

**FAMILY & CONSUMER SCIENCES**

# Clinton County Family & Consumer Sciences Extension Newsletter

**Cooperative Extension Service**  
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## **Did you know — Credit Card Debt and Other Types of Debt, on the Rise**

The Federal Reserve reported on February 7, 2011, that credit card debt increased in December 2010 for the first month since December 2008. Also long-term loans to purchase



automobiles are on the rise, a good sign that the economy is improving. However, with the unemployment rate still high, we are not out of the woods yet. One thing we should have learned from

this last recession is the need to have an emergency fund for unexpected expenses and at least 3 to 6 months of income saved in case of becoming unemployed. Everyone should have at least this much saved before going on a spending binge. And, needless to say, spending those savings unnecessarily would be a mistake. For more MoneyWise tips, go to the University of Kentucky Cooperative Extension MoneyWise Web site at <http://www2.ca.uky.edu/moneywise/tips.html>.

**Reference:** U.S. Federal Reserve. (2011, February 7). Consumer Credit, December 2010. [Statistical Release]. Retrieved February 11, 2011, from <http://www.federalreserve.gov/releases/g19/Current/>.

**Source:** Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky, College of Agriculture

## **Christy's Comments**

The month of May gives each of us the opportunity to reflect upon special and important family members and friends as well as memories of times past. It is also a time to plan family activities for the upcoming summer months. Don't allow life's hectic pace to distract you from recognizing the importance of family and friends!

Enjoy the warmer weather and celebrate good health!

Best wishes,

Christy Nuetzman  
Clinton County Extension Agent for Family and Consumer Sciences

## **Questions???**

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or check us out online at  
<http://ces2.ca.uky.edu/clinton/>

## Preparing for Disasters and Emergencies: *Your Disaster Supplies*



During an emergency or disaster, you may be confined to your home or forced to evacuate for a period of time. Preparing a disaster supply kit in advance will help you in either situation. Your kit should be stored in a convenient place in air-tight, easy-to-move containers. Be sure everyone in your home knows how to find your supplies. Go through your kit at least once each year to replace and update the contents as needed.

### Water

- Store 1 gallon for each person in your household for each day.
- Keep at least a three-day supply.
- Rotate your water every six months.



### Food

- Store at least a three-day supply of non-perishable food, and rotate every six months.
- Choose items that require no refrigeration, preparation, or cooking.
- Pack a can of sterno for any foods that must be heated.
- Select foods that your family will eat.
- Choose food items that are compact and lightweight.
- Consider including the following:
  - Ready-to-eat canned meats, fruits, and vegetables.
  - Canned juice, milk, and soup.
  - Dried foods and instant meals.
  - Prepackaged beverages.
  - High-energy foods.
  - Comfort foods.



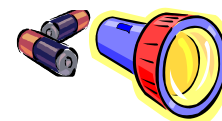
### First Aid Supplies

- Assemble a basic first aid kit for your home car.
- Include items such as:
  - Adhesive bandages in various sizes.
  - 2-inch and 4-inch gauze pads.
  - Hypoallergenic adhesive tape.
  - Scissors, tweezers, and a needle.
  - Antiseptic.
  - Thermometer.
  - Nonprescription medicines.



### Tools and Supplies:

- Paper cups, plates and utensils.
- Battery operated radio and extra batteries.
- Flashlights and extra batteries.
- Cash or traveler's checks and change.
- Manual can opener and utility knife.
- Pliers and tape.
- Matches in a waterproof container.
- Toilet paper and towelettes.
- Soap, hand sanitizer, and disinfectant.
- Personal hygiene items.
- Plastic garbage bags with ties.



### Special Items

- Baby food, formula, bottles, and diapers.
- Prescription medications.
- Extra eye glasses, contact lenses, and contact supplies.
- Pet food, medicine and care items.

### Clothing and Bedding

- A change of clothes for each person.
  - Rain gear, hats, and gloves.
  - Blankets or sleeping bags.
  - Sturdy shoes or work boots.



Reference: *Talking About Disaster: Guide for Standard Messages*. Produced by the National Disaster Education Coalition, Washington, D.C., 2004.

Prepared by K. Thomas Priddy, M.S., Extension Meteorology Specialist, and Kimberly B. Henken, M.S., Extension Associate for Environmental Issues.

August 2004.

For more information, contact your county Extension office or visit the Kentucky Extension Disaster Education Network Web site, Kentucky Cooperative Extension Service, College of Agriculture, University of Kentucky, at [www.wagwx.ca.uky.edu/EDEN](http://www.wagwx.ca.uky.edu/EDEN).

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## May is National Mental Health Month

May is National Mental Health Awareness Month. These days we hear a lot about mental health in the news. We hear many sad stories about depression in the elderly and suicide with teens. We even hear about mental health issues and needs of soldiers returning from other countries. You may not realize it, but you probably know at least one person who has a serious mental health need. Mental health problems can be very painful. This can be especially true for children and teens. They may go through their daily lives feeling shame and guilt. They may feel rejected by other kids their age. May is the perfect time for parents and anyone who works with children and youth to focus on mental health. Here are some ways you can help the nearly 1 in 5 young people who have a serious mental health need:

- Educate yourself about mental well-being in children
- Praise children when they accomplish a goal
- Foster self-esteem
- Help children learn how to do things on their own to feel successful.
- Help children express their feelings by letting them know it is okay to talk and that you will listen
- Teach children how to respect and trust themselves and others
- Appreciate the differences in every child
- Encourage children to explore their talents and interests
- Help children to set realistic goals that are based on their abilities and interests
- Show that you are confident in their ability to handle problems and cope with take on new experiences

**Reference:** Substance Abuse and Mental Health Service Administration's National Mental Health Information Center (May is mental health month: Celebrate children's mental well-being! (CA-0045). Available at: <http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0045/default.asp>.

**Source:** Kerri Ashurst, Extension Specialist, University of Kentucky, College of Agriculture

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### Cheese Stuffed Potatoes

- 4 large baking potatoes
- 1 cup cottage cheese, lowfat
- 2 Tablespoons milk
- 2 Tablespoons chopped onion
- 1/4 teaspoon paprika

**Directions:** Preheat oven to 400 degrees. Scrub the potatoes. Put the potatoes in the oven. Bake 30 to 40 minutes until tender. Slice each potato in half lengthwise. Use a spoon to scoop out the inside of each potato. Leave about 1/2 inch of potato next to the skin. Save the inside part of each potato in a small bowl.

Peel the onion. Chop it to make 2 tablespoons chopped onion. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy. Divide this mix into 8 parts. Put part of the mix inside each potato. Sprinkle paprika over the potatoes. Return to the oven for 5 minutes to reheat.

**Yield:** 4, 2 potato halve servings.

**Nutrition Analysis:** 90 calories; 0.5 g fat; 0 g saturated fat; 0 g cholesterol; 240 mg sodium; 10 g carbohydrate; 4 g fiber; 4 g sugar; 10 g protein.

**Source:** Adapted from: Pennsylvania Nutrition Education Network Website Recipes; **The Pennsylvania Nutrition Education Program**

## May

**Roll Call:** What Is your favorite place in Kentucky?



**Thought of the Month:** What does "Bloom where you grow" mean to you?

### 4-H Camp May 30th - June 3rd

If you know of any youth interested in attending 4-H Camp, please encourage them to stop by and pick up an application. The cost for camp is \$160.00.

We always need adult volunteers!!!  
Pass the word!!



## Homemaker Scholarship



The Homemaker Council has chosen to give a \$1000 scholarship again this year. The Scholarship Committee consists of Pam Shultz, Eli Mackewich, and Nancy Mims. Deadline for scholarship applications will be May 13th. Call the office for more details!

## Big Blue Shape Up

The Clinton County Health Coalition sponsored its third Big Blue Shape Up program over the last six weeks. 28 individuals completed all six weeks of the program and had a collective weight loss of 413.40 pounds! Those completing the program include Dawn Allen, Jeanette Bell, Debbie Boils, Debbie Brown, Annetta Collins, Louis Davis, Virginia DeRossett, Lana Ellison, Mollie Ferrell, Greg Flowers, Patricia Flowers, Dalton Gregory, Kathleen Gregory, Bud Marcum, Deloris Marcum, Julie McWhorter, Mary Nuszbaum, Kathy Parrigin, Theresa Pickens, Michelle Porter, Ava Sell, Eddie Sell, Jazz Sell, Allen Smith, Matt Smith, Stacy Smith, Jennifer Stearns, and Nikki Witherspoon.



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## Can vitamin D prevent cancer?

A lot of research is finding that the answer to this question is yes. Vitamin D is known to be crucial for the formation, growth, and repair of bones, because it regulates calcium absorption in the body. Severe deficiency can lead to rickets in children and osteomalacia, or bone softening, in adults. Additionally, emerging evidence is supporting the link between vitamin D and cancer prevention. Vitamin D is thought to fight cancer in many ways. It helps prevent the creation of new cancer cells, and promotes the death of these cells, while also suppressing inflammation, tumor creation, and spreading of cancer cells to other parts of the body.

Vitamin D is known as the 'sunshine vitamin' because the body makes it when the skin is exposed to sun light. Twenty to 30 minutes of exposure 2 to 3 times a week provides enough UV rays to make needed amounts of vitamin D. For people who do not get enough sun exposure, vitamin D is found in some foods, most notably in milk. Check the Nutrition Facts label and ingredients list to see if vitamin D is included in the foods you eat. Much of the population in the United States is vitamin D deficient, especially adults and the elderly. Adequate blood levels of vitamin D can be obtained through sunshine exposure, consumption of fortified foods, or taking supplements. Always consult your doctor before taking supplements, because too much vitamin D may be harmful to your health.



**Source:** Extension Specialists for Food and Nutrition, University of Kentucky, College of Agriculture

# Yee Haw!!

## Celebrating Homemakers Southern Style

Lake Cumberland Area Homemakers Annual Meeting

Thursday, May 19th

Registration (4:30-5:00 pm CST; 5:30-6:00 pm EDT)

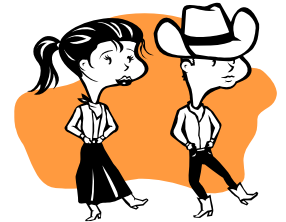
Program begins 5:00 pm CST/6:00 pm EDT

Clinton County has 18 members attending as of April 28th! How Exciting!!!

There's still time for you to register with a late fee -just let us know  
no later than May 6th!

### Important Reminders:

- All Clinton County Homemakers are encouraged to wear bibbed overalls, blue jeans, or denim skirts to the meeting.
- Brown Baggers are providing table decorations. Bring any extra bandanas that you have!
- Goody bags will be provided to each participant.
- The Homemakers Council has opted to sell our remaining Cookbooks for \$8.00 each. These will be available during the Area Meeting.
- There will be a Silent Auction for all counties to participate in. Bring any items that you would like to donate with you to the meeting. Funds will be used to offset meeting expenses and prepare for the Area Leadership Seminar on August 27th.
- **Each Clinton County Homemaker is asked to bring their favorite appetizer to share during registration. We may have 100-150 people to attend so everyone needs to bring a dish!!!**
- **We will meet at the Fairgrounds at 10:00 AM on May 19th to set up tables, decorate, and stuff goody bags!!!**
- **Members need to arrive with their appetizer no later than 4:00 PM!**
- **Watch your email for other updates!!**



### It's Fair Time!!

Mark your calendar for the Extension Exhibit Hall during this year's Fair. We will enter exhibits on Wednesday, June 15th.

Items will be available for viewing Wednesday, June 15th and Thursday, June 16th with cash out on Friday morning June 17th. Times will be determined at a later date. If you can volunteer to assist with registration, please let us know!



# Clinton County Family & Consumer Sciences Extension & Homemaker Events May 2011

| Sun   | Mon   | Tue  | Wed | Thu  | Fri  | Sat                  |
|---|---|--|-----|--|--|----------------------|
| 1   | 2   | 3  | 4   | 5  | 6  | 7                    |
| 8<br>Happy<br>Mother's<br>Day!!!<br> | 9<br>KEHA<br>Meeting<br>begins in<br>Bowling<br>Green | 10   | 11  | 12<br>Brown<br>Baggers<br>11:00 a.m. @<br>Eli's        | 13<br>Quilt Guild<br>8:30 a.m.<br>Nursing Home<br>11:00 a.m. | 14<br>Relay for Life |
| 15  | 16  | 17<br>Lee's Chapel<br>1:00 p.m.<br>@ Eli's | 18  | 19<br>Area Annual<br>Homemaker<br>meeting 4:30<br>p.m. | 20   | 21                   |
| 22  | 23  | 24   | 25  | 26   | 27<br>CCHS<br>Graduation                                     | 28                   |
| 29  | 30<br>Memorial<br>Day!<br><br>4-H Camp                | 31<br>4-H Camp                             |     |  |  |                      |