

Simpson County Family & Consumer Science Newsletter

SEPTEMBER/OCTOBER 2025

 Cooperative
Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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SEPTEMBER IS SELF-IMPROVEMENT MONTH

DID YOU KNOW WEBSTER'S DICTIONARY DEFINES IMPROVEMENT AS SOMETHING THAT ENHANCES VALUE OR EXCELLENCE? WHAT BETTER GIFT TO GIVE YOURSELF THAN THE CHANCE TO GROW?

THIS MONTH, TAKE THE OPPORTUNITY TO FOCUS ON YOU. SET NEW GOALS. LET GO OF WHAT'S HOLDING YOU BACK. EVEN SMALL STEPS—LIKE EATING HEALTHIER, READING MORE, JOURNALING, PRACTICING PATIENCE, OR MOVING YOUR BODY—CAN LEAD TO BIG CHANGES OVER TIME.

SELF-IMPROVEMENT ALSO MEANS CLEARING OUT THE NEGATIVE: REDUCE SCREEN TIME, MANAGE STRESS, BREAK A BAD HABIT, OR MEND A STRAINED RELATIONSHIP. REMEMBER, THE JOURNEY LOOKS DIFFERENT FOR EVERYONE, AND SOMETIMES THE BIGGEST PROGRESS IS THE KIND ONLY YOU NOTICE.

LOOKING FOR INSPIRATION? VISIT THE LIBRARY FOR PERSONAL DEVELOPMENT BOOKS, OR EXPLORE BLOGS, WEBINARS, AND ONLINE RESOURCES. TRY SOMETHING NEW—MAYBE EVEN DISCOVER A HOBBY YOU LOVE!

**LET SEPTEMBER BE A REMINDER:
NEVER STOP LEARNING, BECAUSE LIFE NEVER STOPS TEACHING.**

~ LIN PERNILLE

NANCY DOYLE

SIMPSON COUNTY EXTENSION AGENT FOR
FAMILY & CONSUMER SCIENCES EDUCATION

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

**CONGRATULATIONS TO OUR CULTURAL ARTS
WINNERS FROM ANNUAL NIGHT.**

**Nell Jordan, Betty Ruth Ditmore,
Kim Carroll, Ann Adams,
Sharon Taylor- Carrillo, Lucy Jernigan
Deb Nealy, Nancy Hudson, Betsy Manship**
Items will advance to the Area Cultural Arts Contest



Simpson County Homemakers Happenings



**Thought of the
Month:**

**"The heat of autumn is
different from the heat of
summer. One ripens apples,
the other turns them to
cider."**

~Jane Hirshfield

Roll Call:

**September is the beginning
or Autumn. What is your
favorite activity in the Fall?**

**Simpson County Homemakers held their annual
night on Monday, August 4th. Congratulations
to our cultural arts winners from the night. If
you would like to show off your club, send
pictures to simpson.ext@uky.edu**





Homemaker Leader Trainings

Homemaker Leader Trainings are held the first Wednesday of every month at 10:00 a.m.

Due to many At Large/Mailbox members, all are invited to the Leader Trainings.

September Lesson: Yoga or Chair Yoga
Wednesday, September 3rd

October Lesson: Christmas Decorations from Natural Resources *Must register to attend
Tuesday, September 30th 9:30 am, Barren County Extension Office or October 2nd 9:30 am, Warren County Extension



Please call the Simpson County Extension Office by September 9th to sign up for Multi-County Homemaker Leader Lesson. Please send 1 leader from each county club.



Cooking through the Calendar

FCS Agent, Nancy Doyle, will hold monthly recipe demonstrations and tastings during 2025. Everyone is welcome to come!

First Friday Monthly - 11 am
Simpson County Extension Office
September - Grits, Greens, and Egg Bowl (Sept 5)
October- Cheesy Pumpkin Pasta Bake (October 3)

There will be 3 opportunities for Homemaker Officer Trainings.

-Tuesday, September 2, 10:00 am

-Wednesday, September 3, 2:30 pm

-Thursday, September 11, following the Homemaker Council Meeting

Please call the Extension Office at 270-586-4484, to sign up for the day you will attend. Otherwise, you may attend the area training on November 6, 9:30 am, in Warren County.



Cooperative
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Mammoth Cave Area

Multi-County Homemaker Leader Lessons (for October & November)

Barren County Extension Office: September 30

OR

Warren County Extension Office: October 2

Decorative Gift
Wrapping
9:30 AM

Christmas
Decorations from
Natural Resources
11 AM

Times are the same for both days!

Please send 1 leader from each county club

Must sign up with your agent by
Tuesday, September 9

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disability
accommodated
with prior notification



SPICE IT UP

AT THE

*Mammoth Cave Area Homemakers
Annual Day*

OCTOBER 16, 2025

9:00 AM

LOGAN COUNTY EXTENSION OFFICE

REGISTRATION FEE:
\$20

GUEST SPEAKER: SHARON WOOD

Please RSVP by September 18th to the Simpson County Extension Office.
Checks payable to Simpson County Homemakers



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Dates to Remember

Sept 1 - Labor Day, SCEO Closed

Sept 2- Homemaker Officer Training, 10 am

Sept 3- Homemaker Leader Training, 1pm
Homemaker Officer Training, 2:30 pm

Sept 5- Cooking Through Calendar, 11 am
Wit's Workout, 11:30 am
Entries for Area Cultural Arts due to SCEO

Sept 9 - MCA Cultural Arts Contest
Deadline to sign up for Multi-county Lesson
4-H Recruitment Night, 5:00 -7:30 pm

Sept 11 - Homemaker Council Meeting, 10am
Homemaker Officer Training, after council

Sept 13- Relay for Life

Sept 16-18 - Master Clothing Volunteer
Training

Sept 18- Deadline to Register for Area
Annual Day

Sept 19 - Cruise-In on the Square

Sept 30 - Multi County Leader Training,
Barren County 9:30 am, 11:00 am

Oct 2 - Multi County Leader Training,
Warren County 9:30 am, 11:00 am

Oct 3 - Cooking Through Calendar, 11 am
Wit's Workout, 12 pm
4-H Ribeye Sale, 11 am - 1:30pm

Oct 12-18 KEHA Week

Oct 16- MCA Homemaker Annual Day,
Logan County Extension 9 am



September is...

National Suicide Prevention Month

Self-Care Awareness Month

National Sewing Month

National Preparedness Month

OCTOBER IS...

Breast Cancer Awareness Month

National Fire Prevention Month

World Menopause Month

Organize your Medical Information Month

Looking for
Recipes?
Check out
Plan. Eat. Move
by scanning
the QR Code



All of the KEHA Manual Handbook and
Appendix are new this year. If you currently
use a print copy the entire document should
be replaced. The Extension Office has printed
new manuals for each Club President.

SAVE THE NUMBER
SAVE A LIFE
CALL OR TEXT 988

988

SUICIDE & CRISIS
LIFELINE

Add this number to your phone now.
It could save a life later.



nimh.nih.gov/suicideprevention

OCTOBER
BREAST CANCER
AWARENESS MONTH



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Cooking and Baking with Sugar Substitutes



All carbohydrates—including starches, naturally occurring sugars and added sugars—are broken down into simple sugars, like glucose, during digestion. One of the primary goals in diabetes management is controlling blood glucose, which means controlling carbohydrate intake.

Individuals with and without diabetes should get less than 10% of their total calories from added sugar.

People with diabetes may desire to lower their carbohydrate, added sugar, and calorie intake by using sugar substitutes, including nutritive (low calorie) or nonnutritive (no calories) sweeteners. These can come from natural sources, like stevia and monk fruit, or be synthesized in a laboratory, like sucralose, aspartame, and saccharin.

Lower calorie nutritive sweeteners, including sugar alcohols, and nonnutritive (no calorie) sweeteners may help you lower your carbohydrate and calorie intake. The American Diabetes Association says that using these nonnutritive sweeteners is acceptable “if it reduces overall calorie and carbohydrate intake.”

Nutritive Sweeteners

Nutritive or caloric sweeteners are sweeteners that provide energy, including sugar, honey, coconut sugar, raw sugar, monk fruit, high-fructose corn syrup, invert sugar, cane sugar, and agave syrup. The body gets energy (measured in calories) from these foods. These sweeteners will increase blood glucose. In general, a similar amount of carbohydrate from any of these sweeteners will increase your blood sugar by about the same amount.

Sugar alcohols are nutritive sweeteners used in food processing, including sorbitol, xylitol, mannitol, maltitol, and others. These sweeteners provide fewer calories than regular sugar. These sugar alcohols may affect your blood glucose differently than regular sugar. Track your food to see what happens in your body. Note that:

- In large amounts, sugar alcohols can cause digestive upset.
- Sugar alcohols do not promote tooth decay.

Nonnutritive Sweeteners

Nonnutritive sweeteners are sweeteners that provide no energy (calories), including saccharin, aspartame, acesulfame-K, sucralose, neotame, and stevia.

Nonnutritive and lower calorie sweeteners may be found in prepackaged and prepared foods, and you can purchase some for cooking and baking. If you use them in cooking and baking, it is important to know they might perform differently than regular lower-calorie sweeteners and result in a product that is different in taste, texture, or shape than the original recipe.

Tips for Using Sugar Substitutes:

- Always test a recipe made with a sugar substitute before serving it for a special occasion. It may not meet your standards. This is true even for recipes from the product manufacturer.
- Do not replace more than half the sugar in baked goods recipes with a sugar substitute.
- Sugar substitute blends that contain some real sugar typically give baked goods a better texture, volume, and moisture than using the sugar substitute alone.
- Add aspartame after cooking or combine with other sweeteners to preserve its sweetness. Aspartame is not heat stable.
- Know that foods cooked or baked with sugar substitutes may not brown as much as foods cooked with regular sugar.

Tips When Using Granulated Sucralose for Baking Blends:

- Flatten cookies before baking.
- Try baking cookies, brownies, and breads 3–5 min less than the original recipe time.
- Try adding 1 teaspoon of vanilla per cup of granulated sucralose blends for a more “natural” flavor. Try adding 1 tablespoon of honey or molasses to quick breads for taste and browning.
- Spray dough or batter with nonstick vegetable spray to aid browning.



Autumn Word Search

CIDER
SWEATER
APPLE
GOURD
SCARECROW
PUMPKIN
COZY
HARVEST
PIE
LEAVES



S	O	P	W	S	I	P	S	E	V	P	P	S	A
H	R	G	O	U	R	D	V	D	D	P	U	Z	L
R	E	R	N	I	K	P	M	U	P	E	H	C	E
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E	V	R	R	O	P	C	E	E	Z	E	E	E	P
C	R	C	U	E	A	S	A	R	E	A	O	P	E
R	A	A	W	R	K	S	P	N	R	V	E	P	C
O	H	O	C	W	R	M	P	E	T	E	S	U	E
W	C	A	P	A	Z	T	L	D	H	S	E	S	S
C	A	E	I	R	A	P	E	C	O	G	P	C	Y

Apple Sage Pork Chops

Source: Plate It Up KY Proud, UK Cooperative Extension

Apple Sage Pork Chops

- 1 **tablespoon** flour
- 1 **teaspoon** dried sage
- 2 **tablespoons** garlic powder
- 1/2 **teaspoon** ground thyme
- 1 **teaspoon** salt
- 4 boneless center cut pork chops
- 2 **tablespoons** oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 **cup** unsweetened apple juice
- 2 **tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Add Physical Activity at Home

Use light weights or resistance bands to maintain muscle mass. Bicep curls are an excellent exercise for your arms. Hold a light weight in each hand and curl your arms up towards your shoulders, then slowly lower them back down. Shoulder presses can help maintain upper body strength. Hold weights at shoulder height, then press them up over your head before lowering them back down. For your lower body, try leg lifts while seated or standing. Remember to start with light weights and increase gradually as you build strength.