



October 2022 Newsletter

VOL. 22-10

Cooperative Extension Service

Wayne County
255 Rolling Hills Blvd.
Monticello, KY 42633
(606) 348-8453
Fax: (606) 348-8460
extension.ca.uky.edu



IN THIS ISSUE

Nutrition Notes, Gaye Hutchison, EFNEP Assistant.....	Page 2-3
Extension Homemaker Clubs & Blood Drive.....	Page 4
Featured Homemaker Clubs & Homemakers History.....	Page 5
Cooking Classes & Community Service Projects.....	Page 6
Rock the Clock & In-Stitches Quilt Class.....	Page 7
Leader Training, MCV Training & KEHA Week.....	Page 8
Therapeutic Venues - Seth Hart, Community Arts Assistant.....	Page 9
Barn Quilt Painting Workshop.....	Page 10
Joy McGinnis, FCS Program Assistant-Halloween Safety.....	Page 11
Flavors of Fall-Kentucky Nuts & Popcorn Monster Mash Recipe.....	Page 12
Starry Night Nativity Painting Class.....	Page 13
Pineapple Coconut Cheese Ball Recipe & Christmas Village.....	Page 14
Enclosures: Chemotherapy Turbans Pattern	



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

"I'm so glad I live in a world where there are Octobers." -

L.M. Montgomery - Anne of Green Gables

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

October 2022

Nutrition

Education

Program Calendar

Recipe

APPLE SPINACH SALAD



Source: Brooke Jenkins, Extension Specialist, and Jean Najor, Program Coordinator II, Univ. of Kentucky

Nutrition facts per serving:

250 calories; 19g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 110 mg sodium; 20g total carbohydrate; 4g dietary fiber; 13g total sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

- 1 (10-ounce) bag baby spinach
- 1 large apple, diced
- 1/2 small red onion, thinly sliced
- 2 medium carrots, shredded
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries

Dressing

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Gently scrub apple, red onion, and carrots with a clean vegetable brush under cool running water before preparing them.
3. Add all salad ingredients to a large bowl.
4. Add all dressing ingredients to a small jar with a lid. Shake well to combine. Pour the dressing over the salad and toss well to combine.
5. Serve immediately, and store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 2 1/2 cups

Cost per recipe: \$9.13

Cost per serving: \$1.52

BAKED FRUIT



GROCERY LIST

- Fruit (need 4 cups fresh or canned)
- Margarine
- Brown Sugar
- Cinnamon

MAKE IT A MEAL

- Sliced roast beef
- Baked potato
- Tossed salad
- **Baked Fruit**
- Low-fat milk

TIPS

- Look for canned fruit packed in light syrup or water.
- Fresh fruit may be used in season. For added color and nutrients use strawberries, blackberries or blueberries.

- *4 cups of fresh or canned fruit (drain if using canned)*
- *1 tablespoon margarine*
- *¼ cup brown sugar, packed*
- *1 tablespoon cinnamon*

- 1.** Preheat oven to 325 degrees F.
- 2.** Arrange fruit in a flat baking dish.
- 3.** Dot top of fruit with margarine.
- 4.** Combine brown sugar and cinnamon; sprinkle over fruit.
- 5.** Bake 30 minutes.

Makes 8 servings

Serving size: ½ cup

Nutrition facts per serving:

80 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 15mg sodium; 19g total carbohydrate; 2g dietary fiber; 16g sugar; 1g protein; 2% Daily Value of vitamin A; 25% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron

Taken from: October 2015 Nutrition Education Program Calendar

Source: A Guide to Good Nutrition, University Of Kentucky College of Agriculture, Cooperative Extension Service, Kentucky Expanded Food and Nutrition Program 1998.



Extension Homemaker Club Meetings

- Sunnybrook** - October 6th @ 6:30 p.m. - Downstairs Meeting Room
- Country Charmers** - October 10th @ 6:00 p.m. - Downstairs Meeting Room
- Pots & Pans** - October 10th @ 6:00 p.m. - Upstairs Meeting Room
- Charity** - October 11th @ 5:00 p.m. - New Charity Baptist Church
- Odds 'N Ends** - October 13th @ 12 noon - Downstairs Meeting Room
- Creative Characters** - October 18th @ 1:00 p.m. - Downstairs Meeting Room
- Happy Chippers** - October 20th @ 1:00 p.m. - Downstairs Meeting Room
- Mudslingers** -October 24th & 25th @ 12 noon - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**Roll Call &
Thought of the Day
for KEHA Monthly
Club Meetings
October 2022**



Thought for the Day: "Beauty comes in all shapes and sizes. Small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings." -Anonymous
Roll Call: October is National Pizza Month. Name your favorite pizza topping.



Donate Blood
Save a Life!

Blood Drive!

Tuesday, October 11th
Aspire Center

Creative Characters/Mudslingers 11:45 a.m.-3:00 p.m.
Country Charmers 3:00 p.m.-6:15 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.

September 2022 - Mudslingers

November 2022 - Odds 'N Ends

November 2022 - Christmas Village

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. Clubs - Please turn in ALL your information to the Extension Office by the 10th of the month before your club is featured.**

Wayne County Extension Homemakers History

The Wayne County Extension Homemakers Club chartered in 1950. As the Homemakers program began to organize, they began to meet community needs. In 1951, Wayne County Homemakers collected \$1,284 for the American Red Cross Drive. This amount was over half of the county goal. Wayne was the first county in the Eastern Division of the United States to meet its goal.

Also, during the 50's, Homemakers contributed money to seed and landscape the courthouse lawn. The Rightway Club purchased a layette for each new county nurse.

In 1957, Homemakers helped public health nurses to inform the public on polio immunization. Homemakers also helped set up two oral Sabin polio clinics in the county.

During the early 1960's, Homemakers had a lesson on mass feeding and did volunteer work with families receiving commodities. In 1965, Homemakers took an active part in the School Head Start Program.

Today, Wayne County Extension Homemakers continue to meet community, area, state, national, and international needs.

Cooking Thru the Calendar!



Wayne County Extension Office
Downstairs Meeting Room @ 12 Noon
Recipe Demos & Taste Testing!
Free Classes!
Must register so we can be
prepared for you!
Call (606) 348-8453

Monday, October 10th - Apple Spinach Salad
Monday, November 14th - Sheet Pan Dinner
Monday, December 12th - Cheese & Corn Chowder

Project Helping Hands

We need your help with the following Community Service Projects.

Comfort Caps

We are looking for some helping hands to make some comfort caps for cancer patients. Enclosed is a copy of the pattern. Please let us know if you can make some comfort caps. Thank you!

Helping our Local Furry Friends

Wayne County Animal Shelter could use your help. A donation box will be located in the front office of the Wayne County Extension Office. Our furry friends thank you!

Items Needed:

- Dog food & dog toys.
- Cat food, cat litter, & cat toys.
- Cleaning supplies: Bleach, Dawn dishwashing liquid, washing machine detergent, washcloths, towels, bottled water, & paper towels.
- Lots of candles and air fresheners.
- They use many Parvo Shots. Any money donated is used to purchase 75 to 150 shots.

Thank you all for your donations. Tamera Snow, Coordinator Wayne County Animal Control
***Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*

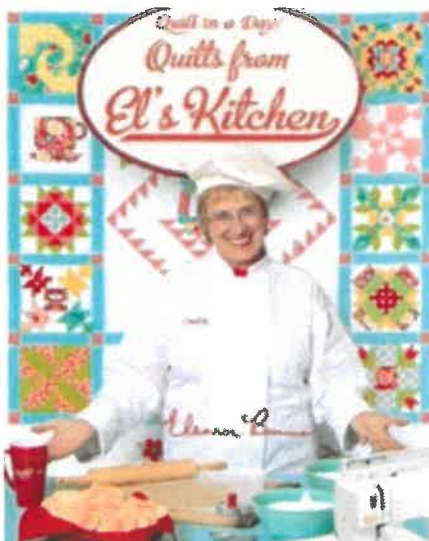
Rock the Clock Event! Sewing Palooza

Saturday, October 15th
9 a.m.-9 p.m.

Wayne County Extension Office
Downstairs Meeting Room



Please call to register so we can be prepared for you.
Bring your UFO's or a new project you have been wanting to work on.
Bring your sewing machine & supplies or whatever you wish to work on.
Scrapbooking, puzzles, painting - whatever you'd enjoy the most.
Everyone is Welcome!
Come for the whole event or whatever time works for you.
You are welcome to bring your own sewing chair.
Remember to dress COMFY.
Slippers are welcome! Bring a sweater or sweatshirt in case you get cold.
We will have coffee, hot chocolate, and hot water for hot tea.
We will also have bottled water, tea, and soda pop.
Hope you will join us at Rock the Clock Sewing Palooza!



In-Stitches Class

The next In-Stitches Class is scheduled for
Wednesday, October 19th @ 10 a.m.

Downstairs Meeting Room at
the Extension Office.

We will be creating the Coffee Cup Block
and Hearts & Gizzards Block from
El's Kitchen Quilt Book.

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.

Wayne County Extension Office 606-348-8453.

Upcoming Lessons:

October 25th - Creative Containers - Managing Stress Eating

November 22nd - Holiday Make & Take - Must register!

December - Club Choice

Master Clothing Volunteer Training

October 3-5, 2022

Lexington, Ky.

Thank you to all our MCV for your dedication and time given to teaching!

October 9th-15th - Kentucky Extension Homemaker Week!

Let's Celebrate!





Seth Hart,
Program Assistant
for Community Arts

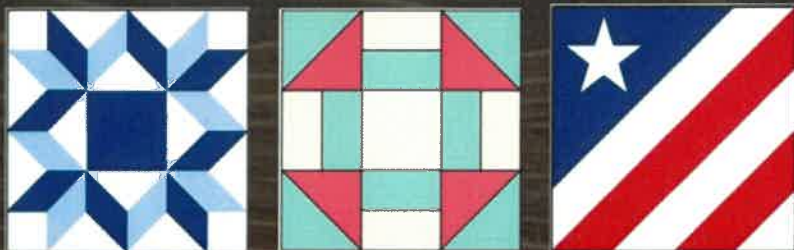
Fine Arts Homemaker Program Showcase

The Wayne County Public Library showcased artwork by our Fine Arts Homemaker Program. Club members of Creative Characters, Mudslingers, and Happy Chippers displayed a variety of their creations that range from painting to woodworking, pottery, and more. Their work will be featured for the entire month of September in the lobby. Volunteers who helped with set-up include club members Kayla Middaugh, Laura Ogle, and Carson Payne, alongside Community Arts Program Assistant and club instructor, Seth Hart.



BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Monday,
November 7th

4:00 - 9:00 pm EST

SIZE OPTIONS

2 ft x 2 ft ... **\$40.00**

4 ft x 4 ft ... **\$75.00**

DESIGNED FOR ALL SKILL LEVELS

ALL MATERIALS AND SUPPLIES

WILL BE PROVIDED

\$5.00 DISCOUNT TO HOMEMAKER MEMBERS

CLASS SIZE LIMIT: 15 SPACES



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

***Deadline to Register:
Friday, October 21***

PRE-PAYMENT REQUIRED

**Due to limited spacing,
our waiting list fills
quickly. If you cancel, it
must be one week prior
to class in order to
receive a refund. This
will allow us adequate
time to notify someone
else who wants to join
the workshop.**

For more information, contact

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Service

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.



Joy McGinnis,
FCS Program Assistant

Keeping Your Ghouls & Goblins Safe on Halloween

Halloween is such an exciting time. With all the fun costumes and sugary treats, it is easy to forget that there are some potential dangers. So here are some tips to make sure the evening is full of treats rather than tricks.

Costume Safety

- Make sure your child's costume can be seen by passing cars. Choosing a bright and reflective costume is highly suggested. However, if your costume is on the darker side, adding strips of reflective tape can be just the trick.

- Avoid costumes that drag the ground or can become easily tangled around your feet that could cause your child to trip and fall.
- Avoid masks that restrict vision or interfere with breathing.
- Dress for the weather, which may mean adding layers to a costume if the temperature drops.

Preparing for Visitors

- Make sure your outdoor lighting is in good working order. Replace bulbs if necessary.
- Remove any hazards in our yard that may cause a trick-or-treater to fall such as lawn equipment, toys, bikes, or gardening equipment.
- Restrain pets or remove them from the entry way. Even friendly pets can become nervous or frightened by visiting goblins.

Trick-or-Treating

- Children should never trick-or-treat alone. Children under 12 years of age should be accompanied by an adult. Older children should travel in groups.
- Preplan the route your children will take so everyone is clear about which homes you have selected to visit.
- Stay on paths and sidewalks. If there are no sidewalks, walk on the left side of the road, facing traffic, so motorists are more likely to see you.
- Ensure each child has a flashlight to help them avoid trips and falls in the dark.
- Avoid unfamiliar animals, especially dogs.
- Avoid houses that are not well-lit. Only accept treats at the door; never enter a stranger's home.

Source: David A. Weisenhorn, Senior Extension Specialists for Parenting and Child Development Education; University of Kentucky of Agriculture, Food, and Environment



Flavors of Fall - Kentucky Nuts



Years ago, one sign of fall in Kentucky was a basket of walnuts or hickory nuts along with a handy hammer and nut picks. Anyone with spare time in the evening was expected to crack the shells and pick out nutmeats to prepare for holiday baking. Today, nuts usually are shelled and prepackaged. They require less work, but they still provide a tasty addition to fall foods. Many nut trees grow well in Kentucky. Northern pecans, black walnuts, hickory nuts, hardy Persian (English) walnuts, American hazelnuts, and Chinese chestnuts all grow well in our state.

Here are some tips for preserving the best flavor when storing nuts. Store whole nuts in the shell in a cool dry place for up to six months. Freeze whole nuts for longer storage. Store shelled nuts in the refrigerator for up to one month or in the freezer for up to six months. Shelled nuts should always be stored in tightly covered containers.

Most nuts are high in fiber, Vitamin E, and magnesium. Vitamin E protects the immune system by acting as a powerful antioxidant. Magnesium is a mineral important to many processes in the body. Nuts are low in saturated fat but high in unsaturated fats. Even though unsaturated fats are healthier than saturated fats, they still contain a lot of calories. Nutrition experts recommend substituting nuts for other fats or protein in your eating plan. One way to do that is to have a smaller portion of meat and add a serving of nuts. While nuts may add many nutrients to an eating plan, they are a big concern for those with allergies. So read recipes and ingredient labels carefully if you have a nut allergy or cook for someone who does. Try this fun recipe for a lightly sweet snack that contains nuts.

Popcorn Monster Mash

8 cups plain popped popcorn (1/2 cup unpopped)

2 cups old-fashioned oats

1/2 cup chopped walnuts

1/2 cup raisins

1/3 cup honey

1/3 cup packed brown sugar

1/4 teaspoon salt



1. Pop the popcorn & set aside in a large mixing bowl.
2. Add oats, walnuts, & raisins to the popcorn.
3. In a small saucepan on medium heat, add honey, brown sugar, & salt. Bring to a boil & stir until all the sugar is dissolved.
4. Pour the sugar-honey mixture over the popcorn mixture & fold in using a spatula until everything is covered.
5. Oil a 9x13 baking pan & press the popcorn mixture firmly into the pan.
6. Refrigerate covered for at least an hour before cutting into squares. Note: you can also roll into balls instead of making bars.

References: FN.SSB-078 Flavorful Nuts, FCS3-603 Nutritious Nuts and Seeds, ID-77 Nut Tree Growing in Kentucky
Source: Martha Yount, Nutrition Education Specialist, University of Kentucky, May 2019

Recipe Source: Jean Najor, Senior Extension Associate
This recipe makes 20 servings. Per serving: 110 calories, 2.5 g. fat, 30 mg sodium, 2 g. fiber, 7 g. added sugar, 2 g. protein.

Starry Night Nativity

With

Suzanne Pogue



November 29th

Upstairs Meeting Room

6pm – 8pm

Deadline to register: November 21st

All Supplies Provided ~ Fee \$30 made payable:

Wayne County Extension Office

Memo: Nativity Painting

**Note 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.*

Pineapple Coconut Cheese Ball

2 pkgs. softened cream cheese
1 can crushed pineapple, drained
Small bag sweetened coconut
1/2 to 3/4 cup brown sugar
1/4 to 1/2 cup Confectioners' sugar

Mix all together & chill.
Before serving, put chopped
pecans all over the outside.

Recipe by: Debbie Shepherd



Save the Date:
Christmas Village
Saturday, November 19th
Set-up Day: Friday, November 18th

Please remember to donate items for CHILDREN'S Village! Everyone is welcome to donate. You don't have to be a club member. You can be a mailbox member or just a member of the community that would like to help out.

We will be collecting non-perishable food items at the Christmas Village! Please remember to bring your items.

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



We Grow Families.
www.ca.uky.edu

 Find us on
Facebook

Wayne County Cooperative
Extension Family and
Consumer Sciences



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Production Sewing of Chemotherapy Turbans

by Maryen Rogers, Searcy, AR

Here's a turban so simple to make that 15 members of my sewing club completed 191 of them in a single day. Before gathering at our favorite store, I had cut out most of the turbans from leftover donated fabric pieces and from a bolt of baby-blue knit fabric donated by the dealer. We had a great day knowing that so many people would benefit from our efforts.

Afterwards, I packaged each turban in a plastic bag with a printed note tucked inside that stated the size (small, medium, or large) and that they were "Made for a special person". I distributed the turbans to radiation treatment centers and oncologists. We suggest that each chemotherapy patient receive three turbans—one to wear, one to wash, and a spare.

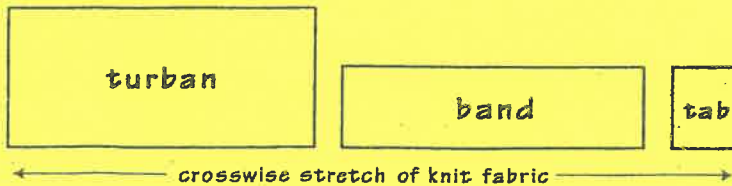
There are lots of turban patterns around but our experiments have streamlined this one so that it can be mass-produced. It doesn't take much fabric or much sewing skill, so encourage everyone you know to join together for this worthy cause.

How-to:

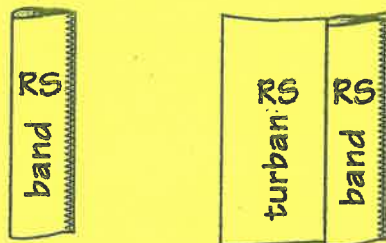
You'll need 3/8 – 1/2 yard of 60"-wide fabric for two turbans, depending on the size. Cut one each of the three pieces (turban, band, and tab) according to the chart. Note that all sizes use the same size tab. You must use stretch knit fabric and cut the pieces using the crosswise grain. You can use a sewing machine zigzag stitch but serging is simplest and quickest. The seam allowance is approximately 1/2".

Cut Size	Turban	Band	Tab
Small	20-1/2" x 8"	20-1/2" x 5"	5" x 4"
Medium	22" x 9"	22" x 5"	5" x 4"
Large	24" x 10"	24" x 5"	5" x 4"

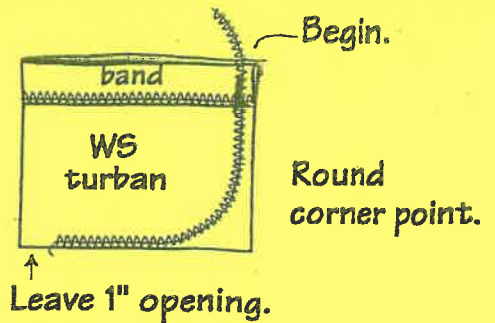
cutting:



1. Fold the band in half lengthwise, wrong sides together. Serge it to one of the long sides of the turban piece, right sides together.

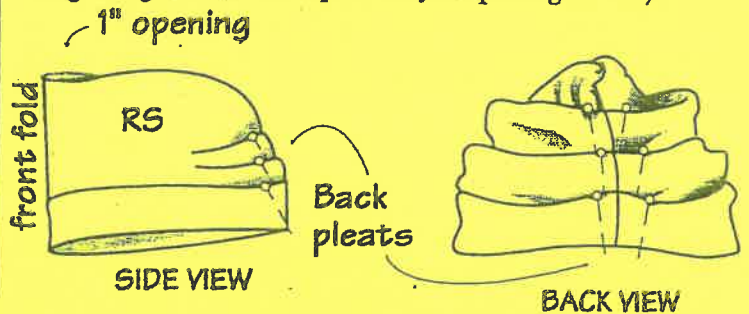


2. Fold the banded turban piece in half crosswise, right sides together. Serge, beginning at the banded edge, rounding off the back corner point, and stopping 1"

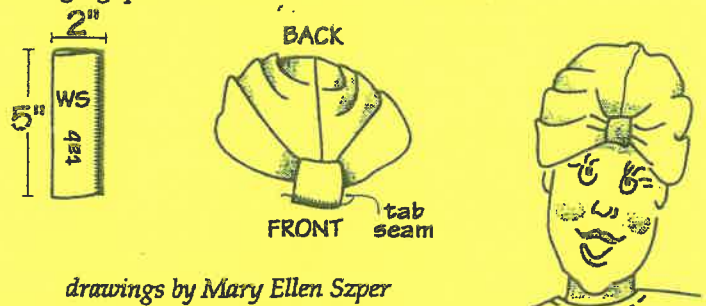


before reaching the front folded edge. The tab will be inserted through this opening later. Secure thread tails and turn the turban right sides out.

3. Perpendicular to the back seam allowance fold up and pin three tucks approximately 3/4" deep. Stitch in the ditch of the seam allowance to secure these tucks. (If the fabric is too thick to stitch on your machine, hand-sew along the seam using a large needle and upholstery or quilting thread.)



4. Fold the tab in half lengthwise, right sides together and serge the seam. Turn the tab right sides out and rotate it so that the seam is centered on the underside. Slip the tab through the opening in the turban seam. Fold up and stack tucks along the front seam from the lower band edge to the opening. (These tucks are similar to those at the back except they're stacked and *not* secured with stitching in the ditch.) Wrap the tab around the tucks and sew the tab ends by machine, right sides together. Rotate the tab seam allowance underneath the turban and tack it by machine to the center front seam allowance. This connection will prevent any see-through gap between the tab and the turban.



drawings by Mary Ellen Szper

Note: We make mostly the medium size; the small size would fit a young teen. Vary the style with a contrast color band, especially if you're short of fabric. The tab is a natural place for embellishment—fabric rose, pin, button, or bow.

You may reprint this page for your guild, church, friends, etc., as long as you run this credit line: "Reprinted with permission of The Creative Machine Newsletter, PO Box 2634-R, Menlo Park, CA 94026-2634, (650)366-4440, fax (650)366-4455."