

Franklin County
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
Fax: (502) 695-9309
www.ca.uky.edu/ces

August/September 2009



FAMILY AND CONSUMER SCIENCE



Calendar of Events



**The THRILL of the CHILL-
Cool Salads and Desserts -
August 14 - 5:30 p.m. - 7:30
p.m. - Call the Extension Office
(502) 695-9035 to register - NO
FEE (Bring your favorite chilled salad or dessert)**

August Leadership Training

Jennifer Klee, Woodford County FCS Agent will be here to teach Day Trips in the Bluegrass on August 20 at 2:00 p.m. at the Extension Office. Please plan to attend. Call the extension office to confirm your attendance (502) 695-9035. Please bring a magazine, news clipping or other info you have on tourist/day trip sites within 60 miles of your town. If you cannot attend please send someone to represent your club.

Homemaker Council Officer and Leadership Training

All county officers, educational chairs, club presidents, and vice-presidents will meet August 27th to plan the new year. Club materials will be given out. Councils officers and county educational chairs are asked to be present beginning at 5:00 p.m. to familiarize new club officers and educational chairs with responsibilities. The regular potluck will begin at 6:00 p.m. Cost is \$3.50.



September Leadership Training

What is Your Stroke Risk?

Learn what your risks are and how you can prevent a stroke before it happens. Marissa Aull, Jessamine County FCS Agent will share the facts on **September 23, at 9:30 a.m.** at the Extension Office. Please plan to attend. Call the extension office to confirm

your attendance (502) 695-9035. If you cannot attend please send someone to represent your club.



Cake Decorating Course 1

Cost. \$40.00 plus supplies (Pick up supply list at the Extension Office or online at <http://ces.ca.uky.edu/franklin/FamilyConsumerSciences>)

**5:30p.m. – 7:30 p.m.
September 3, 10, 17, 24**



HELP! I Can't Cook! – Cooking Basics for Adults 18 and Over

Cost. \$40.00

Dates – Mondays 5:30-8:00 October 5, 12, 19, 26, Nov. 2, 9. Max

12 participants.

Can't cook, no problem. During this fun six-week class you will learn basic cooking skills and tools you'll need to prepare wonderful meals from start to finish for yourself or the special people in your life. This is for individuals or couples. Cost: \$40.00 for session.

UPCOMING CLASSES IN THE FUTURE

The "How To Class"

(to be announced)

Cost: \$20.00

Here's your chance to find out how to do all those around the house items that you thought you could never do! Join instructor Fred Kidd and learn how to wire a lamp, make wanes coating for your walls, etc.

Intro to Interior Design (Limit 10)

(to be announced)

Cost: \$30.00

Do you like watching decorating shows? Come and learn the little secrets that the pro's use. Designer Fred Kidd of Design Perfect Interiors will walk you through all the steps that are used in putting together a room from start to finish.

(continued Page 2)

(Calendar of Events—Continued from front page)

Driving Refresher for Senior Citizens

Dates and information in the next newsletter.



Second Sunday & In My Backyard October 11th Lakeview Park

More information in the next newsletter.

NOTE: Reservations for workshops that have a fee will not be taken until payment is made. Payment for workshops should be brought to the office or mailed with your reservation information. Make sure your name and phone number are on all correspondence.

September Club Calendar

Lesson: *Day Trip in the Bluegrass*

Roll Call: What is your favorite thing about homemakers?

September 1

MEADOWS

Leader(s)-Leslie Driskell

Meeting-Extension Office, Room A/B

6:30 p.m.

SUNNY MORNING

Leader(s)-Nancy Crawl

Meeting-Extension Office - 10:00 a.m.

September 2

LOUISVILLE ROAD

Leader(s)-Helen Davis and Connie Lipps

Meeting-Home of Jessie Taylor – 10:00 a.m.

September 3

PEAKS MILL

Leader(s)-

Meeting-Extension Office – 10:30 a.m.

SPRINGHILL

Leader(s)-Marilyn Clark

Meeting-Home of Carol Wilson – 11:30 a.m.

SWITZER

Leader(s)-Susan Sparrow

Meeting-Home of Susan Sparrow 2:00 p.m.

September 7

SWALLOWFIELD

Leader(s)-Stacy Klink

Meeting-Home of Linda Eldridge – 7:00 p.m.

September 9

COUNTRY LANE

Leader(s)-Linda Bell

Meeting-Home of Irene Harper – 9:30 a.m.

September 10

RIDGEVIEW

Leader(s)-Barbara Butler, Barbara Goode

Meeting-Home of Barbara Butler – 11:00 a.m.

September 14

WEST END

Leader(s)-Karen Hukill

Meeting-Home of Connie Sheets – 6:30 p.m.

September 15

CLOVERDALE

Leader(s)-Mary Jones

Meeting-Home of Mary Jones – 7:00 p.m.

COLLEGE PARK

Leader(s)-Gertrude Ridgel

Meeting-Home of Evelyn Williams – 1:00 p.m.

S & S

Leader(s)-Jane Goins

Meeting-Home of Jane Goins – 11:00 a.m.

September 16

INDIAN HILLS

Leader(s)-Mary Hines & Estelle Drake

Meeting- Home of Janet Simpson – 10:00 a.m.

September 17

GOLDEN ANGELS

Leader(s)-

Meeting– Emily Apartments – 11:30 p.m.

September 21

RANDOM

Leader(s)-Kathy Carter

Meeting- Extension Office-12:00 p.m.

Homemaker Leader Training Dates 2009-2010

All designated leaders are encouraged to attend each scheduled training. Please confirm your attendance by calling the Extension Office prior to the meeting date. (502) 695-9035

What is your Stroke Risk

September 23

9:30 a.m.

Cooking 101 for Diabetes

October 28th

1:00 p.m.

Healthy Mind, Healthy Body

November 17

10:00 a .m.

A Survivor's Guide

January 11, 2010

10:00 a.m.

Go Green at Home

February 23, 2010

10:00 a .m.

Travel the KY Quilt Trail

March 22

1:00 p.m.

Osteoporosis

April 21

10:00 a.m.

All trainings and workshops will be held at the Franklin County Extension Office, 101 Lakeview Court, unless otherwise noted. (502) 695-9035

FLOODED FRUITS & VEGETABLES SHOULD BE *DISGARDED*



Fresh fruits and vegetables that have been partially or completely submerged in flood water or that might have come in contact with contaminated water are not safe to consume. There is a high health risk of developing disease from consuming these products. Flood water may be contaminated with sewage, animal waste, heavy metals, pathogenic microorganisms, or other contaminants. These contaminants are not only on the surface of the fruits and vegetables, but may move into plant tissues. The Food and Drug Administration considers these products “adulterated” and not fit for consumption.

Pooled or standing water after a rainfall that is not likely to be contaminated should not be considered flooding.

If your produce is in close proximity to a flooded area but has not come in contact with flood water, prevent cross contamination by keeping harvesting or cleaning equipment and personnel away from the flooded area during growth and harvest.

If an unplanted field has been partially or completely flooded, determine the source of flood water and determine whether there are significant threats to human health. Allow soils to dry sufficiently and rework the soil, before planting crops. Microbial soil testing can provide valuable information regarding relative health risks, but sampling in itself does not guarantee the lack of human pathogens.

Produce from flood-damaged gardens should not be sold at the farmers market or farm stand until the risk of contamination is gone. Produce should also not be used for home canning.

As always, proper food handling methods in the kitchen are important for food safety. They include, washing hands while preparing food, cleaning and disinfecting work surfaces, equipment and supplies, use potable water and “if in doubt, throw it out”.

Reference: FDA Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables (www.foodsafety.gov/~prodguid.html)

By Sandra Bastin, Associate Extension Professor, Food and Nutrition Specialist, University of Kentucky, College of Agriculture

MARK YOUR CALENDARS FOR 2010! 2010 KEHA State Meeting

DATE: May 10-13, 2010

LOCATION: Hyatt Regency, Lexington,
Kentucky

RESERVATION INFORMATION:

BY PHONE: (859) 253-1234 or (800) 233-1234

Request the Kentucky Extension
Homemakers Association group rate

Rate: \$109 + tax single to quad.

Reservations must be made by April 9,
2010 to receive this special rate.

Workshops, training sessions, and
learning sessions conducted during the
state meeting provide the opportunity for
attendees to gain new knowledge.
Franklin County let's represent in big
numbers next year in Lexington!

FRANKLIN COUNTY FAIR AND HORSE SHOW



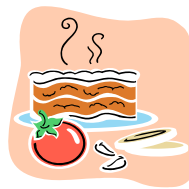
Many thanks to all of the Franklin
County Homemakers for their volunteer
efforts at the county fair. Your continued
support and participation help make the
fair a huge success each year.

KENTUCKY STATE FAIR

August 20—30

Kentucky Fair and Exposition
Center, Louisville

<http://www.kystatefair.org/>



Recipe of the Month

Zucchini Lasagna

½ lb	lasagna noodles, cooked in unsalted boiling water
¾ cup	part-skim mozzarella cheese, grated
1 ½ cup	fat free cottage cheese (unsalted if reducing so- dium intake)
¼ cup	Parmesan cheese, grated
1 ½ cup	raw zucchini, sliced
2 ½ cup	no salt added tomato sauce
1/2 stick	melted margarine
2 teaspoons	basil, dried
2 teaspoons	oregano, dried
¼ cup	onion, chopped
1 clove	garlic
1/8 tsp	black pepper

Preheat oven 350 degrees. Lightly spray 9
x 13 inch baking dish with vegetable oil
spray. In small bowl, combine 1/8 cup
mozzarella and 1 tablespoon Parmesan
cheese. Set aside. In medium bowl, com-
bine remaining mozzarella and Parmesan
cheese with all of the cottage cheese. Mix
well and set aside.

Combine tomato sauce with remaining in-
gredients. Spread thin layer of tomato
sauce in bottom of baking dish. Add a third
of noodles in single layer. Spread half of
cottage cheese mixture on top. Add layer
of zucchini. Repeat layering. Add thin
coating of sauce. Top with noodles, sauce,
and reserved cheese mixture. Cover with
aluminum foil. Bake for 30-40 min-
utes. Cool for 10-15 minutes. Serve 6.

**Nutritional Facts: Calories 276; Fat 5g;
Saturated fat 2g; Cholesterol 11mg; So-
dium 380mg; Fiber 5g; Protein 19g; Car-
bohydrates 41g; Potassium 561mg.**



Put Your Club in the Spotlight—

If your club is planning or has completed an activity or event that you want to share in the newsletter, send your submission and pictures by e-mail to Tamera at tamera.thomas@uky.edu.

A Message from Tamera—

Can you believe the summer is passing us by? It's time to get busy as a County group again. Let's think of programming that will have a great impact on our community. You are all so creative. Review your manuals for suggestions or get creative.

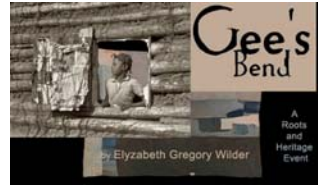
Sincerely,

Tamera Thomas,
County Extension Agent for Family and Consumer Sciences

A Message from your County President

Hello Ladies and Gentlemen
It's that time of year again! I can hardly believe I am starting my 4th year as County President. Where does the time go? But I am looking forward to an exciting year. Hopefully, you are too. We want to find a Homemaker project/service that all clubs can be involved in. Bring your ideas to the council meeting August 27th. We want to bring back the International Tea, which I'm sure some of you remember. We would like to have a Health Fair with county health providers involved and I'm sure we can bring up the total for our Ovarian Cancer giving. So, again put on your thinking caps and let's have a great year. Looking forward to seeing lots of you.

Arlene Fluegge



Lexington Premier of *Gee's Bend* by Elyabeth

Gregory Wilder at the Lexington Opera House

Featuring four determined women and interwoven with gospel music, *Gee's Bend* is a deeply moving true story of family, self-discovery, civil rights and artistic expression. *Gee's Bend* spans sixty-one years and three generations of women, dramatizing the history of the quilters of Gee's Bend Alabama whose remarkable quilts have been exhibited in museums throughout the country.

Two members of the Gee's Bend Quilt Collective will appear in Lexington prior to the play to share their stories and display and offer quilts for sale. The play depicts members of their immediate family. On September 3 from 5:00-7:00 PM, Mary Ann Pettway and China Pettway will speak at the Carnegie Center, 251 W Second St in Lexington and September 4 from 5:00—7:00 PM, they will speak at the Imani Baptist Church, 1555 Georgetown Rd. These events are free and open to the public.

Gee's Bend is the official play of this year's Roots Heritage Festival that holds its annual street fair on September 11-13.

For more information, visit the web site: agapetheatretroupe.com. For tickets, call (859) 233-3535. Ticket prices are \$24.50 & \$15.50

"*Gee's Bend* is a lovefest -- between the characters in the play and the land they live on, between the actors and the characters they're portraying, between the play and the audience." -*Orlando Sentinel*

"Touching, lovely, and true." -*Chicago Sun-Times*

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



ADULT HEALTH BULLETIN

AUGUST 2009

Franklin Co. Extension Service
101 Lakeview CT
Frankfort KY 40601
(502) 695-9035
<http://ces.ca.uky.edu/franklin/>

THIS MONTH'S TOPIC: SKIN CANCER

Skin cancer occurs when abnormal cells that make up the skin begin to grow uncontrollably. Skin cancer is the most common form of cancer in the United States. It is dangerous. If left untreated cancer cells can spread from the skin to other tissues or organs of the body.

Basal cell and squamous cell cancers are the two most common types of skin cancer. Basal cell skin cancer grows slowly, is most commonly found on the face, and occurs on areas of the skin that have been exposed to the sun. Squamous cell skin cancers occur on all areas of the body, regardless of sun exposure. Squamous cell cancer may spread to lymph nodes and other body organs if not treated. However, both basal and squamous cell cancers are highly curable, if caught early.

The third most common and most dangerous type of skin cancer is melanoma. Most melanomas, approximately 65 to 90 percent, are caused by exposure to the harmful ultraviolet rays of the sun. Melanoma is the leading cause of death from skin disease.

Prior research has found that most skin cancers can be prevented if you protect yourself from ultraviolet radiation.

Sources of UV Radiation

- Sun
- Sunlamps
- Tanning Beds
- Tanning Booths

Risk Factors for Skin Cancer

- Exposure to UV radiation
 - Work (For example, construction work)
 - Leisure (For example, sunbathing)
- Light or fair skin color
- Family history of skin cancer
- History of sun burns starting at a young age

Most skin cancers can be prevented if you protect yourself from ultraviolet radiation from sources such as the sun, sunlamps, tanning beds and tanning, booths.

Continued on the back →



Wear a hat to protect the face, head, ears, and neck from the sun.

CONTINUED FROM PAGE 1

- Skin that burns, becomes irritated, freckles, reddens, or becomes painful easily in the sun
- Blue or green eyes
- Blond or red hair
- Having certain types or a large number of moles
- Age — skin cancer is more common in those older than 40 years old

Keep in mind that skin cancer can occur in anyone, not just in those with one or more of the risk factors listed above.

The ABCD of Skin Cancer

The following will help you check for skin abnormalities:

Asymmetry — one half of the mole does not match the other side

Borders — Borders or edges of mole are not smooth, but are irregular or jagged

Color — Color of the mole is uneven or very black

Diameter — size of the mole is wider than one-fourth inch (the size of a pencil eraser)

Abnormal Changes on the Skin should be Examined by a Doctor

- Sore or skin growth that does not heal or bleeds
- Firm, red lump on the skin
- Small, smooth, pale, shiny, and waxy lump
- Scaly, crusty sore or lump that forms a scab or bleeds
- Rough, dry, or scaly flat, red spot that becomes itchy or tender
- Red or brown scaly, rough patch
- Change in the size, color, feel, or shape of a mole

By checking your skin regularly for changes, you will learn what is normal for you and changes that need to be examined by a doctor. Using a full length mirror and a hand held mirror will help you clearly see birthmarks, moles, and other marks on your skin.

How Can You Reduce the Risk for Developing Skin Cancer?

The Center for Disease Control offers the following guidelines:

- Limit your sun exposure
- When in the sun, protect your skin
- Stay in the shade during midday hours (10 a.m. to 4 p.m.) when ultraviolet rays are the strongest



- Wear protective clothing when in the sun
- Wear a hat to protect the face, head, ears, and neck from the sun
- Wear sunglasses to specifically designed to block ultraviolet rays
- Wear sunscreen with an SPF of 15 or higher that provides ultraviolet ray protection

USEFUL RESOURCES:

- National Cancer Institute's Cancer Information Service
1-800-4-CANCER
- National Cancer Institute's LiveHelp Service
<https://cissecure.nci.nih.gov/livehelp/welcome.asp>
- Markey Cancer Center, University of Kentucky, 1-866-340-4488

SPECIAL THANKS TO:

Robin Vanderpool, Ph.D., University of Kentucky College of Public Health

ADULT
**HEALTH
BULLETIN**
AUGUST 2009

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Written by: Travonia Brown-Hughes,
Ph.D., MCH Postdoctoral Fellow,
University of Kentucky HEEL program
Edited by: Connee Wheeler
Designed by: Rusty Manseau

Download past health bulletins!

[www.ca.uky.edu/
HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)





“Fall into Homemakers”

2009 Fort Harrod Area Extension

Homemakers Annual Meeting

Tuesday, October 20, 2009

*Sand Spring Baptist Church, Lawrenceburg
(1616 Harrodsburg Road)*

9 – 10:00 a.m.
10:00 a.m.

Registration and light refreshments

Meeting begins

Guest Speaker: Charlotte Haney, “Homemakers Come in All Sizes”,
Accept what we are given along with flaws – being satisfied with
yourself.

Registration Fee: \$15.00 – Deadline: October 6

Fort Harrod Area Denim Donation: Collected by College of Human Environmental Sciences
Denim is used to build insulation for houses that were destroyed by
Hurricane Katrina. Please bring denim!

Name: _____

Address: _____

Telephone: _____ County: _____

Lunch Choice: _____ Chicken Salad Sandwich _____ Turkey and Swiss Sandwich

\$15 registration fee payable to *Anderson County Homemakers*

Mail to: Anderson Co. Extension Service, 1026 County Park Rd., Lawrenceburg, KY 40342

COOPERATIVE
EXTENSION
SERVICE



Cooperative Extension Service

*University of Kentucky
Franklin County
101 Lakeview Court
Frankfort KY 40601*

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Tamera Thomas

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.

If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.