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Family & Consumer
Sciences Agent for
Logan County



Rachel Hance

Rachel Hance

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Cooperative Extension Service

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

September 2025

Mark Your Calendars!

- The Logan County Extension Office will be closed September 1, 2025 for the Labor Day holiday.
- Mammoth Cave Area Homemaker Annual Day October 16, 2025.
- Mammoth Cave Area Homemaker Leadership Training November 6, 2025. All county officers/chairmen invited to attend.

4-H Reality Store

The 4-H Reality Store is scheduled for November 10, 13-14 at the Logan County Extension Office. If you would like to volunteer at that event for any length of time please let me know so I can get your name added to the volunteer list.

Mammoth Cave Area Annual Day

The Mammoth Cave Area Annual Day is scheduled for October 16, 2025 at the Logan County Extension Office in Russellville, KY. Cost will be \$20 per person and deadline to register will be September 26. Please see flyer with registration form included in this newsletter. I hope you will make plans to attend!

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Disabilities
accommodated
with prior notification.

Homemaker Club Meetings



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

*Any changes in leader
trainings
will be announced!*

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

South Union

Meets 2nd Wednesday @ NOON

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

If your club has participated
in an outing, event or activity
that you would like to
highlight in our monthly
newsletter please feel free to
send me information and
pictures!



Homemaker Leader Trainings

September Leader Training

“Yoga or Chair Yoga”

September 3, 2025 @ 10 AM

October Leader Training

“Christmas Decorations from Natural
Resources” Multi-County Lesson
See flyer included in this newsletter

November Leader Training

“Decorative Gift Wrapping”

Multi-County Lesson

See flyer included in this newsletter

No December Leader Training

No leader training

ATTENTION ALL MEMBERS AT LARGE AND ALL NEW MEMBERS:

**OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.**



Homemaker Highlights



Several Logan County Homemakers helped with the FRYSC Clothing Drive this year! The event was a huge success! Thank you to all homemakers that volunteered your time to help this day!

Thank You



Corinth Homemakers went to 5 Chefs in Portland, TN for their August meeting!



Homemaker Highlights



The Logan County Homemakers Sew Fun Quilting Club made and donated 36 quilts to the Isaiah House in Logan County! These quilts ranged in size from baby to twin bed size. The donated quilts will be given to the children that come to the Isaiah House!



Cheryl Goley, Tracy Cowles, Brenda Baugh, and Sue Jordan donated 3 quilts, 35 pillowcases, and 2 bolts of fabric for future quilts to a new Isaiah House location in Sumner County, TN to be built soon.



MEDICATIONS COLLECTED FOR HONDURAS MINISTRY



Homemaker Highlights



SO MUCH FUN



“

The Sew Fun Quilting Homemakers Club held their “Retreat at Home” during the month of August. Throughout the weekend members enjoyed many fun activities. They kicked off the retreat by taking an outing to the Octagon House in Simpson County. They also added jewelry making into their weekend activities.

”

Falls Prevention Week

Falls continue to be the leading cause of fatal and non-fatal injuries among older adults. They threaten safety and independence. One fall can lead to serious injury, fear of falling, and risk of more falls. To encourage people to take action to prevent a fall, the National Council on Aging (NCOA) spearheads Falls Prevention week every September. To see if you are at risk of falling, complete the Falls Free CheckUp® at <https://www.ncoa.org/tools/falls-free-checkup/>. This online, self-administered fall risk screening tool helps older adults assess fall risk. The 13-question assessment takes a few minutes to complete. Based on your answers, it provides you with an individual fall risk score and personalized recommendations that include actionable steps and resources to reduce fall risk. You can download your report and use it as a tool to discuss with your family and health-care providers. It is estimated that only half of older adults talk to their health-care providers about a fall or fear of falling, yet this conversation is a crucial piece in fall prevention.

Reference: NOCA. (2025). Falls Prevention Awareness Week Toolkit. Retrieved April 14, 2025 from <https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit/>
Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

**September
22-26**

September is Healthy Aging® Month

A lot of organizations and initiatives contribute to Healthy Aging Month to help promote health and prevent disease across the lifespan. To age healthfully, it is important to maintain physical, mental, social, and financial well-being. With a back-to-school mentality, the founders of Healthy Aging Month thought September was a good time to embrace an active, healthy lifestyle. To embrace healthy aging, follow these tips:

- Move more, sit less. Choose fun activities that keep you moving. Physical activity helps control blood pressure, supports heart health, and can lower risk for certain cancers, type 2 diabetes, depression, and anxiety. The CDC recommends 150 minutes of moderate-intensity physical activity per week and two days of strength-training to work your muscles.
- Prioritize mental health. Nurturing mental health includes managing stress, maintaining social connections, practicing self-compassion, focusing on self-care, getting enough sleep, and engaging in mentally stimulating activities.
- Get involved and stay connected. Be proactive when it comes to your social health. Volunteer, get involved in your community or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new acquaintances. Connect with old friends online. Walk your dog and meet new neighbors.
- Boost financial wellness. With a clear picture of your expenses, set your budget and monitor your spending. Put away money for emergencies, make saving and investing plans automatic, increase retirement contributions each year, build savings and pay down debt, and take advantage of financial education and tools to create financial goals and steps to achieve them.

It is also important to schedule annual check-ups with your health-care provider. Your health-care provider can help you stay on top of your health and health screenings.

Reference

Healthy Aging. September is Healthy Aging® Month Celebrates 30 Years. (2025). Retrieved April 15, 2025 from <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years/>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



Grits, Greens, and Egg Bowl



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 5 minutes
Cook time: 10 minutes

- 1/4 cup quick-cooking grits
- 2 tablespoons shredded, sharp cheddar cheese
- Nonstick cooking spray
- 1/2 cup packed, fresh, chopped spinach
- Dash garlic powder
- 1 egg
- Salt (optional)
- Ground black pepper (optional)
- Hot sauce (optional)

1. Wash hands with soap and warm water, scrubbing for 20 seconds.
2. Cook grits according to package directions. Once done, stir in cheese. Set aside until the remaining ingredients are prepared.
3. While grits cook, heat a small skillet over medium heat. When the skillet is hot, coat it with cooking spray. Add spinach and garlic powder and lightly sauté until spinach is warm and tender, about 1 minute. Remove from pan and set aside.

4. Return skillet to the stove. Coat the pan with cooking spray. Crack an egg into the pan and cook the egg on each side until the yolk is set.
5. Rewash hands after handling raw eggs.
6. Assemble the meal in a bowl by first adding the grits, then the spinach, and topping with the egg. Season dish to taste with salt, black pepper, and hot sauce, if desired.
7. Serve immediately. Refrigerate leftovers within 2 hours.

Notes: Try other greens like collards or kale as a substitute for spinach or reheat leftover cooked greens for this recipe. This way, you can always use what you have on hand. If you prefer scrambled egg, prepare it instead of a fried egg.

Makes 1 serving
Serving size: 1 recipe
Cost per recipe: \$1.26
Cost per serving: \$1.26

Nutrition facts per serving:
390 calories; 10g total fat;
4.5g saturated fat;
0g transfat;
200mg cholesterol;
170mg sodium; 60g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugar; 17g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium

Source:
Adapted from Alabama Cooperative Extension Service, Live Well Alabama. Livewell recipes: Grits and Greens, <https://www.aces.edu/blog/topics/by-ingredients/live-well-recipe-grits-and-greens>





Cooperative
Extension Service

Mammoth Cave Area

Multi-County Homemaking 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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Community and Economic Development

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Disability
accommodated
with prior notification



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

DATE

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, advantame, 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.

All foods with carbohydrates will impact your blood sugar. The goal is to eat foods that nourish your body and help you meet your glycemic and other health goals. Speak with your healthcare provider for your individualized glycemic targets. No matter how you satisfy your sweet tooth, monitor your blood glucose regularly so you know how these foods affect you, and keep your appointments with your doctor.

Source: Elizabeth Kindamo, Alison Berg, Candace Tucker, and Hannah Wilson, University of Georgia Extension

References: American Diabetes Association Professional Practice Committee, <https://doi.org/10.2337/dc24-S005>

American Diabetes Association Professional Practice Committee, <https://doi.org/10.2337/dc24-s006>

Nutrition therapy for adults with diabetes or prediabetes: A consensus report. *Diabetes Care*, <https://doi.org/10.2337/dci19-0014>
<https://www.fda.gov/food/food-additives-petitions/aspartame-and-other-sweeteners-food>

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This institution is an equal opportunity provider.



SPICE IT UP

AT THE

*Mammoth Cave Area Homemakers
Annual Day*

OCTOBER 16, 2025

9:00 AM

LOGAN COUNTY EXTENSION OFFICE

REGISTRATION FEE:
\$20

WE WILL BE COLLECTING:
BABY TOILETRIES
WAL-MART GIFT CARDS
VISA GIFT CARDS

ITEMS WILL BE DONATED
TO THE ISAIAH 117 HOUSE

GUEST SPEAKER: SHARON WOOD

Please send one check per county by October 1 to:
Tammy Alford, MCA Treasurer
165 Oak Ridge Road
Morgantown, KY 42261



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Lunch prepared by:

Bilyeu's Catering

Lunch Includes:

Marry Me Chicken

Mashed Potatoes

Roasted Vegetables

Banana Pudding

**Thank You
for joining us in
Logan County!**

REGISTRATION FORM

Return this portion, along with your fee, to your County Extension Office

NAME: _____

NO. RESERVATIONS: _____

**COUNTY PARTICIPANT NUMBERS ARE DUE OCTOBER 1
TO LOGAN COUNTY EXTENSION OFFICE**

**ONE CHECK REQUESTED FOR ALL YOUR
COUNTY ATTENDEES**

