



*Green County*  
**FCS Extension**  
August 2009

**Cooperative  
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**Second Sunday** is a statewide event that encourages all forms of physical activity within the local community and is designed to get Kentuckians moving.

### Background

Second Sunday is a statewide event that encourages all forms of physical activity in the local community and is designed to get Kentuckians moving. The University of Kentucky Cooperative Extension Service developed the Second Sunday idea after hearing about a similar program in Bogota, Columbia, in which hundreds of thousands of people participated in an outdoor exercise event. The inaugural event began in 2008 when UK Extension agents and community partners petitioned their local government officials to close a section of a county road for physical activity during the second Sunday of October. Second Sunday brought an awareness of the need for access to safe and convenient places for physical activity that promotes a healthy lifestyle in an otherwise poor health, sedentary population.

In just a few short months, Kentucky communities stepped up and achieved the unimaginable. Seventy counties closed a roadway or otherwise provided group physical activities on Second Sunday from 2-6 p.m. with over 12,000 Kentuckians participating. Second Sunday was defined as a platform to showcase community programs that are positively affecting health, economy, and environment. By using roadways that were already in place, local communities sent a compelling reason for investment in Kentucky's health and infrastructure. As a result, Second Sunday received meaningful local, state, and national attention.

Kentucky has a long, unfortunate history of having a high percentage of obesity and consistently ranks among the top 10 states for obesity-related diseases such as cardiovascular disease and diabetes. Second Sunday presents a compelling message of change from being a state of spectators to one of participants. It can serve as a first step to improving the physical, environmental and economic health of all Kentuckians by motivating Kentuckians to make positive lifestyle changes.

This year's event will be October 11, 2009. Governor Steve Beshear issued a 2009 Second Sunday Proclamation and Kentucky General Assembly resolutions of endorsement were sponsored by Sen. Katie Stine, R-Southgate, Rep. Tanya Pullin, D-South Shore and Rep. Susan Westrom, D-Lexington. People across the state will join on Second Sunday to show the nation that Kentucky is serious about improving its residents' healthy and promoting physical activity. Several communities have had similar events, but Kentucky is the first state to lead in this effort.

A healthy Kentucky is critical to a prosperous Kentucky. UK Extension and community leaders (from public health departments, YMCA, medical communities, civic groups, parks and recreation groups, school officials, chambers of commerce, non-profit health organizations and businesses, etc.) take pride in working together to keep good health initiatives moving forward for the benefit of local communities. Volunteer leaders can involve citizens in putting together a day that will benefit everyone by utilizing existing resources to improve Kentucky's future health. Second Sunday provides opportunities for families to spend quality time together while being physically active and develops a sense of community among participants.

### Second Sunday KY:

- ◆ Improves physical, economic, and environmental health of citizens
- ◆ Utilizes existing resources: roadways, trails, parks, etc.
- ◆ Is a platform for health and physical activity education
- ◆ Is a catalyst for community involvement
- ◆ Gains local, regional & national attention



## August is Cataract Awareness Month: Understanding your diagnosis will help you to take control of your vision loss

Has your overall vision become gradually blurred or faint, without any noticeable eye pain? Do colors appear duller than they did in the past? If so, you might have a cataract and it is important to know that you do not have to live with vision loss from cataracts.

Normally the lens in the eye is clear due to its makeup of protein and water. As people age, however, the protein can start to clump together and cloud the lens. This is a cataract and it blocks the passage of light that is needed for vision. Seeing with a cataract can be compared to looking through a window that is frosted or yellowed. A cataract can cause blurry or dimmed vision depending on where it is located in the eye. Cataracts usually grow slowly and without pain. Cataracts are detected through eye examinations; while eyeglass prescriptions may be helpful, surgery is the only way to remove a cataract. Most doctors agree that the best time to have a cataract removed is when it starts to interfere with things you like to do. It is not yet clear why the lens changes with age, but doctors do recommend ways in which to prevent cataracts.

There are many misconceptions about cataract. A cataract is not:

◆ a film over the eye ◆ caused by overusing the eyes ◆ spread from one eye to the other ◆ a cause of irreversible blindness

Common symptoms of cataract include:

◆ a painless blurring of vision ◆ glare or light sensitivity ◆ poor night vision ◆ double vision in one eye ◆ needing brighter light to read ◆ fading or yellowing of colors

Causes of cataract include:

◆ aging eyes ◆ family history ◆ medical problems, such as diabetes ◆ injury to the eye ◆ medications, especially steroids ◆ radiation ◆ long-term, unprotected exposure to sunlight ◆ previous eye surgery ◆ unknown factors

Suggestions for cataract prevention:

◆ Wear sunglasses or wide-brimmed hats to avoid ultraviolet exposure ◆ protect your eyes from trauma — wear safety glasses when situations call for them ◆ be cautious when using certain medications — prolonged use of steroids, tranquilizers, and psoriasis medication can cause cataracts when taken in large doses over a long period of time ◆ eat more fruits and vegetables ◆ avoid salty foods ◆ keep diabetes and blood sugar under control

avoid smoking, pollution, and heavy alcohol consumption

### Reference:

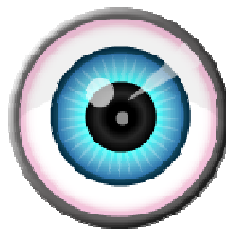
American Academy of Ophthalmology, 2007

Mayo Clinic, 2009

National Eye Institute, 2009

Review of Ophthalmology, 2004

**Source:** Amy F. Hosier,



## Back to Healthier Schools for Younger Kentuckians

In 2008, County Extension Agents for Family and Consumer Sciences visited 126 Kentucky schools to conduct a survey assessing the environment for healthy eating and active living. Since the first Kentucky school nutrition survey was conducted in 2002, elementary and middle schools report significantly fewer vending machines available for student use. High school vending machine availability to students did not change significantly. Elementary and middle schools also report a significant reduction in the use of food as rewards, while high schools report a considerable increase in this practice. Pizza, candy, ice cream, and soda are the most common foods used as student rewards. Some elementary and middle schools report using fruit as a reward, but no high schools report using this healthier option. Concerns about a healthy weight for Kentucky children have prompted many Kentucky schools to create an environment to promote healthier eating. While elementary and middle schools have made significant progress, high schools may need to review wellness policies and practices to promote good health.

**Source:** Janet Tietyen, Extension Specialist for Food and Nutrition, University of Kentucky College of Agriculture

Extension Specialist for Family Life, University of Kentucky, College of Agriculture

## Children's trends in electronic media use

Researchers find that many children have far too much TV in their lives. Twenty-five percent of 8 to 18 year olds live in families where the TV is on all day. They watch during meals. The TV is on even when no one is watching it. In these homes, parents do not try to control the use of media at all. Children in those homes say they use media a great deal. They use all kinds of media over 2 hours more than children whose parents limit television and other media.

Young people who earn high grades spend less time with media than students who earn lower grades. However, there is less difference in media time between the two groups than in similar research five years ago. In a 2004 study children, who reported feeling well adjusted and contented, used media less often. Children who were less satisfied with their lives used media more.

Children are multi-tasking. Nationally, 81 percent use two or more forms of media at the same time. For example, they may listen to music, watch TV, read, and email all at once. Children are more likely to multi-task if they report heavy use of media. They also will multi-task more if they can see a TV while they use a computer. Also, children who live in homes where several TVs are left on all day are more likely to multi-task. Those who are easily bored and who constantly look for stimulation are more likely to multi-task, as well.

What can parents learn from these recent studies?

- \* This is the "media generation." On average, children and youth today spend more time with various forms of media than in any other activity except sleeping.
- \* Young people are media multi-taskers. Computers now have many functions and can connect with still other devices. It is now easy to do several activities on the computer at the same time.
- \* Parents who want to preserve family time must limit the number of TVs, computers, and other media in the home. Televisions and computers should not be permitted in children's bedrooms.
- \* Parents must learn how to use various forms of media and regulate the content their child sees.
- \* Parents must make and enforce rules about time spent with media.
- \* Parents must provide a home filled with love, trust, open communication, and consistent discipline.
- ◆ Parents should try to spend quality time with their children. They should find interesting activities inside and outside the home to stimulate children's minds.

### Reference:

Roberts, D. F. & Foehr, U. G. (2008). Trends in media use. In J. Brooks-Gunn & E. H. Donahue (Eds.), *Children and electronic media. The Future of Children*, 18 (1), (pp. 11-37). Retrieved 10/20/08 from [http://www.futureofchildren.org/usr\\_doc/18\\_02\\_Roberts...](http://www.futureofchildren.org/usr_doc/18_02_Roberts...)

**Source:** Carole Gnatuk, Extension Child Development Specialist, University of Kentucky, College of Agriculture

## Family Fun Month

Have you ever heard the saying, "the family that plays together stays together?" Even though we might have heard this or know it is true, it is not also easy to find the time to play together. This is why it is no surprise that August is National Family Fun Month. The kids are out of school and lots of parents are trying to take vacation time. August is a month that may provide that precious time to enjoy your family.

During August, try to do something together as a family to have fun together. Think of something new and exciting that your family can do. Don't just sit down and watch TV together. Here are some ideas for all families and budget. Take a vacation or go camping. Visit relatives or family friends. Spend time in the yard running through a sprinkler! Make a kite together and go fly it at a park. Play a board game together after dinner. Bake cookies together or have each person make an item for a meal and then eat the meal together. Go bowling or visit the zoo together. Hold a family movie night where each family member gets to show their favorite movie on a given night with every other family member watching it. No matter what you do, though, make sure you laugh together and share how much you appreciate each other. We are never too busy to take time to share a laugh or love with our families!

**References:** Madison Public Library (2009). Events and Programs: Family Fun Month, August. Available at <http://www.madisonpubliclibrary.org/calendar/august/familyfun.html>.

The Arbors of Central Park (2008). Resident News: Family Fun Month. Available at <http://www.arborscentralpark.com/news/2008/08/family-fun-month.html>.

**Source:** Kerri Ashurst, Extension Specialist, University of Kentucky, College of Agriculture

**Thought for the Month:**

*“Truth hurts not the searching after; the running from!”  
John Virgil*

*Roll call:*

*Name your favorite color.*

**Novel Herb Flavors at the Farmer’s Market**

Herbs are a healthy way to add flavor and color to your summer menu. Visit the farmer’s market and local suppliers of plants and seeds to look for novel varieties such as lime or cinnamon basil. Use fresh cut lime basil from the farmer’s market in tuna salad or salsa. Cinnamon basil adds a punch of spice flavor to salad greens or tomato sauces. Lemon balm or apple mint can give iced tea a zesty twist. Summer savory gives grilled beef a peppery flavor. If your local market does not carry cut herbs, consider growing some of your own next summer. Local nurseries and seed purveyors may stock rare or heirloom varieties of herbs. There are also many online sources of herb seeds. Check with your local Extension office for advice on the many sources and uses of culinary herbs.

Source: Janet Tietyen, Extension Specialist for Food and Nutrition, University of Kentucky College of Agriculture

**Eating for the Earth**

Many food consumers are looking for ways to practice “sustainable eating” by making decisions about food purchases with their “carbon footprint” in mind. Reusable grocery and shopping bags are a common sight. Perhaps the most popular way to improve your diet and strengthen the local economy is regularly go to your farmer’s market. Shopping seasonally for locally grown produce, meats, dairy products, eggs, and baked goods may change the way your family thinks about food and eating. At the grocery store, try looking for regionally produced foods. For example, Kentuckians might choose canned tomatoes products from Indiana rather than California. Some items, like coffee, may be labeled as “fair trade”. Choosing fair trade products can help support family farms with living wages and an opportunity to maintain a rural lifestyle. You can also purchase food products in bulk and then portion out a serving in a reusable container. Fast food outlets rely on disposable cups and paper packaging rather than reusable eating and drinking containers. When you eat out, choose a place with real plates and utensils. If we each make a few changes, the human impact of eating on this earth can be reduced.

Source: Janet Tietyen, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture

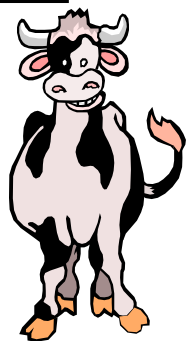
**August**

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30	31					

Town & Country Homemakers meeting August 10<sup>th</sup> at the home of Susan Vidal's, 6:00 CST. Meeting at IGA parking lot to car pool.

- August 8: Community Workshop @ 9:00-12:00
- August 8: Coupon Club @ 9:00
- August 8: Coupon Class @ 11:30
- August 11: Needlework @ 9:00
- August 11: Small Steps Support Group @ 10:00
- August 11: T-shirt Quilt Class @ 4:00
- August 14: 2<sup>nd</sup> Sunday Planning Meeting @ 12:00 noon
- August 17: Scrapbooking Class @ 1:00
- August 18: Adult Day Care @ 9:15
- August 18: Adult Day Health @ 10:00
- August 24: Basket Class @ 4:00
- August 25: Needlework @ 9:00
- August 25: T-Shirt Quilt Class Part 2 @ 4:00
- August 26: Green County Quilt Guild @ 10:00
- August 28 & 29: Heritage Skills Retreat, Jabez, KY

If you are interested in helping at the Cow Days booth or the parade, September 18 & 19, please call the Extension Office.



*If you have questions regarding the newsletter, please feel free to contact Audrey Myers, County Extension Agent for Family & Consumer Sciences.*

*Audrey Myers*