

Franklin County
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June/July 2010



FAMILY AND CONSUMER SCIENCE



2009-2010 Franklin County Homemakers

LIGHTS, CAMERA, ACTION!

By Barbara Goode

Lights, Camera, Action-our theme for the year. The lives of Franklin County Homemakers can be compared to that very theme.

As for the lights – you, homemakers, and your clubs are the lights. Lights of compassion, love, empathy, responsibility, and sacrifice. Your good works light up the lives of many.

The camera, well, the families, the children, the elderly, the needy, and the community members represent the camera. Like the eye of the camera, their eyes are turned toward you, ready and anxious to record what they see.

Your actions, unselfish, carry results that are immeasurable.

Who can know the happiness of children with cancer, when they scurry off to summer camp, a result of your saving your pull-tabs?

Can you imagine the relief of mothers who put their children to bed with full rather than empty stomachs, all because you sent food to school for the backpack program, or gave to the food pantry?

Have you seen a child waiting comfortably, not shivering, at the bus stop, wearing his new coat? Perhaps you gave money to help purchase that coat.

Have you witnessed the shining eyes of the young children as they carefully shopped at the Christmas Store? How proud and puffed up they felt when they found the perfect gift! All these hours you spent working to make it possible were worth it, after all, weren't they?

Finally, although most of us have never seen it, we know there are young mothers, raising their children and enjoying themselves, who are alive today because of the Ovarian Cancer screenings that you helped pay for. We can't even begin to know what that meant to the families.

You lights, camera, and actions count. They make Franklin County a pleasant place to live. They reach people you don't even know. May you always continue to share your actions and blessing with others. ■



West End Homemakers Make Trellis Necklaces for Ovarian Cancer

West End Homemakers started making the Trellis necklaces in January 2010. One of our members purchased several

necklaces from Jackson County homemakers who were making and selling them to raise money for the Kentucky Homemakers Extension Association (KEHA) Ovarian Cancer screening and research program. We were given the instructions on how to make them and a contact of where to purchase the yarn. We had no idea how popular these necklaces would become. We have had requests for personal favorite colors, school colors, and colors for holiday seasons. To date we have sent in \$1000.00 to KEHA for Ovarian Cancer and we are still making necklaces. Not only are we raising money for KEHA Ovarian Cancer screening and research, but we are increasing awareness about ovarian cancer, educating others about Franklin County Homemakers, but we are having fun. The necklaces are easy to make and we enjoy sharing. If you were not able to attend the May 25th class on making the necklaces and request we have another class contact Tamera Thomas, FCS agent, at the extension office and we will be glad to work on planning another one.

A MESSAGE FOR YOUR NEW FRANKLIN COUNTY HOMEMAKER PRESIDENT

Thank you for allowing me to serve as your next county president. We have a busy year ahead of us with upcoming events and opportunities to let our light shine. I encourage your group to think about the program areas and see where your club can contribute. Please don't hesitate to contact me should you have any questions or suggestions for the coming new year. Enjoy the summer and I look forward to seeing you soon.

Sincerely,

Rita

Rita Belen

“Celebrating the Alltech FEI World Equestrian Games”

Franklin County Homemakers Annual Meeting

Celebrating 77 Years

May 17, 2010

Franklin County Cooperative
Extension Service

5:30 p.m.

Frankfort, Kentucky

The 2010 Annual Meeting was fantastic! I want to thank the Council for putting together a spectacular event. I hope each of you enjoyed the presenter Marion Sims. I think she made each of us anticipate attending some portion of the Equestrian Games. A very special thanks goes to Wanda Atha and her club for making the beautiful necklaces for each attendee! I also hope you enjoy Barbara Goode inspirational piece in this issue along with several photos.

Jamera



ABOVE-Barbara Goode, Rosemary Brewer and Mildred Polsgrove are all smiles greeting homemakers at the registration table.

BELOW-Barbara Good reads her inspirational piece during the meeting as Arlene and Liz look on.



RIGHT-Our guest speaker for the evening, Marian Moore Sims shares information about the World Equestrian Games and the many opportunities it will bring to Kentucky.



BELOW-Marian Moore Sims receives a lovely pitcher from Franklin Co. Homemakers, President Arlene Fluegge.





LEFT- Homemaker of the Year for 2010, JoDee Layman. JoDee has been active in homemakers and the community for many years and is a member of the Louisville Road Club. Congrats!



ABOVE-Homemaker Scholarship winner for 2010, Jenna Mills and her parents enjoy the Annual Meeting.

BELOW- Tamera Thomas, FCS Agent and Arlene Fluegge pose with JoDee Layman, Homemaker of the Year in Franklin County.



ABOVE-Jenna Mills of WHHS comments on her future plans with the scholarship award as Reeca Carver of the Cloverdale Homemakers looks on.

BELOW-Incoming Vice-President Wanda Atha of the West End Homemaker Club shares with everyone the project that her club has taken on to help fight Ovarian Cancer. Everyone at the meeting received one of the Trellis Necklaces that they made for each homemaker.



BELOW-Tamera Thomas, FCS Agent acknowledges the hard work that outgoing President Arlene Fluegge and Vice-President Barbara Goode have done this past year. Everyone is grateful for the hard work they have done.



The Gifts of Life

By Barbara Goode

Kentucky's winter wind howled across the plains, shoving snow horizontally through roads, yards, and subdivisions all around Fort Knox. Anna's windows rattled under the onslaught and confirmed the blizzard was under way, with the worst yet to come. Shivering a little at the thought, she laid more wood on the fire, and settled into Bob's big easy chair.

Anna's mind wandered to Bob. Married just two years, they had come to Fort Knox as newlyweds. Just a year later, Bob was shipped to the Middle East. He was due home in two weeks, and Anna couldn't wait for his return. She imagined her happiness as she met him at the airport, of seeing him again after almost a year. She could hardly wait to see Bob's expression when he met and held their most precious gift, the six-month-old daughter he had never seen. She could almost feel the hugs and kisses they would all share when his return would mark one of the happiest days of their lives.

The ding-dong of the doorbell interrupted Anna's thoughts, and she wondered who would be out this time of night in a blizzard. She cracked the door and peeked out to see. Going ashen, and with her breath leaving her lungs at seeing her two visitors, she managed to open the door and invite them in. Then, Anna fainted. Sprawled on the floor, oblivious to the baby's crying, Anna lay passed out as cold as the wind borne snow outside her home.

"Wake up, Mrs. Mills, wake up, please!" a worried young Captain William Woods encouraged, as he pressed a cool cloth to her forehead. "I am so sorry."

Anna slowly focused on the man who worked over her. She saw the other officer, Captain Jackson, tending her baby, Olivia. Coming fully to herself, she was overcome by despair and began to quietly weep. She knew what it meant to be visited by chaplains. Bob was dead. Gone. Killed in action. Forever lost to her and Olivia.

"I'll never see him again," she lamented, and Olivia will never know her father." And really, Anna didn't know whether she could stand it.

Olivia began to whimper again, and Anna attempted to comfort her daughter. Pulling herself together, she sat up too fast, and almost passed out again.

"Mrs. Mills, please sit still, you are too weak to get up now," pled the soothing voice of Captain Woods.

Through the fog that clouded her brain, Anna was able to grasp the meaning of his words as they floated within hearing range, and she did as he asked.

Sometime later, Captain Jackson handed Olivia to Anna, and Anna held her close. The baby smiled at her mother, showing

six teeth, four lowers and two uppers. The lop sided grin and Olivia's blonde hair were so like Bob's.

Perhaps it was the smile, or the love, or the situation that cleared Anna's head. She didn't know which, she just knew she had suddenly become as lucid as she had ever been, and knew she herself was now responsible for Olivia's and her own well-being.

"Olivia, you will never want for a thing on this earth; I will always take care of you," she promised her baby.

Then, drawing on some inner strength, Anna forced herself from the comfort of the couch, and began life without Bob, the only man she had ever loved.

Anna busied herself with what had to be done. She fed and bathed Olivia, then rocked her to sleep in the big rocking chair Bob had purchased the day he learned their baby was on the way. Although she had only half a load, she did the laundry, and even dried it. Then, she prepared to go to the back yard to dig out more wood from the tarp -- covered rick near the back porch.

"Mrs. Mills, please let me do that, you will make yourself sick," Captain Woods reasoned.

His kindness touched her heart, bringing more tears, and she didn't argue.

Captain Woods stepped out into the blizzard, now full blown. The angry wind stung his face with snow and snatched the scarf from his neck. The night sky was a vast ocean of blackness, with no moon or stars, just roiling, churning white stuff that pelted the earth. The drift-covered road was impassable and visibility was almost zero. Captain Woods knew there was no way they could move their car; they would be forced to spend the night in Anna's home.

Captain Woods struggled with several armloads of wood to stack on the porch, then carried a load inside. He added some to the fire, all the while dreading to tell Anna of their snowed-bound situation. After all, she had just a few hours ago learned she was a widow. And now, this added inconvenience. How much more could she take? But Anna took it well, said not to worry, and graciously showed them the spare upstairs bedroom where she laid out fresh towels and necessary apparatus for their convenience.

Anna checked on Olivia, then went downstairs. Wrapped in a blanket for extra warmth, she sat in Bob's easy chair in front of the fire. She was deep into memories and grief when Captain Woods entered the room.

"I thought you might want to talk," he said. "Perhaps you would like to tell me about your husband?"

"He was a good man," she began. Loving, unselfish, smart. He always encouraged me in whatever I tried, and helped in any way he could. And he was a Believer. A Christian who believed in God and the goodness of mankind. He was special, Captain Woods. I considered him a gift from God, and it will be hard to live without him."

"Yes, he seems like a good, honest man, Mrs. Mills, one in a million," the Captain replied. "And yes, it will be hard to live without him. But, with God's help, you can do it. Would you like me to pray with you?"

"Yes, thank you, that would be nice," she agreed.

Captain Woods prayed, "God, please give this woman strength to get through the rough times ahead," he began, and continued to ask God's blessings on Anna and Olivia.

The blizzard had blown itself out by morning, and by late afternoon, the snowplows had cleared the roads. Preparing to leave, Captain Woods told Anna he would be in touch and that he would take her to the airport to meet Bob's body. True to his word, he called every day, and two weeks later, in the cold darkness of an early Kentucky morning, they waited in silence for the plane that carried Bob home. Such a different homecoming from the one she imagined earlier!

It was a dignified funeral, with military honors. The preacher preached, the piper piped, and they all followed the casket to the graveside, where the Honor Guard was standing at attention. The rifles fired, the flag was folded and presented. Hidden among the trees, the lone bugler finally blew the haunting sounds of "Taps." Anna had always felt sadness when she heard the song, but this time, played for Bob, those lonesome notes almost did her in. Strong and attentive and holding Olivia, Captain Woods stood by Anna's side and steadied her to avoid another fainting spell. He hoped the young widow could get through the rest of the day.

"I'll be in touch," promised the young chaplain as he prepared to leave Anna's home to return to duty. "But please call if you need anything at all."

He hated to leave her. The funeral, the military ceremony, and the reception had been hard on her, he knew. He noticed the strain on her face when well-meaning friends' remarks recalled good times she knew could never be duplicated. She was so young and vulnerable, and she faced this new and awful journey with no relatives to help her. Except Olivia, of course. He had become attached to that little girl during the short time he had known her. And he was going to miss her.

Anna thanked the chaplain for all his help and support. "I'll be all right," she added.

The chaplain left then, leaving Anna and Olivia in a house which, like her heart, seemed like an empty shell with all the life gone from it.

A few weeks passed, and Captain Woods couldn't stop thinking of Anna and Olivia. "Should I or shouldn't I?" he asked himself repeatedly. Finally he decided to pay them a visit. "Maybe a surprise would do them good," he thought aloud, then, before he could change his mind, he drove to Anna's house.

"Hello, Anna," he greeted, as she asked him inside. "How are you two?"

They sat for a while, and watched Olivia. Attempts at conversation were stilted and unsuccessful. Gloom seemed to permeate the gathering, and he wondered how he could add a little cheer to their lives. Then he had an idea.

"Anna, do you have any milk?" he questioned, "because if you do, we're going to make snow cream."

Anna had never heard of snow cream, but she watched from the window as the chaplain filled a large clean pan with freshly fallen snow. Back inside and working quickly, he combined milk, sugar, and vanilla, then poured the mixture over the pan full of snow. The coldness and texture of the sweet treat seemed to cut through the aura of sadness as they quickly ate their fill. Olivia couldn't believe her luck at having anything so good, and, like a cat lapping a bowlful of cream, she savored every bite. Anna even managed a smile or two. Will knew his surprise had been good for them all.

"Captain Woods, that was fun," remarked Anna.

"Please call me Will, Anna. I'm not on duty, now," he explained.

"Okay, Will," she smiled. He was a little surprised at how good her words made him feel.

During the following weeks, the three of them enjoyed many outings. With Will holding her tightly, Olivia delighted in riding his toboggan down the gentle slope behind Anna's back yard. After Will's begging a little, Anna joined them for a cheek-reddening ride down the hill. Later, hot cocoa and a snapping fire in the fireplace took off their chill.

One night, when Will's parents came to visit, they all went out for pizza, and Olivia had her first taste of the spicy meat-filled pastry. They all laughed with Olivia as she gradually decided she liked it.

Spring came and went, then summer, and on one of the last warm days of fall they picnicked in the park beside the river, where Olivia's favorite activity was riding the rocking horse, the "ishy" as she called it. A laughing Will stood nearby, ready to catch her if she started to fall, as she rode the "ishy" over and over again.

Lost in thought because of her growing feelings for Will, Anna walked down to the river. As she stared into the Ohio River, always muddy, always rushing headstrong toward the distant Mississippi, she thought, "Old River, I wish I were more like you. But while you rush, I take baby steps. Nothing holds you back, but doubts keep me in limbo. You know where you're headed, I don't."

Unsure and feeling a little sorry for herself, Anna walked back to join the others.

That night, after Olivia had fallen asleep, Will decided to ask something of Anna, a question he had put off asking long enough. Swallowing to get up his nerve, he took her hand in his.

"Anna, you must know by now I dearly love you and Olivia. There is nothing I wouldn't do for you or her. My heart and soul sing when I'm in your presence." He continued, "Will you marry me?"

Anna loved Will. She did. But she loved Bob, too. And she had promised Olivia on the day her father died that she would always care for her, that she would want for nothing. What if marriage didn't work? What if a failed marriage caused Olivia pain? What if? What if??

"Will, I cannot marry you. I am so sorry. The memory of Bob is still so fresh with me. No, I can't." Anna was not surprised when tears sprang to her eyes at hearing her own words.

Will's heart plunged to an all time low. He had been so sure of Anna's love. And Olivia's. He knew life would be lonely without them. He needed them, and they needed his love and protection. But he was a man, and he could accept and respect her answer. Turning to go, he whispered, "Good-bye, Anna. If you change your mind or if you need anything, call me."

Anna heard nothing more from Will. Finally, December arrived with its greetings and good wishes, and Anna had friends in for coffee and cake. But her home, even with sparkles and lights and aromas of spices and greens, felt as lonely as a prison cell as soon as the guests left.

On Christmas Eve Anna left Olivia with her friend and drove to the cemetery. Kneeling to place a small posy on Bob's grave, she whispered. "Oh, Bob, I love you so much. But I love Will, too. I am lost at sea, Bob. What shall I do?"

Unexpectedly, she got a reply. Though inaudible, it was crystal clear. As sure as she had been about anything in her life, she knew Bob's answer: "The love we shared is a gift I cherish. But our time together is past. You still have your life to live, and I want you to laugh and enjoy life now as you did when you and I were together. Will is a good man, Anna, marry him."

Stunned, but lighter-hearted, Anna hurried to pick up Olivia, then quickly drove home to phone Will. A bright and happy day was about to dawn for them all.

Nervously, Anna dialed Will's number, but was surprised when a lady answered. "May I please speak with Will," she managed to ask.

"Why, no dear, Will left for Iraq months ago. I am his mother. Is this Anna? What a pleasant surprise!", the voice carried over the line.

"Oh, I see," replied Anna. Then, not knowing what else to do, she hung up the telephone, and cried like she had never before cried. The telephone rang and rang, but went unanswered. And the tears continued to flow far into the night.

Time passed and life went on. There were only two blizzards during the winter, neither very serious, and one threat of a tornado that spring. The summer was dry and hot, as usual, and lazy.

One day in fall Olivia and Anna awakened to a beautiful morning. The trees were ablaze with autumn colors and the warm dry air carried just a hint of coolness, a clue to enjoy the warmth, because winter was coming soon. They spent the day in the park and were getting in the car to go home.

Of a sudden, Anna heard it, but could hardly believe her ears.

"Anna, oh Anna, Olivia, please wait!" a familiar voice called, and that voice boomed from a handsome man running in their direction.

"Will," shouted an elated Anna, running into his arms where she belonged. "Yes, yes, I will marry you." Olivia joined the reunion, and no trio had ever been happier.

Later, after Olivia was in bed, Anna remarked how happy she was to have Will home, safe and sound.

"Well, I had a close call and almost didn't make it, he explained. I don't know exactly how to tell you, but it happened on Christmas Eve. I was on my way to the holiday service when my jeep hit a road bomb. Right before the explosion, something or someone literally jerked me from the jeep and threw me to safety. During that spine-tingling event, an unfamiliar voice in my ear demanded, "Marry Anna." I was shaken up but otherwise unharmed. And here I am, getting ready to marry you."

Anna was taken aback by his account, and related her Christmas Eve experience. They agreed that something wonderful and marvelous had happened to each of them, and that Bob somehow had a hand in it.

"Thank you, Bob, she whispered."

After a week of happiness and laughter and planning, Will and Anna were married under the maple trees in the meadow behind her house. Sunshine dazzled the gathering. The portable altar, bedecked in field daisies and black eyed susans, framed the handsome couple, he in his dress uniform, she in her new wedding dress. Standing close by,

Olivia was a vision in her new purple dress. The wedding and the day were both perfect.



Olivia was very excited to get to stay with her friend while her mother and Will went for a short honeymoon. After saying good-bye to Olivia, Anna waited in their new car while Will finished loading the luggage. She was happy, truly happy. At last, just like that old Ohio River, Anna knew exactly where she was going. She was headed on a wonderful journey with Will. She remembered Will's prayer when he petitioned God's blessings and help for her and Olivia. The prayer that had been answered.

Anna offered this prayer of her own: "Thank you, Father, for this day and for Your guidance. Thank You that Will was safely returned to us, and that we are now a family. Thank you for these and all the gifts of life."

"Amen," smiled Will, entering the car, and they drove off, into their new life, together. ■



Homemakers Raise Money for Indian Summer Camp

 =  Once again the Franklin County Homemakers Association raised money by collecting pop-tabs from aluminum cans raise money to the Indian Summer Camp. This year we are pleased to announce that we collected 170lbs of pop-tabs which equals \$102 in cash.

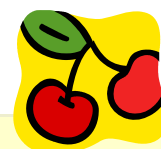
Wanda Atha chairs the committee responsible for the pop-tab collection. We ask that you bring your pop-tabs in plastic bags or sturdy boxes to the Extension Office. Wanda Ellis or Gil Thurman at the front desk will assist you in putting your tabs in the collection bins. Please bring your tabs anytime throughout the year, but we ask that you try to have them in by the end of APRIL, so we can recycle them and present the check at the Homemakers Annual Meeting. Since that meeting we have already filled up one of the three tubs that we collect the tabs in. Keep up the good work helping kids and helping the environment!

For additional information on the Indian Summer Camp program, go to their website at <http://www.iscamp.org/home.html>.



RECIPE OF THE MONTH

EASY CHERRY ANGEL FOOD DESSERT



1 angel food cake
1 can cherry pie filling
1 c. sour cream
1 1/2 c. milk
1 pkg. instant vanilla pudding (sm.)
Break 1/2 cake into 9 x 13 inch pan.
Spread 1/2 cherry filling over cake. Repeat with remaining cake and cherries.
Beat remaining ingredients together and pour over cake. Chill overnight. Serve with topping of Cool Whip or whipped cream. Serves 12.

VARIATION FOR LEMON DESSERT:

Mix together:
Juice of 4 lemons
Grated rind of 2 lemons
1/2 c. sugar
Add 1 can condensed milk and beat 4 minutes at medium speed. Whip 1 pint cream and fold into lemon mixture. Break 1/2 angel food cake in to 9 x 13 inch pan. Pour half cream mixture over cake. Repeat. Pat down gently. Cover with coconut (optional). Refrigerate overnight.



Nutritional Facts Calories 220; Fat 4.9g, Sat. Fat 3.0 mg, Cholesterol 11mg., Sodium 363mg, Carbohydrates 40.7, Dietary fiber, 0.7g.

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- stream – rocks in the stream can be very slippery
- Do not leave trash behind

To enjoy the springtime beauty at a state park and get exercise while you are doing it find a state park near you: <http://parks.ky.gov/>

Reference: Kentucky State Parks. *Explore hiking*. Accessed on January 5, 2010 at <http://parks.ky.gov/explore/exploreHiking.htm>

Source: Nicole Peritore, Get Moving Kentucky Coordinator, University of Kentucky, College of Agriculture ■

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

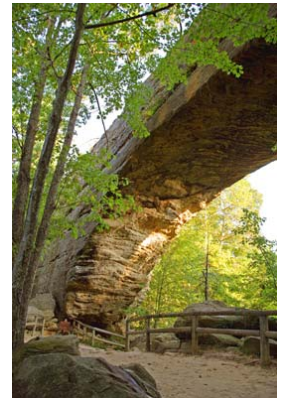
Reference: Substance Abuse and Mental Health Service Administration's National Mental Health Information Center (May is mental health month: Celebrate children's mental well-being! (CA-0045). Available at: <http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0045/default.asp>.

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

Kentucky State Parks: The Perfect Place for Springtime Exercise

When the winter has been long and the weather is warming up, it is the perfect time to look around and take in the beauty in the state of Kentucky. The good news is we can get exercise while we are doing it! In fact, just as with walking, hiking can help in weight loss goals, it can help decrease blood pressure, and it improves bone strength.

In the state of Kentucky, we have 52 state parks. Each state park offers a different view of the treasures in our state. There are over 300 miles of trails and they are for all types of hikers – there are easy and moderate trails such as the .5 mile self-guided trail at the Columbus-Belmont State Park. There are also many choices for those with more experience, such as the 28 mile hike at the Pine Mountain Trail State Park, known for strenuous climbs and breathtaking views.



Whichever trail you choose, here are a few tips to keep in mind:

- Follow all written and posted trail rules
 - Do not hike alone
 - Take plenty of water
 - Know the level of the trail and be aware of your ability to hike it
 - Wear good socks AND shoes – hiking shoes or boots are suggested and will help stop blistering
 - Dress in layers – the weather can change as you get into the woods
- Let others know where you are going and when you expect to return
- When you are out on the trails please keep the following in mind:
- Take your time
 - Be careful when hiking up and down hills – especially if they are covered in gravel or lose dirt

Watch your step if you are crossing a

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ADULT HEALTH BULLETIN

JUNE 2010

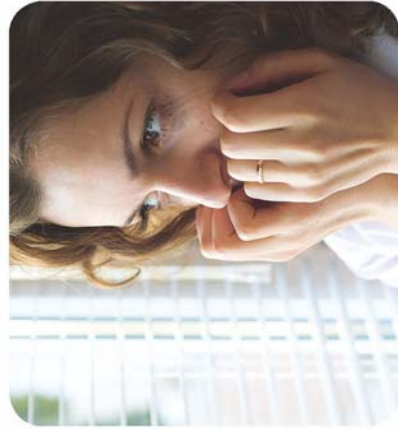
Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



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THIS MONTH'S TOPIC: DOMESTIC VIOLENCE



Domestic violence is the leading cause of injury to women 15–45 years of age. More women are injured by domestic violence than rape, muggings, and automobile accidents combined. Seventy-five percent of women murdered by their abuser were killed as they attempted to leave or had already left the relationship. Although these numbers may be alarming, few women (8 percent) tell their physician that they have been abused by their partner or spouse. It has also been reported that only about 10 percent of primary care providers screen for domestic violence.

Why don't they just leave

Domestic violence victims may not report abuse to police or seek help because they may be:

- Intimidated by the abuser or the protection and service systems
- Afraid of the abuser

live self-talk messages are repeated. The victim begins to believe the messages and accepts the abuse.

The time is now to stop and consider the rate and impact of this life-threatening problem. It is also a time to think about what we can do as friends, neighbors, and communities to erase this problem.

Numbers can be misleading and fail to show the real human impact of violence. Not all victims of domestic violence are going to be counted in data. They will not show up in police records, court records, domestic violence and adult protection reports, hospital admission and discharge records, or records that indicate the cause of death. Because of the sensitive nature and implications of the problem, some victims will not be come forward with information. We will probably never know how often domestic violence occurs.

- Embarrassed
- Exhausted from the efforts to survive and fend off more violence
- Depressed
- Isolated, cannot get to services or no services available locally
- Financially dependent on the abuser

The more often abuse occurs and the less the victim takes action to address the abuse, the more often negative



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin, University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.



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How can I reduce domestic violence in my community?

- Educate your family, friends, and neighbors about domestic violence.
- If you know someone who is in immediate danger, call 9-1-1.
- If you know someone who is being abused, offer your help and understanding.
- Let them know they are not alone.
- Refuse to allow violent behavior in your own family.
- Teach your own children to respect and honor relationships.
- Report suspected child abuse and neglect.

Domestic violence is the leading cause of injury to women 15–45 years of age. More women are injured by domestic violence than rape, muggings, and automobile accidents combined.

- Children who grow up being abused are more likely to continue violence in their own families.
- Discourage the abuse of drugs and alcohol. Both are major contributing factors to family violence.
- Practice anger management and teach your children the pitfalls of uncontrolled anger.
- Learn how to contact the domestic violence services available and accessible in your community.

The evidence speaks when the victims cannot

The National Institute for Justice and the Centers for Disease Control and Prevention estimate that nationally, "women make nearly 700,000 visits to the health care system per year as a result of injury due to physical assault."

The KY Intimate Partner Violence Surveillance Project and the Kentucky Injury Prevention and Research Center found in 2002 that:

- 74 percent of physically or sexually abused women were injured and 68.8 percent of them sustained more than one type of injury.
- 74.7 percent of abused women reported that they had suffered multiple forms of violence from an intimate partner.

- 55.3 percent of abused women reported that their partner was under the influence of alcohol or drugs during the most recent abuse.
- 52.5 percent reported some type of psychological abuse.
- 47.1 percent reported that their children were present during the abuse.

Who to call for help:

- National Domestic Violence Hotline (800) 799-SAFE (7233)
- Kentucky Domestic Violence Association (502) 209-5382 / www.kova.org
- National Sexual Assault Hotline 1-800-656-4673

If you or someone you love is a victim of domestic violence, please make the call.

SOURCES:

- <http://www.kiprc.uky.edu/projects/pivlinks.html>
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ADULT HEALTH BULLETIN

JUNE 2010

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Leader Training dates and topics for 2010-2011

8-23-10	2p.m.	Don't Let Falls Get You Down
9-29-10	10a.m.	Enriching Life as We Age
10-26-10	2p.m.	Slow Cookers
1 -3-11	10a.m.	Home Wise is Energy-Wise
1-24-11	10a.m.	Cooking for 1 or 2
2-23-11	2p.m.	Family Fun Mealtime
3-21-11	10a.m.	Clean It Quick
4-26-11	2p.m.	Go Green in Your Closet

Franklin County Fair Needs Workers!

The fair is July 12-17 at Lakeview Park. Homemaker volunteers are needed to volunteer at the Exhibit Hall. If your club is interested in volunteering at the fair in the Exhibit Hall, contact Jackie Phillips at 223-3293.



see blue. go green.

Tamera A. Thomas, M.S.
County Extension Agent for Family and Consumer Sciences

Contact the Franklin County Extension Office at (502) 695-9035 if you would like to receive our newsletter via email or email your request to gil.thurman@uky.edu.

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