

LOGAN COUNTY HOMEMAKERS

FRYSC Clothing Drive

Please let me know If you are interested in helping with the FRYSC Clothing Drive from 2-6 p.m. on August 1 at the Logan County Extension Office! I need a few volunteers to help check people out that day! At this time, I have the following who have volunteered: Emily Hayes, Bonnie Watson, Sue Jordan, Helen Flowers, Debra Harper and Marie Gamble.

Enrollment Forms

Your Club President should have received copies of new enrollment forms to be completed! Please make sure those are updated and returned to the Extension Office so we can update our records!

**Follow the Logan County
Extension Homemakers
on Facebook!**



**The Logan County
Extension Office will
be closed July 4! Happy
Independence Day!**

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**Family & Consumer
Sciences Agent for
Logan County**



Rachel Hance
Rachel Hance



Mark Your Calendars!

Homemaker Leader Trainings

Any changes in leader trainings will be announced!

July Leader Training

"Home Remedies"

July 5, 2023 @ 10 a.m.

Logan County Extension Office

No August Leader Training

Picnic Month - Plan a fun activity
with your club members!

Logan County Homemaker Cultural Arts Contest

August 29, 2023

Logan County Homemaker Annual Meeting

August 30, 2023

Mammoth Cave Area Homemaker Annual Day

October 19, 2023

OUTSTANDING CLUB REPORT FORMS

Your individual county report forms are due to the Logan County Extension Office by Aug. 1, 2023. These reports are used to prepare for our annual meeting. These forms were distributed to each club at the June council meeting. If you need an additional copy please let us know at the Extension Office and we can get one to you. Please make sure these are turned in so we are able to recognize our members WHO have worked so hard this year.

CULTURAL ARTS CONTEST

The county cultural arts contest is scheduled for Aug. 29, 2023 at the Logan County Extension Office. You may bring your entries to the Extension Office on Aug. 28 or before noon on Aug. 29. You may pick your items up after 3 PM or if you would like your items to be on display for our county annual meeting you may leave them until after Aug. 30. I look forward to seeing some great work from wonderful, talented ladies!

Homemaker Club Meetings

All Seasons

President Sandra Kennedy
270-847-7860
Meets 3rd Tuesday @ 1PM

Corinth

President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

O & H Homemakers

President Donna Washington
270-893-1467
Meets 3rd Monday at 2:30 PM

Neighbors

President Emily Hayes
270-542-4287
Meets 4th Monday @ 4 PM

Sew Fun Quilting Homemakers

President Sue Jordan
270-542-6403
Meets 4th Saturday 9 AM—3 PM

**ATTENTION
ALL MEMBERS
AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

South Union

President Judy Kirkland
615-337-0999
Meets 2nd Wednesday @ NOON

HOMEMAKER HIGHLIGHT

Congratulations to the following Homemakers for receiving County Fair Quilt Show awards!

Sue Jordan - Judge's Choice Best in Show

Debra Harper - People's Choice Best in Show



If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and photos!



FARMING IN THE SUN

Spending time outside is an activity that many people look forward to after the fall and winter months. For many people, such as farmers, spending time outside is more than just a seasonal pleasure. It is central to producing crops and raising livestock.

However, working outside for prolonged periods of time can expose us to harmful ultraviolet (UV) rays from the sun. Prolonged sun exposure damages skin and can cause conditions like skin cancer, which is one of the more common cancers that occur in farmers and farmworkers. Because farmers, farmworkers, and their families spend so much time outdoors, it is important to take precautions to prevent sun exposure and sun-related cancers.

You need to take these precautions year-round and not just in the spring and summer months.

- When possible, sit in the shade.
- Wear loose and breathable clothing such as a long-sleeve shirt and pair of pants.
- If possible, wear a hat and sunglasses.
- Apply sunscreen to exposed areas like your ears, arms, nose, and neck.

References

CDC. (2022). Skin Cancer. Centers for Disease Control and Prevention. <https://www.cdc.gov/cancer/skin/index.htm>

Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety



Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92



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

Nutrition facts per serving:
350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:
Brooke Jenkins,
Extension Specialist,
University of Kentucky
Cooperative
Extension Service





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Stay Hydrated this Summer

As summer arrives and we're at the beach, doing yard work, gardening, or a host of other outdoor activities, proper hydration tends to be in the forefront of our minds. However, dehydration can be a problem throughout the year. With our busy schedules, sometimes we forget the simplest of tasks, including drinking enough water.



It's recommended that everyone drinks at least 64 ounces, or eight 8-ounce glasses, of water throughout the day in order to stay properly hydrated. That may seem like a lot, but as we sweat and urinate, we can lose a lot of water. Illness or prolonged exercise can cause us to lose more water than we realize and, sometimes, dehydration is hard to spot. Symptoms can include:

- Dry mouth
- Excessive thirst
- Hunger
- Fatigue
- Mild to severe headaches
- Dizziness

Prolonged dehydration can lead to even more severe health problems and also death. Because of this, we need to be aware of the symptoms. Below are some helpful tips to remain healthy and hydrated.

- **Wake-up to water:** When you wake up in the morning, drink at least one glass of water before you eat. This will help replenish any perspiration that was lost while sleeping.
- **Drink before you snack:** Dehydration can often be masked as hunger. When you are hungry for a snack, drink a glass of water first to see if that satiates your craving. This will also help you take in fewer calories.

- Drink during exercise or physical activity: dehydration during exercise, or other physical activities, can affect our health and our performance. Instead of saving your hydration till the activity is over, drink a portion over the entire time.
- Drink after you exercise: You can easily lose 1-2 pounds during an intense physical activity. Unfortunately, this is not fat loss, but water loss. Make sure to replenish your body with water after your activity is over.
- Keep a reusable water bottle nearby: If you want to stay regularly hydrated, keep a water bottle filled, and nearby, at all times. This will prevent you from getting dehydrated or choosing less healthy options like soda or sugar-filled teas and juices.
- Utilize backpack bladders: if you are hiking, kayaking, fishing, or participating in some other physical activity that requires the use of your hands, it's useful to have a bladder filled with water that fits inside a backpack. This also allows you not to have to stop your activity to take a drink.
- Remember water quality: when hiking, fishing, camping, or participating in other outdoor activities, if you run out of drinking water, you may choose to drink from a lake, pond, or stream. Be careful! Those sources of water can have parasites or bacteria from wildlife. To be safe, keep a filter, or a water bottle that has a filter, handy that will strain out the majority of organisms that can harm you.
- Choose water, not sugar: Often when we are thirsty, we'll drink soda, juice, sports drinks, tea, or other liquids. While those items can hydrate you, they are not as healthy as water for your system and can add unwanted calories. In addition, some of these drinks can increase urination and dehydration.

Dehydration does not have to be a problem. Know the symptoms and stay prepared in order to stay healthy and hydrated throughout the year!

Source: "Health and Hydration," Dr. Kristopher R. Grimes, Associate Professor and State Extension Specialist for Nutrition and Nutrition Education, Kentucky State University



Quick Tip

Try flavoring your water by infusing it with different combinations of fresh fruit and herbs like strawberry, lemon, orange, grapefruit, mint, and rosemary.

Megan Treadway

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This institution is an equal opportunity provider.

Follow us on social media @kysuag





**HOMEMAKER
ANNUAL MEETING**

*Paradise
Luau*

11:00 A.M. ~ AUGUST 30, 2023

COSTUME CONTEST / HULA HOOP
CONTEST / CUPCAKE DECORATING

DRESS IN YOUR BEST LUAU ATTIRE!

SEW FUN - HAM, PINEAPPLE UPSIDE DOWN CAKE
ALL SEASONS - ROLLS
CORINTH - 5 CUP SALAD
NEIGHBORS - COOKED CARROTS
O&H - SWEET POTATOES
SOUTH UNION - COLE SLAW
GETAWAY GIRLS - TROPICAL FRUITS
RACHEL - DRINKS, PAPER PRODUCTS
PLAN FOR 30 PEOPLE!

