

FAMILY & CONSUMER SCIENCES



FCS NEWSLETTER JULY 2010

Cooperative
Extension Service
Mercer County
1007 Lexington RD
Harrodsburg, KY 40330
(859) 734-4378
Fax: (859) 734-4379
<http://ces.ca.uky.edu/mercer>

RETURN SERVICE REQUESTED



Happy Summer!

There is much information in this months newsletter about what to do with your summer time and how to be safe when enjoying this season. Its also county fair time and that means getting you entries ready for Floral Hall. Catalogs, registration sheets and tags can be picked up at the office anytime Monday thru Friday from 8 am to 4:30 pm (we are closed for lunch from 12-1 pm some days—just give us a call and we'll let you know).

If you are canning it is probably well under way, but consider getting your equipment tested soon. With a new testing gadget, I can test dial gauge canner lids in a matter of seconds. Call ahead to schedule a time or drop your lid off. I can test and have it ready to return to you in 24 hours. Of the few I have tested already this year, I have recommended that three of them be replaced because they are more than 3 pounds (of pressure) off. It is very important that your gauges read an accurate pressure to ensure a safe product for you and your family.

Thanks so much,

Luci Hockersmith,
County Extension Agent for Family & Consumer Sciences



County Fair Orientation...

New this year, an orientation for newer volunteers will be held on Monday, July 19, 2010 at 10 am and will conclude by noon. This orientation is to review the check-in and check-out processes as well as the revised forms for this year, day and night supervision among other things. It would be helpful for any one to attend, but especially those with less than 5 years experience volunteering at Floral Hall as well as those who have never helped out before but would to do so. Please register by calling 734-4378. Your attendance is appreciated.

DATES

JULY

- 5—OFFICE CLOSED
- 6—Fiber Arts OPEN, 2 pm
- 7—District Board MTG
- 8—Fiber Arts Guild, 6:30 pm
- 10—OPEN quilting, 9 am - whenever

**

- 12—Franklin Co Fair Floral Hall
- 13—Wilderness Trace Quilt Guild, 7 pm

**

- 19—Mercer Co Fair Floral Hall ORIENTATION for volunteers, 10 am
- 20—Anderson Co Floral Hall
- 22—Fair Set-Up: Livestock Shows, 8:30 am
Volunteers welcome!
- 23—Fair Set-Up: Floral Hall, 8:30 am
Volunteers welcome!

**

COUNTY FAIR WEEK

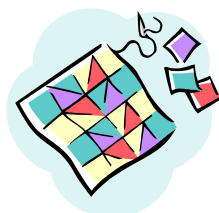
- 26—Floral Hall Entry Check-In, 8am-noon
- 26—Floral Hall open to the public, 5:30-9:30 pm
- 27—Floral Hall open to the public, 10am-2pm
- 27—Floral Hall open to the public, 5:30-9:30 pm
- 28—Floral Hall Entry **Check-Out, 8am-noon**
- 29—Floral Hall Entry Check-In, 8am-noon
- 29—Floral Hall open to the public, 5:30-9:30 pm
- 30—Floral Hall open to the public, 10am-2pm
- 30—Floral Hall open to the public, 5:30-9:30 pm
- 31—Floral Hall Entry **Check-Out, 8am-noon**

For more info, call
the Mercer County Extension Office: 859.734.4378



Attention Quilters!

An exciting 3-day shop hop is scheduled for October 21, 22, & 23, 2010. Benefits including discounts, free patterns, gas cards, gift baskets, and numerous other prizes are available at each shop. One lucky participant will win a new state-of-the-art sewing machine. Passports may be obtained at any of the participating shops located in Lexington, Winchester, Mt. Sterling, Elizabethtown, Morehead and Clarkson, KY . You can get more information at www.heartofkentuckyquiltshophop.com



Fabric: Habitat for Humanity

A yard sale to benefit Habitat for Humanity will be in the Burley Tobacco warehouse building for the 127 yard sale – Friday, Saturday and Sunday. There will be lots of wonderful fabric and will even have entire bolts which can be sold by the yard also. So get your \$\$\$\$ ready and help out.

The **Kentucky Master Volunteer in Clothing Construction Program**, sponsored by your county Extension office and the University Of Kentucky, College Of Agriculture, has begun recruiting volunteers for its statewide training this fall. If you like to sew and to work with people, think about applying and joining us for sewing fun, food, and fellowship at the statewide training. The 2010 training will be **November 2 – 5 at the Lake Cumberland 4-H Educational Center**. The Kentucky Master Volunteer in Clothing Construction Program is designed specifically for individuals with an interest in and basic knowledge of sewing. Selected candidates will attend the intensive three-day training in November. Candidates are selected on the basis of potential success in the program. In addition to having basic knowledge and skill in clothing construction, requirements include having the ability and desire to work with and help others and a willingness to commit to the program for a period of 24 months. If you enjoy sewing and like to work with people, this program may be right for you! If you are interested in receiving additional information about the program, please contact Luci Hockersmith by calling 859.734.4378 at the Mercer County Cooperative Extension Service or current Mercer County Master Clothing Volunteer AnnaBelle Ulshafer at 859.734.0270

Great Ideas for Family Time during the Summer

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

Summer is a great time to do things together as a family! There are many things you can do to enjoy being with one another. As the kids finish school for summer, sit down as a family and set aside some time, without distractions to make some plans for things to do together. Involve all ages! When kids feel like they have a voice in the planning, they will be more interested in making it happen and in being involved.

As you start planning, first pick several activities that everyone in the family agrees on doing this summer. Make a strong commitment to follow through with the ideas you choose and to have involvement from every family member. Then decide when you will do the activities you choose. Is a certain activity better for a rainy day? Is it better for the weekend? How much time will be needed from family members for the activity? Making these decisions at the beginning will help you make your ideas become reality and will give everyone something to look forward to during the summer.

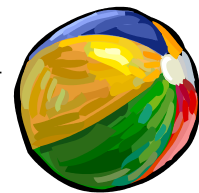
Here are just a few ideas to get your family started:

- Plan a summer celebration. Choose to hold it on some day that is important to your family. Use your imagination to pick something everyone in your family will like.
- Create a scavenger hunt out of a walk in your neighborhood. Have a list of items for each family member to look for and write down who finds each item along the way. Let the winner choose what you will eat for dinner or make a family trophy for the winner.
- Find a farm in your area that allows you to come to pick fresh fruits or go to a local farmer's market together. Let each family member pick out a favorite, nutritious food.
- Go fishing together, plant a garden together, or make something in the kitchen together. All of these are great ways to spend time together and share lots of smiles.

There are many more ideas that your family can do together. Time spent together as a family has many rewards. It helps you bond with each other. It helps parents see their children do new things and have a chance to praise them for their success. Most importantly, it gives your family a chance to have fun together and laugh together, instead of doing all the things we have to do every day of our lives.

Aluminum Tab Collection: May-June Donations

Marilyn Powell
Dylan Combs
Madrene Houy
Pat Sweasy
Jean Ann Riley
Vivian Landrum
Gladys Harlow & friends



Summer Fun for Grandparents and Grandchildren

Source: Amy F. Hosier, Extension Specialist for Family Life, University of Kentucky, College of Agriculture

School is out and summer is here! Have you thought about what to do when your grandchildren come to visit? Summer is a great time for outdoor activities and Kentucky is great for picnicking, hiking, fishing, swimming, and visiting historical sites and nature centers. If the



weather is bad or too hot or humid, there are plenty of indoor activities too. It is fun to learn a new recipe or try a family favorite. You can go bowling, participate in volunteer activities, or teach each other a craft. Be sure you and your grandchildren know and

are aware of safety before and during an activity. It is a special opportunity for both grandparents and grandchildren to spend time together. There is much to be learned and shared between these two generations. Be sure your activities are appropriate for the age of your grandchildren and try to allow school-age children to help you plan activities. While you interact, tell your grandchildren about the "good old days" and your childhood experiences. Share with them what their parents did when they were young. It is also important to listen to your grandchildren and learn about the things in which they are involved. Spending time together allows you to learn about each other's values and beliefs. Many fond memories are formed during summer vacations for both generations. Such memories can be even better preserved by writing down stories, keeping journals, and even scrapbooking your time together.



Physical Activity Does Not Go On Vacation

Source: Nicole Peritore, Get Moving Kentucky Coordinator, University of Kentucky, College of Agriculture

If you are heading to the beach for a vacation this year, it does not mean you have to give up on your regular physical activity and exercise. In fact, there are several activities you can do seaside to increase the calories you burn while on vacation.



Walking on the beach – the sandy surface of the sea shore actually has some give to it, which makes walking, and even running, a little less stressful on your joints. If the shoreline is at an angle however it may feel uncomfortable. Try to walk or run on a flat part of the beach. If you are walking and picking up seashells you will get even more exercise. The motion of bending over will work your lower back and the top of your legs. Just remember to bend your knees slightly as you bend down.

Swimming – If you are a swimmer, you may enjoy swimming out in the ocean. Swimming is great exercise and very easy on your joints. There are a few hazards to be aware of: sea life, such as jellyfish and rip tides that could carry you out, away from shore. Please remember to always have a buddy when you are out in the water or make sure that a lifeguard can see you.



Other activities – There are many games and other activities commonly played on the beach that burn calories and are lots of fun for the whole family. Building sandcastles or digging in the sand provides resistance that can work your upper body. Many beach games such as paddleball, tag, or volleyball are all great ways to increase your heart rate. Throwing a ball or a plastic disk out on the beach is a great way to work both your upper body and increase your heart rate.

As you prepare for vacation do not forget about getting regular physical activity. At the beach there are still plenty of ways to enjoy your vacation and burn a few extra calories.



Summertime Safety for Families

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

Welcome to summer! Summer is a wonderful time of year. It is a time for family vacations or picnics. It is also a time for kids to play and enjoy outdoor activities. However, outdoor fun carries many risks for injuries from safety hazards.

Here are some things to think about this summer so that your family can be prepared.

- There are lots of injuries involving bicycles and skateboards. Be sure your kids wear protective pads and helmets.
- Take the sun screen. No matter where you go and no matter what age you are, keep a bottle of sun screen in the car or in a bag to be sure it goes wherever your family goes.
- Do you have teens? Talk to them about drugs, alcohol, and sex. There is a lot of unsupervised free time in the summer. Teens may experience more pressure to experiment with drugs and alcohol or pressure to have sex at gatherings where there is no supervision. Talk to them handling these situations before they happen. This will help prepare them and what they will say and do if they are faced with a difficult situation.
- Think water! Water is so important for to us hydrated when we are hard at work or play in the heat. Water can also pose many dangers. Make sure children are always supervised at the pool or the lake. Make sure they have plenty of water to drink to keep from getting dehydrated.
- There may be times, especially in the summer, when your kids have to be home alone. One of the most important things they need to know is to never answer a door to a stranger when they are home alone.
- Monitor Internet use! This is an issue all times of the year, but children and teens may be spending more time online during the summer. Talk to them about the sites they are viewing. Make sure they know not to ever post information online about being home alone or give their passwords to someone else.
- Take care at the playground. Supervise kids at all times while at the playground. Make sure younger children do not play on equipment that is not age-appropriate for them. Finally, make sure the playground has a cushioned surface beneath playground equipment like mulch or sand.
- Don't forget the bug spray! Insects and bugs can be more than just an irritation. They can cause allergies or be very harmful due to diseases they carry.