

# FAMILY & CONSUMER SCIENCES



**VOL. 23-01**

## COOPERATIVE EXTENSION

 University of  
**Kentucky**  
College of Agriculture,  
Food and Environment



### Cooperative Extension Service

Wayne County

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*"Every year you make a resolution to change yourself.  
This year, make a resolution to be yourself." - Unknown*

**2023**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

January 2019

Nutrition

Education

Program Calendar

Recipe

## CITRUS KALE SALAD



### Nutrition facts

#### per serving:

240 calories; 16g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 180mg sodium; 19g carbohydrate; 6g fiber; 10g sugar; 1g added sugar; 7g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:** Kathleen Crozier, former NEP Staff Support Associate, University of Kentucky Cooperative Extension Service

- 1 bunch of kale, washed and dried
- ¼ cup orange juice
- 2 tablespoons olive oil
- ½ teaspoon sugar
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon plain Greek yogurt
- 2 oranges, peeled and seeded, cut into chunks
- 1 small red onion, sliced
- ½ cup sunflower or pumpkin seeds

1. Tear leaves off kale stalk and chop. Set aside in a large bowl.
2. Combine orange juice, olive oil, sugar, garlic powder, salt and pepper in a small jar. Shake until combined. Add yogurt and shake again until creamy.
3. Pour dressing over kale and toss.
4. Add orange pieces, onion and seeds. Toss until combined.

**Makes 4 servings**

**Serving size:** 1 ½ cups  
**Cost per recipe:** \$2.96  
**Cost per serving:** \$0.74

# SLOW COOKER BEAN SOUP

## GROCERY LIST

- No salt added chicken broth (need 9 cups)
- 1 package dried beans (need 2 ¼ cups)
- Carrots
- Celery
- Large onion
- Tomato paste
- Basil
- Oregano
- Garlic powder
- 1 (15 ounce) can diced tomatoes

## MAKE IT A MEAL

- Slow Cooker Bean Soup
- Corn bread
- Fresh orange
- Low-fat milk

## TIPS

1. Save money by cooking the chicken at home and making your own broth. Let broth cool, then remove excess fat.
2. Beans and legumes are low fat, high fiber, low cost sources of protein.



- 9 cups no salt added chicken broth
- 1 package (16 to 20 ounces) dried beans (2¼ cups), sorted and rinsed
- 4 medium carrots, chopped (2 cups)
- 3 medium celery stalks, chopped (1½ cups)
- 1 large onion, chopped (1 cup)
- 2 tablespoons tomato paste
- ½ teaspoon salt
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon garlic powder
- ½ teaspoon ground pepper
- 1 (15 ounce) can diced tomatoes, undrained

1. In 5- to 6- quart slow cooker, mix all ingredients except the tomatoes.
2. Cover and cook on low heat 8-10 hours.
3. Stir in tomatoes and increase heat setting to high. Cook 15 minutes or until hot.

**OPTION:** 1 teaspoon of Italian seasoning may be used for the ½

teaspoon oregano, ½ teaspoon basil, and ½ teaspoon garlic powder. But this switch will most likely raise the sodium content. Vegetable broth may be used for the chicken broth to make a vegetarian dish. If regular chicken broth is used, leave out the salt.

### MAKES 12 SERVINGS

**Serving Size:** 1 ½ cups

**Cost Per Recipe:** \$11.51

**Cost Per Serving:** \$0.96

### NUTRITION FACTS PER SERVING:

170 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 20 mg cholesterol; 290 mg sodium; 27 g total carbohydrate; 4 g dietary fiber; 4 g sugars; 12 g protein; 70% Daily Value of vitamin A; 15% Daily Value of vitamin C; 6% Daily Value of calcium; 15% Daily Value of iron

Taken from: January 2013 Nutrition Education Program Calendar

Source: Jackie Walters, Extension Specialist for Nutrition Education Programs, University of Kentucky, Cooperative Extension Service



## Extension Homemaker Club Meetings

**Sunnybrook** - January 5th @ 6:30 p.m. - Downstairs Meeting Room

**Pots & Pans** - January 9th @ 6:00 p.m. - Upstairs Meeting Room

**Country Charmers** - January 9th @ 6:00 p.m. - Downstairs Meeting Room

**Charity** - January 10th @ 5:00 p.m. - New Charity Baptist Church

**Odds 'N Ends** - January 12th @ 12 noon - Downstairs Meeting Room

**Creative Characters** - January 17th @ 1:00 p.m. - Downstairs Meeting Room

**Happy Chippers** - January 19th @ 12 noon - Downstairs Meeting Room

**Mudslingers** - January 23 & 24th @ 12 noon - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**



**Roll Call &  
Thought of the Day  
for KEHA Monthly  
Club Meetings  
January 2023**



Thought for the Day: "I like the dreams of the future better than the history of the past." - Thomas Jefferson

Roll Call: January rings in the new year. Share one goal you have for the new year.



**Donate Blood - Save a Life!**

### **Blood Drive!**

Tuesday, January 10, 2023

Aspire Center

Country Charmers 12:45 a.m.-3:15 p.m.

Creative Characters/Happy Chippers  
3:15 p.m.-5:30 p.m.

## Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

January 2023 - Sunnybrook

February 2023 - Charity

March 2023 - Creative Characters

April 2023 - Country Charmers



May 2023 - Happy Chippers

June 2023 - Pots & Pans

July 2023 - Silver Thimbles

**\*\*Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.

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### Sunnybrook Homemakers Club

The Sunnybrook Sewers started their club in 1995. The name was changed to Sunnybrook Homemakers because Sewers was being pronounced "soo-ers."

As new brides, young mothers, and other ladies moved into the Sunnybrook community, it became apparent that we needed ways to communicate with each other. The club began meeting once a month in each other's homes. It soon became evident the talents these ladies possessed and shared. New recipes and new concepts in sewing were shared, and we also enjoyed helping each other with making crafts. We are helping our community unite to become a place of value to raise our families.



## Homemakers Enrollment



Our goal of 200 Homemaker Members for the 2022-2023 program year has been exceeded!

We currently have 205 members which includes 45 new members.

**Congratulations! Way to go Homemakers!!**

Let's keep up the good work and continue to recruit new members.

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## Our Adventures Await!!

Leader Training: Will be 4th Tuesdays at 5:30 p.m. at the Wayne County Extension Office unless designated otherwise.

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you. Some of these lessons are hands on and require materials and supplies.

Upcoming Lessons:

January - Mail Out - Everyone will receive by mail.

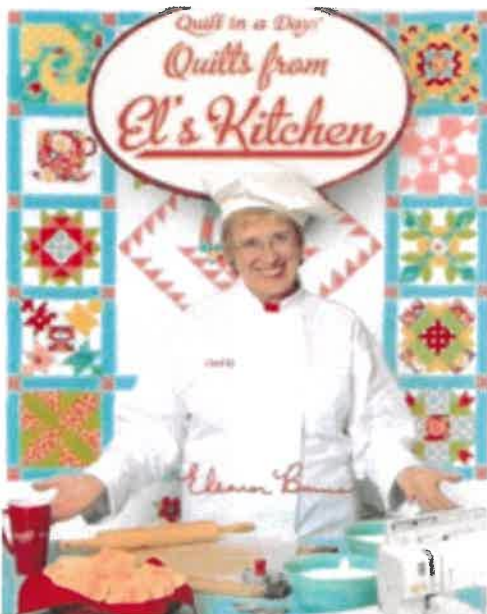
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## In-Stitches Class

The next In-Stitches Class is scheduled for Wednesday, January 25th @ 10 a.m.

Downstairs Meeting Room at the Extension Office.

We will finish working on our center block.





Seth Hart,  
Program Assistant  
for Community Arts

## Clay Ornaments Theme: Snowman



# CLAY ORNAMENTS

THEME: SNOWMAN



If completed by 4-H Students

~ 4-H HOME ENVIRONMENT ~

## UNIT II EXHIBITS

**893 DECORATIVE ITEM FOR THE HOME & PHOTO**

DECORATIVE ITEM CREATED BY THE MEMBER AS A 4-H HOME ENVIRONMENT PROJECT. INCLUDE A PHOTO SHOWING HOW THE ITEM FITS INTO THE HOME'S

**INSTRUCTIONS ON BACK**

**DESIGNED & PROVIDED BY:**

*Seth Hart*  
Extension Fine Arts Program Assistant  
Wayne County Cooperative Extension Office  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
606-348-8453  
seth.hart@uky.edu

### MATERIALS & RESOURCES

*SUPPLIER: HOBBY LOBBY/MICHAELS*

**"AMACO" SELF HARDENING CLAY**  
ONE POUND BOX (\$10.00)

*SUPPLIER: WALMART*

**"KRYLON" ARTIST SPRAY**  
(\$10.00)

**ACRYLIC PAINT**  
(WHITE, ORANGE AND BLACK)

**SMALL SOFT BRISTLED PAINT BRUSH**

**DISPOSABLE CUP OF WATER**

**TOOTH PICK (SHARP PENCIL IS OPTIONAL)**

**CLEAR PROTECTIVE SPRAY**

**BLOW DRYER**

### VOCABULARY

**ART ELEMENTS:**

**FORM, SHAPE, TEXTURE, COLOR**

REFER TO FACT SHEET FOR OTHER USEFUL  
INFORMATION IN REGARD TO CLAY PROJECTS

**FINE MOTOR SKILLS** - WEDGING AND FORMING THE SCULPTURE OF A  
TURKEY & DISCUSSION OF HOW CLAY IS A THERAPEUTIC MEDIUM

**SCIENCE** - DISCUSSION ABOUT WHERE CLAY COMES FROM  
(NATURAL MATERIAL FROM THE GROUND)

**MATH** - ARRANGING THE FEATHERS AND DISCUSSING HOW TO BALANCE  
THEM

**LITERARY** - ALL ORAL LANGUAGE INVOLVED THROUGHOUT THE CRAFT  
INCLUDING CLAY TERMOLOGY AND CHRISTMAS TRADITION

1. ROLL A BALL OF CLAY, FLATTEN IT AND CUT OUT A CIRCLE SLAB FROM IT USING A TOOTH PICK AND THE WIDEST END OF A PLASTIC CUP. (NOTE: SLAB SHOULD NOT BE LESS THAN 1/4 TO HALF AN INCH THICK. ANY THINNER WOULD MAKE IT TOO FRAGILE)



2. ROLL OUT THREE SMALLER BALLS OF CLAY ABOUT THE SIZE OF PEAS. USE A TOOTH PICK TO SCORE EACH OF THEM AND ALSO THE AREAS WHERE THEY WILL GO ON THE SLAB. ATTACH THE EYES AND NOSE BY FIRMLY PRESSING THEM ONTO THE SCORED AREAS OF THE SLAB WITH THE SCORE MARKS FACING EACH OTHER. USE THE END OF A PAINT BRUSH HANDLE TO THEN CREATE A SNOW TEXTURE ON THE SLAB BY PRESSING DENTS INTO THE CLAY IN LAYERS.



3. WITH THE PAINT BRUSH HANDLE, PRESS SEVERAL HOLES THAT ARE DEEPER TO CREATE THE MOUTH AND THEN A HOLE AT THE TOP FOR TWINE AND RIBBON LATER. THEN FORM THE NOSE INTO A CONE THAT WILL BECOME A CARROT, AND THEN CREATE TEXTURES ON IT WITH THE SIDE OF YOUR TOOTH PICK.



4. THE CLAY WILL TAKE 24 TO 48 HOURS TO DRY, BUT YOU CAN USE A BLOW DRYER TO SPEED UP THE PROCESS. WHEN DRY, PAINT IT AND SEAL IT WITH A PROTECTIVE SPRAY. FINALLY, USE VARIOUS TWINES AND RIBBONS TO THREAD THROUGH THE HOLE.







Joy McGinnis,  
FCS Program Assistant



## Cervical Health Awareness

### January is Cervical Health Awareness Month!

Cervical cancer symptoms often go unnoticed because they are similar to many other illnesses.

If you experience any of these symptoms, please see your doctor:

- Abnormal bleeding, either heavy or light.
- Unusual heavy discharge. This varies with what is normal for each woman.
- Pelvic pain. Mild or severe pain that is not related to the normal menstrual cycle.
- Pain during urination.
- Bleeding between regular menstrual periods, after sexual intercourse, douching, or pelvic pain.

Cervical cancer is the 2nd most common type of cancer for women worldwide and the 5th leading cause of cancer deaths, but because it develops over time, it is one of the most preventable cancers. Cervical cancer, when detected early is nearly 100% curable. All women (over the age 21) are encouraged to see their health care provider for regular pap tests. Talk to your doctor or health-practitioner about cervical cancer, risk factors, prevention, symptoms, and early detection.

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## Ready for a Change? - New Eating Habits for the New Year

Now that we have entered the new millennium, many people will take time to reflect on the past and make plans for the future. Some will decide they are ready to make some changes to improve health and well-being. One way of doing this is to adopt a fresh, new approach to achieving a healthy weight. Research suggests that people who are successful at managing their weight have three things in common:

- They have carefully considered what goals are right for them.
- They have made a commitment to be more active.
- They know what eating habits they are willing to change.



Advice about how to manage weight is usually focused on eating behaviors such as portion control and fat intake. While these are still good ways to manage weight, your odds of success are better if you make a commitment to be more physically active and set some goals for better health habits.

We now know that perhaps the most important step toward better health is to take a good look at what changes you are willing to make.



Joy McGinnis,  
FCS Program Assistant

## New Habits for the New Year (Cont'd)

Carefully consider what is important to you and how you can achieve your goals. Identify behaviors you can change with success such as drinking more water, walking to the mailbox, or eating more fruits and vegetables.

It is important to design a plan for better health that works for you. To succeed, research shows that you need to be at least moderately active on most days of the week. To achieve a healthier diet, there are many ways to change eating habits. It is a good idea to first look honestly at what you are in the habit of eating and drinking. Then decide what you can do to move

your diet closer to the recommendations for good health.

Over 30% of Kentucky adults need to lose weight and over 66% are inactive. These Kentuckians can benefit from the good news that losing even a small amount of weight or engaging in moderate amounts of activity will benefit health. The key to success is to decide what is right for you.

*Prepared by Janet Tietyen, PH.D., R.D., Extension Specialist in Food & Nutrition*

## PASSPORT



## Passport Program

Wayne County Extension Homemakers

Your "Adventures Await"

Passports are ready for pick up.

Ask us for more information.

Fun, Fun, Fun!

Live Fog  
ADVENTURE



Do you enjoy being creative and making crafts?  
Would you like to be part of an exciting new group that  
will meet each month to make crafts?  
This will be the group for YOU!!

Organizational meeting will be January 11th at 2:00 p.m.  
Downstairs Meeting Room

We will have a quick craft and organize our group. We will plan the day and time each month the group will meet. We will also name this group. *(There will be a special prize for the person who gets the most votes for the name selected for the club!)* We will plan for the upcoming month's craft. Come with all your creative ideas!

This group will be a brand-new Extension Homemaker Club! Since we are starting in January, anyone who is brand new to Wayne County Extension Homemakers will need to fill out an enrollment form at the meeting and pay dues (normally \$10), which will be prorated for this program year (July 2022-June 2023) for \$1. GREAT fun, fellowship, and crafting galore. What a DEAL! If you are already a Wayne County Extension Homemaker, you are good to go.

Please call and let us know if you will be attending so we can have your craft kit prepared for you.



## Snowman Painting Class with Suzanne Pogue



Tuesday, January 17, 2023 6:00 p.m.-8:00 p.m. EST

Wayne County Extension Office - Upstairs Meeting Room

Deadline to Register: January 10th

All Supplies Provided

Fee \$30.00 - Made payable: Wayne County Extension Office

Memo: Snowman Painting

\*Note: You can personalize your snowman in any team colors or a favorite color and your initials. This is a painting class. Paint is permanent, please dress in clothing you don't mind getting paint on or wear a painting smock/apron.



## **Cook Wild Summer Sausage Charcuterie Board Workshop** **January 26th & February 2nd @ 1:00 p.m.**

This is a 2-part workshop. You must attend both classes.

**January 26 - Summer Sausage** - You will be making your own summer sausage and preparing it for the fermentation and smoking process. Ground pork, ground beef, seasonings, add-ins, and all supplies provided. Optionally, you may bring your own ground venison to substitute part of the ground beef. The sausage will be finished out at the Extension Office and you will receive it at the next class.

**February 2 - Charcuterie Boards** - Putting it all together! You will receive your summer sausage once it has gone through the fermentation and smoking process. Then you will learn how to create your own charcuterie board using your summer sausage and some other ingredients.

Class Size Limit: 12 people max (or 12 couples)

Cost: \$25 per person/couple

Deadline to Register: January 20, 2023

# PHOTO CONTEST

**THEME: Wayne County Winter Scenes**

- **Submit Photos - February 1st-5th**
- **Voting will begin February 7th until midnight February 13th via Facebook: Wayne County Cooperative Extension Family and Consumer Sciences**
- **Winners will be announced February 14th.**
- **Winners will be determined by the number of "Likes" the photo receives before midnight EST on February 13th.**

**Photos are limited to:**

- **Pictures MUST fit theme.**
- **Pictures may include animals, landscape scenery, and/or buildings (NOT People- NO recognizable faces!)**
- **Day/nighttime settings.**
- **Non-professional work.**
- **Pictures ONLY taken by submitter.**
- **1 Picture per person.**
- **One high resolution digital copy.**
- **Pictures may be used in a calendar or other Wayne County Extension Homemaker promotions. Pictures will become property of Wayne County Extension Office once entered and can be used in any Extension or county promotion.**
- **Please email photo entry to Vicki McDonald at [vicki.mcdonald@uky.edu](mailto:vicki.mcdonald@uky.edu) or stop by the Extension Office from 8:00 a.m.-4:30 p.m. to have your photo scanned if you don't have a digital copy.**

**We look forward to seeing all the beautiful photos!**



**Prizes:**

**1st Place - \$25**

**2nd Place - \$15**

**3rd Place - \$10**



**Executive Homemaker Council Meeting** - January 5, 2023 @ 5:00 p.m.  
**County Homemaker Council Meeting** - January 12, 2023 @ 5:30 p.m.  
**Wayne County Cultural Arts Contest** - March 1, 2023 - More details soon!

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**For the Love of Chocolate Class**  
**Tuesday, February 7, 2023 @ 10:00 a.m.**

Wayne County Extension Office  
Upstairs Meeting Room

Get ready for Valentine's Day!

We will be learning how to make Chocolate Bombs!

YUMMMM...Delicious!

Please register by February 6, 2023.

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**Yard Sale Fundraiser**  
**Saturday, April 1, 2023**

Wayne County Extension Office

Mark your calendars and start thinking about cleaning out those closets and storage areas and buildings.

More details coming in the Spring.



**2023 KEHA State Meeting**  
**May 9-11, 2023**

Crowne Plaza - Louisville, KY

Theme: Let's Take a Hike with KEHA

For more information, contact Debbie Shepherd or visit:  
[keha.ca.uky.edu/content/state-meeting-information](http://keha.ca.uky.edu/content/state-meeting-information)



# Military Christmas Brunch

A **BIG THANK YOU** to the following Extension Homemakers for making breakfast muffins and bread for the Military Christmas Brunch.



Vera Duvall  
Linda Scott  
Marlene Bass

Marilyn Rush  
Polly Sartin  
Carole Rudolf

THANK  
YOU



The Wayne County Extension Office will be closed on **Monday, January 16, 2023** in observance of **Martin Luther King, Jr. Day**

*Debbie Shepherd*

**Debbie Shepherd, CEA FCS**  
Wayne County Extension Agent  
for Family & Consumer Sciences  
[debbie.shepherd@uky.edu](mailto:debbie.shepherd@uky.edu)  
DS/vm



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