

Homemaker Newsletter September 2022



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September Homemaker Lesson

Autumn Home Décor

Monday, September 26 - 4:00 p.m.
at the Russell County Extension Office

Come join us and create this sweet scarecrow to welcome in the autumn season! He is simple and easy to make!

Creating your own home décor items can save you money and be relaxing and fun! Get your Creative On!

*This is your September Leader Lesson!
EVERYONE is welcome! Invite a neighbor or friend!



Please call 270-866-4477 to register by September 19.
There will be a \$5 fee for anyone from the public.

Thought for the Month:

“A day without a friend
is like a pot without a
single drop of honey left
inside.”

Winnie the Pooh
(A.A. Milne)

Roll Call:

September is National
Honey Month. Share a
favorite honey recipe.

Update from Homemaker Council

Tea to Welcome New FCS Agent - Megan Gullett

Tentative date: September 14 at 2:00 p.m. (pending Megan's schedule)

Classes for the Community

Anyone willing to teach a class (craft, cooking, or any other talent you'd like to share) for a community service project, please contact Melonie.

Next Council Meeting

Monday, September 26 at 5:00 p.m. All homemakers are invited to attend.

Membership Dues

Don't forget it's a new
homemaker year and
time to pay your
membership dues of \$12.



Updates from KEHA

2023 State Meeting – Mark your calendars! The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Details and contact information can be found on the State Meeting webpage.

Sign Up to Present – Calling all homemakers with information to share! Learning session proposals for the 2023 KEHA State Meeting are due by Oct. 15. KEHA members are encouraged to share their knowledge by presenting a learning session. The form can be found on the State Meeting webpage.

Apply Now for the 2nd Leadership Academy – The application form is available on the KEHA website under Member Resources. Return applications to your KEHA Area President by Oct. 1 to be considered! The second KEHA Leadership Academy will take place on March 1-3, 2023, at Blue Licks Battlefield State Resort Park. The goal of the academy is to strengthen leadership skills for emerging leaders within the organization and increase the pool of leaders available to hold county, area, and state level elected and appointed positions. The academy will recruit up to 30 participants. Each area is encouraged to provide the names of two delegates and one alternate. The application deadline is Oct. 1 and participants will be notified Nov. 1. Please promote within your county and encourage eligible members to apply.

KEHA Census Quilt at the Kentucky State Fair – The 2020 Census Quilt created by KEHA in the fall of 2019 once again will have a featured display at the upcoming Kentucky State Fair. Please share with your members and encourage those already attending the State Fair to view the quilt in this special display.

Wearing Seasonal Colors

Often with the change of seasons, comes a change in our wardrobes. Of course, there is nothing wrong with wearing the same thing year-round, but we usually need to adapt our clothing choices to help us feel cooler or warmer, depending on the weather. When autumn arrives, we may reach for sweaters or add layers of clothing to keep us warm. Our fall wardrobe might consist of cozy clothing that usually has some texture or weight. But what about the colors? Have you noticed that clothing worn in fall often resembles the colors of the changing leaves?

Wearing clothing in colors like what we observe in nature is common. And research has established a connection between color preference and the seasons. This explains why, in general, we consider colors of the changing leaves (red, orange, yellow, etc.) to be fall wardrobe colors. Whereas we often associate colors like blue, green, or pink with spring and summer clothing. Seasons are also a way to describe our personal coloring characterized by our skin tone, eye color, and hair color. Through color analysis we determine which colors look best with our skin, eyes, and hair – or rather which colors make our skin, eyes, and hair look *their* best. To figure out which colors help you look your best, look at your inner arm (in natural light):

- If your inner arm has blue or pink “cool” undertones, that means summer and winter colors.
- If your inner arm has green or yellow “warm” undertones, that means spring and autumn colors.
- Most people can wear almost any color; however, it is the tint, tone, or shade of a particular color that makes a difference.
- Wearing our best colors can increase our confidence.
- Wearing unflattering colors can make us look like we feel ill.

Not sure which seasonal colors are your colors? Take a look in the mirror while wearing the color(s) in question. How do you feel or look? Happy with what you see? You are probably wearing “your” colors!

References

Schloss, K., and Heck, I. Seasonal Changes in Color Preference are Linked to Variations in Environmental Colors: A Longitudinal Study of Fall. <https://journals.sagepub.com/doi/full/10.1177/2041669517742177>

Jackson, C. (1984). *Color me beautiful*. Ballantine Books.

Source: Jeanne Badgett, senior Extension associate for Clothing, Textiles, and Household Equipment

Honey Mustard Chicken Tenders



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



- 1/3 cup low-fat mayonnaise
 - 2 tablespoons honey
 - 2 tablespoons mustard, any type
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon paprika (optional)
 - 1/4 teaspoon black pepper
 - 1 1/2 pounds uncooked chicken tenders or boneless chicken breast, sliced into strips
 - Nonstick cooking spray
 - 2 cups panko breadcrumbs
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. In a medium bowl, combine mayonnaise, honey, mustard, garlic powder, paprika (optional), and black pepper. Stir well.
 3. Trim any fat from chicken. After handling raw poultry, scrub hands with warm water and soap, for at least 20 seconds.
 4. Using tongs, add chicken to sauce in bowl. Turn pieces over to coat all sides with sauce.
 5. Refrigerate chicken for 30 minutes, turning over once or twice.
 6. Preheat oven to 400 degrees F.
 7. Lightly coat a baking sheet pan with nonstick spray.
 8. Place breadcrumbs in a shallow bowl. Lift chicken out of bowl one piece at a time, keeping a good layer of sauce on the chicken. Put chicken on the breadcrumbs and turn to coat all sides. Discard any remaining sauce.
 9. Place chicken pieces on pan in a single layer.
 10. Bake for 15 minutes. Remove pan from oven and carefully turn chicken pieces over.
 11. Return pan to oven and bake 10 more minutes, or until a thermometer inserted into the thickest piece reads 165 degrees F.
 12. Store leftovers in the refrigerator within 2 hours.
- Makes 6 servings**
Serving size: 4 ounces
Cost per recipe: \$9.45
Cost per serving: \$1.58
- Nutrition facts per serving:**
270 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 27g total carbohydrate; 0g dietary fiber; 7g total sugars; 0g added sugars; 29g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 10% Daily Value of iron; 0% Daily Value of potassium.
- Source:** Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension



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