

Fulton County Newsletter

**Cooperative
Extension Service**
Fulton County
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SEPTEMBER 2009

DATES TO REMEMBER

- **Sept. 28 - Traveling the Ky Quilt Trail Lesson 1:30**
- **Oct. 6 - County Annual Day, Hickman Methodist Church Life Center (patriotic theme)**
- **Oct. 20 - Couponing Workshop, McCracken Co.**
- **Oct. 23 - Area Annual Day, Graves County**
- **Oct. 24 – ABC Expo, Hickman Co. Elementary School**

FULTON COUNTY HOMEMAKERS ANNUAL DAY

This year the theme is “America the Beautiful”, so wear your red, white and blue. It will be held on October 6 from 9:30 – 2:00 in the Life Enrichment Center of the First United Methodist Church in Hickman. The cost for the meal will be \$10.00 per person. There will be 2 learning sessions: *Vinegar Solutions* presented by Virginia Langford and “*Arrangements From Your Backyard*” presented by Katie Beck. Each club is asked to provide a \$10 door prize and assignments are as follows:

Clean up - Rush Creek and Creative; Decorating - Tri-County;
Door Prizes/Refreshments - Correspondence

Reservations can be made by calling the Extension Office at 236-2351 by September 29.



DUES

As you start off the homemaker year – remember that it is dues time once again. They are \$7 and are payable to the Fulton County Extension Homemakers. Dues may be mailed to the Extension Office or you may bring them in. Thank you!

ATTENTION 50 YEAR MEMBERS!

Have you been a member of Extension Homemakers for 50 years or do you know someone who has? If you have not already been recognized for this honor please notify the Extension Office (236-2351) so we can recognize you at County Annual Day. This includes mailbox members and traditional club members.

CULTURAL ARTS COMPETITION AND DISPLAY

Included in this newsletter is a listing of categories for this year's Cultural Arts competition. Please attach a card with name, address, phone number, club name and category in which you would like to enter the item. You may enter items even if you cannot attend annual day, as long as you are a member of Extension Homemakers. Please read the rules and categories carefully and participate in this year's competition. Winners selected at the county level will advance to the Area.



Entries will be accepted on October 5 at the church from 9-12. Items may also be brought to the extension office or taken to Linda Lawrence at Whitesell Law Office.

AREA ANNUAL DAY

“Color My World Green” is this year's theme and it will be held at the First United Methodist Church in Mayfield on October 23 at 10:00. The cost is \$10 per person and reservations can be made by calling the Graves County Extension Office at 247-2334 by October 9.

TRAVELING THE KENTUCKY QUILT TRAIL

Kentucky has long been known as a center for the sewing of colorful quilts in many patterns and designs. But over the past several years, painted quilt patterns on the sides of barns in Kentucky have emerged as a new form of self-expression and cultural pride for rural residents. A series of scenic driving trails takes the traveler to view vividly painted quilt squares installed on barns and buildings of participating communities. The project got its start in Ohio when Donna Sue Groves put a wooden quilt block on her barn to honor her mother's many years of quilting. From that simple act, the project has spread to 24 states. Come and learn more about how efforts are being made for the painting and erection of colorful wooden quilt blocks on barns in Western Kentucky and elsewhere to form trails that can lure travelers off of interstate highways onto back roads, bringing tourists into rural areas that need an economic boost. This lesson will be held in the Community Room at Citizens Bank in Hickman on September 28 at 1:30.

COUPONING WORKSHOP

McCracken County Homemakers are sponsoring a Couponing Workshop at the McCracken County Extension Office on October 20 at 9:30. Come and learn where to find coupons, how to get more out of using coupons, about double coupons, about discounts and rebates at stores and about coupons/free samples that are available on the internet. Call the McCracken County office to register at 270-554-9520.



COLD VS. FLU - QUESTIONS & ANSWERS

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

INFLUENZA SYMPTOMS

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly and may include these symptoms:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults



Anyone Can Get the Flu, But the Disease Is More Severe for Some People

Most people who get influenza will recover in a few days to less than 2 weeks, but some people will develop life-threatening complications (such as pneumonia) as a result of the flu. Millions of people in the United States—about 5% to 20% of U.S. residents—will get influenza each year. An average of about 36,000 people per year in the United States die from influenza-related causes, and more than 200,000 have to be admitted to the hospital as a result of influenza-related causes. Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age. People age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children are more likely to get complications from influenza. Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu.

How To Know if You Have the Flu

Your respiratory illness might be the flu if you have sudden onset of body aches, high fever, and respiratory symptoms, and your illness occurs during the usual flu season in the Northern Hemisphere. However, during this time, other respiratory illnesses can cause similar symptoms to the flu. In addition, influenza can also occur outside of the typical flu season. It is impossible to tell for sure if you have the flu based on symptoms alone. Doctors can perform tests to see if you have the flu if you are in the first few days of your illness.

AN OUNCE OF PREVENTION

- Avoid close contact - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick - If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

- Cover your mouth and nose - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands - Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

HELP THE ENVIRONMENT BY RECYCLING ELECTRONICS



Technology changes so rapidly with new gadgets invented every day. Many of us get caught up with purchasing the latest advances and do not think about how or when the device's predecessor will be disposed. Estimates show Kentuckians annually dispose of about 40,000 to 80,000 tons of electronic waste. Fortunately, many Kentucky counties offer recycling programs for this waste, also known as e-scrap.

Electronics contain valuable materials including copper, precious metals or engineered plastic. Recycling electronics conserves these materials and reuses them, many times to make other electronic components. By using recycled materials compared to new ones, manufacturers use less energy in the production of new electronics. Many electronics also contain hazardous materials, such as lead, mercury and nickel, which could be hazardous to humans and the environment.

Additionally, recycling cuts down on greenhouse gases emitted from the production of electronics by reducing the need for mining and processing new materials. According to the U.S. Environmental Protection Agency, the production of one million computers emits as many greenhouse gases as the annual emission from more than 17,000 cars.

Each county's solid waste division has different recycling policies, and may only accept certain items. Some locations may not accept electronics at all while others only accept electronics during certain times of the year. Some common electronics which can be recycled include CD players, VCRs, DVD players, stereos, televisions, cell phones and computers. Check with your county solid waste coordinator or extension office to learn about recycling events and programs in your community.

If your county does not have a recycling program, you can reduce e-scrap through other methods. Many electronic retailers and manufacturers have return programs for their products. When purchasing an item, ask an employee if one exists for the product you plan to purchase.

Consider the longevity of a product when making a purchase. Upgrades are available for many electronics and can lengthen their lifespan. Repair broken electronics instead of replacing them.

Sharing CDs or DVDs with friends and family reduces the amount of e-scrap and can cut down on purchasing costs. Many video game retailers buy used video games. Several charities also accept old electronics.

Amy M. Tyler

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Extension Agent for Family and Consumer Sciences



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EXTENSION
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