

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
FEBRUARY 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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franklin.ca.uky.edu



World Cancer Day is Feb. 4

World Cancer Day is an opportunity to bring attention to the problem of cancer around the world and, especially, in Kentucky.

One in three women and one in two men will develop cancer during their lifetimes. In the United States, cancer is the second leading cause of death each year. Kentucky has the unfortunate distinction of being first in incidence and death rates of cancer out of all the states in the U.S.

At least one third of cancers are preventable. This means that healthy life choices and reducing environmental hazards can reduce the number of people affected by cancer. There are steps you can take to reduce your risk of developing cancer.

Lead a healthy lifestyle. According to the World Health Organization, at least a third of common cancers are preventable through a healthy diet, keeping a healthy weight, and being physically active.

Quit smoking. Tobacco use is the single largest

(Continued on pg. 2)

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preventable cause of cancer. Stopping smoking is one of the best things we can do to reduce our risk of cancer.

Tobacco use causes around 15 different types of cancer including oral cancers, lung, liver, stomach, bowel, and ovarian cancers, as well as some types of leukemia (cancers of the blood). Quitting at any age can make huge a difference, increasing your life expectancy and improving quality of life.

Limit alcohol. Consuming alcohol increases a person's risk of several cancers. By reducing and limiting how much you drink, you can reduce your risk of cancers of the mouth, larynx, esophagus, and breast.

Reduce UV exposure. Limit your exposure to ultraviolet radiation from the sun and avoid tanning beds to help reduce your risk of skin cancer. Staying in the shade, covering up your skin, and using sunscreen are some ways to help protect yourself.

Get vaccinated. Chronic infections commonly caused by viruses cause approximately 16% of all cancers globally. Some of the most common forms of cancers are associated with infections with the hepatitis B virus (HBV), and the human papillomavirus (HPV). There are safe and effective vaccines against HBV and HPV, which can help to protect against the infection-related cancers of liver and cervical cancers.

World Cancer Day is more than a day on the calendar. Everyone can take action to decrease individual and collective risk of cancer. For more information on World Cancer Day, and how you can raise awareness, visit <https://www.worldcancerday.org>

Reference: <https://www.worldcancerday.org/prevention-and-risk-reduction>

Source: Katherine Jury, Extension specialist for family health

Every Try Counts!

Virtual Classes Begin
Monday, Feb. 6, 2023
at 1PM

For more information &
Registration

Contact:
Amanda Caudill
Amanda.caudill@ky.gov

American
Lung Association.
Freedom From Smoking.

MEALS ON WHEELS
GREATER FRANKFORT

**IF AT FIRST YOU DON'T SUCCEED,
TRY, TRY, TRY AGAIN.**

**FREE Virtual Classes begin
Monday, Feb. 6 at 1 PM**

**For more information or to register contact
Amanda.caudill@ky.gov**

Are you ready to TRY again? Whether it is your first attempt to quit smoking or your tenth, we are here for you.
8 sessions available through March 20, 2023



From the Desk of Your FCS Agent

Today is World Cancer Day. Last week it was Groundhog's Day. Last month it was Dry January. This month is Frugal February and Black History Month. I can remember growing up in our household the only holidays celebrated were the C.E.M.T.B.s (Christmas, Easter, Mother's Day, Thanksgiving, and your Birthday). Whether you choose to celebrate a day, month, or the entire year make sure you take some time to celebrate YOU! We often put everyone and everything before ourselves. Self care is extremely important! Join us at the Extension office on Tuesday, February 28th at 10 a.m. for our monthly watch party on self care.

Lastly, I will be out of the office at Core Training, Feb. 15-17 and then at FCS Training, Feb. 20-27. I look forward to bringing you NEW programming soon. If you need to reach me please call the office.

Carla A. Carter



Tax Aides Prepare 2022 Income Tax

WHEN: Tuesdays, Feb 7—April 11
WHERE: Paul Sawyer Public Library
HOW: BY APPOINTMENT ONLY

On January 23 or after, between 9 am and 6 pm: Call 502-783-7035 on Monday, Wednesday, or Thursday to schedule an appointment.

1. Leave your name and phone number; your call will be returned in the order tax aides receive it.
2. After tax aides have scheduled your appointment, and in advance of your appointment, you will pick up a packet at the library so you can complete the paperwork prior to your appointment.

From your FC Homemaker President, Denise Boebinger

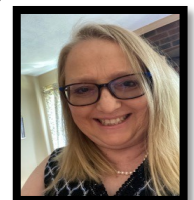
This weather has me feeling like I'm on a bungee cord. Crocuses blooming one day, snowing the next. Being retired I always have trouble knowing what day of the week it is now I'm having trouble figuring out what month it is! That being said I enjoy these small glimpses of spring and hope its here to stay soon!

Franklin County Homemakers have a busy year ahead. Planning committees have been set up for the Annual Meeting, County and Area Cultural Arts, Craft Camp and Officer Nominations. One person out of each club was selected to serve on each of these committees. Emails were sent out to all committee members. If you were not chosen but would like to help out in any way please let me know! Its going to be a busy year and we will need all the help we can get so, if any of the committees reach out to you for a particular job please step up.

I heard the phrase GALENTINE the other day. Galentine's Day is held February 13th to celebrate female friendships. We have lots of friendships to celebrate in homemakers. So this Galentine's Day I challenge everyone to send a Galentine card to another homemaker or special friend to let them know how much their friendship means to you. I want to tell all of you how much your support and friendship mean to me. My closest friends are in homemakers and I look forward to all our meetings and texts throughout the month. So Happy Galentine's Day my friends! Treat yourself to flowers and chocolate!

Blessings!

Denise



COOPERATIVE EXTENSION



Join us to learn how to extend the same time, kindness, and consideration to yourself as you do to those around you.

WHERE:

Franklin County Cooperative Extension
101 Lakeview Ct., Frankfort, KY

WHEN:

February 28, 2023 at 10 A.M.

FOR MORE INFORMATION OR TO REGISTER:

Call (502) 695-9035 or email Carla A. Carter at carla.graham@uky.edu

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Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN



FEBRUARY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Franklin County Cooperative Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page →



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

→ Continued from the previous page

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
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Stock images:
123RF.com





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.

Investing



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.

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LEXINGTON, KY 40546

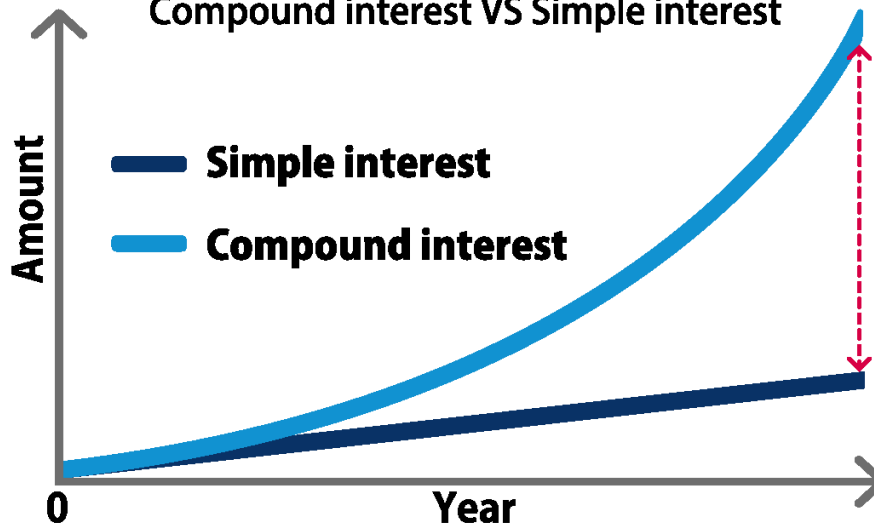


Disabilities
accommodated
with prior notification.

**THE MORE OFTEN THE INTEREST COMPOUNDS,
THE FASTER IT WOULD GROW**

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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NEWS & NOTES

2023 KEHA State Board Elections – Credentials will be sought for a total of six positions to be elected in May 2023. All will serve from July 1, 2023, to June 30, 2026. Credentials must be sent certified mail and postmarked by April 8.

The following KEHA state officer and chair positions will be open for election:

- First Vice President (Program)
- Treasurer
- Environment, Housing, & Energy Chair
- Food, Nutrition, & Health Chair
- Leadership Development Chair
- Marketing and Publicity Chair

Credentials include the nomination form for the position – [Appendix pages 6-7](#) for state chair candidates; [Appendix pages 8-9](#) for state officer candidates; and treasurer candidates also need to complete [Appendix page 10](#). For more information, also review the qualifications listed on [page 12 of the Handbook](#) and the job descriptions on the KEHA website in the “[State Board](#)” section. Encourage qualified candidates to apply!

Grants, Scholarships, and Contests – March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the [KEHA Manual](#). Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

KEHA Contests – Entries are sent to the respective chairmen who oversee the contests, as noted in the [KEHA Manual](#). Contests include:

Creative writing: poetry, memoirs, and short story (Manual pages 37-39) – Due to Barbara Seiter, Cultural Arts and Heritage, 8669 Valley Circle Drive, Florence, KY 41042, seiterbarbara@yahoo.com.

Adopt-A-Highway Awards (page 49) – Linda Padgett, Environment, Housing and Energy Chair, 11307 Lakeview Drive, Union, KY 41091, padgettky@gmail.com.

Ovarian Cancer Fundraising and Promoting a Healthy Kentucky (page 60) – Sharon K. Fields, Food, Nutrition and Health Chair, 216 Cedarwood Drive, Greenup, KY 41144, scrawford@kih.net.

Homemakers Support 4-H (pages 64-65) – Denise Boebinger, 4-H Youth Development Chair, 3275 Bald Knob Road, Frankfort, KY 40601, dboebinger@me.com.

International contests and awards (page 73) – Marilyn Watson, International Chair, 2286 Melwood Drive, Henderson, KY 42420, Mjmw1315@twc.com.

Community Volunteerism Awards (page 88) – Ann Porter, Educational Chair, P.O. Box 88, Washington, KY 41096, annsporter42@gmail.com.



NEWS & NOTES

KEHA Homemaker Member Scholarship is open to KEHA members with a minimum of 3 years of active membership. The scholarship may be used for any college or university, as well as for a trade or technical school. It is intended for students pursuing their first degree or certification. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 99-102 and on the [KEHA website](#). Please share this with your members. Applications are due by March 1 to the KEHA Leadership Development Chair. Send to: Ann Porter, P.O. Box 88, Washington, KY 41096 or annsporter42@gmail.com.

2023 State Meeting – The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Because of rising prices, the registration pricing structure for 2023 has changed. Details for planning can be found on the [State Meeting](#) webpage. Full details and registration forms will be available in February when the state newsletter is issued.

Dates to Remember

- February – KEHA State Newsletter coming soon!
- March 1 – KEHA development grant, mini-grant, scholarship, and contest entry deadlines.
- March 1-3, 2023 – KEHA Leadership Academy at Blue Licks Battlefield State Resort Park.
- March 13-14 – KEHA Spring Board Meeting, Crowne Plaza Hotel, Louisville, Kentucky.
- March 15 – Area Showcase forms due to 1st Vice-President (see [KEHA Manual Appendix, page 31](#)).
- April 1 – Area lesson schedules for 2023-24 due to KEHA State Advisor.
- April 8 – Postmark deadline for state officer and chair credentials (see [KEHA Manual Appendix, pages 6-9](#))
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.



BASIC ADULT SEWING CLASSES

Become acquainted with your sewing machine and learn the fundamentals of threading, tension, and stitching. We'll walk you through the basics of using your machine and you will be sewing in no time.

Items to bring:
your sewing machine, scissors, and black, white, or neutral colored thread.

Contact:
Anne Hillard,
UK Master Clothing Volunteer
502-545-8193 (cell)
achillard@msn.com





Choateville Ruritan Club
880 Devils Hollow Rd.
Frankfort, KY



Thursdays
February 2, 9, 16, and 23
5:00-7:30pm



FCS Agent **Maranda Brooks** Presents:

“FCS Night of Black Excellence A Night Honoring Black Food, Agriculture, Entertainment and African Americans in the Extension and Family Consumer Science Field”

Featuring special appearances by:



Dinner and Desserts provided by :

Aunt Peaches' Catering and Tammy's Sweet Tasty Treats

When: Thursday, February 9th ~ 6:00pm-7:30pm

Cost: \$5

Where: Fayette County Extension Office, 1140 Harry Sykes Way

Register on-line: <https://fayette.ca.uky.edu/classregistration>

or call the office at 859-257-5582 to register!

****Deadline to Register Monday February 6th, 2022****



Special thanks to our sponsors!



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



February – May

5:00 – 7:30 pm

ADVANCED CLASSES:

Held on the 2nd Monday
 February 13
 March 13
 April 10
 May 8

Hosted at the Franklin
 County Cooperative
 Extension Office

**\$10 per class
 or all 4 classes for
 \$35!**

BEGINNER CLASSES:

Held on the 3rd Monday
 February 20
 March 20
 April 17
 May 15

Advanced: Must know most tools in Design Space

Beginner: Will explore the functions of the Cricut machine

Stop by the Franklin
 County Cooperative
 Extension office to
 register and prepay in
 advance!





Community Gardens WORKSHOPS



COMPOSTING 101

February 25th @ 10am
Location: Thornhill Education Center



STARTING TRANSPLANTS INDOORS

March 11th @ 10am
Location: Thornhill Education Center



GROWING YOUR OWN MUSHROOMS

April 15th @ 10am
Location: Thornhill Education Center



POLLINATOR GARDENS

May 13th @ 10am
Location: Dolly Graham Park/Fantasy Forest



CONTAINER GARDENING

May 20th @ 10am
Location: Thornhill Education Center



Commonwealth
Gardens



FOLLOW US:



Thornhill Education Center
700 Leslie Ave., Frankfort, KY
Dolly Graham Park
125-199 Logan St, Frankfort, KY

CONTACT US:

CGNFRANKFORT@GMAIL.COM
<https://franklincenterforinnovation.com/thorn-hill-garden-1>

BIG BLUE BOOK CLUB

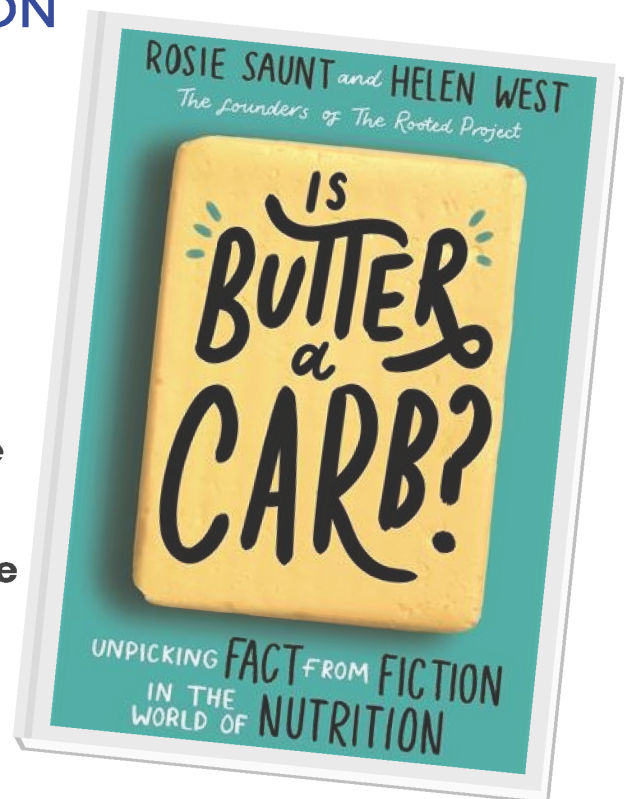


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IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

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Honey Raisin Muffins

½ cup + 2 tablespoons all purpose flour	¼ teaspoon baking soda	1 cup skim milk
½ cup + 2 tablespoons whole wheat flour	1 teaspoon ground cinnamon	½ cup honey
¾ teaspoon baking powder	¼ teaspoon salt	2 egg whites
	2 cups bran flake cereal with raisins	3 tablespoons unsweetened applesauce
		2 tablespoons canola oil

- Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce and oil; **mix** well.
- Add** dry ingredients and stir until moistened.
- Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
- Bake** at 400°F for 15-18 minutes.
- Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:

150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese	1 (5 ounce) package instant vanilla pudding mix	2 teaspoons vanilla extract
½ cup canola oil	2 large egg whites	2 cups fresh blueberries
1 (18 ounce) package yellow butter cake mix	2 large eggs	

- Preheat** oven to 325° F.
- Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
- Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- Fold** in berries.
- Spoon** batter into prepared pan.
- Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
- Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



The Franklin County Cooperative Extension Office follows the same closing schedule as Kentucky State University for inclement weather or severe weather emergencies.

Please check our facebook page for closing information, facebook.com/FranklinCountyKyCooperativeExtension, or our webpage at <http://franklin.ca.uky.edu>.

MEN OF COLOR SYMPOSIUM
University of Kentucky

8:30 a.m. - 3 p.m.
FEBRUARY 10, 2023
Gatton Student Center Harris Ballroom

KEYON CLINTON
Speaker, Coach & Author

CONSCIOUS LEE
Educational Consultant & Social Media Influencer

Community and Professional Development Programs | Office for Institutional Diversity

Civil Rights Act-Compliant Statement

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Carla A. Carter

Carla A. Carter
County Extension Agent for Family
and Consumer Sciences Education

