

August/September 2010

**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.

August 11, 2010

The Alzheimer's Association

10:00 a.m.—11:00 a.m.

465 E High St, Suite 100, Lexington

August 23, 2010

Homemaker Leadership Training

September Lesson

"Don't Let Falls Get You Down"

2:00—4:00 Room A/B

Extension Office

August 26, 2010

Homemaker Council

4:00—9:00 Room A/B

Extension Office

September 25, 2010

THE COLORS OF FALL, FASHION SHOW -

Sponsored by the Franklin County Homemakers Association with fashions by NITRO. Join us on Saturday, September 25 from 10:30 -

1:00. Tickets can be purchased at the Extension Office for \$15.00.

September 29, 2010

Homemaker Leadership Training

October Lesson

"Enriching Life as We Age"

10:00—Noon Room A/B

Extension Office

A MESSAGE FROM FRANKLIN COUNTY HOMEMAKER PRESIDENT

I hope you have enjoyed these past couple of months. I taught at craft camp, went to some ball games, attended a few day trips with my boys and canned some salsa. Now it's time for the kids to head back to school and for the homemakers to get back into action (if you haven't already).

Our annual council meeting and officers training will be held on Thursday, August 26. Please mark your calendars and make every effort to attend. We have a lot of new information to share with our chairmen and officers, and I would like an opportunity to get to know you better. I will send more details later as we finalize planning. If you happen to be the main contact for your club, be sure you to share all notices you receive with other club members.

One other important date is September 25. The Franklin County Homemakers will be hosting a Style Show & Luncheon to benefit ovarian cancer from 11:00 am – 1:00 pm. I am really excited about this event. It's going to be lots of fun! Dr. Pavlik from the University of Kentucky will be our guess speaker and Nitro of Frankfort will be providing the fashions. What I need from you is your attendance to make it a success and a few volunteers to serve as models. I'm going to be a model myself, so I'm not asking you to do anything that I'm not going to do. Please let me know as soon as possible if you are interested in being a model. Let's work together for a cure!

Rita

Rita Belen



September 2010 Club Calendar

September Lesson: **DON'T LET FALLS GET YOU DOWN**

Roll Call: *What do you do on Labor Day?*

Thought for the Month: *“As we soak up the last rays of summer this month, let us consider how we might reflect that warmth back to others.” - Unknown*

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.

Club	Date	Hostess	Place
Cloverdale			
College Park			
Country Lane	Sept. 8 @ 9:30 am	Linda Bell	
Indian Hills	Sept. 15 @ 10 am	Janet Simpson Dorothy Wilson	720 Stoneleigh
Louisville Rd	Sept. 1 @ 10 am	Jessie Taylor	1225 Meadow Lane
Meadows	Sept. 7 @ 6:30 pm	Teresa Abell	528 Leawood Drive
Random	Sept 20 @ noon	Pat Adkins	EXTENSION OFFICE
Ridgeview	Sept. 9 @ 11 am	Barbara Butler Gladys Hutcherson	
S & S	Sept. 21 @ 6:00 pm		Game Farm Picnic
Springhill	Sept. 2 @ 11:30 am	Judy Asher	
Sunny Morning	Sept. 7 @ 10 am	Sandra Davis	EXTENSION OFFICE
Swallowfield	Sept. 13 @ 7 pm	Marilyn Jones	
Switzer	Sept. 7 @ 2pm	Florence Johnson	
West End	Sept. 13 @ 6:30 pm	Wanda Atha Kathy Horsley	EXTENSION OFFICE (Salad Supper)

October 2010 Club Calendar

October Lesson: **ENRICHING LIFE AS WE AGE**

Roll Call: *Share your favorite recipe.*

Thought for the Month: *What would you do if you were to turn over a new leaf?*



Please check with your club president for your October meeting dates.



Pick Herbs For Health

Celebrity chefs say people eat with their eyes first. Then, they serve up a deliciously crafted work of art on a plate. It may be true, but most of us use our senses of smell and taste to satisfy hunger.

Lots of people turn to salt as a fast flavor-fix for food. Table salt is 40-percent sodium, which is an important mineral for the human body. Problems arise when salt is overused, especially as a flavor substitute in bland foods and low-fat recipes. Excessive sodium in the diet is linked to high blood pressure, which can result in heart disease, kidney failure and stroke. Even though salt serves as the major source of sodium in the diet, the recommended maximum daily intake is just 2,400 milligrams or about 1 teaspoon.

Culinary herbs also enhance the flavor of food without the associated health concerns. They come in several forms; fresh, dried or ground. Volatile oils in fresh herbs are released into food as flavor and scent when chopped or cooked. Drying fresh herbs, especially in whole leaf form, concentrates these oils. Powdered or ground herbs initially release the highest flavor concentration but often have a shorter shelf life than dried herbs. A good rule of thumb is 1 tablespoon of fresh is equal to 1 teaspoon of dried or $\frac{1}{4}$ teaspoon of ground herb. When using dried herbs, rub the ingredient between your palms first to release volatile oils, and then add to food.

Here are a few common herbs and suggestions for cooking with them.



Basil is widely used in southern European cuisines. It pairs especially well with fish, shellfish, eggs, vegetables and tomato-based dishes. Basil is an easy to grow annual available in many varieties and flavors. Italian basils are the kind most often found in dried and ground form at grocery stores. Basil retains good flavor when dried but loses depth when compared to fresh.



Oregano also is popular in southern European cooking and is considered essential to Italian cuisine. Use it to enhance tomato sauces, soups, salad dressings and bean and vegetable dishes. Drying brings out the best flavor and you can usually find oregano in this form. A perennial in most gardens, it is easy to grow once established. A good choice for growers is True Greek Oregano.



Parsley offers more than a garnish for the plate. This leafy herb has a distinct “green vegetable” flavor which punches up just about any dish. Parsley is especially popular in soups. Common species include flat-leaf parsley and curled leaf parsley. Parsley becomes bland and almost flavorless when dried, so use it fresh or freeze small quantities for cooking later. A self-seeding annual, parsley is fairly easy to grow but does best in cool weather and partial shade.



Thyme is an aromatic herb with widespread use in cooking. This woody herb contains high levels of volatile oils which means a little bit goes a long way. Thyme pairs well with poultry, seafood, beans, vegetable dishes and salad dressings. A perennial except in the coldest climates, thyme can be fussy when grown as a plant. Its many benefits for home cooks make it worth the trouble. Thyme retains good flavor when dried.

When using an herb for the first time, start with a small amount to find out if you like it. Here is a simple taste test. Combine $\frac{1}{2}$ cup butter with 1 tablespoon minced fresh herb and let it sit for two hours to allow the flavors to mix. Spread on crackers or warm bread.

You can have fun experimenting with herbs and they can help you unload some of the high-salt, high-fat content in your diet.

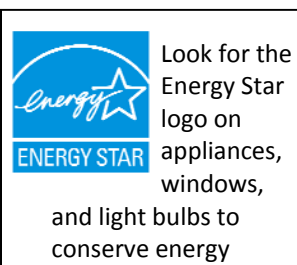


Sources: Sandra Bastin, extension food and nutrition specialist; Lynn Blankenship, family and consumer science, Metcalf County

Green Products Reduce Energy Bills and Help Environment

With energy costs going through the roof, many people are looking for ways to conserve around their homes. One way to significantly decrease energy costs is to implement green practices. Not only will green practices save money on home energy costs, but they can reduce your carbon footprint on the environment and make your home healthier, cleaner and safer.

Green is a term that can be used rather loosely. Many products on the market claim to be green but in reality, are not. Consumers may find it difficult to determine which products are actually green. When shopping for green household items, remember green products save water, energy and other resources and replace toxic chemicals with safe and healthy components. They also may conserve natural resources, be recyclable and be made from recyclable materials. Examples of green products include fume-free paints, bamboo flooring and textile products, tile made from recycled glass, toxic-free cleaning products and even reusable fabric shopping bags.



Not all green products will possess all of these characteristics. Choose products that have the qualities that are the most beneficial for you and fit your budget. Even small

changes can conserve natural resources and promote energy savings. Shopping locally for these products can help you conserve fuel.

People can do several things to decrease their energy consumption at their residence. Improved insulation and infiltration can go a long way to reduce energy consumption and cost. Effectively utilize natural light. It can help heat your home in the winter while blinds or shades can keep it cooler in the summer. You can also purchase ENERGY STAR appliances, windows and light bulbs to conserve energy.

Many green products cost the same as or less than traditional methods, but some can be more expensive. Even if they are more costly in the beginning, the energy savings these products provide likely will outweigh any purchasing or installation costs in the long term. Weigh the initial costs against the anticipated savings before determining which product to purchase.



Source: Linda Adler, extension specialist for home furnishings

see blue. go green.

College Park Homemaker Dies

**Dr. Gertrude Cain Ridgel
1922-2010**



Dr. Gertrude Cain Ridgel, born in Charleston, West Virginia on June 18, 1922, was the daughter of the late Aubrey J and Teena Cain. Dr. Ridgel was a retired educator.

Throughout her lifetime, she received numerous honors and awards including Alumnae of the Year, West Virginia State College, 1974; Kentucky Colonel; Faculty Representative Kentucky State University Board of Regents; Kentucky Academy of Science Board of Directors; National Advisory Council of Danforth Associates; Commission of Colleges for the Southern Association of Colleges and Schools; Professor Emeritus, Kentucky State University; Honorary Ph.D, Kentucky State University; Terese Lasser Award, American Cancer Society; Woman of the Year, Frankfort/Franklin Co Branch of NAACP; and a member of the Frankfort City Commission.

She was actively involved in many civic and social organizations. She was a member of the NAACP, The Franklin County Cancer Society; The Chums Bridge Club; a charter member of the Frankfort/Lexington Chapter of the Links, Inc.; The Frankfort Alumnae Chapter of Delta Sigma Theta Sorority and the College Park Homemakers.

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

Franklin County
Extension Office
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
FAX (502) 695-9309

AUGUST 2010

THIS MONTH'S TOPIC: GETTING KIDS READY FOR FALL SPORTS

With the start of the school year, fall sports are not far behind. Your child may have already started to prepare for the school sports season. Many students will be required to go to a healthcare provider and get a pre-participation physical exam. This exam is generally given students before the start of high school, college, or even some league sports. This exam is not meant to keep anyone from playing a sport; it is to make sure all student athletes are healthy and safe!

Why should my child have a pre-participation physical exam?

A PPE will:

- Help spot any conditions that may predispose students to injury.
- Notice any conditions that may be life threatening.
- Meet legal and insurance requirements for the school and/or league.

PPEs also help:

- Determine general health.
- Provide counseling on any health related issues.
- Assess fitness level of students.

Continued on the back



It is important to support and encourage your child when playing sports.

CONTINUED FROM PAGE 1

The exam may be performed in a physician's office or in a station-like setting depending on how many athletes are being examined or the cost of the exam. The school may determine where your child needs to go for the exam.

The PPE will include a medical history and a physical exam.

A complete medical history will ask about:

- Past injuries
- Medication usage
- Drug allergies

There may also be a questionnaire, depending on the situation.

The physical exam will most likely measure the following items:

- Height
- Weight
- Vision
- Blood pressure
- Pulse rate

The healthcare provider may also look at the head, ears, nose, throat, lungs, stomach area, skin, and joints – it all depends on the sport and its requirements.

When your child is involved in sports it is easy to get carried away with the game! Being a spectator is a great way to be involved with your child. Here are a few suggestions to make sure your child's game is fun for everyone.

A quick guide to being a great spectator

1. Don't be a bully – do not scream or yell at players on the field or the coach.
2. Help children understand that winning is not their only goal - if children focus on winning and do not do well, they will quit and feel as though they are losers. Instead set specific goals such as to try to block

3 times every game between now and midseason.

3. Cheer! Don't instruct – when your child is focused on your directions they cannot concentrate on the game and it may hurt their ability to play
4. Blend in with the crowd – cheer for everyone on the team, not just your child!

It is important to show your child support and to encourage them when playing sports. You want to make sure you are giving them the best opportunity to play their game.

By working with healthcare providers, the majority of athletes of all ages can safely enjoy the benefits of sports. Make sure that your child is ready for the upcoming sports season.



SOURCES:

- Thompson, D. (ed). Preparing for Fall Sports. ACSM Fit Society Page. Summer 2009.

ADULT HEALTH BULLETIN AUGUST 2010

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Edited by: Connee Wheeler
and Nicole Peritore

Designed by: Rusty Manseau

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[www.ca.uky.edu/
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www.mc.uky.edu/Markey

June 14, 2010

Tamera Thomas
Agent for Family & Consumer Sciences
Franklin County Extension Office
101 Lakeview Ct
Frankfort, KY 40601-8750

Dear Tamera:

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Specialty Care Teams

Breast Care Center
Blood & Marrow Transplant
Brain Tumors
Colorectal, Pancreas & GI
Gynecologic Oncology
Head & Neck/Thyroid
Leukemia & Lymphoma
Lung & Thoracic
Pediatric Oncology
Prostate & Genitourinary

We are writing to thank each of you in the Franklin County Homemakers for your support of the Kentucky Extension Homemakers Association Ovarian Cancer Research Program. We are making progress each day in developing new ways to detect ovarian cancer at an early stage when it is still curable. So far, we have been able to provide free screening to over 35,732 women and have detected over 515 ovarian tumors and 72 ovarian cancers. Most importantly, we have detected many women with early stage cancer, and the survival rate of women whose ovarian cancer was detected by screening is significantly higher than that of women who did not have screening. We have also provided educational material concerning the signs and symptoms of ovarian cancer to many Kentucky families.

I hope you will encourage all women over the age of 50 to get their free annual screening test. Also, all women who have been screened need to return for a repeat screen every year. Please call (859) 323-4687 or our toll free number (800) 766-8279 to make an appointment for this examination. Information is also available at <http://ovarianscreening.info>. I would also like to thank you for helping educate other women about the signs and symptoms of ovarian cancer. Women experiencing abdominal bloating, abdominal pain, or feeling full quickly for more than half the days each month, should consult their doctor as soon as possible.

Thanks again for all you and the Kentucky Extension Homemakers Association are doing to support the KEHA Ovarian Cancer Research Program at the University of Kentucky. With your help, we are making progress in the fight against ovarian cancer each day.

With warmest personal regards.

Sincerely,

J. R. van Nagell, Jr., M.D.
Professor and Director,
Division of Gynecologic Oncology
American Cancer Society Professor
of Clinical Oncology

Edward J. Pavlik, Ph.D.
Research Director,
Division of Gynecologic Oncology
Ovarian Cancer Screening Program

JRvN/EJP/arw

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Cooperative Extension Service

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RETURN SERVICE REQUESTED

The Colors of Fall

Fall Fashion Show
Sponsored by Franklin County Homemakers Association

Saturday, September 25, 2010
10:30 a.m.—1:00 p.m.
\$15.00 per person*
(includes lunch)
Franklin County Extension Office
101 Lakeview Court
(502) 695-9035

Proceeds from the show will benefit the University of Kentucky Ovarian Cancer Research Fund 

Fashions by 

* To purchase your tickets, visit the Extension Office or mail your payment, with name, address, and phone number to the address above. **No reservations will be taken without payment.** Look for more information on our website <http://ces.ca.uky.edu/franklin>

Photo by Gil Thomas
Photo by Kim Corbett

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.