

Muhlenberg County Newsletter

FAMILY & CONSUMER SCIENCES

**Cooperative
Extension Service**
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October 2011



Dear Homemakers,

On this beautiful October day I want to say it is great to be back in Kentucky. Many of you know that I have been on a study tour with 28 fellow FCS Agents and specialists to New Mexico followed by our national FCS meeting in Albuquerque. It was a wonderful study tour of the state as we watched the cattle cross from Mexico to New Mexico, visited 4 pueblos, watched bread making and then baked 44 loaves at a time in an outside oven, attended a traditional feast day, visited Los Alamos and learned the history of the area, visited weaving shops, ranches (and heard their stories about life and family), visited Santa Fe, New Mexico State University in Las Cruces, White Sands National Monument, an Apache Reservation, Smokey Bear Museum, Cowboy Church in Lincoln County and then headed back to Albuquerque for our national meeting.

Thanks for giving me the opportunity to explore other areas and seeing Extension at work across America. Below is something that I think is worth sharing.

The Code of the West:

1. Live each day with courage.
2. Take pride in your work.
3. Always finish what you start.
4. Do what has to be done.
5. Be tough, but fair.
6. When you make a promise, keep it.
7. Ride for the brand.
8. Talk less and say more.
9. Remember that some things aren't for sale.

10. Know where to draw the line.

Sincerely,

Laura Holt
County Extension Agent
For Family & Consumer Sciences



Mark Your Calendar

- Oct. 4- 4-H Sewing, office, 2:30 pm
- Oct. 5- MCV Sew Simple practice day in Princeton
- Oct. 6- Pies and Cobblers lesson, office, 9:30 am
- Oct. 9-15- Homemaker Week (put your signs out)
- Oct. 13- Coupon Class, office, 6:30 pm
- Oct. 14- Silent Auction baskets due at office, set up for Bean Supper, 10 am
- Oct. 16- Health Matters at CCCC, 1-4 pm
- Oct. 17- Bean Supper
- Oct. 18- Women's Health Fair, First Baptist Church, 5-8 pm
- Oct. 19- 4-H Sewing, 2:30, office Diabetes Seminar in Princeton, 8:30-3
- Oct. 21- Travel Committee, 10 am
- Oct. 25- Lesson Training, 9:30 am; Card Making class, 6-8 pm, office

- Oct. 26- Food Explorers, Bremen; 4-H Sewing, 2:30, office
- Oct. 28- Puttin' on the Glitz, Area meeting, Christian County
- Nov. 1- Sew Simple Day in Princeton
- Nov. 2- 4-H Sewing, 2:30, office
- Nov. 4- Ovarian Screening FREE in Paducah
- Nov. 8- Election Day Bash, 11-1

Pie and Cobbler Lesson Training

This will be Thursday, October 6 at the Extension office at 9:30. Bring your rolling pin and let's have fun with pies and cobblers.



Sew Simple Gifts

Pennyrile Area Master Clothing Volunteers will be hosting a Sew Simple Gifts event on November 1, 9:00 a.m.-2:00 p.m., at the Caldwell County Extension Office in Princeton.

Volunteers will be teaching a class on Christmas aprons and Christmas stockings. The deadline for registering is October 14. Call the Extension Office to register. Fee is \$20. Participants are asked to bring a sack lunch and their own sewing machine.

Homemaker Week

Thanks to Mary Divine for getting information to our local papers about Homemaker's Week. Members will be at Uncle Lee's and Wal-Mart with Homemaker information and bean supper tickets, also look for Homemakers to be on local marquees around the county. Remember to get those signs out and put them in your yard.

Health Matters

In place of 2nd Sunday, we are having Health Matters on Oct. 16 from 1-4 at the Central City Convention Center. The Center will be open for free use for everyone during these hours. Booths will be in the gym, activities on the trail, and

much more. Bring your families and enjoy an afternoon of physical activity and education.



Bean Supper

We need ALL Homemakers to sell tickets and help with this annual event. Tickets are available at the office and I can even bring them to you. This year we are serving beans, cornbread, dessert and drinks. We have two quilts to auction plus our silent auction (all Homemakers are encouraged to bring items for our silent auction). We will be setting up on Oct. 14th starting at 10 am and then working all day on the 17th in preparation of serving beginning at 5 pm. All proceeds from the bean supper go to ovarian cancer research at UK and the silent auction proceeds go to the Homemaker Council to support community activities. Our day for a FREE screening is Nov. 4th and we still have appointment times available. Since this project started, more than 200,000 screenings have been performed on more than 37,000 Kentucky women and they have found more than 447 ovarian tumors and 76 detected malignancies. Please help support your bean supper fundraiser and consider a free screening for ovarian cancer.

Diabetes Seminar

Do you have Type 2 Diabetes or care about someone who does? If so, consider attending the Diabetes Awareness Seminar, October 19, 8:30 a.m.-3:00 p.m. at the UK Research and Education Center in Princeton sponsored by the UK Cooperative Extension Service and the Pennyrile District Health Department. Keynote speakers include Dr. Ingrid Adams, professor at the University of Kentucky who worked with a team of individuals to develop the curriculum "Taking Ownership of your Diabetes" and a speaker from the A1C Champions Program which is an unbranded, inspirational program that unites Champions who are successfully managing their diabetes with individuals who are striving to do

the same. Seminar participants can select two of the four breakout sessions to attend and these include: Physical Activity, Nutrition and Carbohydrate Counting, Foot Care and The Way to Healthful Eating with Recipes, Cooking Skills and Portion Control. A \$12 registration fee includes lunch and is due by October 10. For a registration form contact the Extension Office.

November Lesson

“Meditation, Breathing and Stretching Exercises” will be taught Tuesday, October 25 at the Extension Office at 9:30 am. Nancy Hunt, FCS Agent from Crittenden County will teach the lesson.

Pennyrile Annual Homemaker Meeting

Christian County Homemakers will host the area meeting on Friday, October 28, at the Christian County Extension Office in Hopkinsville. Registration is at 9:30 and the program starts at 10:00. The theme is “Puttin’ on the Glitz” and you are expected to come dressed in your diamonds and jewels. The program will be a KY Chautauqua speaker portraying Rosemary Clooney, and a fashion show in the afternoon. Registration costs \$10, which includes lunch, and is due to the Muhlenberg County Extension Office by October 20.



Election Day Bash

Your council and committee have been working hard to plan a day for inviting the public to a free lunch at the office for the purpose of getting the word out about Homemakers and the many things you do for our community/county. As we have been told many times-Homemakers are the best kept secret in the state of Kentucky.

We will serve lunch from 11-1 and have displays of Homemaker activities. Invite your friends, office workers, elected officials and everyone else to join us on Nov. 8 from 11-1.



Scarecrow Contest

Many thanks to the scarecrow committee for getting our “Homemaker” to the Duncan Center. She placed third in the contest and she looks *so good*. Thanks you committee for your work and letting our county know Homemakers are here to make a difference.



Dues

Membership dues are payable in October or November. County dues cost \$8.50 (club dues are more) and are payable to your club treasurer or at the Extension Office for mailbox members.

CHRISTMAS ON THE SIDE

District 7 FCS agents will be hosting “Christmas on the Side” on Dec. 5 at the Princeton Research Center. We will be sharing our experiences from our study tour and our National FCS meeting. Food, crafts, and guest speakers on planned for the day. Mark your calendars. It should be fun.

QUILTER’S GUILD

The Quilter’s Guild of Muhlenberg County will have their regular meeting on Tuesday, October 25 at 9:00 a.m. at the Farm Bureau Meeting Room, Dean Road, Greenville, KY. Anyone interested in quilting is invited to attend the meeting on October 25. If you have any questions, please contact JoAnn Corlew, 338-1534, or Jo Hunter, 338-6689.



Green Meetings

Whether you're organizing a 4-H club get-together, homemaker gathering, or other type of meeting, planning an environmentally responsible and "green" event is not only good for our Earth but can also save you money. Follow these tips to go green and save green at your next meeting or event:

- Use reusable cups, mugs, plates and utensils if possible, or use paper products made with recycled materials.
- Purchase napkins and paper towels made with recycled content.
- Take advantage of technology. Email messages to participants.
- Think locally when preparing snacks or meals. By buying fruits, vegetables, meats and other products from local producers you can support local agriculture. For information on local Kentucky producers and products visit the Kentucky Department of Agriculture Web site at www.kyagr.com/kyproud.
- If providing a meal, purchase items, including condiments, such as sugar, sweeteners and creamers, in bulk.
- Encourage participants to bring their own travel mugs or water bottles.

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

Ageism is a Social Issue

Source: Amy Hosier, UK Family Life Extension Specialist

Approximately 40 million Americans are age 65 and over, a number projected to more than double by 2030 due primarily to the baby boomer generation. Baby boomers are the post-World War II babies born worldwide between 1946 and 1964. In America, they represent 29 percent of the population. In 2011, the first of the boom

reached the retirement age of 65. This group of adults represents an estimated 1.2 million Kentuckians.

Despite the numbers and the fact that everyone ages, society and the media value youth; both influence and reinforce negative attitudes toward unfair prejudices against aging and older adults. Greeting cards are a great example of negative stereotyping: youth and its milestones are glorified; aging is belittled, generally portrayed as a path leading to senility, frailty and dependence. Creams and cosmetic surgeries also glorify youth. Children grow up learning that older people are fragile, wear glasses, have gray hair, ride in wheel chairs and live in nursing homes. Jokes poke fun at aging and memory loss and physical impairments.

Portrayed as dependent, helpless, unproductive and demanding, ageism, the negative stereotyping of age, can negatively affect mental health and well-being.

Raising awareness about ageism is important. For example, understanding that the majority of older adults are independent, creative individuals who have time and talent to give to society will strengthen families and communities. Many, if not most, aging adults live full lives, managing their own finances, conducting their personal and medical affairs and maintaining independence. And because of sheer numbers, their buying power is considerable; they have needs and concerns that are very different from younger generational groups.

Our aging population faces distinct challenges:

- There are currently a limited number of geriatric specialists, and the predicted shortfall may impact care in future years.
- Increased consumer products and services will be needed to accommodate the particular needs of the growing aging population.
- Significant and under-recognized health issues, such as falling and fear of falling, are topics that need more attention to help

older adults remain healthy and independent.

- Memory loss, dementia, and Alzheimer's disease present a variety of challenges, and greater understanding of these disorders can lessen stigmas.
- In a nation suffering from chronic disease, including obesity, diabetes, heart disease and cancers, physical and mental health, nutrition and activity must be well managed to promote health and wellness.

As America grays, ageism has an increased potential to escalate. Refraining from or reinforcing age bias and learning more about the truths of aging in addition to the issues that face aging individuals are essential to helping society age with confidence, self-worth, and mental healthiness.



Adding Value to Your Home

Be sure to choose home improvement projects carefully, especially if your goal is to increase the value of your home to make it more appealing to prospective buyers. First, finish all basic maintenance before you put money into an extra project, such as adding a marble-tiled bathroom. If your roof is sagging and leaking, it doesn't matter what your new deluxe bathroom looks like. Then, consider which projects will have the best return-on-investment (ROI). ROI is a percentage that rates the cost of the improvements against how much the improvements increase the value of your home in the eyes of buyers.

The average kitchen remodel with minor repairs such as painting and repairing fixtures and appliances is around \$8,655. The return-on-investment, as a percentage, is 88%. This

is a low cost way to improve your home and get back most of your costs.

A typical bathroom remodel costs around \$9,135, and the ROI is approximately 81%, another low cost improvement that adds to home value.

Adding a second-story addition onto your home is a major undertaking that requires a lot of time and effort, but the rewards are profitable as well. The average cost of a second-story addition is \$73,553, with an ROI of 83%.

As a rule, improvements that increase the functional space of a home hold value longer than ones that just make it look better. They also are significantly cheaper than adding an addition. For example, converting an attic into a bedroom usually costs about \$35,960 and returns about 80% of its cost. A bathroom addition averages \$13,918, with a ROI of 81%. The average family room addition averages \$30,960, with an ROI of 75%. A deck addition averages out at \$8,022, with an ROI of 51%.

It's commonly agreed that a swimming pool has no resale value. The main reason pools repel potential buyers is that they require expensive upkeep. Fear of liability runs a close second in limiting value.

These figures show that completing improvements to the kitchen and bathrooms of a house yield the greatest return investment. One thing to keep in mind: Don't make over-the-top home improvements just to keep up with your neighbors. Be certain when choosing home improvement projects that you are doing what's best for the home's value, as well as for you.

Source: Debbie Temple, Ballard County Extension Agent for Family and Consumer Sciences.



MEXICAN COOKING

You can't enjoy or create great Mexican cooking without peppers. Whether it's a spicy chicken recipe or a hot burrito, jalapeno peppers, limes, cilantro and beans play a major role in Mexican cooking.

According to folklore, Indian spices brought over by the Spaniards influence traditional Mexican recipes, which evolved to the spicy cuisine that we now know and love.

TAMALE PIE

1 c. corn meal
¾ tsp. salt
4 c. milk
1 ½ pounds ground beef
½ c. chopped onion
1 clove garlic, minced
1 (16 ounce) can tomatoes
¾ tsp. salt
1/8 tsp. red pepper
1 ½ T. chili powder

Combine meal, salt and milk. Cook until thickened, about 8 minutes, stirring constantly; cover and set aside. Cook beef, onion, and garlic. Stir in remaining ingredients. Spread half of meal mixture in bottom of 13 x 9 inch pan. Cover with meat mixture; then, top with remaining meal mixture. Bake at 375 degrees for 45 minutes.

SMOTHERED BURRITO

2 lbs. browned ground beef

6-12 flour tortillas
2 cans cream of mushroom soup
1 T. chile powder
1 tsp. garlic powder
1 tsp. oregano
1 tsp. cumin
2 small cans green chile
grated cheese (for topping)

Brown ground beef and season to taste. Set aside. Mix soup, spices and green chile together to make sauce. Reserve 1 cup sauce, add to meat mixture and stir. Place portion of meat mixture on a large flour tortilla. Roll up as a burrito. Place in 9" x 13" pan. Cover with remaining sauce and top with cheese. Bake at 350 degrees for 20-30 minutes or until bubbly. This makes 6 large or 12 small burritos.

Source: New Mexico Eats & Treats compiled by Curry County CES, New Mexico State University.

Happy



Halloween!

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