

FAMILY & CONSUMER SCIENCES

Muhlenberg County Newsletter

**Cooperative
Extension Service**
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May 2011

Dear Homemaker,

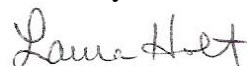
We are having the showers so maybe the May flowers will be splendid! This newsletter is full of opportunities in the upcoming months so please check it out. Volunteer hours will be available plus fun things to do and be a part of.

A special thank you to Sandy Spears, Mary Baxter, Martha Hargrove and Glenda Harris for helping with the collection of phonebooks and paper products for the Homemaker recycling project. As of today 32,076 pounds were collected for the Opportunity Center. Eight schools participated and we are grateful for the students and teachers who made this a successful project.

A thank you also goes to Glenda Harris for making cakes for the county road department. We could not do this project without their truck, gas, and man power.

Happy Derby Day, Mother's Day, and Memorial Day.

Sincerely,



Laura Holt
County Extension Agent
for Family & Consumer Sciences



Calendar:

- April 28 - Berry Basic Lesson at 1:30 at the office (notice change in lesson for the month of May)
- May 4 - Truth and Consequences, 4:00
- May 5 - Annual Day committee, 10:00, office
- May 9-12 - Kentucky Extension Homemaker Association meeting in Bowling Green
- May 10 - Graham Club meets
- May 11 - Harmonizers Club meets
- May 12 - Apron Friends Club meets; Maple Manor Birthday Party (Forever Young)
- May 14 - Family Fun Day, 9-12, Central City Convention Center
- May 16 - Extension District Board meets, 4:30
- May 17 - Imitation and Neighborhood Clubs meet

- May 18 - Forever Young Club meets
- May 19 - ANNUAL DAY
- May 20 - Area Homemaker Council, Christian County
- May 24 - Basket Class, 9-1 and 5-8; must pre-register
- May 25 - Shred Day, 10-2
- May 26 - Homemaker Council, Laura's house, 9:30
- May 31-June 4 - County Fair
- June 13 - Deadline for trip, deposit due; Deadline for Sew Simple workshop
- June 18 - Make a Quilt in a Day, special interest class
- June 28 - Sew Simple Day in Princeton

committee would like for attendees to dress up this year. By dress up we mean represent a woman you have always admired or respected. You are limited only by your imagination!

The cost of the day will be \$10.00 and reservations are **required** by May 13. Also, we would like to recognize those ladies in our county who have been a Homemaker member 25, 50, or more years. When you call to register, please let us know this information and please help us get word to ladies who might have been a member in the past. Clubs are encouraged to bring a door prize for the drawings. It will be a fun day and we look forward to seeing you all.

Dear Homemakers,

This is the May Newsletter. Can you believe it? Time is passing so fast. I know we've been busy putting away winter items, and getting out spring. As I write this I'm sitting on the porch watching a hummingbird on our feeder.

May 19th is our County Annual Day. A great program is in the making. It will be a good time to gather and see friends after a long winter and celebrate our year in Homemakers. Remember to invite a friend. Hope to see you then.

*Martha Sue Hargrove
Muhlenberg County
President*



Family Fun Day

On May 14 Homemakers will be part of Family Fun Day at the Central City Convention Center from 9 a.m.-12 p.m. The Center will be open to the public for free use of the pool, gym and equipment. Booths will be available for information about what is going on in Muhlenberg County as well as free fingerprinting for our young people. Changing the community one step at a time is the purpose of this event as we look at the health issues facing our county citizens. Bring the kids, grandkids, and family to Central City on the morning of the 14th and enjoy the use of the Center as well as the Rails to Trails.



2011 Annual Day

Your Annual Day committee has been hard at work. Our theme this year is "A Tea to Celebrate Women" and our date is May 19 at the Extension Office. We will begin at 10 a.m. The





Garden Basket Class

We are offering a special interest basket class on May 24 at 9 a.m. or 5 p.m. The cost is \$25 and you will need to bring a towel, scissors, clothes pins and experience of making baskets. Please register by May 16. Payment is required with registration.

Shred Day

The Muhlenberg County Extension Council is sponsoring Shred Day again this year. It will be May 25 from 10-2 at the office. Bring any papers you want shredded at this time and they will be securely disposed free of charge.



County Fair

It is coming. You can go to the Muhlenberg County FCS web site at <http://ces.ca.uky.edu/muhlenberg/FamilyConsumerSciences> to check out the entries for the fair. On Tuesday, May 31, we will have a Cupcake Wars contest. This will be replacing the bake-off contest. Two different finished cupcakes will be judged and must be accompanied with the ingredients used. And as always, we need help manning the Exhibit Hall each night from 5:30-9:30. Please call to volunteer.



Bargello Quilt Class

Have you always wanted to make a quilt and just didn't know where to begin? We have the class for you. On June 18th Cindy Winn will be teaching a Bargello Quilt Class at the Extension Office from 10-2. Cost is \$15 and you will need a sewing machine, basic sewing supplies, rotary cutter, ruler and 20-30 fat quarters depending on the size you want to make. Registration is due June 14.

Need a Gift?

Don't forget about our *Living Well* books we have for sale at the office. These make great Mother's Day, graduation, birthday, and house warming gifts. They are \$25 and are loaded with information and wonderful recipes from across the county. I trust these recipes as they were submitted by FCS agents so I know they have to be the best of the best.



Covered bridges of Mason County, Kentucky August 13, 2011

With only thirteen covered bridges left in the state of Kentucky, the five-county area surrounding Maysville has eight of them. The tour will visit three of the most popular and historic covered bridges. We will have lunch at Blue Lick State Resort Park and travel to Maysville and meet a step on guide for an

information tour. Points of interest will be a guided tour of the Russell Theater where the 1953 premiere of Rosemary Clooney's first film, "The Stars are Singing," was held. We will depart for Maysville at 6:15 a.m. on Saturday morning, August 13 from Louisville. Because of the early departure, we will spend the night, August 12, in Louisville at the Comfort Inn and Suites. Due to the State Fair (increase in rates) the rooms are \$89 per night and can sleep 4 per room.

Cost of trip:

- \$69 Saturday
- \$10 transportation to Louisville by car
- Plus cost of room (depending on number per room) and dinner meal for 2 night
- Deadline to register – June 13 with deposit of \$69 + room

Gifts to Give or Keep

Pennyrile Master Clothing Volunteers will be hosting a "Gifts to Give or Keep Sew Simple Workshop" on June 28 from 9-3 at the UK Research and Education Center in Princeton. Classes include a tool caddy, candy dish, and table runner. Cost is \$10 which includes the 3 kits and patterns. Basic sewing skills are required and registration is due by June 13. Please call the office for more information.

Quilter's Guild

The Quilter's Guild of Muhlenberg County will have their regular meeting on Tuesday, May 24, 2011 at 9:00 a.m. at the Farm Bureau Meeting Room, Dean Road, Greenville, Kentucky. Anyone interested in quilting is invited to attend the meeting on May 24, 2011. The lesson for the meeting will be a Iris Folding Demo by Karla Shutleworth. If you have any questions, please contact JoAnn Corlew, 338-1534, or Jo Hunter, 338-6689.



May is American Stroke Month

When stroke symptoms strike, you must act FAST. Getting emergency care within an hour of the start of a stroke can prevent disability and death.

Save this list to help remember the signs:

- **Face:** Is your face numb or weak, or does one side droop when you smile?
- **Arms:** If you lift them both up, does one drift downward?
- **Speech:** Is it slurred, or do you have difficulty speaking?
- **Time:** If you or a loved one answers "yes" to even one of these questions, call **911** or your local emergency number right away. Getting to the hospital quickly helps you get the right treatment and increases the odds of recovery.

Log on to www.stroke.nih.gov to see video and hear audio clips featuring stroke experts and patients. Then search for "stroke quiz" to test your knowledge.

Are you interested in selling your home-canned salsa, pickles, or corn at your local farmers market? If so, attend the Homebased Microprocessor Workshop to find out the rules of participation.

Homebased Microprocessor Workshop

May 4, 2011
9:30 am to 3:30 pm EST
\$50 fee, includes lunch
Register at www.ca.uky.edu/agc/micro
or through your local County Extension Office




Add Foods Rich in Antioxidants to Your Springtime Choices

Foods containing antioxidants can boost a person's immunity and go a long way in preventing disease.

Antioxidants are vitamins, minerals and other compounds in food that protect cells in the body from damage by compounds called free radicals. Free radicals occur naturally when the body breaks down food or when it is exposed to tobacco smoke or radiation. Free radicals may play a role in heart disease, cancer, and other diseases.

Antioxidants help repair cells in the body after they have been damaged. Foods rich in antioxidants help to block free radicals in the body, prevent or repair damage to cells, and may also lower a person's risk of infection or cancer.

Foods containing vitamins A (and carotenoids), C, and E as well as selenium are good sources of antioxidants. Carotenoids are substances that give fruits and vegetables their yellow, orange, and red color. The American Dietetics Association suggests the following sources of antioxidants:

- Vitamin A and carotenoids are found in carrots, squash, broccoli, tomatoes, peaches, apricots, and other brightly colored fruits.
- Vitamin C is found in citrus fruits like oranges and grapefruit, as well as green peppers, broccoli, and other green, leafy vegetables.

Recipe

Baked Oatmeal

- ½ cup applesauce
 - 2 eggs
 - 1 cup 1% milk
 - 1 cup granulated artificial sweetener, sucralose
 - 1/3 cup brown sugar substitute, sucralose
 - 3 cups oats
 - ½ teaspoon baking powder
 - ½ teaspoon salt
 - 1 ½ cups 1% milk
 - 2 tablespoons granulated artificial sweetener, sucralose
 - ½ teaspoon cinnamon
 - ½ teaspoon vanilla or nutmeg
1. Stir first eight ingredients together in a mixing bowl until well mixed.
 2. Bake in a greased 9 x 9 inch pan at 350°F for 40 minutes.
 3. Combine remaining four ingredients in a sauce pan.
 4. Stir over medium heat until sugar substitute is dissolved and mixture is warm.
 5. Slice into nine, 3-inch squares and drizzle warm sauce over each serving.

Source: Amanda Howard, Magoffin County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service

- Vitamin E can be found in nuts and seeds, whole grains, green leafy vegetables, and vegetable and liver oil.
- Selenium can be found in fish and shellfish, red meat, grains, eggs, chicken, and garlic.

Choosing foods that contain plenty of fruits and vegetables, whole grains and nuts can supply all the antioxidants your body needs and can provide protection from diseases.

Source: Ingrid Adams, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture



May is Kentucky Water Awareness Month

Each May individuals across Kentucky celebrate water Awareness Month. This program first began in May of 1996 as an educational program of the University of Kentucky Cooperative Extension Service. The program promotes overall water awareness for the citizens of Kentucky. Each year, counties across the Commonwealth celebrate Kentucky water Awareness Month by participating in activities, such as after school programs, environmental day camps, and homemaker club meetings.

This may think about how your day-to-day decisions affect water. Routine decisions, such as turning the water off while brushing your teeth or waiting until you have a full load to start the washer, can make a difference. Understanding how these daily choices can affect

our water is key to conserving and preserving water resources for present and future generations. For more water saving tips, or to find out about local programs and events related to water in your community contact the Extension Office at 338-3124.

Source: Ashley Osbourne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture

Quotations about Mothers

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. ~Tenneva Jordan

The phrase "working mother" is redundant. ~Jane Sellman

I remember my mother's prayers and they have always followed me. They have clung to me all my life. ~Abraham Lincoln

Sweater, n.: garment worn by child when its mother is feeling chilly. ~Ambrose Bierce

I love my mother as the trees love water and sunshine - she helps me grow, prosper, and reach great heights. ~Terri Guillemets

Any mother could perform the jobs of several air traffic controllers with ease. ~Lisa Alther

Grown don't mean nothing to a mother. A child is a child. They get bigger, older, but grown? What's that suppose to mean? In my heart it don't mean a thing. ~Toni Morrison, Beloved, 1987



HAPPY MOTHER'S DAY

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