

FAMILY & CONSUMER SCIENCES

Lyon County Extension Homemaker Newsletter

**Cooperative
Extension Service**
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August 2017

It is that time of year again. The time of anticipation and nervous jitters about seeing old friends and meeting new teachers. That time of year when we buy new clothes and tennis shoes and stock up on snacks for our lunch boxes. You know.....back to school time. While you may not feel all the excitement that your children and grandchildren feel, we can get in on the excitement by getting back into a new Homemaker Year. August will be your last month to rest and relax before we gear up for another year of learning, volunteering, and community service. I look forward to seeing all the wonderful things you will accomplish in this new Homemaker Year.

-Angie



Save the Date

Pennyrile Homemakers Hit the Road

What a great time was had by all who attended the Pennyrile Area Homemaker trip to Frankfort Kentucky. Homemakers toured the Capitol Building, Rebecca Ruth Candy, the Governor's Mansion, and the Old Capitol Building as well as did some sight-seeing from the tour bus. It was a wonderful trip and we all learned a little about the history of this great Commonwealth.

Mark your calendars now for some important dates. Please make plans to attend as all our programs are better when we work together as a team for those in our community!

Area Annual Day 2017

Area Annual Day will be hosted this year by Todd County. We will travel to Elkton, Kentucky on October 26, 2017 to spend the day with our fellow Homemakers. Please save the date on your calendar and watch for cost information and times in your next newsletter.

Homemaker Holiday Trip 2017:

Save the date of December 1, 2017 and plan to road trip with us to Henderson and Owensboro for tours, shopping, and fun. Details will be in the next newsletter.

Pretend Store 2017:

Pretend store 2017 will be held on December 12, 2017. Set-up day will be held on December 11, 2017. To sign up to help with this event please call the office at 270-388-2341 or sign-up when the sheet is passed through your club meetings this fall. It takes a village to make this project work and I look forward to seeing you all in action again this year.

Now is the time to be buying items to donate for Pretend Store. Suggestions to purchase are:

- Girl toys any age
- Boy toys any age
- Infant toys from 0 to age 3
- Teenage girl gifts (nail polish, notebooks, stickers, socks, toboggans, etc)
- Teenage boy gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)
- Female gifts (gloves, perfumes, purses, jewelry, notebooks, etc)
- Men gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)

Cultural Arts 2018:

Please start your projects now so we will have plenty of entries from Lyon County for our Cultural Arts event. I am giving you ample time to get your projects completed and ready to be entered in to next year's Cultural Arts competition. Please mark your calendars for March 9, 2018 and make plans to finish up those wonderful projects you have started. Please note that the UKREC in Princeton where most area Homemaker events are held is now under renovation and unavailable for use for the next couple of years. For that reason, Cultural Arts Competition will be held at the Christian County Extension Office in Hopkinsville, KY this year.

Notice for Members-At-Large

Dues for the 2017-2018 Homemaker year are due in September 2017. Please bring your \$11 to the Extension Office by Friday September 30, 2017. If you wish to keep receiving the newsletter and remain a member of the Lyon County Homemakers, please mark your calendars to pay your dues. All traditional club members will pay in their club meetings as usual.

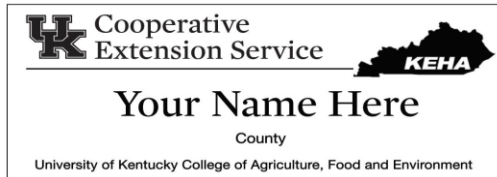
IMPORTANT NOTE FOR COUNTY OFFICERS PLEASE READ AND RESPOND

Please mark your calendars for **September 7, 2017 from 10:00 AM to 2:00 PM** for our upcoming leader training and fall County Council Meeting. This training will be for club presidents, county officers, and county chairman. **Please make all reasonable efforts to attend this training** as you will be getting all the information you need to be successful with your clubs throughout the next year. Lunch will be provided. Please call the office at 270-388-2341 to **RSVP for lunch preparation by September 5, 2017**. Those who should plan to attend are:

Carole Green
Gail Baldwin
Sharon Gates
Judy Garrett
June Town
Betty Leggett
Carrie Barnett
Christy Stephens
Kathy Hilkey
Ruth Palmiter
Linda Williamson
Carrie Barnett
Kristy Dunn
Marilyn Reibel
Linda Smith

Homemaker Nametags

The University of Kentucky is now offering nametags for Homemakers complete with the UK logo and the state KEHA logo. The cost of the nametag is \$13.00 plus shipping and handling. If you are interested in having a current name tag, please call the office at 270-388-2341



At the Farmer's Market: Corn

Source: Heather Norman-Burgdolf, assistant extension professor

For some of us, eating fresh corn off the cob is one of our top summertime, food-related experiences. Corn is one of the many great offerings at the Lyon County Farmers Market this month.

Farmers harvest corn in July and August in Kentucky. You can boil, steam, roast, microwave or grill it. It is naturally sweet so try to avoid using butter, salt or other seasonings that make it unhealthy. Instead, flavor with fresh lemon or lime juice, or season it with fresh herbs like thyme, paprika, garlic powder or black pepper.

Corn is very high in fiber and B vitamins. It also is a source of niacin, folate and vitamin A. A low-fat food, one, half-cup serving of corn has 90 calories.

At the market, select ears with green husks, moist stems and silk that is free of decay. Kernels should fill up the entire cob and be small, tender, plump and milky when pierced.

After purchasing, wrap ears in damp paper towels and place in a plastic bag. Store unshucked corn in the refrigerator for four to six days.



Corn is a tasty side dish by itself or you can use it as an ingredient in many dishes as you will see in the Plate It Up! Kentucky Proud series of recipes.

Lake Barkley Club Yard Sale

Lake Barkley club would like to extend an invitation to everyone to stop by their yard sale at the Pavilion in Eddyville Park on August 19, 2017. There will be bargains for everyone!

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Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences

Summertime Sensation Casserole

4 strips turkey bacon	½ teaspoon salt	2 cups tomatoes, chopped
½ cup minced onion	½ teaspoon black pepper	½ cup reduced fat shredded cheddar cheese
3 tablespoons diced green pepper	1 teaspoon dried sweet basil	
4 ears fresh sweet corn		

- In a large skillet, **cook** turkey bacon until crisp.
- Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
- Cut** corn from cob and add to onion and green pepper mixture in skillet.
- Add** salt, black pepper, basil and tomatoes. **Cook** 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.
- Pour** skillet contents into a greased 1-1/2 quart casserole dish.
- Top** with shredded cheddar cheese.
- Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, ½ cup servings.
Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Calendar of Events

Sunflower Mug Rugs

Date: August 11, 2017 (9:00 am to 3:00pm)

Class size: 10

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: August 9, 2017

Kathy Sims is stopping by to teach us how to make these adorable mug rugs. You only need to bring your sewing machine and basic sewing supplies. All project supplies will be provided for you. Make sure to call and sign up as seating is limited for this class.



Make One Take One

Date: August 17, 2017 (10:00am to 2:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: August 14, 2017

It's never too early to get started on Christmas gifts and there is no better gift to give than one that is homemade. We are putting a twist on this gift giving class though with our Make One Take One project. We will be learning a craft project, making two of them and one will be for you to keep and the other to be donated for a gift to go on the gift table at this year's Pretend Store. The first Make One Take One project are these quick and cute quilted fabric boxes! Don't miss out on learning something new and then sharing the love with others in our community.



Keys to Embracing Aging Research Project Class #5 Social Activity

Date: August 22, 2017 (4:15pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: August 22, 2017

Part five of the 12 month series, Keys to Embracing Aging, will cover social activity. **You do not have to be present at all 12 classes for your information to be counted in the research study.**

Homemaker Leader Lesson: The Pressure is On!

Date: August 31, 2017 (1:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: August 29, 2017

Get ready to blow the steam off long hours of cooking in your kitchen. Join me as I share all about the latest and greatest kitchen gadgets that help to speed up the cooking process and get you on to your next appointment in no time flat. You do not have to be a lesson leader in your club to attend this program. If this topic interests you, feel free to join us for the class. Agents travel sometimes over an hour to give these lessons and many times we only have three or four people to attend. In order to keep Homemakers going as in the past, we need to support these agents by attending programs offered in our county. Please make plans to be there!

Paper Crafters

Date: September 11, 2017 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: September 8, 2016

Don't miss out on our monthly paper craft project. You just never know what we might get into, but I can guarantee it will be cute. Join us the second Monday night of every month!
