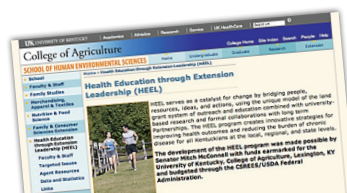


Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



ADULT HEALTH BULLETIN

JUNE 2010

THIS MONTH'S TOPIC: DOMESTIC VIOLENCE

Domestic violence is the leading cause of injury to women 15–45 years of age. More women are injured by domestic violence than rape, muggings, and automobile accidents combined. Seventy-five percent of women murdered by their abuser were killed as they attempted to leave or had already left the relationship. Although these numbers may be alarming, few women (8 percent) tell their physician that they have been abused by their partner or spouse. It has also been reported that only about 10 percent of primary care providers screen for domestic violence.

Why don't they just leave

Domestic violence victims may not report abuse to police or seek help because they may be:

- Intimidated by the abuser or the protection and service systems
- Afraid of the abuser



- Embarrassed
- Exhausted from the efforts to survive and fend off more violence
- Depressed
- Isolated; cannot get to services or no services available locally
- Financially dependent on the abuser

The more often abuse occurs and the less the victim takes action to address the abuse, the more often nega-

tive self-talk messages are repeated. The victim begins to believe the messages and accepts the abuse.

The time is now to stop and consider the rate and impact of this life-threatening problem. It is also a time to think about what we can do as friends, neighbors, and communities to erase this problem.

Numbers can be misleading and fail to show the real human impact of violence. Not all victims of domestic violence are going to be counted in data. They will not show up in police records, court records, domestic violence and adult protection reports, hospital admission and discharge records, or records that indicate the cause of death. Because of the sensitive nature and implications of the problem, some victims will not be come forward with information. We will probably never know how often domestic violence occurs.

Continued on the back 



Homemaker Happenings

Cooperative
Extension Service

June 2010

Monroe County
1194 Columbia Avenue
Tompkinsville, KY 42167
(270) 487-5504
Fax: (270) 487-6176
www.ca.uky.edu/ces

We're on



@“Monroe County
Family and Consumer
Sciences”

We're also on



at UK Extension
Adventures in Monroe
County.

KEHA State Meeting

Here are some photos of our recent homemaker trip to the KEHA state meeting. In attendance were Connie Brown, Loretta Lyons, Saralou White, Linda Spear, Janice Short, Kim Hollinsworth, and myself.

Linda Spear's baby quilt and Susan Turner's counted cross stitch picture won blue ribbons in the state cultural arts contest!



A note from Lara's desk...

Eleven months has flown by so fast! It's hard to believe that I will be celebrating my 1 year anniversary with UK on July 7th. Come to the leader lesson on July 7th and celebrate with me.

Over the past month I have been busy and on the road a lot! I have never been so glad to spend a weekend close to home. My Memorial Day weekend was spent relaxing at home, playing exterminator to thousands of ants that invaded my storage shed, and getting to spend time with friends on a dinner/singing cruise on Dale Hollow Lake.

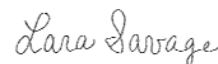
I'm back to the office now after a busy May. Never so glad to see June come. I can't decide on the highlight of my month. The top three things included: 1) my car breaking down in Russell Springs...calling a long lost cousin...& getting a new alternator for my old faithful car. 2) Attending my first KEHA state meeting

- 3) Finally having the postponed April Homemaker Slumber Party with a group of homemakers. Yellow Free Bird!

Lastly, before you continue reading your newsletter, I have a message from 4-H'er Jackson Arnett. He is going to be collect notebooks for MCHS and MCMS this year instead of pencils. He is collecting the notebooks for the Youth Advisory Council that services students at school. Homemakers start collecting now because Jackson is giving you another challenge. Jackson will be providing more information closer to school starting back in the fall.

Sincerely,

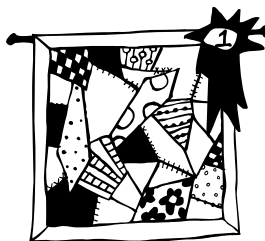
Lara Savage



Family and Consumer Science Agent

Monroe County Fair— Family and Consumer Science Department

1. All entries must be entered between 9:00 a.m. – 12:00 p.m. (noon) Monday at the Exhibition Hall and remain on exhibition until 3:00 p.m. Wednesday.
2. Entries will be open for viewing Monday 3:00 p.m.-8:00 p.m., Tuesday 10:00 a.m.-5:00 p.m., and Wednesday 10:00 a.m.-3 p.m.
3. All entries must be picked up between 3:00 p.m. – 5:00 p.m. Wednesday.
4. Exhibitor will not hold Monroe County Extension Homemakers, managers, Monroe County Fair Board, Tompkinsville Jaycees, nor the University of Kentucky Cooperative Extension Service responsible for items.
5. No entry may be removed before the date and time specified in rule number 3 (please see note*). Removal will forfeit any prize money and the right of entrant to enter any items the following year.
*Note the **ONLY** exception to this rule is the **ANTIQUE CATEGORY**. Entries in the antique categories may be picked up at between 7:30 and 8:00 p.m. on Monday night otherwise if the antique items are not picked up at this time then they will be on display the remainder of the open public viewing and should be picked up on Wednesday between 3:00 p.m. – 5:00 p.m.
6. Exhibits will not be open to public until judging is complete.
7. The Family and Consumer Science Department Manager has the right to disqualify all entries of any person or persons interfering with the judges, managers, clerks, or placing of ribbons.
8. No person shall be allowed to make more than one entry per category.
9. All entries must be the work of the exhibitor, unless otherwise noted.
10. All canned foods must be exhibited in clean, clear, standard glass Mason jars, and two piece lids must be used. All foods must be canned since last year's fair in July 2009.
11. All canned foods may be opened if the judge deems necessary.
12. All candy, cookies, and baking must be presented in a way that is easily edible for judges. Entries must be pre-cut and placed on a disposable plate and enclosed in plastic bag (ex. Zip Lock brand) or wrapped in plastic wrap when entered.
13. All entries must have been completed in the past year, unless otherwise specified.
14. Only half (1/2) of cakes, pies, loaf of bread can be entered with the exception of decorated cake.
15. Please note the number of each item that needs to be entered for each category.
16. In the event of less than three entries, prize money will be awarded at judge's discretion.
17. The manager or attendant on duty will assist judge or judges.
18. All exhibitors must be residents of Monroe County, Kentucky; have a Monroe County address; or be affiliated with a Monroe County civic organization: for example Extension Homemakers, 4-H Clubs, etc.
19. Horticulture specimen must be grown by exhibitor. Display should be in a 16 or 20 oz. drink bottle. Foliage will be permitted in each class.
20. Floral arrangements must be the work of the exhibitor.
21. No soiled article will be accepted.
22. Amateur painters, amateur photographers, and amateur cake decorators only please in amateur categories. There is a special category for professionals. For the purpose of competition, professionals are defined as those who sell their work and make more than \$500.00 per year, or who are employed as photographers, cake decorators, painters, or teachers of painting, photography or cake decorating.
23. Premiums: 1st \$3.00, 2nd \$2.00, 3rd \$1.00



Needlework

Quilting

1. Crazy Quilt
2. Appliquéd Quilt
3. Cross Stitched or Embroidered Quilt
4. Pieced Quilt: Machine Pieced Machine Quilted (Please note this quilt can be professionally machine quilted by another individual other than exhibitor)
5. Pieced Quilt: Machine Pieced Hand Quilted
6. Pieced Quilt: Hand Pieced Machine Quilted (Please note this quilt can be professionally machine quilted by another individual other than exhibitor)
7. Quilted Wall Hanging
8. Baby Quilt
9. Misc. Quilt

Pillow Cases

10. Embroidered
11. Crochet Trim
12. Painted
13. Decorated and/or Embellished

Pillows

14. Quilted or Appliquéd
15. Cross Stitched or Candlewick
16. Crocheted or Knitted
17. Misc.

Crochet

18. Bedspread or Tablecloth
19. Centerpiece
20. Afghan
21. Baby Afghan
22. Scarf
23. Misc.

Knitting

24. Afghan
25. Scarf
26. Sweater or Vest
27. Baby Item
28. Misc.

Table & Kitchen

29. Pot Holder, Towel, or Dish Cloth
 30. Apron
 31. Place Mat
 32. Embroidered or Cross Stitched Tablecloth
 33. Quilted Tablecloth
 34. Table Runner
- Miscellaneous (any media)**
35. Hand or Tote Bag
 36. Cross Stitched Lettering
 37. Cross Stitched Picture (must be in a frame)
 38. Best article made by individual over 70 years old
 39. Any other item

Related Arts and Crafts

Fine Arts

40. Graphite Pencil Drawing
41. Ink Drawing
42. Mixed Media Drawing
43. Amateur: Oil Painting
44. Amateur: Acrylic Painting
45. Amateur: Watercolor Painting
46. Professional: Painting, any media

Baskets

47. Best Basket
48. Large Basket (any dimension with measurement larger than 14")
49. Medium Basket (dimensions between 6" to 14", if any measurement exceeds 14" then it is considered a large basket)
50. Small Basket (smaller than 0" to 6" with largest measurement not to exceed 6 inches)

Jewelry

51. Beadwork, any medium

52. Necklace, any medium

53. Bracelet, any medium

54. Earrings, any medium

55. Charm, any medium

Ceramics

56. Ceramic Piece

Leather

57. Best Leather Craft

Woodworking

58. Woodworking Craft

Amateur Photography (framed and mounted & smaller than 5x7)

59. Amateur: Snapshot of child or children, color
60. Amateur: Snapshot of animals, color
61. Amateur: Snapshot of still life, color
62. Amateur: Snapshot of Multiple People (2 or more), color
63. Amateur: Snapshot of Scenic Landscape, Waterscape, Skyscape, or Weather
64. Amateur: Snapshot of Sports or Action, color
65. Amateur: Snapshot of something from nature (ex. flowers, animals, insects, birds)
66. Amateur: Candid (Unposed-photo that capture people being themselves)
67. Amateur: Any Black & White photo
68. Amateur: Digitally Enhanced photo

Professional Photography (framed and mounted but not exceeding 16x20)

69. Professional: Snapshot of child or children, color
70. Professional: Snapshot of animals, color
71. Professional: Snapshot of still life, color
72. Professional: Snapshot of Multiple People (2 or more), color
73. Professional: Snapshot of Scenic Landscape, Waterscape, Skyscape, or Weather
74. Professional: Snapshot of Sports or Action, color
75. Professional: Snapshot of something from nature (ex. flowers, animals, insects, birds)
76. Professional: Candid (Unposed-photo that capture people being themselves)
77. Professional: Any Black & White photo
78. Professional: Digitally Enhanced photo

Scrapbooking

79. Sports, page
 80. Children, page
 81. Heritage, page
 82. Family, page
 83. Outdoors, page
 84. Pet, page
 85. Sports, 2 pages
 86. Children, 2 pages
 87. Heritage, 2 pages
 88. Family, 2 pages
 89. Outdoors, 2 pages
 90. Pet, 2 pages
 91. Best Themed Scrapbook
 92. Best Decorated Cover
 93. Best Scrapbook Pg by kid under 16
 94. Best Scrapbook 2 Page(s) by child under 16
 95. Best Overall Scrapbook by child under 16
 96. Decorated Card
- Clothing**
97. Adult clothing
 98. Child's clothing
 99. Baby Clothing
 100. Novelty or Misc.

Other

101. Winter Holiday Decoration (ex. Christmas, Kwanza, Hanukkah, etc.)
102. Other Holiday Decoration (ex. 4th of July, Valentine's Day, Easter, etc.)
103. Wreath or Door Decoration
104. Dolls or Toys
105. Textile Painting
106. Children's Craft (under 10 years old)
107. Youth Craft (11-16 years old)
108. Recycled Art (include picture of recycled item before making craft)
109. Decoupage any item
110. Misc. Craft

Food Preparation

- Candy (made from scratch)
 111. Fudge, any flavor
 112. Any other candy (3 pieces)
- Cakes (made from scratch)**
113. White Layer Iced (1/2 cake) 114. Chocolate Layer Iced (1/2 cake)
 115. Jam Cake Iced (1/2 cake)
 116. Angel Cake, not iced (1/2 cake)
 117. Any other Cake Iced (1/2 cake)
 118. Decorated Cake (judged on decoration only, whole cake)
 119. Decorated Cake by a professional

Pies (made from scratch)

120. Chocolate/Butterscotch Cream Pie (1/2 pie)
 121. Cream Pie, any flavor
 122. Fruit pie or cobbler (1/2 pie)
 123. Fried Pie, any (1 whole)
 124. Any other (1/2 pie)
- Cookies (made from scratch)**
125. Brownies without nuts (3)
 126. Chocolate Chip (3)
 127. Sugar (3)
 128. Oatmeal (3)
 129. Drop or No-Bake (3)
 130. Any other (3)

Baking (made from scratch)

131. Biscuits (3)
132. Cornbread, any method (3)
133. Muffins, any fruit flavor (3)
134. Yeast Rolls (3)
135. Loaf of Quick Bread, any (1/2 loaf)
136. Loaf of Yeast Bread, (1/2 loaf)

Food Preservation (Canning)

Fruits (Pint or Quart)

137. Peaches
 138. Apples
 139. Cherries
 140. Blackberries
 140. Pears
 141. Applesauce
 142. Misc. (other than above)
 143. Fruit Juice, any
- Vegetables (pint or quart)**
145. Green Beans
 146. Tomatoes
 147. Tomato Juice
 148. Corn
 149. Peas
 150. Lima Beans
 151. Soup Mixture
 152. Misc. (any other not listed above)
- Preserves (pieces, whole fruit or seeds included, any size regulation jar)**
153. Pear
 154. Apple
 155. Cherry
 156. Strawberry
 157. Peach
 158. Blackberry
 159. Grape
 160. Raspberry
 161. Apple Butter
 162. Misc. (any other not listed above)

Jellies (any size regulation jar)

163. Apple
164. Grape
165. Blackberry
166. Plum
167. Cherry
168. Strawberry
169. Hot Pepper
170. Misc. (any other not listed above)

163. Apple
164. Grape
165. Blackberry
166. Plum
167. Cherry
168. Strawberry
169. Hot Pepper
170. Misc. (any other not listed above)

Pickles and Relishes

171. Sweet Pickles, sliced
172. Sweet Pickles, whole
173. Peach Pickles
173. Bread and Butter Pickles
174. Sauerkraut
175. Dill Pickles
176. Salsa
177. Squash Pickles
178. Beet Pickles
179. Hot Peppers
180. Relish any variety

Best Decorated Table (Participants must bring their own card table. Table must include menu.)

182. Any theme table decoration

Flowers

Horticulture (any color) in a 16 or 20 oz. drink bottle

183. Marigold, one large bloom
184. Zinnia, any size
185. Gladiolas, one spike
186. Celosia, cock's comb, stem
187. Dahlia, one stem
188. Roses, one stem
189. Aster, one stem
190. Roses, hybrid, one stem
191. Daylily
192. Lily (any other lily besides daylily)
193. Misc. (any other)

Flower Arrangement

194. Collection of Garden Flowers
195. Collection of Wildflower
196. Miniature Arrangement, container cannot exceed 3H X 3W
197. Cactus
198. Gourd Display
199. Misc. Arrangement (any other)

Potted Plants and Planters

200. Blooming Plants
201. Cacti
202. Vine and Foliage
203. African Violet
204. Unusual Plant

Antiques

A short typed history of antique item may also be included. Remember an antique is any item older than 50 years of age. They following items do not have to be the work of the exhibitor nor do they have to have been completed within the last year.

205. Prettiest antique quilt; does not have to be the work of exhibitor; quilt must be made before 1960 to be considered an antique quilt.
206. Oldest Family Bible (must contain Old and New Testament)
207. Kentucky Letter or document (ex. Broadside, Certificate, School Record)
208. Postcard- Kentucky Scene
209. Boy Scout Memorabilia
210. Girl Scout Memorabilia
211. World War 2 Military Relic (other than Gun, Pistol, Knife, Sword)
212. Holiday Item (ex. Christmas, Thanksgiving, Halloween, etc.)
213. Photography of Building or Event in Monroe County
214. Piece of Clothing or Accessory (excludes Jewelry)
215. Antique article made of wood

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, June 19 at 8:00 a.m. at the Extension Office. Everyone is almost finished with the quilt. It's not too late to come and see what we're all about. Soon we'll

be discussing our next project.

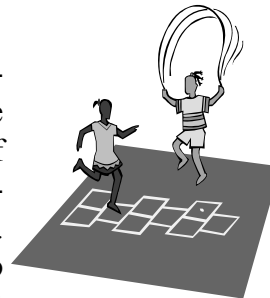
The Scrapbooking Club is meeting Friday, June 11 at 6:00 p.m. at the Extension Office. A special guest will be presenting to the group how to make a 2 page spread. The layout is a mystery...no one knows what it will be or how much it will cost. So bring a little cash and come

to our meeting. The cash is so that you can make the page and our guest teacher doesn't carry the financial burden. If you want, bring your favorite appetizer to share with the group since we're meeting during dinner time.

June & July Homemaker Club Leader Lesson

The June Homemaker Club Leader Lesson will be presented on June 4th at the Monroe County Cooperative Extension Service office building. Mindy McCulley from Barren County will be presenting the lesson. The lesson is called "Those Old Timey Outdoor Games". Starts

at 11:00 a.m. on Friday June 4th. Hope to see you then. If you have any questions please call me. If you are unable to attend please don't forget to come and pick up your lesson for the month.



The July leader lesson will be July 7th at 12:00 p.m. at the Extension office. Mrs. Pat Margolis will be presenting a lesson on Kentucky Barn Quilts that are located throughout our great state.

Family Fun Food Preservation Classes

Summer is here. So it won't be long before we all see fresh vegetables and fruits coming in. Want to know how to save money and preserve those goodies for use this coming winter? Want an activity the everyone in the family can participate in? Join us for our Family Fun Food Preservation Workshops!

Thursday • July 15 • 7:00 p.m. • Freezing

Thursday • July 22 • 7:00 p.m. • Canning

Please note homemakers that I'm offering these classes so that it is convenient to the "working class" and "younger generations" so they can attend and participate in the lost art of food preservation. But



the class will also be a great refresher to anyone who currently cans and freezes vegetables and fruits. So if you also let me know how many to know ANYONE who might be interested, please help spread the word about our upcoming Family Fun Food Preservation Class. Please remember the class is open to ANYONE, so bring the whole family! There will be something for everyone to learn. Make it a "Family Date Night". Please RSVP by July 13th to ensure your spot. RSVP-ing will also let me know how many to prepare for.



County Extension Homemaker Council Meeting July 12th at 5:00 p.m.

Calling ALL Basket Makers

Homemaker Carol Wheeler is offering another Basket Class for all those interested. The basket that the class participants will be making is located to the right. The cost is \$40.00. The class is limited to 10 participants due to the size of the basket.

To sign-up please pay Kim at the Extension Office. Sign-ups are based on first come first serve on

those that sign-up.

The basket class will be on **June 26th** at the Extension Office starting at 8:00 a.m. and will last all day.

When signing up please tell Kim what color you want the decorative rows to be. You have 2 options:

1. Blue & Burgundy
2. Smoke & Green

Please tell Kim your color so Carol can get the right amount at colored weaving material. This is a LARGER basket than we made in the last class. It should be a little easier :)



In SEARCH of Fair HELP

I'm in search of helpers for the Monroe County Fair Family and Consumer Science Department. If you want to volunteer please call me today! I look forward to being flooded with phone calls, emails, and facebook messages:)

Friday, July 16th Homemaker DEADLINE

These are the things that are due coming up in July.

- Pennies for Friendship
- Aluminum Tabs
- Scrapbooks
- President's Award Application
- VP Reports
- Volunteer Service Hours (must be logged in on the VP report to be counted for awards)
- Booklist Readers
- Non-Traditional Scholarship Application

At the next homemaker county council meeting we will be completing annual end of year KEHA reports. In the past these were due in January, six months after the end of the year, but now they're due at the end of the year:)

The reports are located in the Appendix on pages 54C-54G and can be found in the presidents manual or keha.org. We'll work together at completing them at our next council meeting like we did in January. So come prepared to answer questions about your club and what you have done this year from July 2009-June 2010. Council Members & Club Presidents our next County Homemaker Council meeting will be July 12th at 5:00 p.m.

M.C. Health Department Summer Diabetes Ed. Classes

FREE classes for people with diabetes and their family members:

Date/Time	Location	Topics
<i>Thursday, June 24, 2010 2:00pm-4:00pm</i>	Monroe Co. Health Dept. Conference Room	Diabetes Overview: What is it? Behavior Change/Goal Setting: One step at a time!
<i>Thursday, July 15, 2010 2:00pm-4:00pm</i>	Monroe Co. Health Dept. Conference Room	Acute Complications/Sick Days: Swinging with diabetes! Long Term Complications: They don't have to happen!
<i>Thursday, July 29, 2010 2:00pm-4:00pm</i>	Monroe Co. Health Dept. Conference Room	Foot/Skin Care: These boots are made for walking! Being Physically Active: A Natural Medication!
<i>Thursday, August 19, 2010 2:00pm-4:00pm</i>	Monroe Co. Health Dept. Conference Room	Monitoring/Management: The tools for managing your diabetes! Taking Medicines: It's more than just a "Sugar Pill"!

Registration is required.
270-487-6782

Attendance of all four sessions is recommended but not required.

COOPERATIVE
EXTENSION
SERVICE



RETURN SERVICE REQUESTED

**Cooperative Extension
Service**

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

Spinach Mandarin Orange Salad

- 1 pkg (5 oz.) fresh spinach
- 1 can (15 oz.) mandarin oranges, drained
- ½ cup sliced carrots*
- ½ cup prepared Italian dressing
- ¼ cup parmesan cheese

*Note: Slice carrots with vegetable peeler in short lengthwise strips, if desired, or cut crosswise into thin slices.

1. Combine spinach, mandarin oranges, and carrots in large serving

bowl.
2. Pour dressing over salad; toss to evenly coat.
3. Top with cheese.

Nutrition Facts per serving: 130 calories, 6 g total fat, 5 mg cholesterol, 360 mg sodium, 17 g total carbohydrate, 4 g protein

Serving Size: ¼ of recipe

Yield: 4 servings

Source: Healthy Choices Newsletter June 2010



You're Invited...

Farmer's Market Fruit & Veggie Open House Recipe Swap

Tuesday, July 20th

Stop by anytime between
11:30 a.m. and 12:30 p.m.

We'll have recipe demonstrations, fresh fruit and veggie sampling & free recipes. Come and join us at the Extension office for an open house recipe swap. You'll learn how you can use local produce from your garden or our local Farmer's Market to feed your family this summer.