

Franklin County  
101 Lakeview Court  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



# February 2010



## FAMILY AND CONSUMER SCIENCE

### Calendar of Events



#### March Leadership Training

“GO GREEN AT HOME”

February 23, 2010, @ 10:00 A.M., Room A/B at the Extension Office.



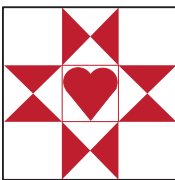
#### When it Snows—Don't Forget!

Homemakers Lesson Training Schools are rescheduled if the Franklin County Schools are closed due to the weather. Listen to local radio or Lexington TV for school closings. This does not apply to special interest classes or meetings conducted by other organizations.

#### UPCOMING CLASSES IN THE FUTURE

<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.



#### Central Kentucky Homemakers Quilt Guild

February 23, 2010  
7:00 p.m.  
Extension Office  
101 Lakeview Court  
Room E/F  
Visitors Welcome



#### SENIOR OPTIONS—An education program for seniors, caregivers and their loved ones.

February 23, 2010  
Extension Office—Room E/F  
9:00 a.m.—2:00 p.m.  
\$10.00 (fee includes a healthy lunch)



#### Women's Health: Getting to the Heart of the Matter

The Franklin County Cooperative Extension Service and Franklin County Public Health Department celebrate American Heart Month this February. The goal is to empower women with the knowledge and tools they need to make positive lifestyle changes that will help reduce the risk of heart disease. Our guest Kathleen Dively, MSN, ARNP-BC, ACNP-BC, CLS, CES of the Associates of Cardiology. A light meal will be served.

**DATE CHANGE!!!** February 25, 2010  
Extension Office—Room E/F  
6:00 p.m.—8:00 p.m.



#### A MATTER OF BALANCE

An eight-week fall prevention program teaching individuals through low-impact movement and best ways to prevent falls and promote flexibility. Register NOW! (502) 695-9035

Every Tuesday from 3:00—5:00  
March 2—April 20, 2010



#### IT'S SO FINE-FOR HOME & FAMILY SEWING EXPO 2010

Plan to attend the fourth annual Sewing Expo General Butler State Park, April 13-14 in Carrollton, Kentucky. This event is a multistate event, sponsored by the UK Cooperative Extension Service, Kentucky State University Extension, and Purdue University. The planning committee has selected a fine slate of classes. Contact: Judy Hetterman, Owen County FCS Agent at (502) 484-5703



# February 2010 Club Calendar

February Lesson: **A SURVIVOR'S GUIDE**

**Roll Call:** Name something you do to keep your heart healthy.

**Thought for the Month:** "Even if you are on the right track, you'll get run over if you just sit there." -Will Rogers

**PLEASE** contact your club president to make sure your club is meeting this month and the location. The chart below is based on submitted information from each club which is subject to change. Be sure and send in your information each month to keep **US** up-to-date.

## HOMEMAKER LESSONS BALLOTS ARE DUE BY FEBRUARY 20TH!!!

Club	Date	Hostess	Place
Cloverdale	Feb. 9 @ 5-7pm	Reception in Memory of Rene' Siria	EXTENSION OFFICE
College Park	Feb. 16 @ 1 pm	Gertrude Ridgel	
Country Lane	Feb. 10 @ 9:30 am	Brenda Wilson	
Indian Hills	Feb. 17 @ 10 am	Evelyn White Marilyn Davis	EXTENSION OFFICE
Louisville Rd	Feb. 3 @ 10 am	Helen Davis	St. Paul Methodist
Meadows	Feb. 2 @ 6:30 pm	Teresa Abell	
Random	Feb. 15 @ noon	Anne Hillard	EXTENSION OFFICE
Ridgeview	Feb. 11 @ 11 am	Rosemary Brewer Mildred Polsgrove	
S & S	Feb. 16 @ 6pm	Donna Hedges	Bridgeport Christian Church
Springhill	Feb. 4 @ 11:30 pm	Janice Huffman	
Sunny Morning	Feb. 2 @ 10 am	Susan Hutcherson	EXTENSION OFFICE
Swallowfield	Feb. 1 @ 7 pm	Isabelle Thompson	
Switzer	Feb. 4 @ 2pm	Florence Johnson	
West End	Feb. 1 @ 6:30 pm	Betsy Kennedy	EXTENSION OFFICE





## \$1,000 HOMEMAKER SCHOLARSHIP AVAILABLE

The Franklin County Homemakers Association will once again present a \$1,000 scholarship to a graduating senior from a high school in Franklin County. The winner must major in Agriculture, Family and Consumer Sciences or related fields. The deadline to submit applications is May 1, 2010. Contact the high school guidance counselor, the County Extension Office, or download the application from the extension website. <http://ces.ca.uky.edu/franklin/FamilyConsumerSciences>.



### HOMEMAKERS ARE ALL THINGS KENTUCKY

**DATE:** May 10-13, 2010

**LOCATION:** Hyatt Regency, Lexington

**RESERVATION INFORMATION:**

(859) 253-1234

(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

## René Siria Reception Date Correction

The correct date for the Cloverdale Homemakers Reception in memory of René Siria is Tuesday, February 9th. We apologize for this error.



## Recipe of the Month

### Broccoli Rice Casserole

- 1 1/2 cup rice
- 3 1/2 cups water
- 1 medium chopped onion
- 1 can (10 3/4 ounce) condensed cream of mushroom, chicken, celery or cheese soup
- 1 1/2 cups 1% milk
- 2 - 10 ounce packages frozen chopped broccoli, cauliflower or mixed vegetables
- 1/2 pound grated or sliced cheese
- 3 Tablespoons margarine or butter

Preheat oven to 350 degrees and grease a 12 x 9 x 2 inch baking pan. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes. Sauté onions in margarine or butter until tender.

Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan. Thaw and drain the vegetables and then spread over the rice mixture. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

### Nutrition Facts

Serving Size 1/12 of recipe (191g)		
Servings Per Container		
Amount Per Serving		
<b>Calories 240</b>	<b>Calories from Fat 100</b>	
% Daily Value*		
<b>Total Fat 11g</b>	<b>17%</b>	
Saturated Fat 5g	<b>25%</b>	
Trans Fat 0g		
<b>Cholesterol 20mg</b>	<b>7%</b>	
<b>Sodium 340mg</b>	<b>14%</b>	
<b>Total Carbohydrate 26g</b>	<b>9%</b>	
Dietary Fiber 2g	<b>8%</b>	
Sugars 3g		
<b>Protein 9g</b>		
Vitamin A 15%	Vitamin C 45%	
Calcium 20%	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
	Fat 9	Carbohydrate 4 • Protein 4

Source: <http://recipefinder.nal.usda.gov>

# Reducing Energy Consumption—Lowering Heating Costs

Source: Linda Adler and Kentucky Public Service Commission

With skyrocketing fuel prices, finding ways to minimize winter heating bills by winterizing a home can reduce energy consumption and reduce costs.



A good way to decrease home heating costs is to reduce energy losses by sealing duct leaks, caulking and weather stripping. No-cost or minimal-cost ways to lower heating bills are to have a home energy audit done, regularly clean or replace air filters and lower heating system and hot water heater thermostats.

Other ways to lower home heating expenses are to install a programmable thermostat, have a professional inspect the heating system annually, add more insulation and buy energy-efficient models when appliances must be replaced.

Inspect ducts for sections that should be joined, but have separated, and for obvious holes. Leaking ducts reduce the efficiency of a forced-air furnace or heat pump by 20 percent, causing equipment to work harder than necessary and leading to early repairs or replacement. A properly installed duct system can save up to \$140 annually in energy costs.

Air leaks caused by gaps and cracks and insufficient insulation contribute to high energy bills. Properly sealing a home can reduce energy bills by up to 10 percent. Caulk and weather strip windows and door frames that leak air. Seal holes, cracks and penetrations between the home interior and attic, exterior walls and floors over an unheated basement or crawl space. Install weather stripping gaskets on all electrical outlets, including those on interior walls.

Because caulk and weather-stripping reduce indoor-outdoor circulation, assess indoor air quality before applying these materials. Some homes contain dust, harmful gases, mold and other indoor air contaminants, and sealing air leaks without proper ventilation could seal in these air pollutants. Always look at your home's ventilation needs before undertaking practices to tighten air circulation.



## How to Conserve Energy with Appliances

Source: Sue Badenhop, family and consumer scientist

Appliances account for about 20 percent of household energy consumption, with refrigerators and laundry appliances at the top of the use list.

These tips may help you lower household energy use and reduce utility bills.



A refrigerator uses more energy than any other appliance. An average refrigerator uses two times as much energy as a dishwasher per year. Securely cover liquids and wrap foods stored in the refrigerator.

Uncovered items release moisture that makes the compressor work harder.

Move the refrigerator away from the wall and vacuum the condenser coils every three months. A refrigerator will operate for shorter periods with clean coils.

Do not keep the refrigerator or freezer too cold. Recommended temperatures are 37 to 40 degrees for the refrigerator fresh food compartment and 5 degrees for the attached freezer section. A temperature of 0 degrees should be maintained in a separate freezer for long-term storage. A full freezer keeps warm air out when

you open the door.

Get everything you need out of the refrigerator or freezer at one time to keep cool air from escaping.

Most of the energy a dishwasher uses is to heat water. However, a dishwasher uses about six gallons less water than hand-washing dishes. Do not hand rinse dishes before putting them in the dishwasher unless they are caked with burned-on or dried-on food.

Since the dishwasher uses hotter water than washing dishes by hand, it more effectively kills germs. Do not use the "rinse hold" feature for just a few soiled dishes because it uses three to seven gallons of hot water for each time. Be sure the dishwasher is full but not overloaded. When using gas appliances look for blue flames; yellow flames indicate inefficient burning and may indicate an adjustment is needed.

## FT HARROD AREA CULTURAL ARTS

The Ft Harrod Area cultural arts event will be held in Nicholasville at the Jessamine County Extension, Ag Learning Center in Room B and C on February 25th. Check-in will take place from 9:30—11:30 and items will be available for pickup from 3:30—4:30.



## International Tea

*Sponsored by the Franklin County  
Homemakers to promote international  
goodwill in Franklin County.  
The public is invited.*

*February 21, 2010*

*2:00 p.m.—4:00 p.m.*

*Paul Sawyer Public Library  
Punch and cookies will be served*

*For additional information, contact the Franklin County Extension Office at (502) 695-9035*



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.

# Franklin County Fair Approaches A Letter from Jackie Phillips

I hope that everyone had a wonderful Christmas season and now a great beginning to the new year. Believe it or not, it is time to think about the County Fair!!!

I'm asking for sponsorships again this year, any amount will be wonderful. If you are interested in being a sponsor let me know. It is not necessary to send any money now, but I do need to know your names so they can be printed in the catalog. If you want your name in the program, I must receive it before March 1, 2010. I will be asking for other help as the fair grows nearer.

Please think about what you can do to participate this year. We will be showcasing part of the fair catalog to wet your appetite. Begin preparing **NOW!**

**Jackie Phillips (502) 223-3293**

**Here are some listings from last year's Fair Catalog to inspire you-**

## Class 1

### QUILTS

- 0101. Appliqué – machine or hand appliquéd, hand quilted – New
- 0102. Appliqué – machine or hand appliquéd, machine quilted – New
- 0103. Pieced/Appliqué, long-arm quilted – New
- 0104. Pieced – machine or hand, but hand quilted – New
- 0105. Pieced – machine or hand, but machine quilted – New
- 0106. Wall Hanging or Crib Quilt – any technique, hand quilted – New
- 0107. Wall Hanging or Crib Quilt – any technique, machine quilted – New
- 0108. Mixed Techniques (*appliquéd, pieced, machine, hand, tied, cross-stitched*) – New
- 0109. Miscellaneous – quilted garments, table runners, etc.
- 0110. Old Quilts made before 1998 but since 1948
- 0111. Your First Quilt – any technique
- 0112. Quilts made by youth (*grades 12 and under*)
- 0198. Best of Show – Adult Category
- 0199. Best of Show – Youth Category

## Class 2

### HANDIWORK

- 0201. Soft Toy
- 0202. Character Doll (*Raggedy Ann, Santa, etc.*)
- 0203. Patchwork Pillow

- 0204. Miscellaneous Decorated Pillow
- 0205. Pin Cushion
- 0206. Tea Towel
- 0207. Christmas Decorations
- 0208. Christmas Stocking
- 0209. Handmade Jewelry
- 0210. Prettiest Dressed Doll (*dress made by exhibitor; no antiques*)
- 0211. Outfit for 18" Doll (*on doll*)
- 0212. Outfit for Baby Doll (*on doll*)
- 0213. Outfit for Fashion Doll (*on doll*)
- 0214. Bows or Hair Decorations
- 0215. Pillowslips - miscellaneous
- 0216. Clay or Dough Hand Sculpture
- 0217. Placemats (*two*)
- 0218. Weaving
- 0219. Recycled Items
- 0220. Miscellaneous Stitchery
- 0221. Miscellaneous (*any item that will not fit in any other category in handiwork or skills.*)

## Class 3

### CERAMICS/POTTERY

- 0301. Hand-molded Ceramics
- 0302. Molded Ceramics - stained
- 0303. Glazed Ceramics
- 0304. Hand-painted Ceramics
- 0305. Wheel Thrown Pottery
- 0306. Miscellaneous Hand Built Pottery

## Class 4

### KNITTING

- 0401. Afghan
- 0402. Baby Set
- 0403. Machine Knit Items
- 0404. Hand Knit Clothing
- 0405. Miscellaneous

## Class 5

### CROCHET

- 0501. Afghan
- 0502. Baby Set
- 0503. Doilies
- 0504. Baby Afghan
- 0505. Tablecloth or Runner
- 0506. Miscellaneous

## Class 6

### MISC. NEEDLEWORK

- 0601. Silk Ribbon Work
- 0602. Tatting
- 0603. Smocking (*not clothing*)
- 0604. Embroidery
- 0605. Handwork
- 0606. Machine Embroidery
- 0607. Miscellaneous Embroidery

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



# ADULT HEALTH BULLETIN

Franklin County Extension Service  
101 Lakeview Court  
Frankfort KY 40601  
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<http://ces.ca.uky.edu/Franklin>  
Tamera.Thomas@uky.edu

**FEBRUARY 2010**

## THIS MONTH'S TOPIC: HEART DISEASE

**C**ardiovascular disease is an umbrella term used to describe diseases associated with a variety of heart conditions, such as heart disease, high blood pressure, and diseases of the arteries. A narrowing of the arteries that supply blood and oxygen to the heart causes coronary heart disease. Coronary heart disease includes *myocardial infarction*, commonly referred to as a heart attack, and *angina pectoris*, the clinical term for chest pain. When a person has a heart attack, there is a blockage of a coronary artery, usually caused by a blood clot. Chest pain occurs when the heart does not receive enough oxygen.

A **stroke** occurs when the blood vessels, carrying oxygen and nutrients to the brain, become clogged or rupture. When this happens, the brain is deprived of the blood flow it needs. Without the blood flow, cells will die, and the part of the body controlled by these cells cannot function either.

More than 960,000 Americans die of CVD each year, accounting for more than 40 percent of all deaths. Cardiovascular disease is the leading cause of death for American women aged 35 and older and the leading cause of death in Kentucky. In fact, CVD will kill more people in Kentucky this year than all forms of cancer, pneumonia, influenza, and traffic accidents combined. Understanding, reducing, and controlling the risk factors for cardiovascular disease can reduce deaths and save lives.

**Continued on the back** →



### TEST YOUR HEART HEALTH KNOWLEDGE!

#### TRUE or FALSE

1. One in five women will eventually die because of heart disease or stroke.
2. Heart disease is the leading killer of women in Kentucky.
3. More men than women have high blood pressure and high blood cholesterol.
4. African-American women have a higher death rate from heart disease than Caucasian women.

*(Answers located on back)*

## More than 960,000 Americans die of cardiovascular disease each year.

### CONTINUED FROM PAGE 1

#### Healthy Diet and Lifestyle Recommendations

Risk factors can be controlled. Risk factors include:

- Obesity
- High Blood Pressure
- Diabetes
- High Blood Cholesterol

Lifestyle recommendations will help reduce your risk for developing cardiovascular disease include:

- **Don't Smoke:** Cigarette smokers are two to three times more likely to die from coronary heart disease than non-smokers. The chances of dying early will decrease dramatically if you do not smoke. If you do smoke and quit, the benefits to your health will be immediate. Besides feeling physically better, within a few years of quitting, the risk of stroke and coronary artery disease will become similar to that of non-smokers.
- **Eat a variety of nutritious foods from all the food groups:** Vegetables and fruits are high in vitamins, minerals, and fiber — and are low in calories. Whole-grain foods help lower blood cholesterol level and create a feeling of fullness. Eat fish, such as salmon or herring, at least twice a week to increase intake of omega-3 fatty acids.
- **Limit the amount of nutrient-poor foods you eat:** Limits foods and beverages high in calories but low in nutrients. Limit your intake of foods high in saturated fats, trans fats, cholesterol, and sodium.
- **Maintain a healthy weight:** Obesity is now recognized as a major risk factor for developing heart disease, which can lead to a heart attack. People who are overweight or obese are more likely to have heart disease. High blood pressure is more common among those who are obese. Obesity is also associated with higher levels of triglycerides (blood fat) and lower levels of HDL cholesterol (good cholesterol).
- **Become more physically active:** Most Americans don't do enough physical activity to benefit their health. Physical inactivity is a major risk factor for cardiovascular disease. All forms of physical activity — walking, swimming, cycling, jogging, skiing, aerobic dancing — will benefit your heart tremendously.

**Chronic fatigue and shortness of breath are a major indicator of heart disease in men and women, but more often ignored in women**



#### KNOW THE WARNING SIGNS OF A HEART ATTACK! DIAL 9-1-1

- Uncomfortable pressure, fullness, or squeezing pain in center of chest, lasting more than a few minutes. Pain may go away and come back.
- Pain that spreads to the shoulders, neck, and arms.
- Chest discomfort with lightheadedness, fatigue, sweating, nausea, or shortness of breath.

#### HEART HEALTH QUIZ ANSWERS

1. **FALSE** – One in **TWO** women will eventually die because of heart disease or stroke.
2. **TRUE** – Women accounted for **52.1%** of all cardiovascular deaths for the period of 1995 to 1997.
3. **FALSE** – More women have high blood pressure and high blood cholesterol. Women are also more apt to lead a sedentary lifestyle.
4. **TRUE** – Obesity, high blood pressure, and high blood cholesterol are all modifiable risk factors for cardiovascular disease.

#### SOURCES:

- "Preventing Heart Disease and Stroke: The Nation's Leading Killers – At a Glance 2003." 2003. Centers for Disease Control.
- Centers for Disease Control and Prevention
- <http://www.americanheart.org/presenter.jhtml?identifier=3031884>
- <http://www.americanheart.org/presenter.jhtml?identifier=3040449>
- <http://www.americanheart.org/presenter.jhtml?identifier=3038016>
- Adapted from the February 2004 HEEL Health Bulletin

#### ADULT HEALTH BULLETIN FEBRUARY 2010

**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)



# Mini Lesson

TO: Franklin County Cooperative Extension Homemakers

FROM: *Jamera Thomas*  
County Agent for Family and Consumer Sciences

SUBJECT: Mini-Lesson for February, 2010 EH Club Meeting. (Prepared by Judith L. Ricks, R.D., Area Specialist for Family Development and Management Program, Kentucky State University, Frankfort, Kentucky.)

## New Credit Card Rules!

### What You Need To Know:

(The Federal Reserve's new rules for credit card companies mean new credit card protections for you. Some key changes you should expect from your credit company beginning on February 22, 2010.)

When they plan to increase your rate or other fees. Your credit card company must send you a notice 45 days before they can:

Increase your interest rate

Change certain fees (such as annual fees, cash advance fees, and late fees) that apply to your account;  
or

Make other significant changes to the terms of your card.

How long it will take to pay off your balance.

No interest rate increase for the first year. Your credit card company cannot increase your rate for the first 12 months after you open an account.

Increased rates apply only to new charges.

Restriction on over-the-limit transactions. You must tell your credit card company that you want it to allow transactions that will take you over your credit limit.

Caps on high-fee cards. If your credit card company requires you to pay fees (such as annual fee or application fee), those fees cannot total more than 25% of the initial credit limit.

Protections for underage consumers. If you are under 21, you will need to show that you are able to make payments, or you will need a cosigner, in order to open a credit card account.

### CHANGES TO BILLING AND PAYMENTS

Standard payment dates and times. Your credit card company must mail or deliver your credit card bill at least 21 days before your payment is due.

Payments directed to highest interest balances first. If you make more than the minimum payment on your credit card bill, your credit card company must apply the excess amount to the balance with the highest interest rate.

No two-cycle (double-cycle) billing. Credit card companies can only impose interest charges on balances in the current billing cycle.

Source: [www.federalreserve.gov/consumerinfo](http://www.federalreserve.gov/consumerinfo)

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see blue. go green.

Ladies, it was a pleasure visiting with several clubs last month. It is evident that you all have formed wonderful friendships and have created many memories over the years. I look forward to visiting with the rest of our clubs this month.

Happy Valentine's Day!

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

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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](mailto:gil.thurman@uky.edu).

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