

# Todd County Extension Homemaker Newsletter

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## Smart Strategies to Slice Away at Calories for the Season

Cutting calories during the Holidays does not have to be difficult. Many individuals gain approximately four extra pounds during these times of festivities and family gatherings. This may not seem like a lot but if this weight is kept on then it can accumulate with each passing year. The following suggestions should help you slice away at some of the calories that are so easy to accumulate during the Holidays.



- Lighten your holiday beverages.
  - Drink alcohol in moderation. Remember that calories from alcoholic beverages count. A 12 ounce, regular beer contains 150 to 200 calories, wine coolers contain 180 to 200 and 1½ ounces of cordial or liqueur contains 160 calories. When you drink, alternate each alcoholic beverage with a glass of water.
  - Seasonal drinks such as eggnogs, apple cider and Holiday punches are high in sugar and some are high in fat. As much as possible, make these drinks at home. Use low-fat milk for

eggnogs. Apple cider can be lightened by using low-sugar apple juice and adding cinnamon sticks, nutmeg, bay leaf, cloves and even whole cranberries to get the traditional flavor while cutting back on the calories. Replacing sodas and fruit drinks with diet sodas, unsweetened teas or water are effective calorie-cutting strategies.

- Limit toppings on drinks or use the low-fat versions.
- Watch out for sweet treats and desserts. Try using a low-calorie version of some of your favorite treats. Sharing a serving of dessert with a friend can help you cut back on calories while still enjoying dessert.
- Reduce your fat intake. Fats provide more calories than sugar and starches. It is a concentrated form of energy. Using foods that are grilled and baked instead of fried can cut a person's fat intake considerably. Trimming excess fat from meat and poultry also reduces fat intake. Baked goods and desserts may contain high amounts of fat, so watch your intake of these foods.
- Pay attention to portion sizes. Portion sizes have gotten much bigger in recent years and



cutting calories may mean learning what a standard portion size is. For example, one bread roll, ½ cup mashed potato, 3-4 ounces of cooked turkey, ½ cup stuffing.

- Share a meal with a friend when eating out. Choosing small or medium portions, or setting aside half of the food you ordered for another meal, can also be ways to cut portion sizes.



- Include more fruits and vegetables with your meal and eat them as snacks. In fact, it is a good idea to begin meals with a salad.

- Eat smaller, more frequent meals throughout the day to curb your appetite and reduce cravings.

- Stay involved in physical activity. Maintaining regular physical activity is one of the most important things we can do for our health and it helps offset some of the extra calories taken in during the Holidays.

**Source:** Ingrid Adams, Extension Specialist for Nutrition and Weight Management, University of Kentucky; College of Agriculture, Food and Environment

## Watch for Deer on Roads this Fall

Over 3000 vehicle-deer collisions occur each year in Kentucky, and autumn is the peak season. According to the Kentucky State Police, almost half of all such collisions occur in October, November and December. November is the peak month by far, averaging around 750 collisions annually. Three people were killed in each of the past two years.

This time of year corresponds to the whitetail deer breeding season, which results in deer being on the move. Deer are most active around dawn

and dusk; the peak times in November are 5 to 8 a.m., and 5 p.m. to midnight. It is important that motorists be aware of the increased potential for collisions with deer during those hours.

Historically active deer crossing spots on roads are generally identified with yellow highway signs. Be cautious and stay on high alert in these areas. High beam headlights can help a driver see twice as far, so use high beams when appropriate, as long as no other motorists are approaching. High beam headlights can temporarily blind or impair the vision of oncoming motorists, increasing your own risk.



If you encounter a deer in the road or alongside the road, slow down. Keep in mind that other deer may be nearby. You want to allow the deer to leave the roadway, not spook it and cause it to become more unpredictable. Swerving quickly may not only further scare and confuse the deer, increasing the odds of a collision, but could result in you hitting oncoming traffic or going into a ditch. Better to steer slowly and deliberately to avoid hitting the animal if it can be done safely.

Above all, remember to wear your seat belt. It's the law in Kentucky. Most people injured or killed in vehicle-deer collisions were not wearing a safety belt, according to state police.

Some of the highest collision rates are found in counties with high deer densities. Boone County led the state the previous five years with an average of 154 vehicle-deer collisions per year followed by Hopkins (116), Campbell (103), Jefferson (100) and Hardin (95) counties, according to state police data.

More information about vehicle collisions with deer, including driving tips and county-by-county statistics, is available online at [kentuckystatepolice.org/deerauto.htm](http://kentuckystatepolice.org/deerauto.htm)

**References:**

<http://kentuckystatepolice.org/deerauto.htm>  
<http://kentucky.gov/Pages/Activity-Stream.aspx?viewMode=ViewDetailInNewPage&eventID=%7B3AD102B9-EDCF-4F06-A97C-9D1B088C7FFF%7D&activityType=PressRelease>

“Fall Breeding Season Increases Deer Movement.” Kentucky State Police press release, February 2014, downloaded 8-26-16.

**Source:** Mark Purschwitz, Extension Specialist for Agriculture Safety; University of Kentucky, College of Agriculture, Food and Environment

## Getting Ready for the Winter!

It is time to start thinking about the colder months ahead. Among of all of the things that you usually do during the fall, here are a few other items that you may want to add to your list.



- **Winterize your home.**

- Clean out gutters and repair any roof leaks that you may have.
- If you have water pipes that run alongside your exterior walls make sure they are insulated so that your pipes do not freeze when the weather turns colder.
- Seal your windows with weather stripping or insulation so that you can keep the warmth in and the cold out.

- **Check your heating system and make sure it works properly.**

- If you have not changed your air filter in a while, now would be a good time before it gets too cold.
- If you have a fireplace, make sure it is clean. This includes removal of any ash left over from last year.

- Test your smoke alarm batteries and make sure you do not need to replace them.
- **Be prepared for power outages.** This is a great time of year to build up a stockpile of food and water, if you do not already have one.
  - Stock some food that needs no refrigeration or cooking.
  - Store water in clean containers.
  - Keep emergency kit filled with:
    - Flashlights (with batteries)
    - Weather radio
    - Baby items if needed
    - Blankets

Take the time now to prepare your home and your family for colder weather.

**References:** Centers for Disease Control and Prevention “Be Prepared! Staying safe and healthy in the winter weather” [www.cdc.gov](http://www.cdc.gov)

**Source:** Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment



Sincerely,

Jill B. Harris  
Extension Agent for  
Family & Consumer Sciences Education

# Announcements...

## PACS Food Bank

October – Country Pals  
November – Folks & Friends  
December –



## Commercial Break Exercises

The leader training “Commercial Break Exercises” will be taught Wednesday, November 2, 3:30 pm at the Extension Office meeting room.

## Upcoming Basket Class

We still have a couple of spots available for the Pie Basket (not a beginner) on Saturday, October 22, 9:00 a.m. at the Extension Office Meeting Room. The cost is \$40 and the deadline for signing up is October 7. To sign up, contact the Todd County Extension Office at 270-265-5659. Payment is due within 3 days of sign-up and there is a minimum of 6 participants to have the class.



## Homemaker Annual Meeting

It seems like everyone enjoyed the annual meeting with the “Rock and Roll” theme! Thank you to everyone who attended, donated to the scholarship fund, helped in any way, and gave lesson/meeting suggestions for next year. We have some great ideas!



## Pennyrile Area Homemaker Annual Meeting

Muhlenberg County invites you to attend the Area Homemaker meeting on Tuesday, October 25, 10:00 a.m. at Second Baptist Church, located at 217 W. Depot St. in Greenville. The theme is *Laughter is Like Music for the Soul* and the featured speaker is Georgia Stamper, whose topic is “*Mother always said, You might as well laugh...*”

The registration fee, which includes lunch, is \$12 and is due to the Todd County Extension Office by October 10.



## Homemaker’s Council

Todd County Homemaker’s Council will meet Monday, October 24, 5:00 p.m. at the Extension Office Meeting Room in the Courthouse in Elkton.

## Maintain, Don’t Gain

Do you need motivation to maintain your weight during the holiday season? If so, sign up for “Maintain, Don’t Gain” challenge which starts October 31 with weigh-in at the Extension Office between 8:00 a.m. and 5:00 p.m. (alternate date/times available by appointment). The final weigh in will be on January 19. The purpose is to help people maintain—not gain—weight during the winter holiday season. There will be a \$5 fee to participate in the class. If you maintain your weight within 1 pound or lose weight, you will receive your money back. If you gain more than 1 pound, your money will be forfeited for prizes.

## Farmers Market Survey

We are conducting a survey to determine level of interest to establish a Farmer’s Market in Elkton. If that is an interest to you, please complete the enclosed survey and return it to the Extension Office by October 31.



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College of Agriculture,  
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