



FAMILY & CONSUMER SCIENCES

OCTOBER 2011

Cooperative
Extension Service

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



<http://ces.ca.uky.edu/franklin/FamilyConsumerSciences>

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 registration information. Make sure your name and phone number are on all correspondence.

**Notes from Rita Belen,
Franklin County Homemaker President**

Franklin County Homemakers are awesome!! You have been a hard-working group this past year, and I have enjoyed being a representative of this organization. You have taken the initiative to seek information, ask about volunteer opportunities and step up where needed. Our meetings have been well attended showing your support for your club members and county leaders. I have received some positive comments so your efforts have not gone unnoticed.

Did you know that we have already filled three tubs full of pull tabs, and they still keep coming in? I can't even imagine how many that would be, but just think of the smiles on the kids' faces when they arrive at camp this coming year because of your contribution! KUDOS!!!!

Plans for the Ft. Harrod Area Meeting & Seminar are underway. The committee has worked really hard to ensure that this is going to be an enjoyable event. If you have not yet registered, please do so. The deadline is October 7. I want to see our county well-represented.

Take care.
Rita



The Backpack program is in need of assistance. A few clubs already support this program with donations, and those are very much appreciated not only by the schools but the children on the receiving end. It is alarming to think there are children going home on the weekend in Franklin County without enough food in the house to sustain the family. This program ensures those children can at least receive some healthy snacks and food items to get them through the weekend. Please contact Pamela Tate at (502) 352-2998 or (502) 875-8409. She is the coordinator for Hearn and Collins Lane. You can also contact the Family Resource Youth Service Center in a particular school if you like.



Reminder: Ft. Harrod Area Meeting & Seminar – Deadline October 7, Actual Meeting is October 18

Each club is encouraged to donate breakfast items (i.e. muffins, bagels, donuts, baked breads, fruit) for the morning. The county will provide coffee, orange juice and paper products. Volunteers will also be needed for various tasks throughout the day. Please contact Rita Belen or ask your club representative for more information.

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OCTOBER 2011 CLUB CALENDAR

October Lesson: SOCIAL NETWORKING



Roll Call: Name your favorite Halloween costumes from your childhood.

Thought for the Month: Autumn is a second spring when every leaf is a flower.—Albert Camus, Author and Philosopher.

Club Spotlight. I would like to try and make this a regular feature.

Kathy Horsley, of the West End Homemakers, taught Couponing 101 for Head Start at the Extension Office. She had 10 ladies in attendance. It appears Kathy is an old pro at couponing and was eager to assist this group of mothers. She has already been invited back to teach other classes.



Please verify with your club president for your October meeting dates and locations. This information is based on the forms that are sent to us from your club. We are missing dates and times for several clubs. Please make sure we have your meeting dates in the office.

We are still missing some club information sheets as well as the hostess/lesson leaders. Please complete these forms and submit these to the Extension Office at your earliest convenience.

Also, if you have a change in meeting dates and locations, please contact the Extension Office as soon as possible. The information on the hostess/lesson leader form is what we use for the newsletter. If we are notified before the newsletter deadline, we can get it updated prior to distribution. Plus, having this information available will help when people call inquiring about upcoming club meetings.

Club	Date	Hostess	Place
Cloverdale	October 11th @ 7:00 pm	Norma Wigglesworth	Norma Wigglesworth
College Park	TBA		
Country Lane	October 12th @ 9:30 am	Jewel Durrett	Jewel Durrett
Indian Hills	October 19th @10:00 pm	Topy Polsgrove Mary Hines	Topy Polsgrove Mary Hines
Louisville Rd	October 5th @ 10:00 am	Kathy Hartley	Kathy Hartley
Random	October 17th @ noon Room A/B	Pat Adkins	Brown Bag Lunch EXTENSION OFFICE
Ridgeview	October 13th @ 11:00 am Room G	Joyce Sturgill Rhenda Mills	Barbara Butler Katherine Nash EXTENSION OFFICE
S & S	October 18th @ 6:00 pm Room A/B	Marilyn Mitchell	Jane Goins EXTENSION OFFICE
Springhill	October 6 @ 11:30 am Room G	Marilyn Clark	EXTENSION OFFICE
Sunny Morning	October 24th @ 10:00 am Room G	Ann Bruce	EXTENSION OFFICE
Swallowfield	October 10th @ 7:00 pm	Marilyn Jones	Pat Fannin
Switzer	October 4th @ 2:00 pm	Florence Johnson	Florence Johnson
West End	October 3rd @ 6:30 pm Room E/F	Vera King	Peggy Thompson EXTENSION OFFICE



Recycle Your Denim

The Cotton From Blue to Green Denim Drive began in 2006 as part of a marketing initiative for Cotton Incorporated. The denim collected around various college campuses, all

across the country, is recycled into Ultra Touch natural cotton fiber insulation. This insulation is then donated to Habitat for Humanity homes, recently used in the Gulf Coast area of Hurricane Katrina.

Five hundred pairs of jeans will insulate one home, and 1,333 pairs will divert one ton of waste from a landfill. To date, 270,617 pieces of denim have been donated and over 540 houses have been built with the Ultra Touch insulation.

At the University of Kentucky, over 11,278 pairs of jeans were collected in the Fall of 2010, enough denim to insulate 24 homes! That also adds up to 8.5 tons of waste that was recycled!

To find out more about the process of recycling the denim into insulation and the program's history, please check out the following website: <http://www.cottonfrombluetogreen.org/>

You can also check out program photos and stay updated through the facebook page:

www.CottonFromBlueToGreen.org/facebook

Be sure to look out for messages from Coach Calipari on Facebook and Twitter regarding the University of Kentucky's Denim Drive for Fall 2011! +



What's Special About October?

Have you ever wondered what **MONTH** it is across America? Here is a sampling of October Celebrations and Awareness.

OCTOBER IS: All American Breakfast, Better Breakfast, Computer Learning, Cook Book, Country Music, Disability Employment Awareness, Diversity Awareness, Emergency Care, Family History, German-American Heritage, Gourmet Adventures, Hunger Awareness, Hug a Texas Chef, Lesbian, Gay, and Bisexual History. Mom & Apple Pie, Na-

tional AIDS Awareness, National Apple, National Applejack, National Book Fair, National Car Care, National Caramel, National Collegiate Alcohol Awareness, National Cookie, National Cosmetology, National Country Ham, National Depression Education and Awareness, National Dessert, National Health Care Food Service, National Hispanic Heritage, National Kitchen and Bath, National Pasta, National Pickled Peppers, National Pizza, National Popcorn Poppin', National Pork, National Pretzel, National Restaurant Hospitality, National Seafood, National Stamp Collecting, National Biscuit, National Breast Cancer Awareness, National Chicken, National Cholesterol Awareness, National Courtesy, National Disability Employment Awareness, National Hispanic, National Honey, National Italian-American Heritage, National Mental Illness Awareness, National Mushroom, National Organic Harvest, National Papaya, National Piano, National Potato, National Rice, National Roller Skating, National Sight Saving, National Spinach-Lovers', National Toilet Tank Repair, Polish-American Heritage, Self-Improvement, Vegetarian Awareness Month, Women of Achievement MONTH! +

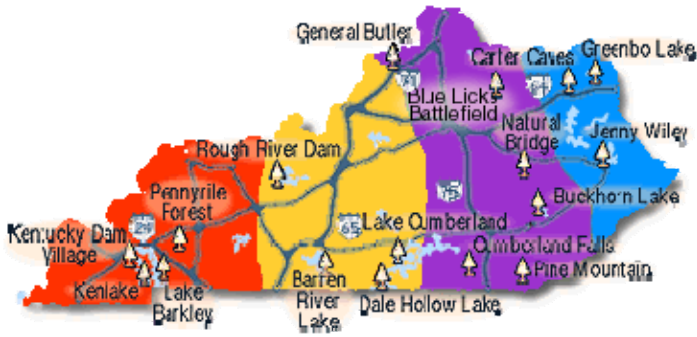


Enjoy the Cool Fall Air at Kentucky State Parks

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 few sights more spectacular than the changing of the colors of the leaves in the fall. What a great time to get outside and observe the beauty of our state and get some physical activity too!

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 hiking experience, such as the 28 mile trail at the Pine Mountain Trail State Park, known for strenuous climbs and breathtaking views.

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Just as with walking, hiking can help in weight loss goals. It can help decrease blood pressure and improve bone strength. Hiking is something that every age group can participate in, and because there is so much to see while you are on a trail, it is sure to be entertaining.

If you have a family on hike, have a mini scavenger hunt to find different items along the trail. For the more tech savvy, have a digital scavenger hunt and take pictures of all the different wildlife you will see.

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

- ◆ Follow all written and posted trail rules — they are there to help keep you safe.
- ◆ Do not hike alone. Always have someone with you.
- ◆ Take plenty of water. Even if it is cool outside, your body still needs fluids.
- ◆ Know the level of the trail and be aware of your ability to hike it. If you have not been physically active in a while, take an easy hike.
- ◆ Wear good socks and shoes. Good shoes or boots with socks will help avoid blistering.
- ◆ Dress in layers. You never know what the weather will be this time of year. Wear a few layers that you can take off if you get hot, or put on if you get chilly.
- ◆ Let others know where you are going and when you expect to return. You may not get cell phone reception. If you are not back when you should be, someone can alert the park staff.

When you are out on the trails please keep the following in mind:

- ◆ Take your time.
- ◆ Be careful when hiking up and down hills, es-

pecially if they are covered in gravel or loose dirt.

- ◆ Watch your step if you are crossing a stream. Rocks in the stream can be very slippery.
- ◆ Do not leave trash behind.

To enjoy the beauty at a state park, and get exercise while you are doing it, find a state park near you. A list of parks is available on-line at the Kentucky State Parks Web page at <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, Program Coordinator for Get Moving Kentucky, University of Kentucky College of Agriculture +

Go Green, Save Green this Halloween



Costumes, candy, decorations — Halloween can be a lot of fun, but can be costly not only to your pocket book but also to the environment. Think green this Halloween! These tips will help you treat your pocket book and the Earth right on this spooky night.



Costumes:

- o Reuse costumes or design new costumes using clothes and materials you already have.
- o Hold a costume swap party. Trade costumes from previous years with friends and neighbors.
- o Shop at yard sales and thrift shops for clothing and accessories to make or embellish your costume.
- o Donate old costumes to local charities.



Decorations:

- o Save and reuse Halloween decorations from year to year.
- o Use items from your backyard or the local farmers' market. Hay bales, mums, pumpkins, gourds, fodder shocks and dried flowers, leaves

and branches can be used throughout autumn, and then composted once the season is over.

- o Witches, bats and skeletons made from everyday materials, such as cotton balls, egg cartons and cardboard, are great craft projects for kids.



Trick or Treat:

- o Make homemade goodies, such as cookies, caramel apples and popcorn balls, for family and friends (and their little ghosts and goblins).
- o Purchase treats that have a minimal amount of packaging to reduce waste.
- o Instead of candy, buy pencils made from recycled materials to hand out.
- o Buy items you and your family will enjoy, just in case you have leftovers.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture ➦

Medicare Open Enrollment Period

Health insurance coverage is a top priority for many people. Medicare is health insurance available for people over the age of 65 as well as those under the age of 65 with certain disabilities. The primary Parts of Medicare are A, B and D. Part A is known as hospital coverage and assists with expenses for inpatient care and skilled nursing facility, hospice and home health care. Medicare Part B is general medical insurance which assists with expenses associated with doctors' visits, outpatient hospital care and home health care. Part B also covers some preventative medical services. Part D is Medicare prescription drug coverage. You also have the option to enroll in the Medicare Advantage Plan, or Part C, which is offered by private companies approved by Medicare. The advantage plan normally includes Parts A and B as well as additional benefits such as vision or dental insurance. The majority of advantage plans will also include Part D.

If you or a loved one currently receive Medicare benefits, it is important to know that Medicare health and prescription drug plan costs and cover-

(Continued from Page 6)



Chicken Tomato Spaghetti

- 3 (6-ounce), chicken breasts, cooked and chopped
- 1 ½ cups milk
- ½ cup chopped onion
- 1 (15 ounce) can diced tomatoes
- ½ cup chopped bell pepper, sautéed
- 16 ounces spaghetti, cooked
- 2 (10 ounce) cans cream of mushroom soup
- 8 ounce Cheddar Cheese, shredded

Preheat the oven to 350 degrees. Combine the chicken, onion, bell pepper, soup, milk, tomatoes, pasta and one-half of the cheese in a large bowl in the order listed and mix well. Spoon into a 9 x 13-inch baking dish. Cover with the remaining cheese. Bake for 30 minutes or to 165 degrees on a meat thermometer. Note: You can use two large cans of white chicken instead of the chicken breasts.

Nutritional Facts: Calories 334, Protein 20g, Carbohydrates 36g, Fat 12g, Cholesterol 46mg, Fiber 2g, Sodium 525mg, Sugar 5g

Source: Living Well More than a Cookbook, National Extension Association of Family and Consumer Sciences. ➦



Children's Holiday Store – November 19

This is a change in date so get the word out! Again this year, we are asking that clubs donate fruit to be handed out by Santa and Mrs. Claus. We also need cookies and fruit punch for the kids and parents waiting. The wrapping room will be open so we need small gift bags, name tags and plain lunch bags work great. No wrapping paper is needed. Last year we found that took too long. We are just wanting those items that will allow us to package items quickly. You can drop these requests off at the Extension Office anytime starting November 14. ➦

age can change every year. You should review your Medicare plan on a yearly basis to ensure that it meets both your medical and financial needs. The fall open enrollment period for 2012 is October 15 through December 7. It is important that you review the changes in Medicare for the new year prior to this time period so that you can compare available coverage options. Your new coverage will begin on January 1, 2012. If you retain your same plan from 2011, new costs and coverage will also begin January 1, 2012. There are also other enrollment periods in which you may be eligible to enroll; your local Social Security office will be able to provide you with enrollment guidelines as well as additional information regarding Medicare coverage and benefits. You can learn additional information about comparing Medicare drug and health plans at www.medicare.gov. Medicare.gov is a government resource which maintains up-to-date information regarding Medicare benefits.

References: Medicare.gov, www.medicare.gov; Medicare and You, 2011 Official U.S. Government Medicare Handbook, <http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf>

Source: Jennifer Hunter, Extension Specialist for Family Finance, University of Kentucky College of Agriculture



We are sorry to announce that the 2nd Sunday event planned for October 9th at the Capitol has been cancelled. In planning for the event, we had a very low response from vendors and participants and felt it necessary to focus on the 2012 event.

“Reflections of the Past Mold Our Future”



Fort Harrod Area Fall Annual Meeting & Seminar

October 18, 2011

**Thomas D. Clark Center
for Kentucky History
100 West Broadway
Frankfort, Kentucky**



UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

Join us for the 2011 Area Annual Meeting



Looking into the past, we can reflect on those who have come before us and strive to learn from their mistakes and triumphs.

Registration and light morning refreshments 9:00 - 10:00 a.m.

Meeting begins 10:00 a.m.



Guest Speaker:
Russ Hatter
Assistant Curator
Historic Sites for the City of Frankfort and the
Capital City Museum

Registration Fee \$15.00. **Make checks payable to FCES** (Franklin County Extension Service)

Lunch Menu: Choice of sandwich, chips, salad, fruit cup, dessert and drink. Make your sandwich choice on the registration form below.

Deadline to register is October 7th!
This registration form can also be found online
<http://ces.ca.uky.edu/Franklin/AnnualMeeting>



PLEASE PRINT

Name _____
Mailing Address _____

Email Address _____
Phone (_____) _____
County _____

Payment Enclosed \$ _____
____ Check # _____ Money Order (NO CASH)
Lunch Choice: _____ Chicken Salad _____ Club Sandwich _____ Veggie Wrap
Please mail the bottom portion along with payment to:
“Reflections”
Franklin County Extension Office
101 Lakeview Court
Frankfort, KY 40601

Living Well: The DIY Baking Edition

COOPERATIVE
EXTENSION
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UNIVERSITY OF
KENTUCKY
College of Agriculture

Sponsored by the Bluegrass Area Extension Family & Consumer Sciences Agents
and Bluegrass Area Extension Homemakers



Come join us on **Saturday, October 29th** for the DIY Baking Edition of the *Living Well Series*. Learn what's new from the **Home Baking Association** and their member organizations in a fun event that will focus on "value baking" -- great ingredients, **Do it Yourself, handcrafted gift giving, building family meals, and saving dollars!** Discover GREAT IDEAS for holiday baking and yummy gift-giving. This National organization and its many baking industry members promote home baking by providing educators tools and knowledge to encourage future generations of home bakers.

Fabulous door prizes, giveaways, hands on activities, and delicious recipes!

9:00-9:30.....Registration

Presenters

Sharon Davis, Home Baking Association
Paula Gray, King Arthur Flour
Robert Harper, Hopkinsville Milling Company

Plus some special surprise guests!



Please complete and return this registration form with \$5 check made payable to:

"Nicholas County Extension Homemakers"

Nicholas County Extension Service

368 East Main St.

Carlisle, KY 40311-1158

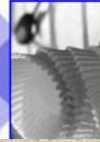
call 859-987-1895 for more information

Name: _____

Address: _____



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.



Details: **Living Well: The DIY Baking Edition is Saturday, October 29, 2011, registration begins @ 9:00am.** Seminar fee is \$5 per person. This includes program and handouts. Pre-registration is required, first come, first served.

Parking: There is limited parking at Fayette County Extension Center, therefore, carpooling is encouraged.

Registration Form is on front side.

Seminar fee:

\$5.00 per person

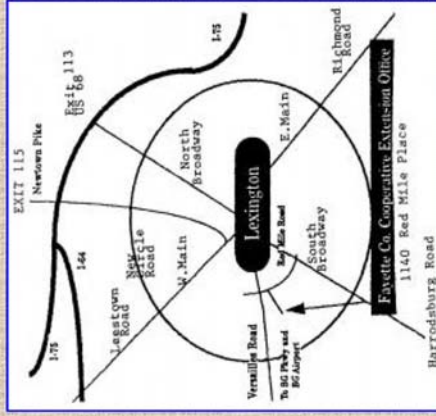
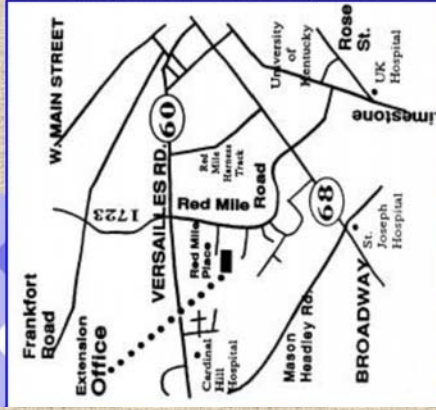
Registration Deadline

October 25, 2011

Please make checks payable to, and mail to:
"Nicholas County Extension Homemakers"
Nicholas County Extension Service

368 East Main St.

Carlisle, KY 40311-1158



District 4 FCS Agent Contacts:

If you have any questions, please contact:

Bourbon County: Liz Kingsland (859) 987-1895

Clark County: Jennifer Howard (859) 744-4682

Estill County: Tammy Howard (606) 723-4557

Fayette County: Diana Doggett (859) 257-5582

Harrison County: Cheryl Case (859) 234-5510

Madison County: Gina Noe (859) 623-4072

Nicholas County: Kimberly Adams Leger (859) 289-2312

Powell County: Pam Dooley (606) 663-6405

Scott County: Connie Minch (502) 863-0984



***Holiday Seminar
Program***

9:15 a.m.

Registration/ Refreshments

9:45 a.m.

Holiday Treats

Janice Burwa, Brown's Bakery
and Food Networks *Cupcake Wars*
Participant

10:45 a.m.

Personalize Your Holidays

Liz Toombs, C.I.D.,
Polka Dots & Rosebuds, Interior
Design & Decorative Painting

11:45 a.m.

Holiday Safety

Sgt. James Haubenreich
S.T.A.R.R Program, the Self
Defense Tactics & Risk
Reduction Coordinator

12:30 p.m

Lunch

by Boyle Co. Homemakers

1:15 p.m

Fashion Show

Rags & Derby Shop
Danville

Door Prizes

Adjourn



Seminar Fee: \$15.00 per person

This includes morning
refreshments, lunch, program,
exhibits, handouts and door prizes.

- **Pre-registration is required
(Form with payment)**

**Deadline -
November 4, 2011**

All registration should be
mailed to:

Holiday Seminar
Garrard County
Extension Office
1302 Stanford Road
Lancaster, KY 40444
859-792-3026

**Make checks payable to:
FCS Extension Program**

**Traditional Poinsettia Door prizes
Plus more
Displays & Exhibits - Don't Miss!**



**Holiday Seminar
Registration Form**

Name:

County:

Address:

Zip

Telephone:

E-Mail:



COST:

\$15.00/ Per Person

REGISTRATION DEADLINE

NOVEMBER 4, 2011

**Please Make Checks Payable To:
FCS Extension Program**





ADULT HEALTH BULLETIN

OCTOBER 2011

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



CONTINUED FROM PAGE 1

- **A regular clinical breast exam** — This exam is conducted by a healthcare provider who checks for lumps or other changes in the breast.
- **A monthly breast self-exam** — Starting in their 20s, all women are encouraged to check their breasts on a monthly basis for lumps or changes. To learn how to conduct a monthly self-breast exam, log onto the website: http://www.breastcancer.org/symptoms/testing/types/self_exam/

If you have any questions about breast cancer and breast exams, talk to your healthcare provider.

Symptoms

It is important to be aware of symptoms associated with breast cancer. Not everyone who has breast cancer has symptoms. If you feel that something is wrong, you should talk to your healthcare provider.

- Pain in any area of your breast
- Change in the color of your breast
- A lump or thickness in the breast or under your arm
- A change where one breast suddenly becomes larger or heavier than the other
- A rash on your breast
- A breast nipple that becomes painful or turns inward
- Discharge from your nipple
- Skin around the nipple becomes scaly or crusty
- A dimple or "pulling in" of an area on the breast when you raise your arm or lean forward

What if I do not have insurance?

If you don't have health insurance, there are free or low-cost mammograms available through the Kentucky Women's Cancer Screening Program. Call 1 (502) 564-2454 to see if you qualify or for more information.

Breast cancer is a disease where the cells in the breast tissue grow out of control. This growth may form a lump or tumor in the breast. No matter where a cancer may spread, the place it started is the name it is given.

Other than skin cancer, breast cancer is the most common cancer among women, regardless of race or ethnicity. Right now in the United States, there are over 2.5 million breast cancer survivors.

How to reduce your risk

- **Start being physically active** — find something you like to do that gets you moving, and do it
- **Control your weight** — talk to your healthcare provider about ways to achieve a healthy weight
- **Know your family history** — talk to your family and learn about family members who may have had breast cancer.

Take the time to talk to your healthcare provider about possible risk factors.

Early detection

Early detection by observing breast cancer symptoms and talking to your healthcare provider is very important and key to breast cancer survival. You can get screened for breast cancer by your healthcare provider or at a



hospital, clinic, or doctor's office. For long-term survival, it is important to discover breast cancer in an early stage.

Keys to early detection

- **Get a yearly mammogram** — This screening is a breast X-ray. If you are 40 years old or older you should get one every year, or as your healthcare provider recommends.

[Continued on the back](#) →

Early detection is very important and key to breast cancer survival.

For more information about breast cancer, contact these resources:

- National Cancer Institute:
 - 1 (800) 4-CANCER or 1 (800) 422-6237
 - <http://www.cancer.gov>
- Susan G Komen for the Cure:
 - 1 (877) GO-KOMEN or 1 (877) 465-6636
 - <http://www.komen.org>



You can help reduce your risk by being physically active.

- REFERENCES:**
- American Cancer Society: <http://www.cancer.org/>
 - National Cancer Institute: <http://www.cancer.gov/>
 - Centers for Disease Control and Prevention: <http://www.cdc.gov/cancer/breast/>

ADULT HEALTH BULLETIN
OCTOBER 2011

Written by: Nicole Pentore
Edited by: Connie Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

Download past health bulletins!
www.ca.uky.edu/HEEL/Bulletins



The development of the HEEL program was made possible by Senator Mitch McConnell with funds earmarked for the University of Kentucky, College of Agriculture, Lexington, KY and budgeted through the CSREES/USDA Federal Administration.



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.



Cooperative Extension Service

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Franklin County
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Frankfort KY 40601-8749

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Important Dates-

October 9 (Sunday) - 2nd Sunday. This event has been cancelled for 2011 due to low participation and vendor registration. Please look for this event in 2012!

Fort Harrod Fall Area Meeting Franklin County Homemaker will host the Fall Annual Meeting on October 18th at the Kentucky History Center. The agenda includes lunch, program and meeting. This year's theme will be Reflections of the Past Mold our Future. We want everyone to participate! Look for the registration form inside this edition of the newsletter or check with your club president.

October 25 (Tuesday) - 10:00 a.m., Room G, Self Defense Lesson Training

October 29 (Saturday) - Downtown Frankfort

November 17 (Thursday) 10:00 a.m., Room G, Healthy Meals on a Budget Lesson Training

November 19 (Saturday) – Children's Holiday Store

DISCRIMINATION COMPLAINT PROCEDURE

Any person who believes they have been discriminated against in any Cooperative Extension sponsored program or activity may file a complaint with the Secretary of Agriculture by writing to:

**USDA, Director
Office of Civil Rights
Room 326-W, Whitten Bldg.
14th & Independence Ave SW
Washington, DC 20250-9410**

A complaint must be filed no later than 180 days from the date of the alleged discrimination.

Have you filed your 990N yet? The deadline to file online is
NOVEMBER 15, 2011!

<http://www.irs.gov/charities/article/0,,id=169250,00.html>

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 or Debbie.bohrn@uky.edu.

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