

Laurel County Homemaker

200 County Extension Road, · London, Kentucky 40741 · (606) 864-4167

FEBRUARY 2009

RECIPES FOR SAFER COOKING

Our February Homemaker Leader Lesson is "Recipe for a Safer Cooking," taught by Renata Farmer, FCS Agent for Knox County. The lesson will be taught on Tuesday, February 24th at 10:00 a.m.

WEIGHT THE REALITY SERIES



Weight the Reality Series is a 10-week program to help you design a real way to think about your body. Based on the latest research, this program gives you more options to create a weight loss plan

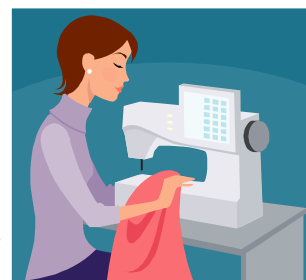
that will work for you. Weight the Reality Series will be taught on Mondays from February 2nd - April 13th at 10:00 a.m. or 6:00 p.m. Cost is \$10.00 per person. Participants will be required to weigh in each week and weight gains will cost \$2.00. All money will be held in a "pot" and will be awarded to the individual that has the largest weight loss. Registration is required by February 1st. Please call 864-4167 to register (Please make sure and note which class you will be attending.)

EDIBLE LANDSCAPES

Join the Master Gardeners and this local foods class and learn how to create your own edible landscape by using fruit and

vegetable bearing plants, herbs, and edible flowers throughout your yard to turn the traditional lawn into a more utilitarian space. This class will be held on February 3rd at 6:30 p.m. at the Laurel County Public Library. Cost is FREE, but registration is required. Please call 864-5759 to register.

SIT AND SEW



Now that the rush is over and you are recovering from the holidays just remember that there are only 11 more months until the holidays come again! So don't put away those unfinished sewing and craft projects bring them and your lunch and come join the fun as we work on our projects together. Sit and Sew will be held on February 17th from 10 am - 2 pm at the Extension Office. A short sewing lesson will be offered at 2:00 pm.

WHO GETS GRANDMA'S YELLOW PIE PLATE?

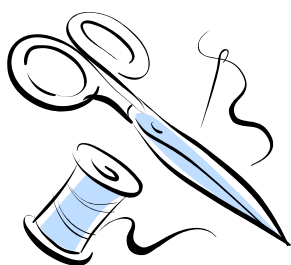
Everybody has old family photos, doll collections, dishes, guns, knife collections, old quilts and other family heirlooms (non-titled personal property) but have you ever thought about what happens to your personal belongings when you die? Who decides who gets what? The transfer of

non-titled property often creates many challenges among family members. Come join this class on February 12th and February 19th at 6:00 pm to learn how to deal with some of these issues. The class is \$15.00 per person and require registration. Please call 864-4167 to register.

ANTLER BASKET

Participants will learn how to use antler's to make the handle of this basket. This basket will make a stunning addition to your collection of handmade baskets and/or will make a great gift for that special person. This class will be taught on February 21st at 9:00 a.m. Cost is \$50.00 per person which includes all supplies. Participants need to bring basic basket making supplies. Please call 864-4167 to register.

SEWING BASKET



Come learn how to make this large attractive and functional sewing basket. This basket will provide a place for you to store your sewing supplies neatly and organized. Cost is \$80.00 per person and includes all supplies. The class will be taught on March 13th from 10:00 a.m. - 3:00 p.m. at the Extension Office. Registration and a \$40.00 deposit are required. Please call 864-4167 to register.

NO SEW ROMAN SHADE

Come join this class and learn how to make a workable roman shade. Participants will go home with a sample shade that can be adapted to create

shades to fit any size window. Cost is \$15.00 per person which includes all supplies. The class will be held on March 17th from 2-4 p.m. Please call 864-4167 to register.

SHAKER TAPE FOOTSTOOL

Join us for this hands-on weaving class. This footstool is gorgeous with its checkerboard pattern using coordinating colors of shaker tape. This class will be held on March 18th at 10:00 a.m. Cost is \$25.00 per person which includes all supplies. Participants need to bring scissors, needle-nose pliers, a bone awl or smooth edged butter knife, along with a sack lunch. Please call 864-4167 to register.

BAGS AND RUGS FROM PLASTIC GROCERY BAGS

Come join the new HM specialty club "Hooks and Crooks" and learn how to make a fashionable bag or rug out of plastic grocery bags. The class will be held on March 19th at 10:00 am at the Extension Office. Cost is FREE, but participants need to bring grocery bags, scissors or a rotary cutter and mat, and a size M crochet hook. For more information, please call 864-4167.



GLASS BEAD NECKLACE

Enjoy creating, working with beads, wearing different or unusual jewelry? Join us and make a glass bead necklace that you can wear with confidence and pride. This class will be on March 27th from 9:30 am - 12:30 pm. Cost is \$12.00 per person which includes all supplies. Call 864-4167 to register.

MORE CLASSES COMING UP

Seed Starting - February 17th
Digital Photography Workshop - February 28th
Look Before You Leap - March 13th
Home Vegetable Gardening - March 16th
Herbs, Herbs, Herbs - March 24th

For more detailed information on these classes check your Community Education catalog or call the office at 864-4167.

SEWING EXPO

On April 14th and 15th, Cooperative Extension Service will host their annual sewing expo, "It's Sew Fine: For Home and Family." The event will be held at General Butler State Park in Carrollton, Kentucky and will have something for all sewers: home decorating, fashion and quilting. Enclosed you will find a brief listing of all classes, but for more detailed information please call the office at 864-4167 or go to <http://ces.ca.uky.edu/owen>.

KENTUCKY ACADEMY



Our Extension Homemaker International Project this spring is supporting the Kentucky Academy, a kindergarten located in Ghana, Africa. This school started by a professor at the University of Kentucky is in great need of help and the children are eager to learn. The Laurel County Homemakers will be collecting money

and school supplies for these children through the month of March. If you would like to help support these children, please bring your donation to the office by March 31st. Please make sure and note which club the donations are from. Here is the wish list for the Academy:

<u>Building Maintenance</u>	3,300.
(Includes painting, repair of concrete cracks, reconfiguration of windows and construction of erosion slab)	
<u>Furniture Upgrade</u>	600.00
<u>Install Electricity</u>	800.00
<u>Total Upgrades</u>	\$4,700.00

If your club would prefer to send school supplies they are requesting individual school supply bags. Please put one of each item in a 2 gallon zip-loc bag. (Money is also needed to ship the school supplies.)

- Composition notebook
- Primary paper
- Regular notebook
- One pkg. of Pencils
- One pkg. of colored markers
- Erasers
- Pencil sharpener
- ruler
- One pkg. of Moist towelettes and/or hand wipes
- Stickers suitable for kindergarten age
- Youth toothbrush and toothpaste

GET HEART SMART

Do you know the #1 cause of death in Kentucky and the United States? It is cardiovascular disease. In 2001, an estimated 38% of all deaths in Kentucky were due to cardiovascular disease. One in nine women from ages 45 to 64 have some form of cardiovascular disease,

and this ratio increases from one in three at age 65 and up. In fact, almost 39% of all female deaths in America occur from cardiovascular disease. Women have any chest discomfort or chest pain should immediately see their doctor and ask for



the appropriate tests to make sure they are ok. Insist on your heart being checked out. It is not uncommon for women to report less typical symptoms than men before a heart attack. Women often experience symptoms such as indigestions, heartburn, fatigue, or jaw or shoulder pain. Do not let your doctor dismiss your concerns as nothing serious, or due to anxiety or stress. If you doubt, get it checked out!

Heart Attack Warning Signs

Chest Discomfort

- Discomfort in the center of the chest that lasts for several minutes
- Chest pain that comes and goes
- Uncomfortable chest pressure that may feel like a squeezing, fullness or pain

Upper Body Discomfort

- Discomfort or pain in one or both arms, the back, jaw, neck or stomach

Shortness of Breath

- With or without chest pain
- A cold sweat
- Nausea
- lightheadedness

The American Heart Association recommends that even if you are not sure that your symptoms may be from a

heart attack, have them checked out. In this situation, every minute matters! Calling 911 and emergency medical treatment is usually the fastest way to get lifesaving treatment.



Emergency medical services paramedics will begin treatment immediately when they arrive and are trained to revive someone in the event their heart stopped. If you can't get emergency medical services, have someone drive you to the hospital. Don't drive yourself unless there is absolutely no other option. Heart disease does not care if you are a male or female, rich or poor. It is an equal opportunity killer. You don't have to be a statistic! You CAN'T change your age, gender, ethnicity or family history. But there are some things that you CAN do and some changes you CAN make:

- Stop smoking
- Keep your cholesterol level low
- Adopt a healthy diet that is low in fat and high in fruit, vegetables, and fiber
- Lose weight
- Keep your blood pressure in check
- Engage in regular physical activity
- Ask your doctor about taking an aspirin a day
- Reduce your stress level

Judi Cissell O'Bryan

Judi Cissell O'Bryan
Laurel County Extension Agent for
Family & Consumer Sciences



Disabilities accommodated with prior notification.

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