

FAMILY & CONSUMER SCIENCES



Green County FCS Extension

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START THE NEW SCHOOL YEAR OFF RIGHT! Before Starting School, Think Out of the Box

When money is tight at home, preparing for back-to-school may seem daunting. Many schools now require class fees, book deposits, and lab fees in addition to the normal school supply list. So what can students do to alleviate some of the financial burden associated with preparing for another year of school? These commonsense approaches should not be overlooked:

- Set a budget and limits.
- Make a list and stick to it.
- Look for coupons.
- Buy only what is needed.

Hang on to all receipts in case some supplies are not needed. For staple items that are needed every year, stock up on next year's supplies this fall.

Don't stop there. Get creative. Youth can save money by doing the following:

- Collaborate with friends to purchase in bulk.
- Look for coupons online.
- Reuse/recycle last year's unused materials.
- Set up a back-to-school swap shop.
- Download books online or use the local library. If there is a summer reading list, talk with students who recently completed the same grade last year. They may be willing to let you borrow or purchase their books at a reduced rate.

Remember to save money for expenses, such as class projects, prom, and graduation, throughout the school year.

Written by: Stephanie Blevins, Ph.D., 4-H Youth Development Specialist

Back-to-school clothes

Back-to-school is a good time to inventory clothes closets. Identify clothes which have been outgrown or your children no longer wear. Consider taking clothes which are in good condition and still in style to a local children's consignment shop. Selling clothes at a consignment store may earn you a few extra dollars and many consignment retailers offer buying discounts to sellers.

Check with your child's school to determine if the school has a dress code, then inventory the items that your child needs to start the school year. Certain items can wait until later in the year. For example, you probably do not need to purchase a winter coat in August. By dividing school clothes shopping over several months, you spread out the expenses.

Source: Jennifer Hunter, Extension Specialist Family Financial Management



Find the Green County Family and Consumer Sciences fan page, Click "like" to keep up with FCS activities and to receive timely consumer tips. You can also follow us on Twitter! Just search **greencountyfcs!**



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July 2011

Dear Extension Homemakers,

Summer is here and we are going to have a busy one! We have settled in our new building and many of you attended the homemakers annual meeting in our new facility. We are planning on having many more events in the coming months! The most exciting one is our FFFG cooking classes, I encourage you to read the newsletter for information about this new fun and exciting program. Have a great 4th of July and I look forward to the best homemaker year yet!

Congratulations to the Young Homemakers for Homemaker Club of the Year!

Joyfully,

Ovarian Cancer Screening

If you are over the age of 50 please call the Markey Cancer Center at (800)766-8279 to make an appointment for your free annual screening test. All women who have been screened need to return for a repeat screen every year.

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

UV Safety

It seems each summer more information is released regarding what we should and should not do to protect our skin from the sun. July is UV Safety month, so take the time to take care of your skin and prevent skin cancer for yourself and your family! Ultraviolet radiation is the main cause of skin cancer. The best way you can prevent skin cancer is to protect your skin from the sun. Although the sun is the main culprit, you can also get UV radiation from tanning booths and sunlamps.

What is skin cancer?

Skin cancer is almost always curable if it is found early and treated without delay.

There are three different kinds of skin cancer:

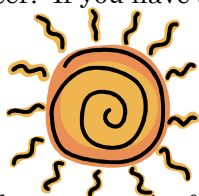
Basal Cell Carcinoma (BCC) – This is the most common type of skin cancer and it affects about two million Americans every year. Usually this type of skin cancer is more common in men, however there are more cases of BCC among women. People who work outside are at high risk. Basal cell carcinomas are easily treated in their early stages.

Squamous Cell Carcinoma (SCC) – As with BCC, people who are outside for work or long hours in the sun are more likely to develop this type of skin cancer. Anyone who has had a BCC is also more likely to get SCC. These skin cancer cells can be found anywhere on the body, but are more common in areas that are exposed to the sun such as ears, face, bald scalp, neck, hands, arms, and legs.

Melanoma – This is the most serious form of skin cancer. If it is recognized and treated early, it is almost always curable. If it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. While it is not the most common of the skin cancers, it causes the most deaths.

If you see a suspicious mole on your skin, do not delay – speak to your health-care provider! Anyone can get skin cancer. If you have any of these characteristics you are at a higher risk:

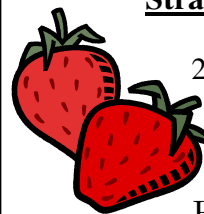
- Light colored skin
- Blond or red hair
- Blue or green eyes



You can help to protect your skin from the sun rays by following these tips!

1. Stay out of the sun during the hottest part of the day – The hottest part of the day is usually from about 10 a.m. till 4 p.m. The sun's rays are the strongest during this time of the day, so try to stay out of the sun.
2. Always use sunscreen – You should apply sunscreen at least 30 minutes before you go out in the sun and re-apply every 2 hours after that. If you go swimming you will want to reapply sunscreen when you get out of the water. Even when it is cloudy you can be exposed to the UV rays from the sun. Make sure to use sunscreen.
3. Wear a hat – Wearing a hat with a wide brim, along with sunscreen, will help protect your face, neck, and ears.
4. Wear sunglasses – Make sure you wear sunglasses that block 100 percent of the UV rays. Wrap around sunglasses are best because they protect the side of your eyes from the sun too.
5. Wear long sleeves and pants – If possible wear long sleeves and pants so that you do not have as much skin exposed to the sun. Check your skin once a month. Check for new moles or areas that you may need to talk to your doctor about. This summer we want you to enjoy the sun, but please be safe and be kind to your skin!

Strawberry Lemonade



- 2 pints fresh strawberries
- 1 cup sugar
- 3 cups water
- 1 1/2 cups lemon juice

Place strawberries in container of food processor or blender; process until smooth. Combine sugar and water in saucepan; cook over medium heat until sugar is dissolved. Combine sugar mixture, strawberries, and lemon juice; mix well. Chill; serve over ice. Garnish with a fresh whole strawberry if desired.

Yield: Six 8-ounce servings.

Nutritional Analysis: 180 calories; 0 g fat; 1 g protein; 46 g carbohydrates, 0 mg cholesterol, 0 mg sodium



Summersville Day

11th Annual
2 Mile Run/1 Mile Walk
July 23, 2011

All participants will receive a t-shirt with their entry. Awards will be given to the overall & age group winners in the 2 mile run. There will be cash prizes (\$75, \$50 and \$25) to the top 3 male and female participants in the 2 mile run. Awards will be given to the top 10 male and female participants in the walk. Awards ceremony will follow the race. T-shirts will be mailed to those whom register late if supplies run out.

Age Groups for 2 Mile Run:

14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and older

If you have any questions or if you need a registration form contact Will Hodges at 270-932-6220

2011

County Homemakers Annual Meeting



Barbara Armitage was the guest speaker and had an uplifting message to "Bloom Where You are Planted"

Frances Mars is the 2011 Green County Homemaker Member of the Year.



Kim Arps is nominated as the new President of the Green County Extension Homemakers.



Dennis Scott enjoys the beautiful fruit arrangement made by Kim Arps.



Peggy Helton will be teaching a rag bottom weaving class on July 26 at 10:00 CT. Please call to register for the class. Cost is \$15. Each participant will need to bring 100 strips of fabric, cut or torn into 1 1/2 inch strips – 22 inches long. Any type of cotton fabric works well.

KEHA Members Support Kentucky State Parks and Win Prizes

Carolyn Poe, the KEHA Chairman for Cultural Arts and Heritage, is promoting the Kentucky State Parks as her program of work emphasis for 2011 to 2012. As a part of this program a **contest** is being held to encourage visitation at the more than 50 Kentucky State Resort Parks, Recreation Parks, and Historic Sites. The three top winners of this contest (those visiting the most parks) will receive a free weeknight at a Kentucky State Resort Park, 4 free admissions to a Kentucky Historic Site that charges an admission, **or** a \$25 gift certificate for use at the parks.

To participate in the contest KEHA members must track their visits **on the Contest Card** (if you wish to participate, please notify the office to receive a contest card). The following is required at each site: Date of visit, Kentucky State Passport Stamp from that specific location & Initials of the someone from the park (front desk or gift shop)

Only one stamp is allowed per location. Only cards stamped July 1, 2011 to February 29, 2012 will be eligible. Only one contest card should be sent for each person. Cards will not be combined.

Contest Cards must be mailed to Carolyn Poe (address on card) and postmarked no later than March 1, 2012. Winners will be announced at the 2012 Kentucky Extension Homemakers Annual Meeting. (You do not need to be present to win.)

FRIDAY FUN FOOD GROUP or (FFFG) is a new cooking program that will teach you how to do get down and dirty in the kitchen! We will focus on the basics to more complex topics! The first FFFG will be Friday, July 29 at 5:30 CT and the topic will be "Cooking with Herbs". Connie Gupton will be talking about herbs, what they are used for and we will preparing several recipes using different fresh and dried herbs. We have 20 seats available and the class is **FREE!** If you are interested please contact the Extension Office by Wednesday, July 27th.



Thought for the Month:

Save up summer memories to enjoy them on a cold winter day.

Roll call:

What was your favorite 4th of July memory?

**Lake Cumberland Extension Homemaker
Leadership Workshop 2011
Lake Cumberland Extension Homemakers
August 27
Russell County Natatorium-Russell Springs
8:30 a.m. (Central Time) - Registration
9:00 a.m. - 2:00 p.m. (Central Time) - Program**

HIGHLIGHTS OF THE DAY

Break-out Sessions

True Colors

Jennifer Bridge, Meade County FCS Agent

True Colors is a great way to find out more about your personality and how you interact with other people. This interactive session will include self assessment and the chance to see others in a whole new way!

Learning Styles/Personality

Jody Paver, Wayne County FCS Agent

People learn with a purpose! Those purposes are enhanced when learning takes place in an environment that brings out positive emotions and joy in learning. Designing learning activities with different learning styles in mind creates an atmosphere in which participants react positively and feel successful while acquiring knowledge to improve the quality of their lives.

Teamwork/Communication

Debbie Messenger, Cumberland County FCS Agent

Changing opinions on leadership have also meant changing opinions regarding the importance of followership. Leadership is much more about an effective relationship than it is the superior skills or traits of the leader alone. Communication has many important aspects. Today we will focus on non-verbal communication, speaking and active listening. To be sure you put your best foot forward, review each of these aspects.

County Success Stories (displays only)

Becky Nash, Taylor County FCS Agent

Each county is encouraged to bring a display showing successful membership recruitment ideas, programs, fund raising efforts, etc.

Homemaker Leader Training Sessions

2010 Dietary Guidelines, Pam York, Russell County FCS Agent

Don't Let Falls Get You Down, Kelli Bonifer, Adair County FCS Agent

Clothing Repair/Stain Removal, Debbie Shepherd, Casey County FCS Agent/Edith Lovett, Pulaski County FCS Agent

Crockpot Cooking, Anastasia Wheeler, McCreary County FCS Agent

Taming the Tube, Christy Nuetzman, Clinton County FCS Agent

The registration for the workshop is **\$10**.

For more information and to receive a registration form, please contact the Extension Office.

The Green County Homemaker's Extension Council meeting will meet the last Friday of every month.

We will begin promptly at 12:00 CST and will end promptly at 1:00 CST.

All club officers and chairman are invited. Please bring your own lunch!

July

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July 9: Food Preservation Boot Camp @ 8:30 CT

July 11: Couponing 101 @ 5:00 CT

July 19: Lunch-n- Learn Home Designing Basics with Linda Martel, Interior Designer/Space Planner @ 12:00 CT

July 26: Rag Bottom Weaving Class @ 10:00 CT

July 26: New Homemaker Club Meeting @ 5:30 CT

July 29: Homemaker Council Meeting @ 12:00 CT

July 29: Friday Fun Food Group: Cooking with Herbs @ 5:30 CT

EXTREME LEADER MAKEOVER

We will be going on a Leadership Retreat August 4-6 at Cumberland Falls State Resort Park. The cost is absolutely FREE. You only have to pay for your meals. We will be leaving Thursday, August 4th at 2:00 and will be returning Saturday August 6th. I can take a total of 10 people. We will be planning our new homemaker year, learning leadership skills and learning how to work with one another! Please call the Extension Office if you are interested at 932-5311.

*The office will be closed Monday,
July 4th in observance of
Independence Day!
Happy 4th of July!*

