

# Homemakers

September 2024

In this Issue:

Mark Your Calendars	1
Vaccines	2
Clubs	3
Trainings	3
Holidays	4-5
Highlights	6
Recipe	7-8
KSU	9-10
Annual Meeting	11
Fundraiser	11

Family & Consumer Sciences Agent for Logan County



*Rachel Hance*

Rachel Hance

Logan County Extension Service  
255 John Paul Ave.  
Russellville, KY 42276  
270-726-6323

**Cooperative Extension Service**

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

## Mark Your Calendars!

Ovarian Cancer Fundraiser September 12

Mammoth Cave Area Homemaker Annual Day October 17

Mammoth Cave Area Homemaker Leadership Training November 7

All county officers/chairmen invited to attend

## July Calendar Fundraiser

I am very excited to report that the Logan County Homemakers raised a total of \$2,839 for the Isaiah House in Logan County!!!! Thank you to all Homemakers who worked to make this fundraiser such a success!!!!

## Ovarian Cancer Fundraiser

Each club should have received flyers and tickets for the Ovarian Cancer Fundraiser scheduled for September 12. We would love for this fundraiser to be a great success! Please try and sell as many tickets as you can! It should be a fun event with refreshments and a style show provided by local boutiques.

## 4-H Reality Store

The 4-H Reality Store is scheduled for October 22, 23, and 24 at the Logan County Extension Office. If you would like to volunteer at that event for any length of time please let me know so I can get your name added to the volunteer list.

## Mammoth Cave Area Annual Day

The Mammoth Cave Area Annual Day is scheduled for October 17, 2024 at Munfordville Baptist Church in Munfordville, Ky. Please see registration form included in this newsletter with details about the meeting. Deadline to register is September 27. I hope you will make plans to attend!

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

# Homemaker Club Meetings

## O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

## Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd 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.



HELLO FALL!

## South Union

President Judy Kirkland

615-337-0999

Meets 2nd Wednesday @ NOON

## Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

## Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM



The Logan County Extension Office will be closed September 2, 2024 for the Labor Day Holiday!



## Fall Is The Perfect Time For Annual Vaccines

Fall, specifically the months of September and October, is the most ideal time of the year to receive annual vaccines, including the flu and Covid vaccinations. This is because these vaccines get annual updates, and the updated vaccines are released in the late summer to early fall. The vaccines are modified slightly from year to year to provide the best protection to those receiving it for the upcoming year against the most common strains of those viruses.

Many contagious diseases become more common as the seasons change from fall to winter, because of changes in weather patterns, people spending more time indoors with poor ventilation, and holiday gatherings where people are in close proximity. Vaccines do take some time to reach peak effectiveness, so you want to receive your vaccines several weeks before planning to travel or attend large gatherings, to be most protected against severe effects of disease.

While you are receiving your annual flu and Covid vaccines, ask your health-care provider if there are other preventative vaccines that may benefit you based on your age or lifestyle, such as the shingles or pneumococcal vaccines.

Reference <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

Source: Katherine Jury, Extension Specialist for Family Health

# Homemaker Leader Trainings

## September Leader Training

“MAKING A WILL”

September 4, 2024 @ 10 AM  
LOGAN COUNTY EXTENSION  
OFFICE

## October Leader Training

“TOBACCO STICK CRAFTS”

MULTI COUNTY LESSON

See flyer included in this newsletter

## November Leader Training

“CAKE DECORATING”

MULTI COUNTY LESSON

See flyer included in this newsletter

## December Leader Training

No December Leader Training

**ANY CHANGES IN LEADER TRAININGS  
WILL BE ANNOUNCED!**

## September is National Honey Month

September is National Honey Month. It coincides with honey collection season in the United States, which typically ends in September because bees secure their hives and get ready for colder weather.

Humans have a long history with honey. According to a 2012 archaeological find, the world's oldest honey is believed to be 5,500 years old. Many ancient civilizations used honey for various purposes.

Honey would not be possible without the work of bees and other pollinators. The website, [pollinator.org](http://pollinator.org), reports, “Honeybees alone are responsible for between 1.2 and 5.4 billion dollars in agricultural productivity in the United States.” Experts estimate that it takes close to 23,000 bees to fill one jar of honey, but the bee population has been in decline over the last few decades.

To celebrate and promote National Honey Month, try these steps.

1. Have a honey themed party, and try various types of local honey on your favorite food items.
2. Contact your local beekeeper association for a presentation on their work or visit to their hives.
3. Select pollinator friendly plants for your yard and landscaping. You can contact your local Extension office or garden nursery for the best plant recommendations for your area.
4. Avoid pesticides that harm bees and be sure to follow the instructions of when and how to use them.
5. Continue to learn more about the role that bees and other pollinators play in our food supply chain. Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, April 2023

# Homemaker Highlights:

# FRYSC

## CLOTHING DRIVE



Several Logan County Homemakers helped with the FRYSC Clothing Drive this year! The event was a huge success! Thank you to all the homemakers that volunteered your time to help this day!



FOLLOW THE LOGAN COUNTY EXTENSION  
HOMEMAKERS ON FACEBOOK!

# Logan County Homemakers Annual Meeting

August 2024



## *Rachel's Message:*

The Logan County Homemakers held their annual meeting in August! Sandra Lennon and Brenda Baugh were installed as new officers by our Mammoth Cave Area Treasurer, Tammy Alford. The event wrapped up with games and fun activities including making beaded keychains!

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 pictures!





# Ramen Skillet Dinner



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

- 2 teaspoons vegetable oil
  - 1 medium onion, chopped
  - 1 medium carrot, thinly sliced
  - 1 bag (16 ounces) frozen broccoli
  - 2 cups cooked chicken, chopped
  - 1 package (3 ounces) chicken-flavored instant ramen noodles
  - 1 cup water
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon ground ginger
  - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
  3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately. Refrigerate leftovers within 2 hours.
- 9.

**Makes 4 servings**  
**Serving size: 1 1/2 cups**  
**Cost per recipe: \$7.66**  
**Cost per serving: \$1.92**

**Nutrition facts per serving:**  
 280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

**Source:**  
 Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service





## Flatter to Feel Good – Know Your Season

What we wear and how we look can contribute to positive mental health. Research indicates that if you think you look good, you will feel good. So, it is important to make your clothing work for you—to flatter your best features.

One way to make sure you are using your clothing to flatter, is to know what colors look the best on you. Each person has unique skin, hair, and eye coloring. Clothing and cosmetics that complement an individual's coloring make a person appear healthier and more attractive.

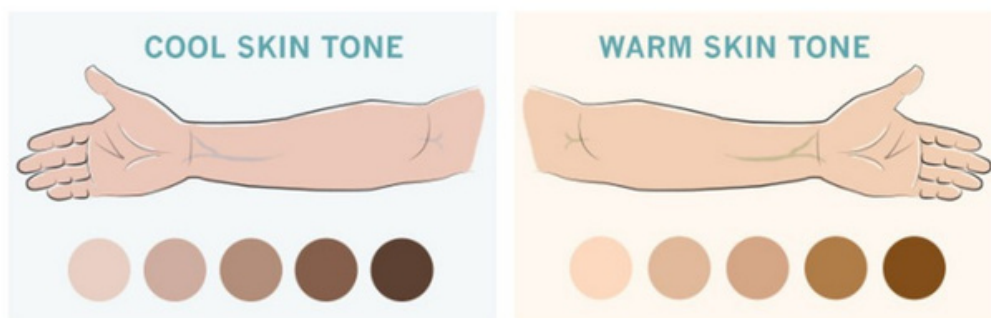


You may have heard of individual color palettes or seasons. This is a collection of colors that look the best on you based on your eye color, hair color, and skin tone—including undertones. Knowing your season can help you choose clothing and cosmetics that make your skin glow and highlight your natural beauty.

### *Start by Evaluating Your Skin Undertone*

Those with ~~cool undertones~~ cool undertones normally have veins on the inner wrist that appear blue. Silver jewelry normally looks better on individuals with cool undertones. These individuals fall in either the Summer or Winter color palettes.

Those with ~~warm undertones~~ warm undertones normally have veins on the inner wrist that appear green. Gold jewelry normally looks better on individuals with warm undertones. These individuals fall in either the Autumn or Spring color palettes.



The Spring palette looks best on people with delicate golden undertones. Their hair color tends to be golden brown, golden blonde or strawberry blonde. Their eyes are usually blue, green, or golden brown. Their color palette includes: camel, apricot, turquoise, and light yellow.



The Autumn palette looks best on people with golden undertones and brown or green eyes. Autumns tend to be red-haired people or have auburn undertones in their hair. Their color palette includes: dark brown, gold, rust, and olive green.



The Winter palette looks best on people with blue or blue-pink undertones; dark hair, including black or grey hair; and deep colored eyes. Their color palette includes: black, pine green, hot pink, and true red.



The Summer palette looks best on people with blue undertones. Their hair color tends to be blonde or brown with a gray cast. They usually have blue, green, or hazel eyes. Their color palette includes: lavender, aqua, pastel blue, and pastel pink.



By knowing the colors that are most flattering for you, it will help you select clothing to build a wardrobe that will work for you!

References: *Color is Key, FCS 2844, University of Kentucky Cooperative Extension Service*  
*Self-Care and Self-Pampering KEHA State Support Lesson*

Sources: *Jeanne Badgett, University of Kentucky Senior Extension Associate,*  
*Amy Kostelic, University of Kentucky Extension Specialist for Adult Development and Aging*

Megan Treadway  
 Area Extension Agent for Family and Consumer Sciences  
 400 East Main Avenue, Bowling Green, KY 42101  
 (270) 282-0982  
 megan.treadway@kysu.edu



[KYSU.EDU/AG](http://KYSU.EDU/AG) | [@KYSUAG](https://www.instagram.com/KYSUAG)

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. Kentucky State University, University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





Cooperative  
Extension Service

# “Supporting In Style”

## Ovarian Cancer Fundraiser

*Hosted by the Logan County Homemakers*

September 12, 2024 \* 6 PM

Logan County Extension Office

Tickets \$10

*Style Show and  
vendors from local  
boutiques*

*Refreshments*

*Door Prizes*

All proceeds benefit the University of Kentucky  
Ovarian Cancer Project

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.



Disabilities

**Mammoth Cave  
Area Homemaker  
Annual Day**

**October 17, 2024**

**9:00 A.M. CST**

*Munfordville Baptist Church  
501 N West St, Munfordville, KY  
42765*



**Registration Fee: \$20**  
**Guest Speaker: Ricky Line**  
**Entertainment: Kendall Ford**

**\*We will be collecting non-perishable food items for Blessing Boxes in Hart County. Please bring one or two cans per person.**

*Please send one county check to:  
Tammy Alford, MCA Treasurer  
165 Oak Ridge Road  
Morgantown, KY 42261*

*Thank You*

**Cooperative  
Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

Lunch prepared by  
**White's Catering**

Lunch includes  
Chicken Salad on croissant or  
Ham & Cheese Wrap  
Chips  
Fresh Fruit salad  
Oatmeal Raisin Cookie  
Canned drink or Water



**Don't Forget!**  
**\*Name Tag Contest due October 1**  
E-Mail **one** picture from each county of  
\_\_\_ name tag entry to  
[Sonya.carter@uky.edu](mailto:Sonya.carter@uky.edu) and  
[millsmb@scrtc.com](mailto:millsmb@scrtc.com)

---

## Registration Form:

Return this portion, along with your fee, to your County Extension Office

Name: \_\_\_\_\_

No. Reservations: \_\_\_\_\_

County Participants numbers are due **September 27** to  
Hart County Extension Office- P.O. Box 367  
Munfordville, KY 42765

One Check is requested for all your county's attending  
participants.