

FCS Newsletter

October 2008

Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601
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Homemakers Calendar

- October 1
Swallowfield, 7 p.m., Linda Eldridge
West End, 6:30 p.m., Wilma Hippe
- October 2
Meadows, 6:30 p.m., Extension Office
Sunny Morning, 10 a.m., Margaret Karsner,
Extension Office
- October 3
Louisville Road, 10 a.m., JoDee Layman
- October 4
Peaks Mill, 10:30 a.m., Mary Luttrell, Extension
Office
Switzer, 2 p.m., Toni Lewis
- October 6
Springhill, 11:30 a.m., Louise Roach
- October 9
Cloverdale, 7 p.m., Pam Moore
- October 10
Country Lane Morning, 10 a.m., Joyce Jones
- October 11
Ridgeview, 11 a.m., Joyce Sturgill & Pam Hillard
- October 15
Random, Noon, Brown Bag Lunch, Extension
Office
- October 16
College Park, 1 p.m., Sheila Gault
- October 17
Indian Hills, 10 a.m., Priscilla Barnes & Topy
Polsgrove
- October 18
S&S, 6 p.m., Donna Hedges

Let's Celebrate KEHA Week October 13-17



Roll Call: What part of Homemakers do you enjoy and benefit from the most?

Mini-Lesson: Traveling with President Lincoln!, Cultural Arts & Heritage Chairman

KY Women in Agriculture Conference

The Kentucky Women in Agriculture Conference will take place October 31 – November 2 at the Crowne Plaza (Campbell House) in Lexington.

The special hotel rate of \$89/night has been extended to October 15 for anyone attending the conference. Additional information can be found at www.kywomeninag.com.



October Lesson

"Speedy Suppers"

This lesson is packed with information and recipes for



creating fast and healthy meals for our families. Thanks to leaders that have agreed to make dishes to sample. Jennifer Klee, FCS Agent, Woodford Co. will teach the lesson.

Holiday Store Chairs' Meeting



The Holiday Store Club Chairmen will meet on October 3rd, 11:30 a.m - 12:30 p.m. Barbara Sonnen is serving as Chairperson of the Homemakers Holiday Store and Betsy Kennedy has agreed to serve as Co-Chair.

Area Homemakers Annual Meeting

Homemakers' Horsin' Around in October

Let's plan to attend the 2007 Fort Harrod Area Extension Homemakers Annual Meeting in Versailles, KY. Registration is \$15.00 and begins at 9:30 a.m. Danna Estridge, Curator Woodford County Historical Society will speak on the topic Fort Harrod Women in History. The deadline for registration is October 3rd. Let's make sure that Franklin Co. is well presented this year. The registration form is in your August/September newsletter.

In The Spotlight Ridgeview Homemakers



In the August/September FCS newsletter, I wrote about our Ridgeview Homemakers Club book discussion group and an

invitation we had received to attend a meeting at KET headquarters in Lexington.

Four of us were at the August 23rd session: Barbara Butler, Jane Kelly, Mildred Polsgrove and me. We were surprised to discover that there were less than 30 invitees. We were in very special company. Those also at the table were authors, poets, book publishers, bookclub@ket panelists, librarians and representatives of educational and arts organizations. KET staff members were there, too.

During the morning session we split into smaller groups and brain stormed ideas about: the role of KET in integrating the use of Kentucky literature in the K-12 classrooms; ways KET might encourage Kentuckians to read works by Kentucky authors, and; how KET could support Kentucky authors. We four participated in the second group. In the afternoon, we broke up into our groups, again. We were asked to provide more details in implementing our best ideas from the morning session.

It was apparent that all of us in the room were missing bookclub@ket. The series had not drawn a large audience so we tried to think of ways to enhance a monthly program that focused on Kentucky works and authors. Combining video interviews with authors, with visits to the locations of stories or poetry, as well as, comments by readers were suggested. We offered some ideas about ways to find sponsors or financial supporters of such programming. And, always, we talked about ways to reach new viewers and to retain current viewers.

It was a very exciting day and we were thrilled to have been part of it. We understand that KET will be keeping in touch with us as they develop future Kentucky literature programming.

Chef Cliff Strong a real treat!

The "Evening with Chef Cliff Strong" series ended on September 28th with Bourbon Pecan Truffles, Cordial Cherries, Berry Tarts and Truffle Stuffed Strawberries - chocolate, chocolate and more chocolate. Attendance at each session

was great. Many attendees were first time visitors to our office. Special thanks to all Homemakers who supported this series. We hope to have him back to do a series in the Spring. For some great food don't forget to visit the Holiday-Inn Capital Plaza's restaurant.



Sydney Sell, granddaughter of JoDee Layman is assisting Chef Cliff in preparing Bourbon Pecan Truffles.

Remember to gather information about your clubs history. Also, cultural arts entries were low last year, so think about participating and encouraging other members to enter this year.

Recipes of the Month

Marinated Vegetable Salad Connie Leggett Lipps

- 2 (13 oz.) corn shoepeg white
- 1 (15 oz.) small sweet peas
- 1 (14 oz.) can French style green beans
- 1 cup onion, diced
- 1 (2 oz.) jar pimento
- 1 green pepper, diced
- 1 cup celery

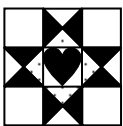
Marinade:

- $\frac{3}{4}$ c. white vinegar
- $\frac{1}{2}$ c. vegetable oil
- 1 c. sugar

Combine marinade ingredients. Bring to a boil over medium heat. Stir until sugar dissolves. Remove from heat. Drain corn, peas, green beans and pimentos. Combine all vegetables in a large bowl. Pour marinade over vegetables. Refrigerate for several hours. May be made ahead.

Nutritional Facts: 12 servings, calories 181, protein 2.59 g, carbohydrates 29,65 g, fat 6.36 g, cholesterol 0.62 mg.

Central KY Homemakers Quilt Guild



October 23, 7:00 p.m. at the Extension Office. Visitors Welcome.



Dates to Remember

Club reports are due to County Chairs by Jan 1, 2008. County reports are due to Area Chairs by February 1st. Area Chair reports are due to the state by March 1st. All forms are on the KEHA website.



October Special Interest Classes

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

Quilting Classes with Judith Ricks

9:30 a.m.- 3:00 p.m.

Cost \$10.00

October 22, 2007

Carolina Lily Quilt. This is an old favorite, around 1850's. There are no set-in seams used to construct this version. Use those 1930's fabrics or a modern look of batiks colors.

November 19, 2007

Rudolph and Friend Wall Hanging. These wall hangings would be right size to hang on your door or hall. Easy techniques and it moves fast, you can make several for holiday gift giving to family and friends.

December 18, 2007

Hexagon Stars Wall Hanging. The hexagon stars have no set-in seams. This would make a wonderful holiday quilt with the six-pointed star image. Select jewel-tone colors with tone-on-tone background.

SCRAPBOOKING WITH ALICIA LYLES

Oct. 16, 23, 30 from 6:15p.m.-7:45p.m.

Cost: \$5.00 per class meeting

\$50.00 for material (Optional) Deadline Oct. 1

Beginners and experienced scrapbookers are welcome to join Alicia in October to make an ABC Mini-Album. Alicia will have several ideas for creating your album including alphabetizing your photos for an album (A-Aunts, B-Brothers, C-Cousins) to listing loving characteristics and placing photos with those alphabetical characteristics in an album (A-Available, B-Blessed, C-Compassionate).

Tools participants will need to bring to class (weeks 2-4): photos, tape runner, photo-safe pen, and personal trimmer. Materials can be ordered by instructor at a cost of \$50.00. Reservation and material orders (if not providing own materials) required by October 1, 2007 to secure enrollment in the class.

Class Outline for ABC Album

Week 1 October 16 Hand-out for ideas for albums.

Homework: choose ABC format, select pictures, purchase items needed if not purchasing from Alicia.

Each student can provide their own materials (7X7 album with white pages and page protectors, paper and/or journaling boxes, ABC stickers, & black photo-safe pen) or Alicia can provide all the above listed items necessary to complete the course for \$50.00 using quality products.

Weeks 2&3 October 23, 30 Work on Albums

Lay-out photos in alphabetical order, crop photos, select paper, match paper and photos.

INTRODUCTION TO CROCHET WITH LORA WALLACE

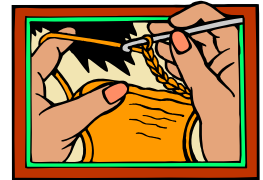
Oct. 20th - 11:00 a.m.- 2:00 p.m.

Cost: \$5.00

Registration Deadline Oct. 15st

Description:

Learn the basics and take a simple headband or ear warmers home with you.



Bring: Your choice of yarn and an F or G hook.

Anyone interested in joining a crochet group and meet monthly is asked to attend this meeting. All ages are welcome.

Tamera Thomas

Tamera Thomas, County Extension Agent
for Family and Consumer Sciences

Controlling Head Lice

Head lice is the bane of many a parent when their children come home from school complaining of an itchy scalp. It is incorrect to associate head lice with poverty and poor personal hygiene. In fact, it's estimated that 10 percent of elementary school children are treated for head lice each year.

Head lice are bloodsucking insects that live exclusively on humans. They usually infest only the head, preferring the nape of the neck and the area behind the ears. Head lice are especially common on schoolchildren between the ages of three and ten.

Schools bring large numbers of children together in close, personal contact. Hats and coats are often shared or hung together, permitting transfer of lice from one child to another. Transfer of head lice can also occur by using infested combs and brushes, or resting one's head on upholstered furniture or pillows recently used by an infested person.

The first indication of head lice is itching and scratching. Examining the hair and scalp will usually reveal the white or grayish crawling forms (about the size of a sesame seed) and yellowish white eggs (nits) attached to the hair shafts close to the scalp. The nits are sometimes mistaken for dandruff or residues of shampoo but will not wash off or be flicked off with a finger. Usually all life stages can be seen with the naked eye, although a flashlight and hand lens are helpful. Red bite marks or scratch marks are often seen on the scalp or neck.

There are four key steps to eliminating head lice and preventing their return:

- The infected person should be treated with a pediculicide shampoo formulated specifically to control lice. Several different products, most containing permethrin or pyrethrins, are available through pharmacists and physicians. Follow the directions on the package. Some products require retreatment in seven to 10 days. If one family member is found to be infested, all others should be examined. Only those showing evidence of lice should be treated. All infested family members should be treated within a 24-hour time span to prevent reinfestation from one person to another. More than half of lice-infested children have another infested family member at home.
- Remove all nits using a fine-tooth louse comb. Although this step can be quite time-consuming, nit removal is critical to eradication. Louse control shampoos often do not kill all the nits, and surviving eggs will hatch within seven to 10 days, continuing the cycle of reinfestation. Dead nits also tend to remain attached to the hair, causing uncertainty about reinfestation. Nits are most easily removed by combing while the hair is slightly damp. Adding conditioner, olive oil, or a 50/50 vinegar-water solution may also make combing easier. Nits can also be picked out with fingernails or cut out with small safety scissors.
- All personal articles that have been in contact with the infested person's head should be deloused. Normal laundering with hot, soapy water (125 degrees F for 10 minutes), or dry cleaning will kill lice and nits on clothing, bed linens and towels. Combs and brushes should be soaked for 10 minutes in a pan of very hot water. The first three steps should be performed at the same time in order to avoid reinfestation after shampooing. As an added precaution, car seats, furniture, and carpeting contacted by infested individuals should be vacuumed and the vacuum bag discarded.
- To reduce the chance of reinfestation, children should be instructed not to share hats, clothing or brushes with their classmates. Each child should have a separate storage space for their hats and other clothing at home and school to prevent contact with other garments. If this is not possible, coats should be hung on hooks so they do not touch, or on the backs of students' chairs. Treatment of the premises or clothing with insecticides is generally not required or recommended for the control and prevention of head lice. This is because the lice cannot survive for any extended length of time off of their human host.

Elimination of a head lice outbreak in a school, nursing home or similar shared facility requires prompt, coordinated action and administrative support to prevent the spread of lice to uninfected individuals. Unless all affected persons are treated, the condition will continue.

There are times when a head lice infestation seems to persist indefinitely. Persistent infestation may be due to shampoo being left on the hair for an insufficient amount of time, or failure to reapply after 7 to 10 days. Other times, not enough time was spent combing out the nits or no effort was made to concurrently treat other infested family members. In rare, but increasing instances, the product in use may have lost its effectiveness. Head lice resistance to pediculicides has been documented recently in certain areas of the world, especially to permethrin. If resistance is suspected to the pediculicide you have been using, consult with your physician.

Source: Mike Potter, UK entomology.