Your Brain.

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



Food for Kids Backpack Program

Did you know that 490 Muhlenberg County youth depend upon their weekend foods being provided by the 4-H Food for Kids Backpack Program? This program provides food stocked backpacks to kids in need each weekend of the school year. The 4-H Teen Club, a leadership/service organization, spearheads the fundraising for this program. The cost to cover one child for the school year is \$100, thus a total of \$49,000 must be raised to take care of all children currently involved in the program. The 4-H Teen Club's 3rd Annual Penguin Plunge at Dogwood Lake is scheduled for February 25. Those contributing \$100 or more are invited to either take the plunge or assign another to plunge into the icy waters. Last year this event raised over \$20,000 for the Food for Kids Backpack Program. Research indicates that children who suffer from food insecurity do not perform well academically, display unacceptable behavior and have poor attendance in school due to illness or reasons unexcused. Contributions may be sent to the Muhlenberg County Cooperative Extension Office at 3690 State Route 1380, Central City, KY 42330 with checks made to the Muhlenberg 4-H Backpack Program.

Roll your financial worries away.

Each month, around \$50 in small change accumulates in the average household. Invested over 20 years, this will total more than \$20,000. (Calculated at 5% yield)



Chocolate is a Sweetheart of a Candy

Cocoa is one of the richest food sources of healthful antioxidants. Consumers can look for new products designed to enhance chocolate's health benefits and reduce the sugar content. Eating a small amount of rich, dark chocolate provides instant enjoyment. The higher the cocoa content, the more antioxidants the candy contains. The human love affair with chocolate began over 3,000 years ago, when it was served as a frothy, spicy, cocoa-like drink in Central America. While chocolate will never be as healthy as fruits and vegetables, it is a way to be sweet to your Valentine in a healthy way.

Source: Janet Mullins, Extension Specialist for Food and Nutrition, University of Kentucky College of Agriculture

Quilter's Guild

The Quilter's Guild of Muhlenberg County will have their regular meeting on Tuesday, February 28 at 9:00 a.m. at the Farm Bureau Meeting Room, Dean Road, Greenville, KY. The lesson and demonstration will be on bargello quilting. Anyone interested in quilting is invited to attend the meeting on February 28. If you have any questions, please contact JoAnn Corlew, 338-1534, or Jo Hunter, 338-6689.



Fun Indoor Activities with Your Children during the Winter Months

During the cold winter months, it is harder to find activities to do with younger children. It seems all too easy to allow a child to spend more time on the computer or in front of the television. However, these activities can get in the way of time together as a family and can even be connected to childhood obesity. What are some ideas that families can do instead:

- Build a tent together in the house! No items need to be purchased. Just use items you already have in your house. A tent

can be built in just about any room. Tents can transform even the smallest spaces in your home into hours of creative play together.

- Bake with your kids! Stirring batter, cracking eggs and measuring liquids are all great ways for kids to have fun while learning new skills. Make a homemade pizza together. Bake some muffins together. Cooking with your children can be fun and affordable. It also teaches your children valuable skills they will need in their future.
- Indoor water play! Most people do not think about water play in the winter, but bath time does not have to be just about bathing. When swimming pools are closed, splashing in a warm tub can provide just as much fun. Fill the tub with warm water and throw in bubble bath and toys and let the fun begin. Play with the bubbles and toys with your kids and help them create their own worlds in the water. Let your imaginations run wild together.
- Go to the library together! Winter is the perfect time to go to the library. You can borrow books, music CDs and even movies to take home for activities as a family. Many libraries offer story times, craft activities and other free events for parents and children together. Libraries offer many free ways to beat boredom during the winter months.
- Get up and get moving together! Play a game of hide and seek. Play tug-o-war or wrestle with the family dog. Do simple yoga stretches together. If all else fails, bundle up and take a walk or play in the snow together. Sometimes a little bit of cold, fresh air can be a great way to deal with boredom.
- Have family game nights! Board games are a great way to bring the family together for lots of fun and laughs. There are many choices and lots of games that are very affordable. Let each person in the family pick out a favorite game that you can all play together.

Reference: Harris, A. (2009). Indoor activities for children: Easy and affordable ideas to keep kids entertained indoors. Available at <http://alessandra-harris.suite101.com/stircrazy-proof-your-home-this-winter-a169498>.

Source: Kerri Ashurst, Senior Extension Specialist, University of Kentucky College of Agriculture

Grandma's Scalloped Potatoes

Ingredients:

Cooking spray
½ medium onion
9 medium potatoes
1 (5 ounce) can smoked ham
6 tablespoons flour
½ teaspoon salt
¼ teaspoon ground pepper
Up to 2 ½ cups milk

1. Preheat oven to 350 degrees.
2. Lightly spray 2 ½ quart casserole with cooking spray.
3. Dice onion.
4. Wash potatoes and remove eyes and defects. Peel potatoes, if desired. Slice about 1/8 inch thick.
5. Layer 3 potatoes, 1/3 can of ham and 3 tablespoons flour into the casserole. Sprinkle with 1/3 salt and pepper.
6. Add another layer as above.
7. Layer the last 3 potatoes, ham, salt and pepper into the casserole.
8. Pour the juice from the ham and milk into the casserole. Use only enough milk to fill the casserole within an inch of the top.
9. Cover casserole and bake for an hour, until potatoes are soft.

Makes 18 Servings
Serving Size: ½ cup
Cost Per Recipe: \$4.84
Cost Per Serving: 27 cents

Tip: To control portion sizes and calories, never eat directly from a box or package. Before snacking, measure portions into a container.

In Season: Cabbage, Potatoes, Onions

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