

FAMILY & CONSUMER SCIENCES

Muhlenberg County Newsletter

**Cooperative
Extension Service**
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November 2011

Dear Homemakers,

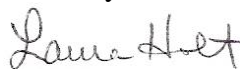
One week later I am still amazed at the work you did for ovarian cancer research. Our bean supper raised \$2,714.00 (including the quilt donated by the Quilter's Guild), \$100 for our scholarship fund, and \$791 for our Homemaker's community projects. 333 meals were served and that does not include those working during the event. Thank you for cooking, baking, serving, selling, cleaning and anything else you might have done to make this a success one more year.

November is almost here and Election Day Bash is just days away. Each club and all committee members have responsibility in making this event successful as well. We will serve lunch FREE between 11-1 to anyone who comes. Nine displays will show the work of Homemakers in our county. Plan to come be a part of this *bash* and bring friends and family.

Since I think of November as the month of giving thanks, I am honored to work with you in your many projects and so grateful for your support and friendship.

Happy Thanksgiving to you and yours.

Sincerely,



Laura Holt

County Extension Agent
for Family & Consumer Sciences



Calendar:

- November 1 - Sew Simple Gifts in Princeton, 9-2
- November 2 - take down scarecrow at Duncan Center; 4-H Sewing, 2:30-5
- November 4 - Ovarian Screening in Paducah; Canned goods due at office
- November 8 - Election Day Bash 11-1; Butter Braid Bread orders due; Lia Sophia Jewelry sales begin; Graham Club meets
- November 9 - Harmonizers meet; Area Staff for agent; 4-H Sewing, 2:30-5
- November 10 - *Nike Reuse-A-Shoe Day* with schools; Coupon class 6:30-7:30
- November 14 - Box shoes for shipping, 8:00 a.m.; Cake Decorating Class, 5-7. Call to register
- November 15 - National Recycle Day; Neighborhood and Imitation Clubs meet; Card Making class, 6-8
- November 16 - Forever Young Club meets; Decorate tree at Duncan Center, 1:00
- November 17 - Homemaker Council, 9 a.m.; Prepare Ag Day lunches, 10:00



- November 18 - Area Homemakers Council, Princeton (Muhlenberg County furnish refreshments)
- November 21 - Deadline to register for "Christmas on the Side"
- November 21 - gifts for Western State due to office
- November 22 - Lia Sophia orders due
- November 23 - Butter Braid Bread delivered
- November 24-25 - Office Closed
- November 29 - Food Explorers at Bremen
- November 30 - December 2 - Agent attend KEAFCS meeting
- December 1 - DUES TO BE AT THE OFFICE
- December 5 - Christmas on the Side, Princeton
- December 7 - Basket Class, 9-12
- December 8 - Christmas trip; Coupon Class, 6:30

Deadlines

- November 4 - canned goods due
- November 8 - bread orders due. This is where we get our spending money so sell, sell, sell
- November 10 – shoes collected
- November 21 - Western State gifts due
- November 22 - Lia Sophia orders due
- December 1 - Dues to the office.



Reuse-A-Shoe Recycling Project

This year we will be collecting shoes for our recycling project. Homemakers have teamed up with Nike *Reuse-A-Shoe* to collect 2,500 pair of athletic shoes. They may be any brand but no muddy or wet shoes, no cleats and no flip flops. The county road department will help us collect these shoes on November 10 at all schools. As before, the student who collects the most shoes at each school will be rewarded at \$25 gift certificate as well as a \$15 gift certificate for second place. The winning homeroom teacher will receive \$25. The winning student and teacher in the county will receive a \$50 gift certificate.

Shoes will be recycled into synthetic turf, indoor synthetic courts, running tracks, gym floors, outdoor courts, playground surfaces and carpet cushions to name a few. Since this project



Election Day Bash

Homemakers are often called the best kept secret in the county. Muhlenberg County Homemakers are serving a free lunch on November 8 from 11-1 at the Extension Office. All club members and Council members know their responsibilities for the day. Even though you may not have a job, please come support your organization. Nine tables will be displaying projects and activities you have done over the past year. We need Homemakers here to greet our guest, to serve lunch and to support the day. Hope to see all 140 of you!

was started in 1990 more than 25 million pairs - enough to create a chain of athletic shoes that goes all the way around the world more than 5 times - have been collected.

This project was selected by your recycling committee due to the success of the phonebook/paper recycling project. If you would like signs for your place of business or church, we have them. Clean out those closets and send the shoes our way.

Christmas Tree

Homemakers will once again have a tree at the Duncan Center. We will decorate it November 16 at 1:00. Our theme will be "Recycle." What can you recycle for this tree? Google recycled Christmas ornaments. Ornaments can be made out of puzzles, clothespins, CDs, pine cones, old light bulbs. Our tree always is one of the best so please put those thinking caps on and bring your ornaments by the office to decorate on the 16th.

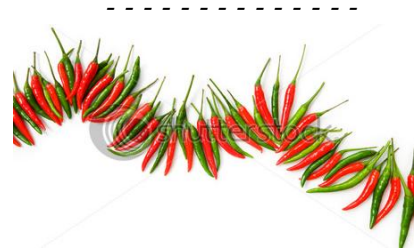


This Santa's Elf was made by cutting out a single egg carton compartment and decorating it with magic markers and adding cotton

for the hair and beard. The icicles were made by cutting an aluminum beverage can in strips then curling them around a pencil. **(Be careful, the metal strips are sharp!)**



The Christmas fan can be made by folding an old greeting card, taping the end with clear tape, and adding a ribbon or string for hanging.



Christmas on the Side

Christmas on the side – a journey through the Land of Enchantment. Dr. Ann Vail led 26 FCS agents, specialists, and others on a Diverse Families Study Tour in New Mexico this past September. We had such an awesome adventure that we would like to share what we learned with you! Therefore, District 7 FCS agents will present *Christmas on the Side* on Monday, December 5 at the UKREC in Princeton. Registration will begin at 9:30 with the program beginning at 10:00. The fee, which includes a catered lunch, is \$10 and is due to the Extension Office by November 21. Make checks payable to Muhlenberg County Extension Homemakers. Pre-registration is required.

Dr. Amy Hosier will share a glimpse of New Mexican culture and compare day-to-day life with that of Kentucky families. A food demonstration sharing traditional New Mexican foods and a hands-on New Mexican heritage craft using wool felt will also be part of the day. A beautiful slide show depicting what was seen and learned on the tour will be presented as door prizes are distributed.

Why Christmas on the side? Chiles are the state's top cash crop and New Mexico ranks first in the amount produced and acreage planted. As we traveled across the state, we quickly learned that in restaurants everywhere, chiles were a staple on the menu and were included in everything from eggs to potatoes. The question most often asked when ordering food was "red or green?" We were told the safe answer should always be, "Christmas on the Side".

Come join us for a fun-filled day & learn more about the great state of New Mexico as we share our adventures with you.



Remembrance Day

Originally Remembrance Day was set aside to remember and honor those who gave their lives in the wars of 1914-18 and 1939-45, but today we remember those who fought and died in all wars.

Remembrance Day originated on November 11, 1918, at 11 a.m. (the eleventh hour, of the eleventh day, of the eleventh month) when peace was declared to end the hostilities of World War I. The next year, three minutes' silence was observed throughout the contending countries to remember those who lost their lives. In 1920 an unknown soldier was buried with full military honors at the Arc de Triomphe, Westminster Abbey and the Arlington Cemetery in Washington DC. Since this day, each year at 11 a.m. on November 11, there is a two-minute silence and wreaths are laid at war memorials. Poppies are a common symbol of Remembrance

Day. They symbolize the hundreds of poppies that flowered after the battle on Flanders Field and help us remember those who gave their all for their country.

Another way to remember, honor and celebrate the men and women who fight for our country is to reminisce and discuss why this day is special. Do you have relatives or friend in the forces? Are they comfortable talking to you about their experiences? Where were they stationed? What do they recall of those times at home or in the forces? Do they have any medals or wartime memorabilia (ration books, demob cards, recipe books, postcards from abroad, uniforms) that they might be willing to share? Story-telling and sharing is a powerful method for honoring and celebrating those who served our country.

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



Healthy Holiday Eating

The holiday season is a time for enjoying the company of friends and family, a time for frequent parties and social gatherings and a time when high-fat, high-calorie foods are available. As a result, there are many opportunities for putting on extra pounds. Research shows that the average American gains about 1 to 2 pounds during the holidays. This may not seem like a lot, but the problem is that this weight is kept on and it can accumulate with each passing year. Avoiding the family gathering or office party may not be an option, but some careful thought, planning and making some small changes can go a long way in keeping the weight off during the holiday season. The following suggestions should help you make healthy choices:

Eat healthy each day

- Start your day with a healthy breakfast that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter. Eating a healthy breakfast is a good way to avoid weight gain.
- Increase fruit and vegetable intake. Include a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds. Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.

Eat healthy at parties

- Try not to arrive at a social function hungry as this can lead to overeating. If you are hungry before a party or gathering, have a small snack. This could be as simple as whole grain crackers and cheese, raw vegetables, fruit or low-fat yogurt.
- Do not rush to eat. Spend some time socializing and try not to socialize near the food table. In this way you will avoid unconscious nibbling.
- Decide which food item you will eat, what you will sample, and what you would avoid.
- Practice portion control. Eat slower and use small plates. Place some fruit, vegetables and other healthy foods on your plate.
- Eat slowly and savor each bite.
- Drink water instead of sugar-sweetened beverages.

- Before you go back for seconds wait 10 minutes to see if you really are still hungry.
- Choose one dessert you like best. You can also share a dessert with a friend. You can still enjoy your dessert but have less of it.
- Prepare and bring a healthy dish to the party or social gathering.

Alcohol contains calories so use in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age. It is wise to begin with a calorie-free, nonalcoholic beverage to satisfy your thirst before having an alcoholic drink.

Eat healthy and be realistic

Traditions are an important part of the holidays and many involve special meals, food and beverages. The American Dietetic Association suggests that we should be realistic around this holiday season. Their advice:

- Don't try to lose weight during the holidays—this may be a self-defeating goal.
- Strive to maintain your weight by balancing party eating with other meals.
- Eat small, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.

Have fun around the holidays. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle, too.

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

Many Kentuckians Struggling Through Tough Economic Conditions

According to The National Bureau of Economic Research, the Great Recession ended in June 2009, but many Kentuckians are still feeling its effects and are financially struggling,

according to a study conducted by Jennifer Hunter, assistant extension professor for family financial management in the University of Kentucky College of Agriculture.

In May, more than 500 randomly selected Kentucky families participated in a survey about their financial situation, financial goals and changes in lifestyle due to finances. Nearly 50 percent indicated that their financial situation is worse now compared to a year ago, and 64 percent have experienced an increased strain on family money used for necessities.

In addition, 59 percent have changed their expectations for future financial security, and 43 percent have changed their expectations regarding basic needs.

“Many individuals found themselves unprepared to manage the economic circumstances of the recent recession, as well as the slow economic growth that has followed,” said Hunter, who is also the co-leader of the college’s Managing in Tough Times Initiative, which seeks to help families navigate through an adverse economic climate.

Many of those polled said they’ve made changes to their spending habits and lifestyle because of the recession. These changes include:

- 62 percent report eating out less often.
- 39 percent are shopping at discount stores more often.
- 57 percent are buying generic products more often.
- 60 percent said they spend less money on themselves or their spouse.
- 40 percent are spending less money on their children.
- 63 percent take less frequent vacations.

The study was funded by the UK College of Agriculture’s School of Human Environmental Sciences Research Activity Award. Full results of the study will be published at a later date.

The UK College of Agriculture offers several financial-related educational resources, including the Managing in Tough Times Initiative and the Moneywise website. For more information, visit the Moneywise website at <http://www2.ca.uky.edu/moneywise/discovery.htm> or contact Hunter via email at jhunter@uky.edu.

Recipe:

Spicy Baked Squash

- Non-stick cooking spray
 - 1 acorn squash
 - Dash of salt
 - 2 tablespoons margarine
 - 3 tablespoons brown sugar
 - 1 teaspoon cinnamon
 - ¼ teaspoon nutmeg
 - ¼ teaspoon ground ginger
1. Preheat the oven to 400°F.
 2. Coat the baking sheet with cooking spray.
 3. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into ½ inch slices.
 4. Place the squash on the baking sheet. Sprinkle with salt.
 5. Melt the margarine on low heat in a small saucepan.
 6. Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan.
 7. Spread the margarine mix on the squash.
 8. Bake for 20 to 25 minutes, or until tender.

Source: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, June 2010.
[Http://recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov)

In Season for November: Cranberries; Turkey; Turnips; Squash

November Tips:

- Make casseroles to:
- Use Leftovers
 - Stretch expensive foods
 - Offer new foods to your family

Remember, Daylight Savings Time ends November 6. Turn your clocks back 1 hour.



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