

FCS Newsletter

March 2009

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

March 2

Swallowfield, 7 p.m., Dana Collins
West End, 6:30 p.m., Judy Jamison

March 3

Meadows, 6:30 p.m., Shirley Fitzpatrick
Sunny Morning, 10 a.m., Ann Bruce,
Extension Office

March 4

Louisville Road, 10 a.m., Jessie Taylor

March 5

Peaks Mill, 10:30 a.m., Rachel Rambo,
Extension Office
Springhill, 11:30 a.m. Bertha Busseni
Switzer, 2 p.m., Florence Johnson

March 10

Cloverdale, 7 p.m., Anita Hall

March 11

Country Lane Morning, 9:30 a.m., Brenda
Wilson

March 12

Ridgeview, 11 a.m., Potluck, Extension
Office

March 16

Random, Noon, Brown Bag, Pat Adkins,
Extension Office

March 17

College Park, 1 p.m., Gertrude Ridgel
S&S, 6 p.m., Bonnie Hedges

March 18

Indian Hills, 10 a.m., Lois Hoffman & Evelyn
White, Extension Office

March 19

Golden Angels, 1 p.m., Emily Apartments

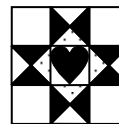
Roll Call: What does March madness mean
to you?

**Homemakers Training School for
April Lesson
March 23rd 10:00 a.m.**

“It’s Easy to be Green and Clean.” Come
join us in learning more about tips, tools, and
products for easy cleaning, including
environmentally friendly products and
practices”.

It is important for leaders to come to
trainings. If you cannot, please consider
switching with a club member who is
available to attend.

**Central KY Homemakers
Quilt Guild**



March 24, 7:00 p.m. at the
Extension Office. Visitors
Welcome.

**Central KY Homemakers
Quilter’s Day Out**

National Quilter’s Day Out, Saturday March 21st
at the Franklin County Extension Office 9:00 a.m.
– 3:00 p.m. We are planning for a dozen
vendors, provide drinks and finger foods. There
will be vendor demonstrations, a style show and
we encourage you to bring items for “Show and
Tell” and plenty of door prizes.

Franklin County Homemakers
Let's Reach for the Stars
Register! Register!



2009 KEHA State Meeting

DATE: April 20-23, 2009
LOCATION: The Drawbridge Inn, Fort
Mitchell, Kentucky

[2009 State Meeting Schedule](#)
[Tour Descriptions](#)
[Hands-On Activities](#)
[Learning Session Descriptions](#)
[Registration Form](#)

RESERVATION INFORMATION:

ONLINE: www.drawbridgeinn.com

Enter KYEH in the attendee code box

BY PHONE: (859) 341-2800

Request the Kentucky Extension
Homemakers Association group rate

Rate: \$76+ tax single to quad.

Reservations must be made by March 20,
2009

to receive this special rate.



It's Sew Fine: Sewing Expo

April 14-15, 2009
General Butler State Resort Park
Carrollton, Kentucky

Contact Judith Ricks at the Franklin County
Extension Office for a registration form and
complete program.

HOME AND GARDEN SHOW

*Trend Appliances Home, Garden &
Remodeling Show*
Louisville, KY
March 6-8, 2009

March 6 - 10 a.m. - 10 p.m.

March 7 - 10 a.m. - 10 p.m.

March 8 - 10 a.m. - 5 p.m.

* The ticket gate closes one hour prior to the
Show closing times listed.

Admission: Adults \$10 - Seniors \$9 -
Children 15 & under free

Advance discount tickets will be on sale at
Kroger in late February - through March 5th.
Tickets will be \$8 with your Kroger Plus
Card. For info visit the website:

<http://www.louisvillehomeshow.com/>



March Special Interest Classes

All classes held at the Franklin County Extension Office, 101 Lakeview Court, Frankfort, KY 40601. Call 695-9035 to pre-register.

March 16, 2009
9:30 – 3:00

Celtic Design Wall Hanging Quilt
\$10.00 Materials

The Celtic Design Wall Hanging Quilt, using the Celtic design and the bias tape to form the intricate pattern, Learn to use a double needle in this quilt.

Before Informed: Commercial Health Screenings

Among the most basic of human emotions are fear and curiosity. We wonder with all the health news around us if we are well, will we be stricken with some illness that will end our lives prematurely, and what would we have done if we'd only known about the pending illness.

While no one can argue that the technology at our disposal today can make full body scans and other elaborate tests seem reasonable and almost affordable, the ability to test is often not the value that it may seem.

There are many factors to consider when deciding to have screenings done. First is good communication with your doctor about the need for and the importance of the screening. Second is the cost involved. The commercial screening programs you may see advertised are many times paid for with dollars from your pocket, not medical insurance. They may not have been ordered by your doctor and may not be considered to

be medically necessary by the insurance company. That means that many times your insurance company will not cover the cost of the screening.

Additionally, it also means that your results may have no context. Without the communication and assurance of follow-up by a doctor, what do the results mean and what will you do with them? If the results show you have no disease, will you lead a different lifestyle? If you have a disease, what does it mean? Or how will it affect your life? It may only cause you to worry needlessly about factors that may seem critical but in reality are not. Because these commercial screening programs are performed in many times without the involvement of a "medical home", a place that knows you, your medical history, your family history – all factors that can influence test result interpretation and subsequent action – the decision of what to do next can be very confusing.

The Kentucky Department for Public Health does not recommend these commercial screening processes outside of the "medical home" and without the specific ordering by your physician or health care professional. The Kentucky Department for Public Health relies upon a number of scientific bodies to include, among others, the Centers for Disease Control and Prevention and the Agency for Health Care Research and Quality to guide its practices. Those agencies have published a series of recommendations regarding screening for chronic disease and have provided that information at the following web site: U.S. Department for Health and Human Services, (2008) Guide to Clinical Preventive Services <http://www.ahrq.gov/clinic/pocketgd08/gcp08s2a.htm#Abdominal>

The bottom line is this: If you are concerned about your health, seek out and find your "medical home" and ask for advice from your

doctor on any screening and medical interventions.

Source: Dr. Steve Davis, Deputy Commissioner for the Kentucky Department of Public Health

**Living Well Week
March 8-14, 2009**

The emphasis is on eating right through nutrition and food safety, spending smart through financial management skills, enjoying home through safety through relationship and parenting skills and sharing time through community and volunteerism.

In 2005, the United States Senate passed a resolution designating the second week of March as Extension Living Well Week. The goal of the Living Well campaign is to make residents aware of the many Extension family and consumer science educational programs and resources that are available to help them achieve a positive, healthy lifestyle.

Whether it's managing diabetes through meal planning and exercise, evaluating long-term care insurance or getting tips on spending quality family time, Extension agents across the nation and right here at home have information that can help. Programs for Extension family and consumer science focus on making a difference in the lives of people, families and communities.

March Recipe

RECIPE OF THE MONTH:

SLOW COOKER IRISH STEW
Printed from COOKS.COM

- 1 1/2 lbs. stew meat
- 3 lg. potatoes
- 3 lg. stalks celery
- 3 to 4 carrots, pared and sliced
- 2 1/2 size can tomatoes
- 1 slice bread, cubed
- 3 tbsp. Minute tapioca
- Salt and pepper to taste
- Bay leaf (optional)
- 1 med. onion
- NO WATER

Cut vegetables into large chunks (may be done evening before). Mix meat, vegetables with bread and tapioca. Place in crockpot; turn on high; pour tomatoes over top of vegetables. DO NOT STIR. After about an hour, turn to low and cook for 6 or 7 hours. With corn muffins or French bread, your dinner is ready with not much mess or fuss.

Enjoy!

Did You Know?

*Craft Camp information will be in the April Newsletter. Mark your calendar for June 5,6,7 at Jabez, KY.

*Applications are now being accepted for the Franklin County Homemakers \$1,000 scholarship which will be awarded to a graduating high school senior majoring in Family and Consumer Sciences, Agriculture or related field. Due May 1st.

Sincerely,



Tamera Thomas
CEA for Family and Consumer Sciences



Cooperative Extension Service
University of Kentucky
Franklin County
101 Lakeview Court
Frankfort, KY 40601-4950

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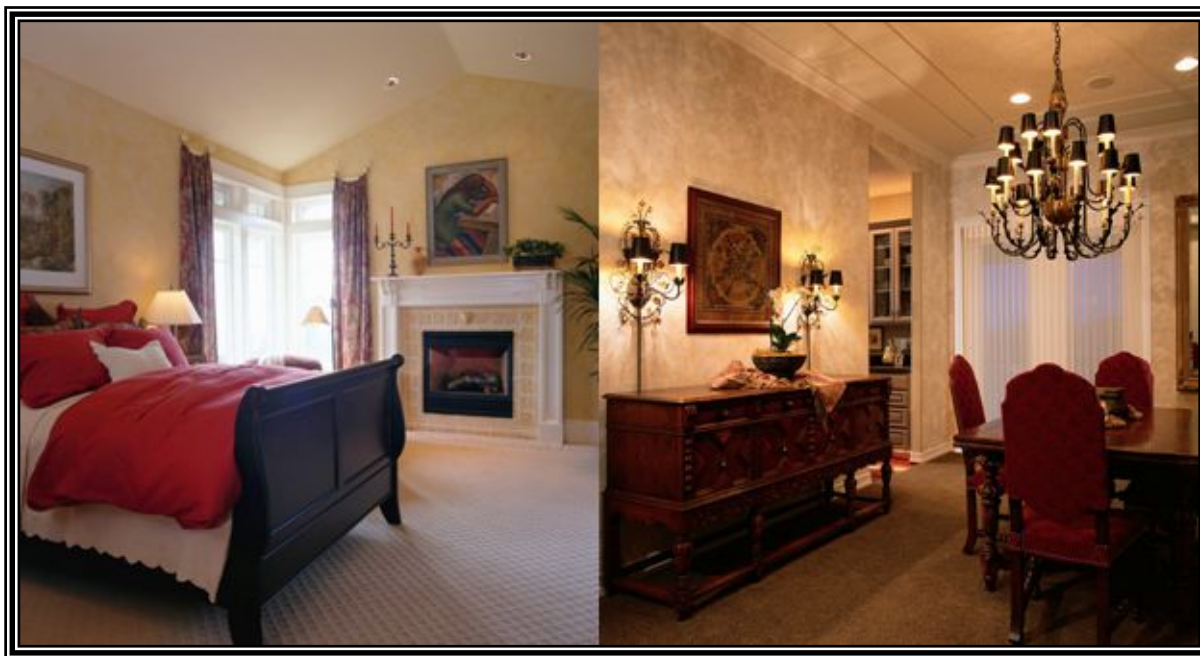
RETURN SERVICE REQUESTED

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.



Home Staging Class

Home Staging is a powerful marketing tool that incorporates proven techniques and an eye for detail to prepare your home for a quick sale at top dollar. *Home Staging is not decorating* but, is the act of preparing a private residence prior to going up for sale. Your home is your biggest investment and you deserve to get what it's worth. Home Staging can provide you with a faster sales time and top dollar for your property.

There is never a second chance to make a first impression. Buyers typically take only 15 seconds to make a decision regarding your property. Why leave that first impression to chance? Let retired Interior Designer and Home Stager Fred Kidd show you the tricks of the trade to help you get top dollar for the biggest investment that you have, your home.

Cost of Class is \$20.00*

March 17 & 19

6:00 p.m.—8:00 p.m.

Franklin County Extension Office

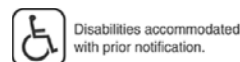
101 Lakeview Court

Please Preregister by March 16, 2009

Call (502) 695-9035 to Register Today!

Fred Kidd, Instructor

*This class is a two-night class.



Disabilities accommodated
with prior notification.