Savor the Flavor: Seasoning with Spices
Heather Norman-Burgdolf, Annhall Norris, and Janet Mullins, Dietetics and Human Nutrition

Making foods flavorful is just one of the many benefits of using spices in the kitchen. Adding salt to a dish can be the first thing that comes to mind to add flavor when something is bland, but using spices during cooking may be a more healthful choice.

Spices come from seeds, fruit, roots, bark or other substances from a plant. There are a wide variety of different spices to compliment any recipe. Spices not only add flavor to food, but they can also add vibrancy and color, making the dish look more appetizing. Storing spices in a cool, dry place out of sunlight is ideal for preserving flavor.

**Whole versus Ground**

Some spices are commonly found in the whole form, like ginger root and cinnamon sticks. However, the majority of spices are found in the ground form as a convenience to the individual purchasing them. Once ground, spices tend to gradually lose their flavor over time. Freshly ground provides the most abundant flavor, but may require specific kitchen equipment or tools. Keep in mind that whole spices take longer to add flavor to a dish, while ground spices add flavor much quicker. Neither whole nor ground are better than the other and it is personal preference which should be used.

*(continued on pages 2 & 3)*
Common Spices
Spices such as cinnamon, coriander, cumin, ginger, nutmeg, paprika, and turmeric are found in most grocery stores. Many of these spices originated in a certain location, but now they are used around the world in a variety of dishes. They provide us a way to explore new flavors in our own kitchen. Experimenting with these spices can be a fun way to make old recipes new again.

Cinnamon
Cinnamon is a very strong smelling spice that is taken from the bark of a tree that grows in tropical regions. It is found in both the whole and ground form. It is one of the oldest spices on record. In ancient cultures, it was used as a preservative, in perfumes, and as common spice for cooking meat. It is now most commonly used in breads and desserts because of its sweet taste and delicious smell. Many people do not realize it can be so versatile. For example cinnamon can be used to add sweetness to foods like oatmeal and cooked fruit and even boldness to chili and soups.

Coriander
Coriander is found in both the whole and ground form. Coriander seeds are actually the seeds from the cilantro plant, but has a very different taste. The flavor of coriander hints at sweet with a slight warmth similar to mint. Coriander is commonly used in Indian cuisine and used as a pickling spice. It may also be used to season meats and vegetables.

Cumin
Cumin is a widely used household spice, commonly known for use in chili and taco seasonings (see recipe below). It is also a staple spice in Indian, Middle Eastern, Mexican, Portuguese and Spanish cuisine. It is a savory spice and can be used in a variety of dishes such as soups, stews, rice, beans, lamb, steak and chicken recipes. When too much is used, it can easily overpower other spices.

Ginger
Ginger lends a sweet flavor that ends with a refreshing, warm, and spicy note. Ginger can be found in both the fresh and dried form. Ginger root is the fresh form known as a “hand” because of its knobby appearance. Ginger root should be peeled before use. Dried, ground ginger is a yellow powder that tends to be less sweet than the fresh form. Typically, people associate ginger with Asian cuisine, but it can be used in a variety of other dishes to add depth and boldness. Ginger pairs well with sweet vegetables like carrots and sweet potatoes, duck, chicken, beef, and pastries and pies.

Nutmeg
Nutmeg comes from a seed of the nutmeg tree and has a very similar aroma and taste as cinnamon. It can be used for making desserts as well as savory dishes. It is common for nutmeg and cinnamon to be used together to add the perception of sweetness to foods, like pumpkin pie. Nutmeg has a strong flavor, so little is needed to make a big difference. It is recommended to grate whole nutmeg right before use, because the flavor can be lost rapidly.

Paprika
Paprika may be one of the most versatile spices available. With its spicy, smoky flavor and vibrant red color, it is a great addition to any recipe for taste and appearance. It is used around the world and can be found in a wide variety of dishes including soups, seafood, meat, egg dishes, and pasta. In addition to its variety of uses, paprika is unique in that it can be used as a garnish to add a pop of color to a neutral-colored dish.

Homemade Taco Seasoning Mix
Yield: 1 cup, 8 servings
Serving Size: 2 tablespoons (equal to one store-bought packet)

Ingredients:
- ½ cup chili powder
- ¼ cup onion powder
- 2 tablespoons ground cumin
- 2 tablespoons garlic powder
- 1 tablespoon paprika
- 2 tablespoons salt
- 1 tablespoon black pepper

Directions:
Blend until spices are well incorporated. Store in an air-tight container.

Source: Mississippi State Extension Service

Turmeric
Turmeric gives food a bright, bold yellow color. Turmeric provides an earthy, mild, and woody flavor and is most commonly found in the dried, ground form. Turmeric is the main ingredient in curry powder. It has
been suggested that curcumin, the compound in turmeric that gives it color, has positive health effects. However, strong studies in humans are lacking to support this claim.

**Garlic: The Ultimate Flavoring Agent**

Garlic is one of the most common ingredients used around the world and has been in use since 3000 BCE. Garlic is a relative of the onion and is treated like both a spice and a vegetable to add a robust aroma and flavor. A head of fresh garlic is made of several smaller segments called cloves, which may be minced, crushed, or used whole after they have been peeled. Typically, garlic is not eaten by itself but added at the beginning of the cooking process to build flavor.

**Common Powders**

Chili, garlic, and onion powders are commonly found in the spice aisle at the grocery store, although they are not considered spices. These powders serve many purposes and can serve as healthy seasoning alternatives. Garlic and onions are simply dried and ground to produce powders. On the other hand, chili powder is a spice blend with the main ingredient being dried and ground chili peppers.

**Benefits of Using Spices in Cooking**

Using spices to add flavor while cooking is considered a healthful choice because they have very few calories (3-10 calories per teaspoon) and can take the place of added salt, sugar, and fat depending on the food. Human studies are beginning to show that spices may have anti-inflammatory effects and also protect against the development of diabetes and heart disease. However, there is limited research to suggest how much or how regularly you need to consume spices to receive protective health benefits. Using spices to season healthy, nutrient-dense foods is a great way to improve overall diet quality and work toward or maintain a healthy body weight.

Many spices can be found in supplement form, but they are not regulated and research is limited whether they achieve the marketed health claims.

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**BBQ SWEET POTATO NACHOS**

**Makes 4 servings**

**Serving size:** 1/4 of recipe

**Cost per recipe:** $4.56

**Cost per serving:** $1.14

**Nutrition facts per serving:**
- 300 calories; 12g total fat; 2.5g saturated fat; 0g trans fat; 5gmg cholesterol; 710mg sodium; 40g carbohydrate; 9g fiber; 8g sugar; 10g added sugar; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium.

Source: Katie Shoults, NSEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

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**Resources**


More than 1 out of every 5 students report being bullied, according to the National Center for Educational Statistics. So, in 2006, PACER’s National Bullying Prevention Center founded National Bullying Prevention Month, which includes Unity Day on Oct. 23 when everyone is encouraged to wear orange to show their unity against bullying. Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, here are some ways to help.

**Identifying bullying**

Bullying includes physical, verbal, or psychological pain. It can range from hitting, shoving, name-calling, threatening, and mocking to taking money or possessions. Some kids bully by shunning others and spreading rumors about them. Others use social media or electronic messaging to taunt or hurt others’ feelings. In severe cases, bullying has influenced suicides and school shootings.

**Warning signs**

There are many warning signs that can indicate that someone is involved in bullying. However, not all involved will show warning signs. Spotting the warning signs is an important first step in taking action against bullying.

**Signs a child is being bullied**

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations

**Signs a child is bullying others**

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal’s office or to detention frequently

**Parents play a key role in preventing and responding to bullying. Always keep communication with your child open.**

- Has unexplained extra money or new belongings
- Blames others for their problems
- Doesn’t accept responsibility for their actions
- Is competitive and worries about their reputation or popularity

**Talk to your child**

Always keep communication with your child open. If you know or suspect bullying has occurred, talk with your child and learn how you, school officials, or community leaders can work together to support your child.

**Advice for kids**

- If your kids are being bullied, talk with them about ways they can improve the situation.
- Avoid the bully and use the buddy system. Make sure they have someone with them so that they are not alone with the bully. Buddy up with a friend on the bus, in the hallways, or at recess — wherever the bully is.
- Act brave, walk away, and ignore the bully. Firmly and clearly, tell the bully to stop, and then walk away.
- Tell an adult. Teachers, principals, parents, and lunchroom personnel at school can all help stop bullying.

**Sources:**

- https://www.pacer.org/bullying/nbpm
- https://www.cdc.gov/violenceprevention/yong.gov/youthviolence/
Saturday, October 5, 2019
9 a.m. to 5 p.m

The Campbell County Homemakers will host a Ladies Just Wanna Have FUN Day!
Cost for Members $15 or Non-Members $20 includes 2020 membership.
Work on sewing, knitting, scrapbooking, reading, cardmaking, organizing pictures, recipes or just enjoy sitting and talking with old or new friends!

Location: Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

We will provide a light breakfast, lunch, tea, water and dessert
Please call Mary White at 859-757-8560 or e-mail: marywhite131@yahoo.com

Name ___________________________
Phone __________________________
Email __________________________

Send Registration form and payment to: Mary Lou Vogel
P.O. Box 6
Silver Grove, KY 41085

All reservations need to be in by October 2, 2019
Make checks payable to: Campbell County Homemakers
Selecting clothing that complements your body shape and coloring can make you look five pounds thinner. The key to looking smaller is to:
- Balance your body
- Provide proper support
- Select flattering styles
- Accessorize

BALANCING YOUR BODY
One major way to appear slimmer is to balance your silhouette.
- If you have broad shoulders or a large chest, avoid shoulder pads, or sleeves with ruffles or heavy detailing.
- To balance out a larger top and a smaller bottom, try full skirts or wide legged pants.
- For a smaller top and larger bottom, try a top with embellishments or layer tops or sweater sets to balance out the top half.

PROPER SUPPORT
One garment can have an immediate impact on a silhouette: a correctly fitting BRA!
- For most women, one breast is larger. If the size difference is one cup size or larger, choose the cup size that fits the larger breast.
- As the band size of a bra increases, so does the size of the cup. For example, the D cup in a 38D bra is smaller than the cup of a 42D.
- If you have a small back, fit the bra to your cup size, then alter or remove excess in the back.
- If you have a broad back, fit the bra to your cup size then add an extender to increase the size of the back. Extenders can usually be found as an accessory.
- Wearing a perfectly fitting bra will make you appear slimmer.

STYLES THAT ARE FLATTERING TO YOUR BODY TYPE
FRONT PLEATS DON’T FLATTER
- Contrary to popular belief, pleated front pants and skirts do nothing to camouflage a tummy or hips; in fact, they emphasize these “problem areas.”

HEMLINES
- To create a taller, slimmer silhouette, pants should almost touch the floor, leaving a little bit of room between the pants and the tip of the shoe.
- Pants that end just below the ankle can add as much as 10 pounds to a person’s appearance.

BOXY JACKETS
- Avoid anything boxy, especially jackets. Boxy jackets do not compliment any body shape.
- Semi-fitted styles with princess seams or darts that cinch in the waistline work well.
- Curved seaming on garments give the body a feminine silhouette.

ASSESSORIZE WITH FANCY FOOTWEAR
- Height slims any silhouette: If you can tolerate high heels, use them to drop 5 lbs. from any figure.
- Not a high heeled lady? Do not fret! Kitten heels, flats with pointy toes, and shoes with chunky heels can still give you the same long legged silhouette as high heels.
- However, try to stay away from square-toed and extremely chunky shoes because they can make legs look short and chunky.

USE YOUR BEST ASSET
- Everyone has at least one part of their body that is TERRIFIC!
- All of you is sensational, but there’s one body part that is your pride and joy!
Wardrobe Basics for Your Body Type

Bodies come in many sizes and shapes. Basic design principles can be applied to create the illusion of a balanced silhouette. Selecting clothing styles and designs that use line, rhythm, and balance can create symmetry.

Are you larger on the top?

Women with a bust larger than their hips are considered bigger on top. Often they have little or no waist definition, slender legs, and a broad back. To create balance, women who are bigger on the top need to select clothing that will emphasize hips. Hip emphasis can be created with color and design. Wear lighter colors or horizontal details in pants and skirts. Lighter colors add dimension. Horizontal details add width.

Best Choices

Consider pants and skirts with:
• Soft pleats
• Gathering or fullness
• Flared bottoms or wide legs
• Hip details and pockets

Straight skirts need to follow the natural curves of the hips.

Consider simple blouses and dresses that include:
• Raglan or straight sleeves
• V-necks
• Vertical or asymmetrical closings

Look for:
• Clothing to emphasize hips to balance the upper half

Are you larger on the bottom?

Women who have a triangle- or pear-shaped body have small shoulders and bust area. They have rounded curvy hips that are two or more inches wider than their bust. Adding dimension to the shoulder and bust area will help to create balance. However, petite women (5’2” and shorter in height) need to create a lengthening effect on the lower body. Adding width to the upper body tends to make petite women look shorter. Petite women need to select small prints, use the same fabric on the top and bottom and create a vertical line. They should avoid high collars, large bows, belts, and horizontal patterns.

Best Choices

Blouses and jackets with:
• Full sleeves
• Light or bright colors
• Shoulder pads
• Peplum waists
• Wide lapels
• Lower Necklines
• Layers in tops
• Jacket length above or below widest part of hip

Is your body straight?

Most designers create styles for the straight body. Women with little difference (within 1 inch) in the size of their waist, hips and bust are referred to as having a straight body. Flowing and graceful styles are most flattering on straight body types.

Skirts and pants with:
• Straight or fitted hips
• Straight legs with stretch (jeans)
• Simple designs
• Vertical seams
• Dark or neutral colors

Try to avoid:
• Jackets that end at the widest part of the hip
• Short, tight or straight skirts
• Tops with raglan sleeves
• Patch pockets
• Horizontal seams
• Excessive fullness at the hips

Look for:
• Styles that emphasize the bodice and shoulders to balance out the figure
• Patterns with full sleeves, boat necks, and extended shoulders
• Jackets with small shoulder pads that balance out the upper and lower body and those with a peplum that extends out slightly from the waistline
• Jackets with wider lapels and lower necklines
• Fitted skirts that are straight from the largest part of the hips
• Straight leg jeans with stretch
• Clothing layered on the top to balance lower half

(continued on page 6)
Shed 5 Pounds with Wardrobe Basics

(continued from page 5)

Flattering designs include:
- Dresses with waistline above or below natural waist
- Princess seams that give the appearance of a well-defined waistline
- Belts, when appropriate
- Layered separates
- Boot cut jeans to add curves to the figure
- Skirts cut on the bias
- Skirts that flare
- Blouses with dolman, capped or puff sleeves
- Blouses with v-neck or ruffled collars

Choose jackets and shirts with:
- Cinched waists
- Belted waistlines
- Sash ties

Try to avoid:
- Patch pockets at bust or hips
- Contrasting separates
- Short, boxy or fitted jackets
- Jackets with shoulder pads

Is your body curvy?
The curvy or hourglass figure was once considered the “perfect” body with balance in the bust and hips and a small waist. The well-defined shoulder line has full upper arms. The curvy hips, stomach, and derriere also have full thighs. A slender to medium version of the curvy or hourglass body can wear almost anything. The full figured curvy body type should minimize the curves and elongate the figure.

Styles to consider:
- A garment that follows natural curves and accentuates the waist
- Pants with soft pleats or gathers
- Jeans with wider legs to balance hips
- Darker colors in pants and jeans
- A-line and circular skirts to accent curves and balance hips
- Skirts with soft fullness with fabric that drapes
- Belts to accentuate the waist
- Dresses cut on the bias to follow curves without clinging

Styles to avoid:
- Horizontal designs
- Patch pockets at bust or hips
- Wide belts in contrasting colors
- Bulky sweaters

Look for:
- A-line and circle skirts, which accent curves while balancing hips
- Empire waist tops and dresses to flatter the curvy body shape
- Slightly flared trumpet skirts to balance hips and thighs
- Belts over shirts and jackets when appropriate
- Wrap dresses or shirts as well as dresses with sashes, to bring attention to the narrowness of the waist
- Bias cut dresses, which will follow the curves of the body without clinging to them

References
Bayou, B. (2007). The science of sexy dress to fit your unique figure with the style system that works for every shape and size. New York: Gotham Books.
Reid, T.J. (2002). What mother never told ya about fashion: A how-to-guide for anyone who buys, sells, or wears ladies clothing. Amite, Louisiana: Retail Sources Publications.

Renew your Homemaker Membership Dues

It’s time to renew your membership for the 2019-2020 year. Dues are $10.00. Make your check payable to: Campbell County Extension Homemakers and send the check/money to: Mary Lou Vogel, PO Box 6, Silver Grove, KY 41085 by December 1st. Remember that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from Homemakers!
Be a part of your Healthcare Team

Only 12 percent of people understand what their healthcare provider tries to tell them. Therefore, it is important to become actively involved in your healthcare. Here are some ways to help you prepare for your next appointment.

**Before your appointment**
- Bring all of your medicines including prescriptions, over-the-counter medications, vitamins, and dietary or herbal supplements.
- Write down your questions.
- Know your previous illnesses, past procedures, and your current medical condition.

**During your appointment**
- Every time you talk with a healthcare provider, ask these questions to understand better your health. (1) What is my main problem? (2) What do I need to do? (3) Why is it important for me to do this?
- Let your doctor, nurse, or pharmacist know if you do not understand what you need to do. There is no need to feel rushed or embarrassed if you do not understand something. You can say, “This is new to me. Will you please explain that to me one more time?”

**After your appointment**
- Make sure to follow your doctor’s instructions. Don’t be afraid to call your doctor if you do not understand or have a question.
- Do not stop taking any medications without first asking your doctor or pharmacist.
- Call your doctor if you start to feel worse or you have problems with instructions or medications.

**SOURCES:**
- [https://health.gov/communication/literacy/quickguide/factsbasic.htm](https://health.gov/communication/literacy/quickguide/factsbasic.htm)
- [http://familyhealthhistory.org](http://familyhealthhistory.org)

Do not stop taking any medications without first asking your doctor or pharmacist.
“The Sun Shines Bright”

Northern Kentucky Extension Homemakers Triennial Meeting

Thursday, October 10, 2019

Boone County Extension Enrichment Center
1955 Burlington Pike, Burlington, KY. 41005

9:00-10:00 AM Cultural Arts Entry (upper level)
10:00 AM Meeting Begins (lower level ballroom)

Guest Speakers:
Mary Hixson & Joan Howard

Even the ladies of the 1860’s enjoyed dressing well in difficult times. Come learn how fashion has changed and remained the same during the last 150 years. Enjoy seeing costumes and hearing stories from the first lady. Learn about the corsets to capes; hats to shoes; tassels to feathers, come see fashion as the Todd sisters wore it.

Menu Includes:

Fried Chicken, Baked Ham with Pineapple, Baked Potato Bar,
Green Beans, Spring Salad w/ homemade dressing,
Rolls w/Butter and Assorted Homemade Desserts

Cost - $17.00 per person

Please send this registration form with your payment:

Name: ____________________________
Address: __________________________
City: __________ State: __________
Phone: __________ County: __________

If Club registration, please enclose list of club members attending.

Registration Due By:
October 1, 2019

Attn: Campbell County Homemakers
Make check payable to:
Campbell County Homemakers

Mail Payment to:
Mary Lou Vogel
P.O. Box 6
Silver Grove, KY 41085
Northern Kentucky Area Council Meeting

On September 19th, Campbell County hosted the Northern Kentucky Area Council Meeting. Thanks to all Campbell County Homemakers for coming, working, and especially to the homemakers who brought delicious desserts. Everyone was complimentary of our meal and desserts. Thanks again to all who helped at the meeting.

CAMPBELL COUNTY HOMEMAKERS’ VETERAN’S PROJECT

Campbell County Homemakers are collecting socks for veterans. We are asking for donations of socks of all kinds (white, colored, tube, crew etc.) to be distributed to veterans. We will be part of a larger project which is packing 200 boxes of socks and toiletry items. There will be 3 pairs of socks in each box. Homemakers are volunteering to collect as many of the 600 pairs of socks needed for this project. There is a box in the lobby of the extension office for you to drop off socks or you can bring the socks to your club meetings and classes. The deadline for the collection is October 28, 2019. October 26 is “Make a Difference Day”. In our own little way, Campbell County Homemakers can make a difference in the lives of our veterans. Thank you!

Upcoming Meetings & Programs...

Valley Homemakers Club - Tuesday, October 8, 2019, 10:00am. This month we will be meeting at the First Baptist Church. The address is 4410 Alexandria Pike, Cold Spring, Kentucky 40176. As a sign of appreciation, we will bring non-perishable food items to donate to their food bank. Be sure to check the expiration date on your food items. Jennifer Duvall Kemplin will be teaching us how to make ornaments or decorative items using quick drying clay. Come join us and learn a new craft. New members are always welcomed.

Crazy Quilters Club - November 18, 2019, 10:00 a.m. at the Campbell County Extension Office.

Claryville Homemakers Club - First Tuesday every month, 10:00 a.m. at Plumcreek Christian Church.

Lunch Bunch - October 19, 2019, Noon at Olive Garden in Florence. Call or text Pam @ 513-519-5823 by October 16th, to make your reservation.
KENTUCKY STATE HOMEMAKER WEEK - OCTOBER 13-19, 2019

Campbell County Homemakers will be joining Homemakers across Kentucky in celebrating Kentucky State Homemakers’ Week. We have planned activities that will get our name and purpose out to the communities in Campbell County.

**Monday, October 14**, Homemakers will be serving the staff at the Campbell County Extension Office an appreciation breakfast.

**Tuesday, October 15** is be kind to others day. Take time to do an act of kindness for someone. Greet everyone with a smile and a positive attitude.

**Wednesday, October 16** is be kind to yourself day. Read a book, take a walk, meditate on your blessings and do something that celebrates YOU.

**Thursday and/or Friday**, volunteer homemakers will be setting up tables at various business to hand out promotional material, information pamphlets and talk with people to explain who we are and what our purpose is. We are asking for volunteers to give us 2 hours on either day to help with this project. We will be working in pairs of three, so get a couple of your friends to join in. Contact Betty Duvall by phone at 859-442-3582 or text her at 859-468-8216 to volunteer. Details will be explained later to those who volunteer.

For fun and a social activity, we are taking a field trip to the Boone County Extension’s Fall Arts and Craft Fair on Saturday Oct. 19, 2019. We are car-pooling and will leave the Campbell Co Extension Office at 9:30. After the Craft Fair, we are eating lunch at the Olive Garden at 12:00. If you are interested, call Betty Duvall at the above number. If no answer, just leave a message.

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**Mystery Dinner presented by the Northern Kentucky Area Homemakers**

Boone County Family & Consumer Sciences hosted a Mystery Dinner on September 13 and helped solve the case of the uninvited guests!
2019 Campbell County Cultural Arts

Thank You and Congratulations!

The Campbell County Cultural Arts program was held on September 20, 2019. There were 55 entries. You all do such beautiful work! Thank you, Linda Booth and Pat Gabelman, for all your hard work with cultural arts! Thanks also to everyone who participated in cultural arts this year!

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Tailgating food safety
Source: Ann Hall Norris, Extension Associate

Whether you’re enjoying Friday night lights in your hometown or Saturdays at a college game, football and tailgating go hand-in-hand for many fans. But unsafe food handling practices during your tailgating event could have you sidelined by game time. To keep your guests and yourself safe from foodborne illnesses, follow these tips:

- **Wash your hands.** Handwashing is the single most effective way to prevent the spread of disease-causing bacteria. Parking lots don’t have access to running water so bring your own handwash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch waste water. Wash your hands before and after preparing food and especially after using portable restrooms. Always wash your hands before eating, and encourage your tailgating friends to wash their hands before eating.

- **Keep cold foods cold.** You should keep perishable food below 40 degrees Fahrenheit. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from ready-to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat.

- **Keep hot foods hot.** Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. You may also use insulated containers or Sterno heaters to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot.

- **When grilling, use a metal stemmed thermometer to make sure your meats reach the correct internal temperature before taking them off the grill.** You should cook all poultry to 165 degrees F and ground meats (burgers) to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.

- **Eat prepared food within two hours.** If the temperature is over 90 degrees F, consume the food within an hour.

- **Discard leftovers in trash cans with plastic liners and lids before heading into the stadium.**

- **After returning home, clean and sanitize all of your food preparation equipment including coolers, thermometers and utensils.**

For more food safety information, contact the Campbell County office of the University of Kentucky Cooperative Extension Service at 859-572-2600.
Holiday Treasures
Open House

Thursday, November 21, 2019
4:00-7:00 p.m.

Sponsored by
Campbell County Homemakers

Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

- View holiday craft ideas as you please
- Receive a booklet of ideas
- Sample appetizers and desserts
- Admission: $5.00 for Homemaker members
  $10 for Non-Members
  (includes homemaker mailbox membership for a year)

Registration is required on or before November 15 as space is limited. Call 859-572-2600 or online at ces.ca.uky.edu/campbell

Please consider bringing toiletry items to donate to the Women’s Crisis Center.
Food Preparation using Olive Oils & Balsamic Vinegars.

When:
Tuesday, October 29, 2019
1:30 p.m.

Where:
Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

Registration is required:
Call the Extension Office 859-572-2600
or online at https://campbell.ca.uky.edu

Join us to learn how to use more oils in your cooking. Get a few recipes, and introduce your taste buds to new flavors. Wade Halsey from the Flying Olive will be here to present Healthy and Fun food preparation using olive oils and Balsamic Vinegars during this presentation.
During the past year, the University of Kentucky Cooperative Extension Service has worked to determine ways we can better serve you and together work toward a stronger Kentucky.

Through 31,000 survey responses and 500 focus groups and personal interviews, you have told us about the things you value. Results from these interactions were processed by UK’s Community and Economic Development Initiative of Kentucky and Kentucky by the Numbers and are now available to you.

Extension agents and specialists will diligently work during the next few months to bring local individuals and community partners to the table to discuss ways to best address communities’ top priorities. We will also be developing programs and plans of work based on your identified priorities and concerns. These programs will roll out during the next program year which begins in July.

More detailed information about the statewide community assessment and county level results are available online at https://extension.ca.uky.edu/communityassessment or by contacting the Campbell County Extension office.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

FCS Spotlight...
A new collaboration between the St. Catherine Saint “Don” Bosco Club, the American Heritage Girls Club at St. Catherine, the Henry Hosea House and Family and Consumer Sciences at the Campbell County Extension Service. They were helping assemble resources (care packages and such) for the participants at the Hosea House Soup Kitchen.
Do you have questions about Medicare? There are multiple options out there and picking one that works best for you can be very confusing and complex. Join us to explore how original Medicare works and learn about other coverage options available to you.

**Thursday, October 10, 2019**
10:00 a.m to Noon

**Campbell County Extension Service**  
3500 Alexandria Pike Highland Heights, KY 41076

**Registration is required:**  
Call the Extension Office 859-572-2600 or online at https://campbell.ca.uky.edu/

For more information on diabetes management or prevention, contact Julie Shapero at 859-363-2116.
A new school year can bring new challenges and struggles for young people. Add on top of that changing bodies and hormones, and it can be a particularly challenging time for teenagers. As parents, we often wonder if our child’s behavior changes are typical or if they are something more that could be cause for concern. It’s important for us to familiarize ourselves with the signs and symptoms of depression so we can help our children live happier and healthier lives.

All of us have some moments in life where we might feel down or a little depressed. This is typical and can be healthy. However, a depressive disorder is a strong sadness or mood change that interferes with a person’s ability to function in some way. Symptoms can last for as little as a couple of weeks to years if not treated. About 20% of teenagers experience depression before they reach adulthood. More than 8% of adolescents suffer from depression that lasts for a year or more.

Depression in teens does not come from one cause but can arise from a variety of physical, psychological and environmental factors including low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression. These signs include sad feelings, frequent crying, loss of interest or pleasure in activities that once made a person happy, significant weight loss or weight gain, an increase or decrease in appetite, anger, agitation, fatigue, trouble concentrating, withdrawal from family and friends, a change in sleep pattern and thoughts of death, or thoughts, or plans or attempts at suicide.

Depressed teens may also perform poorly at school, complain of boredom, engage in self harm, exhibit risky behaviors and have frequent complaints of physical symptoms including headaches and stomach aches.

If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained health care professional, who can diagnose your child and offer appropriate medical advice. More information on raising healthy families is available at the Campbell County Cooperative Extension Service.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
FREE Diabetes Support Group
SUPPORT, SHARE and LEARN

When:
10:00 to 12:00 p.m.
Second Thursday of every Month

Where:
Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

Registration for each session is required:
Call the Extension Office 859-572-2600
or online at https://campbell.ca.uky.edu/

This group allows you to:
Share your experiences living with diabetes.
Gain new information from a variety of speakers.
Learn from others
Have fun and enjoy healthy snacks.
Meet new people!

For more information on diabetes management or prevention, contact Julie Shapero at 859-363-2116.

NKY HEALTH
NORTHERN KENTUCKY HEALTH DEPARTMENT

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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification.
Lots of fun doing cardio drumming at the Diabetes Support Group on September 12th!

Paper Quilling Program - September 10th!
Dinner, Discussion and Diabetes: Ask the Experts

Are there questions you've always wanted to ask? Now is your chance.

Our expert panel features:

- Bradley Eilerman MD, St. Elizabeth Physicians Regional Diabetes Center (endocrinologist)
- Zegary Allen MD, St. Elizabeth Physicians (ophthalmologist)
- Linda Hoffsis, RDN MA CDE, St. Elizabeth Physicians Regional Diabetes Center
- Tamara Hammons Pharm.D., CDE, BCPS, Cincinnati VA Medical Center

Bring your questions and your appetite!

Where:
St. Elizabeth Training and Education Center
3861 Olympic Boulevard
Erlanger, Ky.

When:
5:30 to 8 PM on Wednesday, October 23, 2019

To Register: Email your name(s) and contact info, specifying the Diabetes Dinner event, to:
NKYDiabetesCoalition@gmail.com or call Julie at 859-363-2116

Space is limited—Registration required by October 17, 2019

Program includes a complimentary dinner featuring food from Qdoba
BOONE COUNTY COOPERATIVE EXTENSION SERVICE
presents the
22nd Annual
Fall Arts & Craft Show
October 19, 2019
9:00 AM–3:00 PM
BOONE COUNTY EXTENSION ENRICHMENT CENTER
1824 PATRICK DR., BURLINGTON, KY
Crafts • Holiday Décor • Gifts
Food • Jewelry • And Much More!

Proceeds from table rental, bake sale and lunch will be donated to Chicks & Chucks as there is no local American Cancer Society office in Northern Kentucky. Chicks & Chucks at St. Elizabeth Hospital helps cancer patients with wigs, camisoles and whatever else a patient may need—all at no cost to the patient. Donations are made in the name of Rebecca Page Brooker, who passed away with breast cancer. Becky Brooker was the Boone County Extension Home Economics agent from 1989-1998.

Please call Linda Padgett at 380-4321 for information
Crafting a Snowman from a Wine Bottle

Tuesday
November 12, 2019

11:30 a.m.

Register by November 5th

Campbell County Extension Service
3500 Alexandria Pike, Highland Heights, KY 41076
859-572-2600 or online: campbell.ca.uky.edu/

Estimated $5.00 fee paid at the door
(adjusted based on number of participants)

For more information, contact Kimberly at (859) 462-7038
or Email: sewscrappy1@gmail.com
ELF
Join us at the Derby Dinner Playhouse for lunch and a musical adaptation of Elf. Based on the beloved holiday film, ELF is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa’s bag of gifts and is transported to the North Pole.

SCHIMPFF'S CANDY STORE
This unique confectionery comes with a 50’s soda fountain, an original tin ceiling, and has candy molds over 100 years old. They will be making cinnamon hard candies for us to taste and will have plenty of candy to sell!

LIGHTS UNDER LOUISVILLE
We’ll visit Louisville’s Mega Cavern and ride the bus into the underground holiday light spectacular! There are 17 miles of underground lights which feature 850 lit characters and over 2,000,000 points of light.

DECEMBER 12, 2019

Schedule
9:00 am  Leave Florence Mall by water tower
9:45 am  Pick up at Carroll County Extension Office
11:30 am Arrive at Derby Dinner Playhouse
12:00 noon Lunch & Play
4:00 pm Schimpff’s Candy Store
6:00 pm Mega Cavern “Lights Under Louisville”

Cost: $72
Includes Play, Lights Under Louisville, Lunch, Bus & Driver Tip

Reservations due by November 1, 2019
Questions? Call Linda Padgett 859-380-4321

Registration Deadline: November 1, 2019

Send this form with check for $72 (payable to N.KY. HOMEMAKERS) to:
Linda Padgett, 11307 Lakeview Dr., Union, KY 41091 — Questions? Call Linda @ 380-4321

Name __________________________ Phone __________________________
Address __________________________ County __________________________
City, State, Zip __________________________

Check place of Pick Up: □ Florence Mall □ Carroll County Extension Office □
Do You Want to be a Part of Something BIGGER THAN YOU?

Huge Hearts Helping Hands

Please join the Cooperative Extension Service as we partner with The Henry Hosea House, St. John’s Lutheran Church Food Pantry, Northern Kentucky University and U-Haul to prepare Thanksgiving packages of food, educational information and resources for local families in need.

Wednesday, November 6, 2019 • 1:30 PM
Location: Campbell County Extension Service
3500 Alexandra Pike | Highland Heights, KY 41076 | 859.572.2600
- Lunch will be provided -
Scam artists aren’t smarter than you. They’re just more experienced.

Senior Scam Jam

Come learn how to protect yourself from fraud and how to invest your money wisely in this FREE workshop.

Highlights

- Learn to recognize fraud techniques
- Free lunch
- Door prizes

Learn how to avoid cybercrime, insurance fraud, mail fraud, tax fraud, identity theft, investment fraud and more.

Thursday, October 24, 2019
9 a.m. – 2 p.m.

Boone County Extension Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Sign up now! The event is free, but registration is required.
Call toll-free: 877-926-8300
Or register online at https://aarp.event.com/NKYScamJam19

Brought to you by the KY Dept. of Financial Institutions, Kentucky AARP, Boone County Cooperative Extension Service, Northern Kentucky Area Development District and other partners.