

# Homemaker Happenings

Cooperative  
Extension Service

May 2010

Monroe County  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

## Go Green for Spring Cleaning

With warmer temperatures on the way, now is a good time to take inventory and make plans to go green for your annual spring cleaning. One way to do this is to use homemade or purchased green household cleaning products.

Green cleaning products are safer for humans and provide added benefits for the environment. According to the U.S. Environmental Protection Agency, air in our homes typically is more polluted than outside air, with one of the largest pollutants being household cleaners. The use of green cleaning products can improve residential air quality.

These products are safe to use, non-toxic and clean just as well as products that contain hazardous chemicals. You can find green cleaning products for

everything from glass to laundry. Many products are biodegradable for easy disposal and are packaged in recycled containers.

In most cases, you can determine if a product is green by reading its label. Look at the list of ingredients to see if the product contains any potentially harmful chemicals such as chlorine or peroxide-based bleach, ammonia, turpentine and lye. If a product claims to "kills germs" or "disinfect", look for its EPA registration number on the label.

Some of the best green cleaning products are already available in your kitchen cupboard. Common household items, such as white vinegar, baking soda and lemon juice, can be used to clean glass and other surfaces

and to remove odors.

**Glass Cleaner:** Mix ¼ cup ammonia, 2 tablespoons white vinegar and 1 cup of water. **Air Freshener:** Place an open box of baking soda in the refrigerator and freezer or sprinkle into garbage cans.

Remember to recycle as you clean out closets and drawers. Donate discarded toys, books and clothing to a local church group or charity. Make a rag bag to store old linens and torn clothing to use for cleaning.

For more information about going green, contact the Monroe Co. Cooperative Extension Service. Educational programs of the Cooperative Extension Service serve all people regardless of race, color,

sex, religion, disability, or national origin.

We're on



@"Monroe County Family and Consumer Sciences"

We're also on



at UK Extension Adventures in Monroe County.

## Derby Breakfast

The Monroe Co. Extension Homemaker Derby Breakfast was a success! Seventy-three attended the breakfast despite the storms that were moving into the county.

A special thanks goes to the Free Will, Gamaliel, and Neighborhood homemaker clubs for hosting the breakfast. Another thanks goes to the committee members Polly Baker, Mary Peden, Susie Harlin, Carol Wheeler, & Estelle Vibbert. Thank you clubs for pitching in and bringing food for the event & helping with service duties.

Derby Hat Winner was Shirley Baskett & Derby Dessert Winner was Polly Baker.



## A note from Lara's desk...

This month marks my 10th month on the job in Monroe County. I cannot wait until July 7th for my one year anniversary. I am truly enjoying being in my new community!

I hope this newsletter finds you safe and sound from the recent storms and flooding.

In the upcoming weeks it will be a little quieter at the Extension Office because I will be away for several meetings. So if you need to get in touch with me while I'm away please feel free to email me at [lara.savage@uky.edu](mailto:lara.savage@uky.edu), visit our

new Facebook page and leave me a message, or leave a message with Kim and she'll track me down. I will be attending the KEHA state meeting along with Connie Brown, Loretta Lyons, Janice Short, Linda Spear, and Saralu White. I will be at the KEHA State Meeting May 11-12, then the following week I will be at the State FCS Agent Training in Lexington May 18-19. And my last adventure for the month will be May 26-27 for

my last new agent core training at Rough River State Park.



I will be keeping the roads hot and hotel beds warm in May, but hopefully I can make it to some of the many local events happening in town like 4-H Project Prom, Ft. Run BBQ Festival, Medicine Bow Weekend at Tompkinsville City Park, and Rely for Life.

Once again please don't hesitate to let me know if you need anything.

## Don't Forget Our New Special Interest Clubs: Quilting & Scrapbooking

If you have not attended one of our new special interest homemaker club meetings yet... please do!

The next Quilt Club meeting is Saturday, May 15 at 8:00 a.m. at the Extension Office. Some are currently working on a Sample Quilt while others are learning

to quilt for the first time. It's not too late to come and see what we're all about. Soon we'll be discussing our next project.

The Scrapbooking Club is meeting Friday, May 21 at 6:00 p.m. at the Extension Office. Mrs. Doris Agers will be presenting to the group how to

make a 2 page spread. The layout is a mystery...no one knows what it will be or how much it will cost. So bring a little cash and come to our meeting. If you want, bring your favorite appetizer to share with the group since we're meeting during dinner time.

## A Family Stay-Cation

If you haven't heard yet...you now can camp at Tompkinsville City Park. Call city hall to make your reservation today. If you're not a camper tell your kids and grandkids. We want the word to spread. Why go out of the county just to camp when you can now camp at Tompkinsville City Park? It's called a "stay-

cation".

There are many upcoming events that are part of this "A Family Stay-Cation" grant project at city park.

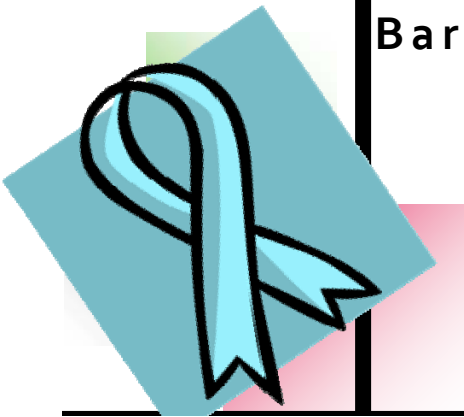
- May 15 Archery Day starts at 8:00 a.m.



- May 22 - 23 Medicine Bow Weekend. Call Patti at 487-1314 to reserve your spot.

- June 3 Geocaching Day at the Park

For more info visit: [kstaycation.parks.officelive.com](http://kstaycation.parks.officelive.com) or call 487-5504.



Barren County Extension Homemakers  
Present

# An Ovarian Cancer Fundraising Tour

October 26-28, 2010

Historic City of St. Charles, MO

There are few places where you will find as much as St. Charles has to offer. This charming community, located on the banks of the Missouri River, has been welcoming visitors since 1769. Stroll along the brick paved streets and visit one-of-a-kind shops, sample local cuisine, and visit a museum. St. Charles is known for its warm welcome, unique historical perspective, and beautiful sites. Whether you're interested in history, shopping, the arts or casinos, St. Charles is the place for you!

**Tour Cost (per person) :**

1 per room	\$394.00
2 per room	\$344.00
3 per room	\$329.00
4 per room	\$319.00

**Meals Included:**

2 Breakfast
1 Lunch
2 Dinner

Buses will depart from Lexington at 5:00 am on 10/26 with pick-ups in Elizabethtown, Cave City, Bowling Green and Owensboro. Return on 10/28 by 11:00 pm.

**Payment Schedule**

Amount	Due Date
\$50.00 deposit	June 18, 2010
\$125 Installment	August 2, 2010
Final Balance	September 24, 2010

**Proceeds from this tour will go to the Ovarian Cancer  
Research Fund at the University of Kentucky in  
memory of Mrs. Virginia McCandless!**

Make your reservation on the attached registration form and return with your deposit check to:

**Barren Co.  
Extension  
Homemakers  
1463 West  
Main Street  
Glasgow, KY  
42141**

Barren County Extension Homemakers Present

# An Ovarian Cancer Fundraising Tour



## RESERVATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ cell phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Number of people in my room: (check one)

- 1 person     2 people     3 people     4 people

My roommates will be:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please submit this form with \$50 deposit by June 18, 2010, to:  
Barren Co. Extension Homemakers  
1463 West Main Street  
Glasgow, KY 42141

I don't have a roommate, please find me one!

**Please note:** Deposit is 100% refundable until 7/26/10. With cancellation after 7/26 50% of fees paid will be refunded with the remainder going to the Ovarian Cancer Research Fund.  
No refund with cancellation after 9/1/10, however substitutions may be made until 10/15/10.

For office use only:

Date received \_\_\_\_\_

Registration & deposit \_\_\_\_\_

## Monroe County Fair

Yes, I said Monroe County Fair...it is about time to gear up for our upcoming local county fair. Mark your calendar for June 21-June 26, 2010. It's a month early this year, so start preparing now!

Fair books are being revised as

we speak, but as a general rule use last years book as a guide for what to prepare for this year.

Recently, I met with a committee of homemakers and members of the community about making a few changes to stream line the entry process

and entry categories. A few new categories were added if they were popular areas and a few categories were deleted if we've had no recent participation. A list of fair categories will be mailed to you in the upcoming weeks.

## Mold...Cleaning-Up After A Storm

The forces of nature-wind, water, earthquake, and extremes of temperatures-can leave behind debris-strewn areas, contaminated water, spoiled food, displaced wildlife and conditions which, if not treated properly, may lead to health problems.

As the clean-up process begins in many homes in the county there are lots of things to consider when you begin the clean-up process. I have

attached 2 pages on **Avoiding Mold Hazards** from Louisiana State University from their "Storm Recovery Guide" that was used to educate people after hurricane Katrina. If you would like a complete copy of this book visit <http://www.extension.iastate.edu/Publications/SP327.pdf>.



## Elderly Being Targeted with Telephone Scams

During a recent week, 50 people reported to police in Fort Wayne, Indiana that they had received telephone calls trying to scam them by using the name of a local financial institution. A total of \$2,000 was lost by seven victims. The voice message says the person's debit card has been deactivated and instructs them to "Press 1" to reactivate or "3" if they don't want to reactivate. If you press "1", a person will pick up the line and ask for your debit card information. According to Dr. Robert Flashman, Extension State Specialist with the University of Kentucky College of Agriculture,

you should never give financial information over the phone to anyone who calls you. You should not only hang up, but also call your local bank or credit union to see if

**Contact the Extension Office if you want more info on this...Ask for publication "Let Consumers Beware in Tough Economic Times"**

they had called you. If there is a problem with your debit card, banks, credit unions, and other financial institutions will not call you. You will find out that there's a problem when you try to use your card, such as when your expiration

date has passed. As a rule, notifications about your accounts will come by mail, and not by telephone; and they will mention you by name, and not as "Account Holder."

According to Flashman, the reason you need to call financial institutions is to alert them that con artists are trying to steal money from their customers; that way, the financial institution can e-mail all their customers about the fraud scheme. Con artists tend to move from state to state once information about them hits the news. Kentucky could be next on this thief's list.

## Avoiding Mold Hazards

A flood-damaged building requires special attention to avoid or correct a mold population explosion. Mold problems can result in damage to materials and health. The longer mold is allowed to grow, the greater the risk and the harder it is to remedy. As soon as the floodwaters recede and it is safe to return, don't delay clean-up and dry out.

### What Is Mold?

Molds are a type of fungi. They serve as nature's recycler by helping to break down dead materials. Molds produce tiny cells called spores that float and spread easily through the air. Live spores act like seeds, forming mold growths (colonies) when they find the right conditions – moisture, nutrients (nearly anything organic) and a suitable place to grow. Of these, moisture is the key factor -- for growth and for control.

### Mold and Health

Exposure to molds can affect health. People are mainly exposed by breathing spores or tiny fragments, but can also be affected through skin contact and by eating mold contaminated food. Both live and dead mold spores can affect people.

The types and severity of health effects from mold vary widely and are hard to predict. It depends on the sensitivity of the person, the amount and type of exposure, the length of exposure, the types of mold and other factors.

The most common health problems caused by mold are allergic reactions. People who are sensitive to mold commonly report nasal and sinus congestion, coughing, wheezing/breathing difficulties, sore throat, skin and eye irritation, sinus and upper respiratory infections. Although there is wide variation in how different people are affected, long term or high exposure can be unhealthy for anyone. Exposure to mold can trigger asthma attacks, may suppress the immune system or have other effects.

At greater risk of being affected more severely and sooner than others are children, the elderly, people with respiratory conditions or sensitivities such as allergies and asthma, and those having weakened immune systems. If you feel you or your family's health is affected by mold or you have special health concerns that increase your risk, you should avoid any more exposure and tell your doctor or health professional about your symptoms and mold exposures.

### What is "toxic mold"?

Some types of mold can produce harmful chemical compounds (called mycotoxins) in certain conditions, but don't always do so. Molds that are able to produce toxins are common. If a toxin is produced, it may be present in live and dead spores and fragments.

Although potential effects of specific mycotoxins are known, identifying a mold that can produce mycotoxins does not tell you whether or not you have been or will be exposed to a toxin in a harmful amount. Still, all indoor mold growth is potentially harmful and should be removed promptly, no matter what type of mold is present or whether or not it can produce a toxin.

"Black mold" is a meaningless term since many types are black. It has become a popular label for *Stachybotrys*, a toxigenic mold that has received major media attention for its suspected, yet not proven, connection to serious conditions and infant deaths.

### Mold Testing and Remediation Services

Mold testing in a home is not usually needed and is rarely useful to answer health concerns. Some insurance companies and legal services may require sampling for evidence. Professional mold remediation contractors may test before and after cleanup to verify the cleanup's effectiveness.

To protect your family's health and home, make sure the mold clean-up process is done as safely and completely as possible – as soon as possible. Using a well-trained and properly equipped professional can offer the safest remediation, but this is often not possible for many. If you hire a contractor to remove mold, seek a licensed mold remediation contractor with special training and equipment such as HEPA vacuums and dehumidifiers. Get in writing the cost, methods and steps to be used. Compare their procedures with EPA's Mold Remediation In Schools and Commercial Buildings available online at [www.epa.gov/mold](http://www.epa.gov/mold). Also review the CDC's Mold Prevention Strategies and Possible Health Effects in the Aftermath of Hurricanes Katrina and Rita available online at [www.bt.cdc.gov/disasters/mold/report/](http://www.bt.cdc.gov/disasters/mold/report/)

### Do-It-Yourself Mold Removal Guidelines

If you need to or choose to clean up on your own, use these steps to do so as safely and effectively as you can and refer to EPA's A Brief Guide To Mold, Moisture, and Your Home at [www.epa.gov/mold](http://www.epa.gov/mold).

1. **Wear Protective Gear:** Always wear a respirator rated N-95 or higher when inside a moldy space. During clean-up, also wear gloves and goggles. Go outside frequently to breathe fresh air. Some types of respirators have valves to make it easier to breathe. A properly fitted half-face or full-face respirator with filter cartridges provides greater protection and comfort than the dust mask types.
2. **Isolate Work Area and Ventilate to Outdoors:** Disturbing mold colonies during cleanup can cause a huge release of spores into the air, so seal off the moldy areas from the rest of the house. Open windows, and don't run the central air system during cleanup. Tape plastic over air grilles, and drape plastic in the stairwell if the second story is dry and clean. If power is on, put a box fan in a window to blow out and exhaust mold-filled air to the outdoors.
3. **Remove Moldy Porous Materials:** Porous moldy or sewage-contaminated materials should be removed, put in plastic bags if possible and thrown away. To reduce the release and spread of mold spores, it is helpful to cover moldy material with plastic sheeting before removing it.
  - Remove all flooded carpeting, upholstery, fabrics and mattresses right away. It's best to discard them, but if you hope to salvage a valuable item, have it cleaned, disinfected and dried quickly outside the home. Never reuse flooded padding.

- Remove all wet fibrous insulation – even if wallboard appears to dry. Wet insulation will stay wet far too long, leading to the growth of hidden unhealthy mold and decay fungi inside the walls. Cut wall covering above the level that was wet; water can wick up above the flood level.
  - It's best to remove all moldy, porous materials, especially if there is heavy or long-term mold growth -- including gypsum wallboard, processed wood products (particle board, chip board, etc.), ceiling tiles and paper products.
  - Plaster, wood paneling and non-paper faced gypsum board walls that dried, are in good condition and have no insulation in the wall may be cleaned and sanitized to salvage them. It's best to remove multiple layers of paint on old plaster to aid drying. There is a risk of mold on the backside, however, that can release spores into the home through air leaks in the walls. If you choose to restore these materials, try to seal interior gaps with caulk.
  - Remove all vinyl wallpaper, flooring, and any other materials that hamper drying of framing toward the interior space. All interior side plastic sheeting, foil faced insulation and anything else that can act as a water vapor barrier should be removed.
4. *Clean and Disinfect:* Surface mold can be effectively cleaned from non-porous materials such as hard plastic, concrete, glass and metal; solid wood can also be cleaned since mold cannot penetrate solid wood, but grows only on the surface. Cleaning should remove, not just kill, the mold, because dead spores can still cause health problems.

After cleaning, you may choose to use a disinfectant to kill any mold missed by the cleaning. If there was sewage contamination, disinfection is a must. If you disinfect, follow label directions and warnings, handle carefully, wear rubber gloves, and never mix bleach with ammonia or acids. Many disinfectants, including bleach, can kill molds, but do not prevent regrowth of new colonies.

- Remove any sediment. Hose out opened wall cavities, if necessary.
  - Wash dirty or moldy materials with non-phosphate all-purpose cleaners, because phosphate residue is mold food. Rough surfaces may need to be scrubbed. Rinse, but avoid pressure spray that can force water into materials.
  - If available, use a HEPA filtered vacuum (not a regular vacuum) to remove dust and mold residue.
  - Disinfect wall cavities and other materials after cleaning to kill any remaining fungi and bacteria. Soil can make some disinfectants, including bleach, less effective. On colorfast, non-metal surfaces, you can disinfect with a solution of 1/2 - 1 cup household chlorine bleach per gallon of water. Do not use in the air conditioning system. Milder, less corrosive disinfectants include alcohols, phenolics and hydrogen peroxide.
5. *Consider Borate Treatment:* Applying a borate treatment to wood framing can provide some resistance to

termites, decay and mold. The type of borate solution that penetrates the wood over time is more expensive but offers greater protection. Other mold inhibitors such as latex zinc paints and fungicides may also help inhibit mold growth during drying. Do NOT apply sealants that can reduce drying.

Framing materials that are difficult to clean or replace (such as "blackboard", OSB sheathing, rough surfaces, etc.) can be painted with latex paint to "encapsulate" any remaining mold and prevent its release to the air.

6. *Flush the Air:* After cleaning and disinfecting, air out the building. Use fans in windows to pull mold spores to the outdoors.
7. *Speed Dry:* Dry all wet materials as quickly as possible. Close windows and air condition or heat, run fans and use a dehumidifier, if possible. If there is no power, keep windows open.
8. *Remain on Mold Alert:* Continue looking for signs of moisture or new mold growth. New mold can form in as little as 2-3 days if materials stay wet. Wood and other materials that may look dry can still be wet enough to support new growth. If mold returns, repeat cleaning and, if possible, use speed drying equipment and moisture meters. Regrowth may signal that the material was not dry enough or should be removed.
9. *Do Not Restore until All Materials Have Dried Completely:* Wood moisture content should be less than 20%. Do NOT use vinyl wallpaper, oil-based paint or other interior finishes that block drying to the inside.
10. *Restore with Flood Resistant Materials:* If possible, "wet floodproof" your home so it can withstand a flood with less damage. Use closed-cell spray foam insulation in walls, or rigid foam insulating sheathing that does not absorb water. Choose solid wood or water-resistant composite materials. Elevate wiring and equipment. Consider removable, cleanable wainscoting or paneling. Use paperless drywall that does not provide a food source for mold. Use restorable flooring such as ceramic tile, solid wood, stained concrete, etc.

COOPERATIVE  
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RETURN SERVICE REQUESTED

**Cooperative Extension  
Service**

University of Kentucky  
Monroe County  
1194 Columbia Ave.  
Tompkinsville, KY 42167

## Late Summer Travel Opportunity

A trip to Amish Acres and Mackinac Island through Martin Tours arranged by Myrna Herron, retired Monroe County FCS Agent is planned for Sept.13-17. This 5-day tour will originate from Tompkinsville, KY. & pick up at other towns such as Liberty and Danville en route to Nappanee, IN .

At Amish Acres, there will be a guided tour of an Amish house & farm, a wagon ride, a delicious family style dinner & a countryside tour of the Amish community. A visit to Shipshewanna, IN will include shopping and browsing at an Amish flea market & unique shops there. This tour will also visit Frankenmuth and Mackinac Island, MI. In Frankenmuth, the group

will again enjoy a family style dinner and visit Bronner's Christmas Store and have a guided tour of the German Village. At Mackinac Island, we can look forward to a ferry ride across Lake Huron, a two-hour guided carriage tour of Mackinac Island plus a delectable lunch at the world famous Grand Hotel. Beside the forementioned dinners & lunch, there are two continental breakfast meals & two full breakfast meals included in the cost.

The cost for this interesting tour is \$584 per person (double occupancy); \$577 per person (triple occupancy); \$570 per person (quad occupancy). A deposit of \$50 will secure your seat; the balance is

due July 17. Mail deposit to Martin Tours, Inc., 1770 KY Hwy. 78, Stanford, KY 40484. Please mention learning about this trip through this article. Call Martin Tours toll-free at 866-346-8687 or Carl & Joyce Martin at 606-365-2542. You can also call Myrna Herron at 859-209-4327 for a detailed itinerary.

The majority of the travelers will come from Monroe County. This is a friendly and fun bunch of people. Plan to go with us!



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