

EXTENSION HOMEMAKERS



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

February 2022

Cooperative Extension Service

Adair County
409 Fairground Street
P.O. Box 309
Columbia KY 42728
Phone: 270-384-2317
Fax: 270-384-9167
<http://adair.ca.uky.edu>

Hello Adair County Extension Homemakers!

My name is Dylan Gentry, and I am your new Family & Consumer Sciences Extension Agent. I am excited to be serving in this position and anxious to work with each of you. My first day "on the job" was January 10th, and I am continuing to settle into my office.

I am a native of Green County, Kentucky. I recently graduated from the University of Kentucky, where I studied Family Sciences with minors in Ag. Economics and Appalachian Studies. These are unique interests you will likely see reflected in my overall county programming.

While I was in college, I interned under Jordan Crain, now the former Green County FCS Extension Agent. Mrs. Crain was a huge mentor of mine and played a deciding role in my decision to pursue this position. Under her direction I co-facilitated the Bingocize and Cooking with the Calendar program. This past Spring, I interned under Dr. Jennifer Hunter, Director of Family & Consumer Sciences Extension. While I am young in age, these experiences make me feel like I have been around a while within the Cooperative Extension Service.

The Extension Homemakers program is a priority to me, and I hope to reflect this in my actions. In the coming months, my goal is to attend at least one of your club meetings, listen to your stories, and understand how I can be an asset to you and your club.

Cultural Arts Competition

Feb.28 – Mar. 1 and 2

Be sure to review the categories included within this newsletter mailing. Contact the Extension Office for complete details of the rules & guidelines.

Now is the opportunity to showcase your talents!



Left to right:
Jeff Casada, Area Extension Director, myself-Dylan Gentry,
and Joe Rogers, Chairman Extension District Board

Whether you are a Mailbox Member or a Club Member, I encourage you to stop by my office anytime and say hello! I look forward to meeting each of you soon.

Dylan Gentry

Dylan Gentry
Adair County Extension Agent
for Family & 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.

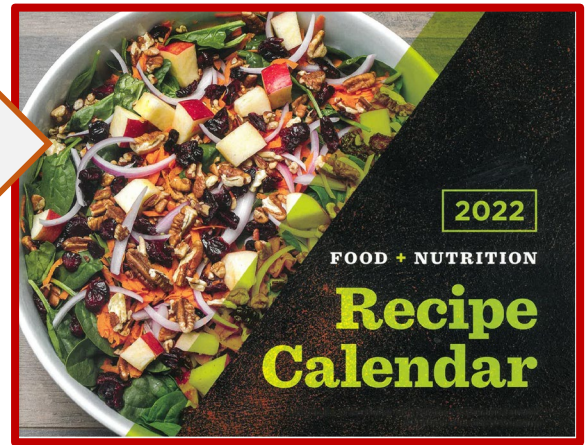
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



The 2022 Food & Nutrition calendars are now available at the County Extension Office. Stop by and get your free copy!



Club Lesson: Hunger Simulation
Roll Call: What is your favorite snow day memory?
Thought for the Month: "February is short and very sweet."
~ Charmaine J. Forde

| February 2022 | | | | | | |
|---------------|--|---|------------------------------------|--|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | 5 |
| | 6 | 7 6:00 Town & Country | 8 6:00 Happy 5:30 Sano Stars | 9 11:30 Daylight 11:30 Green River | 10 | 11 |
| 13 | 14 VALENTINES DAY HM Leader Training Time: TBA | 15 | 16 | 17 11:00 Bliss | 18 | 19 |
| 20 | 21 | 22 5:30 pm HOMEMAKER COUNCIL MEETING | 23 | 24 | 25 | 26 |
| 27 | 28 ENTER CULTURAL ARTS EXHIBITS thru March 1 st | <p>In case of inclement weather for cancellations, please listen to the local radio stations and watch for it on www.columbiamagazine.com</p> | | | | |



2022 Cultural Arts Competition



Monday – February 28 Entries accepted all day @ the Extension Office
 Tuesday – March 1 Entries accepted until 12:00 noon
 Wednesday – March 2 Viewing & Judging exhibits
 Thursday – March 3 County winners taken to Area Competition in Taylor Co.
 Friday – March 4 Pick up Exhibits @ Extension Office

Category lists are included in this newsletter.
For complete details on entry submission, contact us at the Extension Office.

HOMEMAKERS COUNCIL MEETING

Tuesday – February 22
 5:30 pm

Adair County Extension Office

Contact Sharon Harris, President of Adair County Extension Homemakers, at 270-378-0548 if you have any items for the Agenda, or feel free to reach out to me at the Extension Office at 270-384-2317.

~Dylan

HOMEMAKER LEADER TRAINING

Monday – February 14

Time: TBA

County Extension Office

LESSON: Political Process in Kentucky

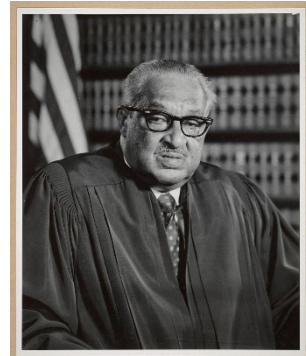
This date is a change of date for the Leader Training meeting, due to scheduling conflicts. This will be the lesson for your March club meetings.



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. To initiate a complaint, contact Tim West in the Business Office at 859-257-3879. At the University level, Terry Allen and Patty Bender in the [UK Office of Institutional Equity and Equal Opportunity](#) (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any research or extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington DC 20250-9410 (202-720-5964).

February is Black History Month

Thurgood Marshall was the first black Supreme Court justice nominated in 1967 under President Johnson. To learn more about Black History Month visit <https://www.uky.edu/mlkc/black-history-month>”.



APA citation style:

Official portraits of the U.S. Supreme Court: Justice Thurgood Marshall.
 United States, 1976.

[Photograph] Retrieved from the Library of Congress, <https://www.loc.gov/item/2002721282/>.

DEVELOP A FAMILY FINANCIAL PLAN TO EARN THE MOST BENEFIT FROM YOUR TAX REFUND

If you have a tax refund coming this year, consider using this extra money as a one-time sum to begin putting your family finances in order.

Look at your family's financial situation and evaluate the debts, especially those with the highest interest rates.



One way to put your family finances in order is to pay off credit card balances or loans that charge a high interest rate. If you receive a substantial tax refund, you might be able to pay off several high-interest debts with relatively low balances.

This will give you a good start to pay off all credit card accounts, keeping only one national credit card for emergencies. Once you have paid off each card, write the company to close your account. Be sure to destroy credit cards on the closed accounts.

Review your withholding statement to determine if your refund is due to unusual deductions on this year's tax return, or is a result of excess withholding. If it's the latter, consider having less money withheld. You could use the extra to reduce high-interest debt or put it in an interest-bearing account.

By investing the refund in a savings account or a money market fund, you'll have money for unexpected expenses. It's a good idea to have emergency savings equal to six months of family income. Investing the refund can make your family more financially secure by providing an adequate emergency fund.

Another way to effectively use your income tax refund is to make a major purchase or do home repairs that you've been putting off until you have the money. These are opportunities to put your tax refund to an important use.

Look at your family's overall spending patterns and have a meeting to discuss the financial situation and set goals. Develop a written spending plan making expenses equal to, or less, than income. Discipline spending so you can pay cash for purchases, or pay the credit card balance before the grace period ends.

Family members also should realize the need for long-term financial goals such as buying a home, paying for college and saving for retirement. This will help young members learn that there are realistic limits on what you can afford. Eventually your family will move ahead financially.

Source: Sue Badenhop

Ways to Remain Motivated to Stay Active

You may have a goal of becoming more active this year, but you might find it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic.



Incorporating physical activity into your day has many benefits including help with weight loss, immune system boost, stress relief and lowering blood pressure. The goal is to get 150 minutes of physical activity each week.

While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

Make a plan. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit. Once you have a schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.

Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Also, your activity does not have to be difficult to have a positive effect. It could be as simple as walking around your neighborhood or dancing to music each day.

Find ways to make it social. Prior to the coronavirus, some people found it helpful to have an exercise partner or join a gym class for motivation. While we now must be socially distant, we can still share in the social aspects of physical activity. You can call your former workout buddy while you are doing the activity that you used to do together, or you can find a virtual exercise class. Many gyms are conducting former in-person classes on Zoom. You can make it a family activity by encouraging your family to get active with you.

For more information on ways to get and stay active, contact the Adair County Extension Office of the University of Kentucky Cooperative Extension Service.

Source: Natalie Jones, Extension Specialist for Family Health



Rabbit Jambalaya



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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

Rabbit Jambalaya

- 1 rabbit (cut up, about 3 pounds)
- 1 teaspoon paprika
- 3 tablespoons vegetable oil
- 2 to 3 cups low-sodium chicken broth
- 1 cup diced onion
- 1 cup diced bell pepper
- 2 stalks celery, diced
- 2 cloves garlic, minced
- ½ pound Andouille or Polish sausage, thinly sliced
- *Can substitute, but will change fat content of serving.
- 2 cans (14.5 ounces each) no-salt-added diced tomatoes
- 1 cup, uncooked long grain rice
- 2 teaspoons dried thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon hot pepper sauce, if desired

Rub the rabbit pieces with paprika. Heat oil in a large skillet, add rabbit, and brown on all sides. Add 2 cups of chicken broth and bring to a boil. Cover skillet, reduce heat, and simmer for 2 hours or until the internal temperature of the rabbit reaches 165 degrees Fahrenheit. Add more chicken broth, if needed. Remove rabbit from skillet. When cool enough to handle, remove the bones from the meat. Add remaining chicken broth to skillet. Return rabbit meat to skillet and stir in remaining ingredients. Return to a boil. Cover, reduce heat, and simmer for 20 minutes. Remove from heat and allow to rest, covered, for five minutes. Fluff with a fork and serve.

Yield: 6 servings

Nutrition Facts

6 servings per container
Serving size 2 cups (590g)

Amount per serving
Calories 560

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 17g | 22% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 205mg | 68% |
| Sodium 690mg | 30% |
| Total Carbohydrate 36g | 13% |
| Dietary Fiber 2g | 7% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 62g | |
| Vitamin D 0mcg | 0% |
| Calcium 112mg | 8% |
| Iron 10mg | 60% |
| Potassium 1,089mg | 25% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Triple Berry Crisp

| | | |
|----------------------------------|----------------------------------|----------------------------|
| Cooking spray | 3 tablespoons white sugar | ¾ teaspoon cinnamon |
| 1¾ cup fresh blackberries | ¾ cup brown sugar | ½ teaspoon nutmeg |
| 1¾ cup fresh blueberries | ½ cup flour | ½ cup butter |
| 1¾ cup fresh strawberries | ½ cup oats | |

Preheat oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

Pour berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

Yield: 12, ½ cup servings

Nutritional Analysis: 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



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

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A ½ cup serving of raw berries contains 35 calories, has no fat, and is a good source of potassium, vitamin C and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Avoid berries that contain extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing. They can be made into jellies or jam. For more information, contact your local County Extension Office.

KENTUCKY BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

August 2014

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs

COOPERATIVE
EXTENSION
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Food and Environment

Source: www.fruitsandveggiesmatter.gov



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Cooperative Extension Service

Sponsored by:

**Adair County
Cooperative Extension Service
409 Fairground Street, Columbia KY
270-384-2317**

The Adair County Cooperative Extension Service is sponsoring a Family Gardening Project.

To register for this program, complete the on-line registration form.

You will be contacted when to start picking up gardening supplies.

The program is available to the first 40 families who register.

To register go to this online link to sign up your family:

https://uky.az1.qualtrics.com/jfe/form/SV_0HWmbfk6gSvxTkW

This is a family gardening project, therefore the whole family should be involved. You can do container gardening, a regular garden, raised bed gardens or a combination of all of them. The gardens do not have to be large. Small gardens are great, and we will give you resources to show you how to get the most from your garden.

As part of this project, participants will receive vegetable seeds, transplants, a seed starting kit, and educational information needed to grow a garden.

Attendance to three meetings is required. Meetings will be held in-person at the Adair County Extension Office.

- Tuesday-March 29 6:00 pm **Planning Your Garden** Nick Roy, ANR Extension Agent
- Thursday-May 5 6:00 pm **Plants/Seed & Youth Exhibits** Tony Rose, 4-H Youth Development Extension Agent
- Friday-July 8 2:00 pm **The Road to Food Dehydration** Dylan Gentry, FCS Extension Agent

As part of the project, all participants are asked to share pictures and stories about your gardening project. We want this to be a family experience, not just for the youth. You will also be getting healthy recipes to try with the plants you have in your garden. We would also like to see the youth enter some of their produce or plants in the Adair County 4-H Project Exhibits later in the summer.

Open to first 40 families to register.

Registration deadline is Tuesday - March 1, 2022

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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2021-2022 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2021-2022 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:
Please see the KEHA website (www.keha.org), Cultural Arts and Heritage Chairman page, for the name and contact information for the current chairman.

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
 - Entry may be written in the first or third person
 - Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.
-