

RETURN SERVICE REQUESTED

**FAMILY & CONSUMER SCIENCES**

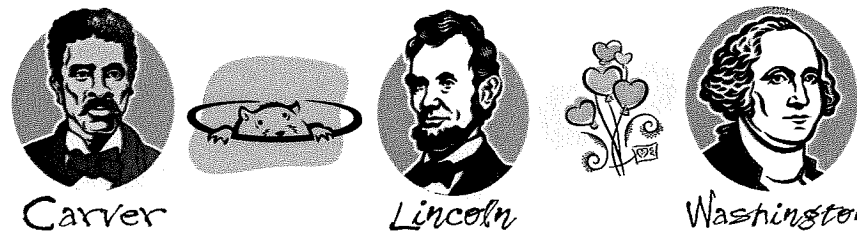


**FCS NEWSLETTER  
 FEBRUARY 2010**

Dear Extension Homemaker,

It's hard to believe one month has passed in the new year. The ball is rolling and there's so much to do at your Mercer County Extension Office. Just peruse this issue and see how much we have to offer; just have your calendar handy. New programs are getting started every day. I hope to see you soon!

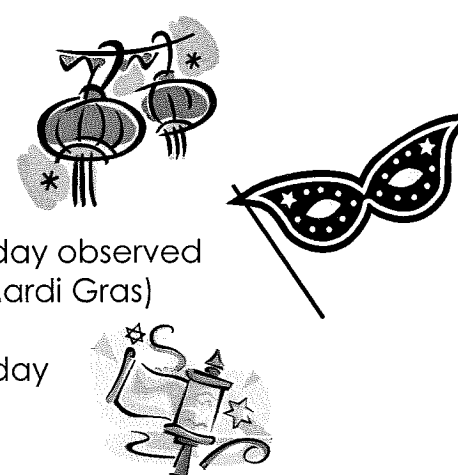
Thanks so much,  
*Luci Hockersmith*  
 Luci Hockersmith,  
 County Extension Agent for Family & Consumer Sciences



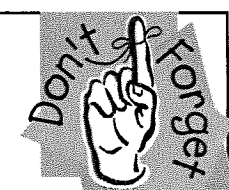
**DID YOU KNOW...**  
 about these significant February holidays:

SOURCE:  
<http://www.infoplease.com/year/calendar-2010.html>

- Black History Month
- 2—Groundhog Day
- 12—Lincoln's Birthday
- 14—Valentine's Day
- 14—Chinese New Year
- 15—Washington's Birthday observed
- 16—Shrove Tuesday (Mardi Gras)
- 17—Ash Wednesday
- 22—Washington's Birthday
- 26—Mawlid al-Nabi
- 28—Purim



**DATES**



**FEBRUARY**

- 2—Fiber Arts OPEN, 2 pm
- 4—Interagency Council, 12 pm
- \*\*
- 8—Leadership Appreciation Breakfast, 7 am
- 8—Mentor Sewing, 1 pm - 3:30 pm
- 9—Diabetes Support Group, 11 am
- 9—Fiber Arts OPEN, 2 pm
- 11—Fiber Arts Guild, 6:30 pm
- 13—OPEN quilting, 9 am - whenever
- \*\*
- 16—OPEN sewing day, 9 am - 3 pm
- 16—Fiber Arts OPEN, 2 pm
- 18—Community Advancement Partnership (CAP) Mtg, 10 am
- \*\*
- 22—Mentor Sewing, 1 pm - 3:30 pm
- 22—OPEN Sewing night, 5 - 9 pm
- 23—Fiber Arts OPEN, 2 pm
- 24—SPECIAL PROGRAM:  
 Go Green at Home, 2 pm
- \*\*

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

**What is that?**

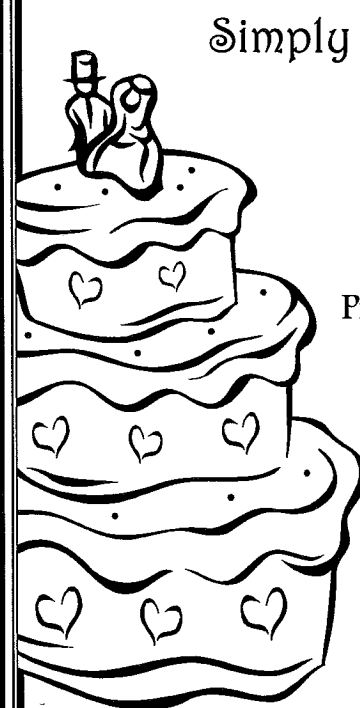
**Fiber Arts OPEN:** a time anyone can come in, learn more about knit and crochet skills, or work on something of your own with others  
**Mentor Sewing:** a time for sewing across generations, i.e. mom and daughter or grandma and mom...come learn in pairs to help each other out  
**OPEN quilting:** a time for anyone to come in, learn about or work on quilting  
**OPEN sewing:** a time for anyone to come in, learn about or work on sewing skills

**Extension Homemaker Club Meetings**

- FEB 8  
 New Fairview, 7pm
- FEB 9  
 Special Interest:  
 Wilderness Trace Quilt Guild, 7 pm @ Ext Office
- FEB 10  
 Pioneer Burgin, 1 pm
- FEB 11  
 Newcomers, 10:30am  
 Ebenezer, 12pm  
 Special Interest:  
 Fiber Arts Guild, 6:30 pm @ Ext. Office
- FEB 16  
 Echo, 12:30 pm

As announced, Kountry Krafters

Is your club information correct? Contact the extension office at 734.4378 to have your meeting location(s) listed in the newsletter.



**Simply Beautiful.  
 Simply Bridal Show.**

Saturday, March 20  
 1 - 4 pm  
 Providence Christian Church  
 Nicholasville, KY

~fashion show

~door prizes

~wedding professionals

Register at [KentuckyPerfectWeddingGuide.com](http://KentuckyPerfectWeddingGuide.com)

Presented by UK Cooperative Extension Service

## REMINDER:

### 2010 KEHA State Meeting

**DATE: May 10-13, 2010**  
**LOCATION: Hyatt,  
Lexington, Kentucky**

#### RESERVATION INFORMATION:

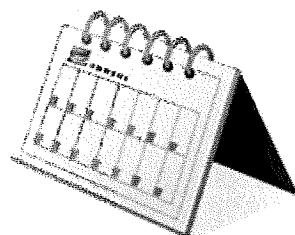
BY PHONE: 859.253-1234 or  
800.233.1234

Request the Kentucky Extension  
Homemakers Association (KEHA)  
group rate  
Rate: \$109 + tax single to quad.

Reservations must be made by  
April 9, 2010  
to receive this special rate

## Other coming events...

- ◆ **Area Cultural Arts**—Thursday, February 25 at the Jessamine County Ag Learning Center...Check in from 9:30 – noon...Pickup of items – 3:30 pm
- ◆ **Bridal Show**—Saturday, March 20 from 1–4 pm at Providence Christian Church in Nicholasville, KY
- ◆ **Estate Planning Workshop**—coming in March at the Mercer County Extension Office
- ◆ **Spring Council Meeting and KEHA state meeting planning**—Wednesday, April 7 at 9:30 am. Afternoon will be a "work afternoon" for welcome gift for KEHA bags (more info to come)
- ◆ **MORE BARN QUILTS**—we are working with Kendra Horn at Mercer's 9th Grade Academy to complete nine more quilt squares with her Introduction to Agriculture classes...you've been patient and we appreciate it. Our dozen should be complete and hanging by summer
- ◆ **Fort Harrod Area Craft Camp**—June 4-6 at the Lake Cumberland Educational Center (formerly known as the KY Leadership Center)

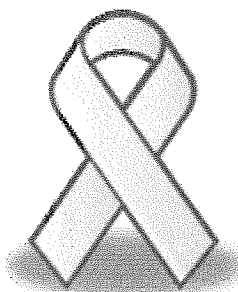


## DID YOU KNOW... ...about ribbon colors

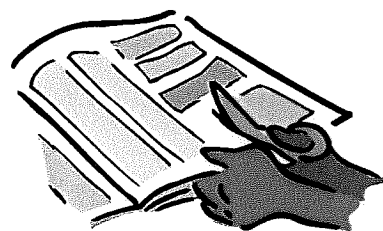
Resource: About.com: Quilting  
Source: Marjorie M. Baker, Extension Associate for Clothing and Textiles, University of Kentucky, College of Agriculture

We see pink ribbons everywhere, and most of us know that the color pink represents breast cancer awareness. You might not be familiar with the other ribbon colors that are used to promote awareness for different cancers and diseases. Although some colors are used for several purposes, this list focuses on disease awareness.

Black Ribbons: Melanoma  
Dark Blue Ribbons: Colon Cancers  
Gold Ribbons: Childhood Cancer  
Gray Ribbons: Diabetes & Brain Cancer  
Green Ribbons: Kidney Cancer  
Green/Blue Ribbons: Mental Health Awareness  
Jade Ribbons: Liver Cancer & Hepatitis  
Jigsaw Puzzle Ribbons: Autism  
Lace Ribbons: Osteoporosis  
Lime Green Ribbons: Lyme Disease  
Orange Ribbons: Leukemia, Multiple Sclerosis  
Periwinkle Ribbons: Hypertension & Stomach Cancer  
Pearl Ribbons: Lung Cancer  
Pink Ribbons: Breast Cancer  
Pink, Purple & Teal: Thyroid Cancer  
Purple Ribbons: Prostate Cancer, Testicular Cancer  
Red Ribbons: AIDS/HIV & Heart Disease  
Silver Ribbons: Parkinson's Disease  
Sky Blue Ribbons: Prostate Cancer  
Teal Ribbons: Ovarian Cancer  
White Ribbons: Bone Cancer



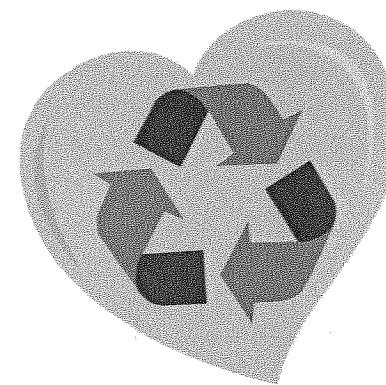
## COUPON101



Would you like to save money using coupons at the grocery? Attend Couponing 101 to find out how!

Join us on Thursday, February 18  
at the Jessamine County Extension Office  
from 12 -2 pm  
for a FREE program and light lunch!

RSVP by Feb. 15<sup>th</sup> to 859-885-4811



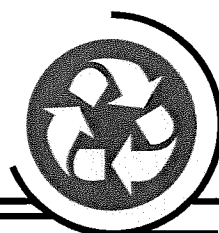
## Green Tips for Valentine's Day

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky, College of Agriculture

Valentine's Day can be costly, not only to our pocket books but also our environment. Think green this Valentine's Day. These tips will help you treat your pocket book and the Earth right on this romantic night:

- Each year, approximately 180 million Valentine's Day cards are exchanged. That's a lot of cards, and a lot of waste. This year, before purchasing a card, consider making a card from recycled or natural materials. Don't have time to make a card, send an e-card. Many online e-cards are free.
- Instead of going out to eat in a restaurant, plan a candlelit dinner at home. Use locally grown foods and products if possible. Visit the Kentucky Proud web site at [www.kyagr.com/kyproud/](http://www.kyagr.com/kyproud/) to find local cheeses, wines, and more.
- Not sure what to buy that special someone? Why not give a gift certificate to clean the house, wash the car, or watch the kids for an afternoon.

These simple tips will show your loved one, and our environment, how much you care.

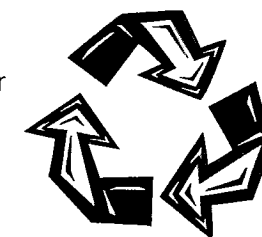


## E-Scrap

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture

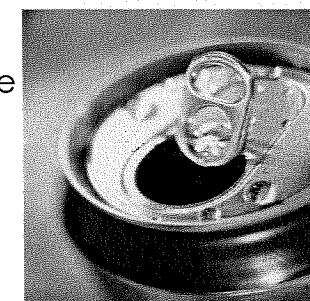
Electronic waste, also known as e-scrap, creates a new environmental challenge as landfills are becoming increasingly full. As newer electronics hit the market, old models are being replaced, resulting in electronics becoming one of the fastest growing waste categories in America. Before throwing your e-scrap into the trash consider:

- Contacting your local solid waste coordinator to see if any electronic recycling events are scheduled in your community.
- Donating your computer, CD player, VCR, or DVD player to a local charity, school, or church organization.
- Trading your CDs, DVDs, or videos with friends or donating them to a local nursing home, library, or hospital.
- Selling video games and video game equipment to an electronics dealer.
- Recycling or donating your old cell phone. You can drop your cell phone, cell phone batteries, chargers, and accessories off at several different service providers, retailers, or charitable organizations. Many businesses and organizations will accept cell phones and accessories through the mail.
- Upgrading your old computer or other electronics if possible.



## Aluminum Tab Collection: November-January Donations

Little Zion Baptist  
Harrodsburg Health Care  
Paula Moore  
Anna Neile Gabhart  
Sims family  
Marie McKinney  
Eva Jones  
Madrene Houy



**bold - indicates two or more donations**

**THANKS SO MUCH FOR THE DONATION!**

## Important deadlines for Fall

### UK 2010 admission

- Please share the following deadlines with any prospective students or their parents that you know:
- ◆ ApplyUK.com is the website for UK Undergraduate Admissions
  - ◆ February 15th is the Priority Admissions deadline
  - ◆ February 15th is the Priority Financial Aid deadline (UK's FAFSA school code is 001989)

## Volunteers Needed...

for the 4-H Reality Store to be held at King Middle School on March 25 from 8 am to 1 pm. Call 734.4378 and sign up to help youth learn a bit about real life.