

Harlan County Extension Homemakers Newsletter July/August 2023



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

Cooperative Extension Service
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Note: All meetings are at the Harlan County Extension Depot unless otherwise noted.

Please call the office to register if you plan to attend workshops

Make-It-Monday

July 10 at 10:00 am

Join us for a flower arrangement workshop. Make a bud vase arrangement to take home. Class cost is \$5.00 with a limit of 20 participants.



Basic Photography Workshop

Thursday, July 27 at 10:00 am

The workshop will be presented by Jeremy Williams.



Make-It-Monday

August 14 at 10:00 am

Create a wooden mason jar wall hanger. Class cost is \$5.00 and limited to 20 participants.



County Homemaker Dinner

The Harlan County Extension Homemakers will be hosting the Homemaker County Dinner September 21, 6:00 pm at the Extension Depot.

The menu will consist of Hamburgers, Hotdogs, Baked Beans, Potato Salad, Cole Slaw, Chips and Cupcakes.

Tickets for the dinner are \$10 and are available at the Extension Office.

Cultural Arts Winners



Congratulations to our State Cultural Arts winners.

Patty Davis, Brenda Blanton, Barbara Hill and Kara Overbee all received First Place Blue Ribbons

Jeremy N. Williams
County Extension Agent
For Agriculture/Natural Resources

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Adding Physical Activity to Your Life

Putting more daily exercise in your life doesn't have to be hard or long. There are easy, simple steps you can take to add movement to your life. Make it something that's fun for you and that you can do regularly.

Make sure to do at least 10 minutes of activity at a time; shorter bursts of activity will not have the same health benefits. Remember that every little bit adds up and doing something is better than doing nothing. For example, walking the dog for 10 minutes before and after work or adding a 10-minute walk at lunchtime can add to your weekly goal. Ready to get started? Here are some tips:

Tips to get you moving at home

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get out and walk your dog
- Clean the house or wash the car.
- Drive less – walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.
- Walk up and down courts or fields or around the neighborhood when kids are practicing sports.
- Do stretches or exercises while watching television.
- Actively play with kids after school or in the evening
- Get up 15 minutes early and use this time for a run, walk, sit-ups and push-ups, or stretching.


- Turn chores into exercise. Set the timer for 20 minutes and see how much of the house you can clean. Try to be as efficient and quick-paced as possible.
- Walk the dog for 10 minutes before or after work.

Tips to get you moving at work

- Ride your bike or walk to work.
- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Park your car farther away from the entrance.
- Add a 10-minute walk at lunchtime or as a replacement for a coffee break. Ask a friend to go with you.
- Take the stairs instead of the elevator.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.
- To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

Tips to get moving as a family

- Take a walk or hike together, shoot hoops, or play catch, Frisbee, or other active games.
- Enjoy an afternoon bike ride as a family.
- Walk or bike to school together.
- Try physical participation video games.
- Play together at a playground.
- Set up an obstacle course.
- Take a nature walk.
- Play with a deck of cards. Decide on an exercise for each suit (hearts, diamonds, spades, clubs) and take turns picking cards and performing the exercise the number of times indicated on the card. (For example, if jumping jacks were assigned to spades, a 10 of spades would mean 10 jumping jacks.) Do the exercises together or tag team.
- Put on some music and have a dance party!

 College of Agriculture,
Food and Environment



Super Patriotic Dip

- 1 cup light sour cream
 - 1 tablespoon chili powder
 - 1 teaspoon garlic powder
 - 1 teaspoon paprika
 - ½ teaspoon salt
 - 2 (15 ounce) cans no salt added black beans, rinsed and drained
 - 1 cup thick and chunky salsa
 - 1 ½ cups guacamole
 - 1 cup shredded mozzarella cheese
 - 1 cup cherry tomatoes, halved lengthwise
 - Baked tortilla chips
1. In a small bowl, mix the sour cream, chili powder, garlic powder, paprika and salt. Set aside.
 2. Reserve about ½ cup black beans. In a 9"x7" (or similar size) clear casserole dish or pan, evenly layer remaining black beans.
 3. Over black beans, layer, sour cream, salsa and guacamole.
 4. Create an American flag or other patriotic design on top by using black beans, cheese and tomatoes.
 5. Serve with baked tortilla chips. Servings: 28 Serving Size: 1/4 cup

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

80 calories; 4g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 190mg sodium; 7g total carbohydrate; 3g dietary fiber; 1g total sugars; 0g added sugars; 4g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium





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Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm