The Homemakers' Book Club is resuming monthly meetings (first Friday of each month) in September. Our list of books for 2016-17 is quite diverse and should be highly informative as well as entertaining. Generally, we do not purchase books, but obtain them in sufficient quantities by reserving books through the Jefferson County library system.

The following are our designated books for 2016-2017:

- "The Dream Lover: A Novel of George Sand" by Elizabeth Berg
- "H is for Hawk" by Helen Macdonald
- "The House at the End of Hope Street" by Menna van Praag
- "The Residence: Inside the Private World of the White House" by Kate Andersen Brower
- "The Kitchen House" by Kathleen Grissom
- "The Rosie Project" by Graeme Simsion
- "The Light Between Oceans" by M.L. Stedman
- "Take Me With You" by Catherine Ryan Hyde.

In December, we have a Christmas Luncheon in lieu of a regular meeting. If you are a book lover, enjoy discussing books, sharing your thoughts and ideas, and socializing with other women, please join us. We would love to have you! For information, please contact Lynn Owens (706-814-1837) or Mary Jo Delaney (502-266-6941).
HEALTHIER TAILGATING

Football season is here. Across the state, many Kentuckians will mark the season by getting out their tastiest tailgating recipes and firing up the grill. Unfortunately, some tailgating favorites like hamburgers, hot dogs, chicken wings and potato chips can cause you to pack on the pounds while cheering for your team. Below are some tips to help you make healthier choices this season.

- Include vegetables in the game plan. Cut them up and serve them with a low-fat dip or hummus. You can also grill them and serve as a side to your main course.
- Grill leaner meats like ground turkey, pork or chicken breasts for main courses.
- Choose water whenever possible. Alcohol and sugar-sweetened beverages contain a lot of calories and won’t quench your thirst on those hot weekends that are typical of late summer and early fall.
- Substitute fresh salsa and either pita bread or baked chips for nachos and cheese. Below is a Plate It Up recipe for a healthier salsa option.
- Use lean beef or ground turkey to make chili.
- Serve a fruit-based dessert like fruit kabobs or fruit salad.

More healthy recipes and ideas that use local ingredients are available through Plate It Up! Kentucky Proud, a partnership of the University of Kentucky Cooperative Extension Service and Kentucky Department of Agriculture. They are available online at http://fcs-hes.ca.uky.edu/piukp-recipes or by contacting the Jefferson County Extension office.

Source: Janet Mullins, UK extension professor

CUCUMBER, CORN AND BEAN SALSA

Ingredients

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- ¼ cup chopped fresh cilantro
- ½ cup black beans
- ½ cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- ⅛ cup cider vinegar
- 2 tablespoons sugar, optional

Yield:
Makes 20, ½-cup servings

Directions:

Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to vegetables. Add corn. If using a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well. Serve immediately or refrigerate until chilled.

Nutritional Analysis:
50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C, 6% Daily Value of vitamin A
Many consumers use wireless router boxes to connect to the Internet. Home routers make it possible to connect from a laptop anywhere in the house. However, this convenience comes with dangers that must be addressed. It is important to take precautions to make your network more secure.

If your wireless network is not protected, your information could be shared with others, such as your neighbors or cyber crooks. In a recent case, computer hardware company ASUS faced serious charges from the Federal Trade Commission regarding security flaws in their router systems. Among other services offered were a “private personal cloud for selective file sharing.” Unfortunately, these “cloud” services had serious vulnerabilities that were easily exploited. Many consumers found their personal information exposed on the Internet. And, the company was not telling customers about software upgrades that could have helped.

The first thing any wireless network user should do is encrypt their information with a special password. Wi-Fi Protected Access (WPA) and Wired Equivalent Privacy (WEP) are the two major types of encryption. WPA2 is best for defense from hackers; WEP encryption is less strong. Your router should have WPA2 capability. Make sure you read your instruction manual to turn on this feature and set it up.

When setting up your Wi-Fi, think about which devices in your home use a Wi-Fi connection and which devices you want registered under your wireless service. Limit network access to these devices only.

Further steps are needed to secure your router. Be sure you change the name of the router device so that others trying to connect to your network will not be able use the default name to get in. Also change the router’s password. Long passwords with at least 12 characters including numbers, symbols, and both upper and lower-case letters are hardest for criminals to guess.

If your router allows remote access for technical support, be sure to turn off this feature. It sounds good, but is a back door for hackers. Then log out as administrator. And keep up with software updates for both your router and computer to stay up-to-date.

If you want access to your home network from mobile devices, make sure to use all necessary security features. Use strong passwords on all apps and on your phone and mobile devices themselves. You can be cautious in all other ways, but losing a device that is not password protected gives hackers an easy way in.


Source: Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky; College of Agriculture, Food and Environment.
OMEGA 3 AND THE BENEFITS OF SEAFOOD

Seafood is an important part of a balanced diet because it contains high-quality protein, vitamin A, D, B12 and E. Seafood also contains minerals, such as calcium, iron, iodine, selenium and zinc. In addition, seafood is low in saturated fat and is a good source of omega-3 fatty acids, a unique type of polyunsaturated fat that may play a role in reducing heart disease. Omega-3 fatty acids can make blood less likely to clot and block blood vessels. They also decrease triglycerides and increase HDL (good cholesterol) levels. Seafood (especially oily fish such as mackerel, lake trout, herring, sardines and salmon) contains two main dietary sources of omega-3 fatty acids called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Scientific evidence shows eating 8 to 12 ounces of a variety of seafood each week provides approximately 250 mg of EPA and DHA per day. These omega-3 fatty acids are associated with reduced cardiac deaths among individuals with pre-existing cardiovascular disease and prevent heart disease in individuals without a current heart problem. In addition seafood, because of the DHA present, promotes healthy brain and eyes in children and some studies show that it improves memory and may be helpful in reducing the risk of other diseases and chronic conditions such as depression, Alzheimer’s disease and hypertension.

One serving of seafood is 3.5 ounces or ¾ cup. What are some steps families can take to increase their seafood?

- Put fish on your grocery list.
- Eat seafood as a snack- such as tuna with crackers or have a tuna salad sandwich.
- Substitute meat for seafood once a week.
- Try new fish recipes once a month
- Keep tins of tuna, salmon, and mackerel on hand to prepare quick and easy lunch and dinner meals.

Reference:

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

Dates To Remember

September 2016

16 Money due to Gretchen Walter, County Treasurer, for Louisville Area Homemaker’s Annual Meeting

26 Creating and Maintaining Family Traditions
Farm Bureau Building – 10:00 am
Family Life Chairman

October 2016

9-15 KEHA Week
11 Louisville Area Extension Homemakers Annual Meeting - Bullitt County - See enclosed flyer
26 Economical Food Entrees
Farm Bureau Building – 10:00 am
Food & Nutrition Chairman
28 Holiday Hints registration due

November 2016

9 Holiday Hints - See enclosed flyer

The Farm Bureau Building address is 4200 Gardiner View Avenue (which is off of Gardiner Lane near Poplar Level Road). This building is difficult to find. Please call the Extension Office for directions!!
Louisville Area Annual Day
“Feast of Kentucky: Country Ham”

October 11, 2016

Refreshments & Sign in: 9:30 am
Meeting: 10 am

Bullitt County Extension Service
384 Halls Lane
Shepherdsville, KY 40165

Menu: Boxed Lunch by
“All the Way Shoppe”

Cost of the meeting: $15.00

Featuring:
Steve Coomes

Steve Coomes is an award-winning food, spirits and travel writer. The author of "Country Ham: A Southern Tradition of Hogs, Salt & Smoke."

Checks payable to Jefferson County Homemakers sent by September 16, 2016.
Mail to: Gretchen Walter, 3208 Mid Dale Lane, Louisville, KY 40220-2616.
JEFFERSON COUNTY
EXTENSION HOMEMAKERS
PRESENT

Holiday Hints

WEDNESDAY,
NOVEMBER 9, 2016
REGISTRATION: 9:30 A.M.
PROGRAM: 10:00 A.M.
ST. MATTHEWS COMMUNITY
CENTER - 310 TEN PIN LN,
LOUISVILLE, KY 40207

Menu
Entrée Salad Trio
Selection of Homemade Cakes

◊ Again this year you must pre-register and prepay!
◊ $15 Registration Fee includes:
  ◦ Lunch
  ◦ Speaker
  ◦ Fashion Show
  ◦ Table Decorating
    Demonstration
  ◦ Door Prizes
  ◦ Silent Auction
◊ Registration Deadline:
  Friday, October 28, 2016

KEHA

Celebrate!
LIFE!