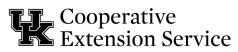
Simpson County Family & Consumer Science Newsletter





SEPTEMBER/OCTOBER 2025

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.

In This Issue:

Cultural Arts Winners
Homemaker Happenings
Thought for the Month
Roll Call
Leader Trainings
Cooking through the
Calendar
Officer Trainings
Multi County Leader
Trainings
MCA Annual Day
Dates to Remember
Plan Eat Move
KSU Update
Self Care Tips

Contact Us:

Simpson County Extension Office 300 N Main St Franklin, KY 42134 (270) 586-4484 simpson.ca.uky.edu

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!

Marcy Dorle

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

Lexington, KY 40506

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.





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



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



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?





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

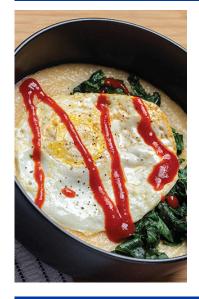
Resources *Must register to attend

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)

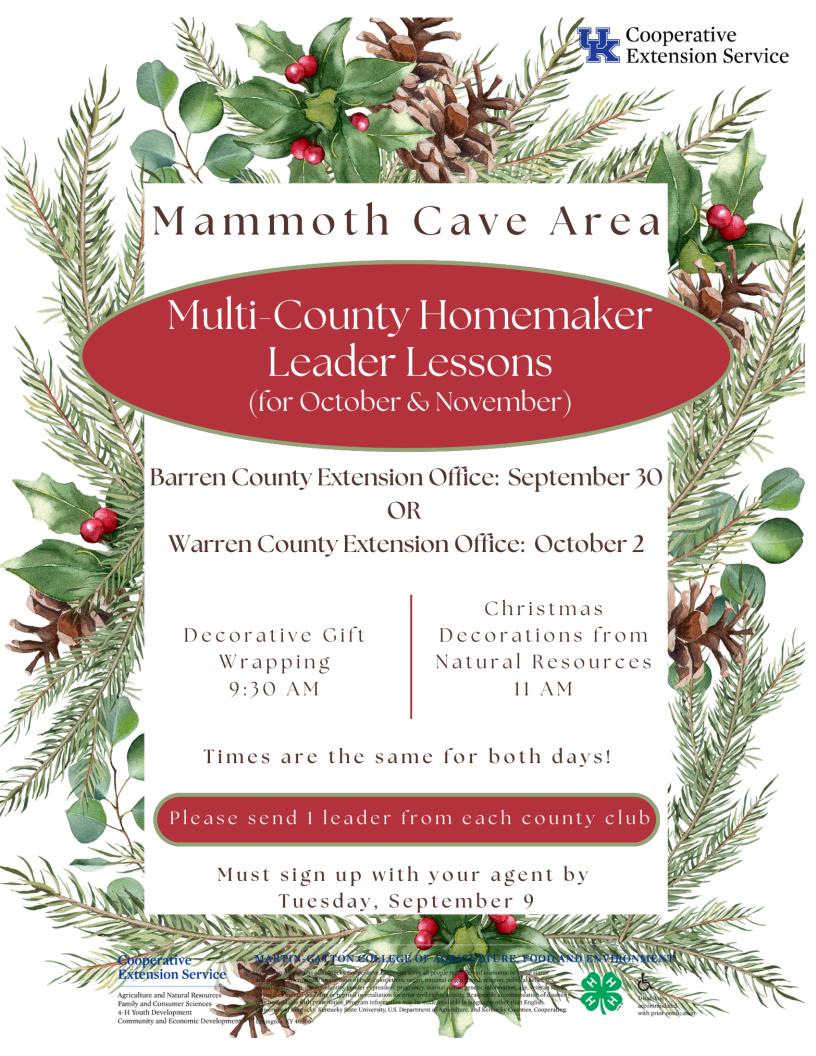
There will be 3 opportunities for Homemaker Officer Trainings.

-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.





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

extension

Agriculture and Natural Resou

GO JEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



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.





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

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.

sweeteners is acceptable "if it reduces overall calorie and 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

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.



KYSU.EDU/AG | @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.

Autumn Word Search

CIDER
SWEATER
APPLE
GOURD
SCARECROW
PUMPKIN
COZY
HARVEST
PIE

LEAVES



S	0	Р	W	S	I	Р	S	Ε	V	Р	Р	S	Α
Н	R	G	0	U	R	D	V	D	D	P	U	Z	L
R	Ε	R	N	I	K	Р	M	U	Р	Е	Н	С	Ε
R	Ε	R	K	Ε	R	R	С	S	Ε	N	М	Α	S
S	I	Н	G	Ε	Υ	Ε	U	W	S	R	E	R	I
С	Т	D	W	С	Z	D	V	E	Υ	٧	S	E	R
Α	S	R	L	R	0	I	Α	Α	С	Ε	I	Р	S
R	Ε	Z	Ε	Α	С	С	Ε	Т	Р	L	М	0	Ε
Ε	V	R	R	0	Р	С	E	Ε	Z	Е	E	E	Р
С	R	С	U	Ε	Α	S	Α	R	Ε	Α	0	Р	Ε
R	Α	Α	W	R	K	S	Р	N	R	٧	E	Р	С
0	Н	0	С	W	R	M	Р	Е	Т	Ε	S	U	Ε
W	С	Α	Р	Α	Z	Т	L	D	Н	S	Ε	S	S
С	Α	Ε	Ι	R	Α	P	Ε	С	0	G	Р	С	Υ

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.

Yleld: 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.