

Homemaker Happenings



Cooperative Extension Service
Hardin County
201 Peterson Drive
Elizabethtown, KY 42701-9370
Phone (270) 765-4121
Fax: (270) 769-0426
www.CES-HARDIN@LSV.UKY.EDU

FAMILY & CONSUMER SCIENCES

June / July 2007

Playing it Safe: Nutritional needs for Kids Playing Sports in the Summer

Summer sports such as baseball and softball are in full swing now. It is important for parents to remember your child's health/nutritional needs amidst the business of try-outs, practices and games.

For your child to perform at her best, she will need a balanced diet, proper nutrients, and plenty of rest. If your child is feeling weak or tired this could be because she is not receiving enough calories or fluid to sustain her. Here are a few tips to making your child an all-star:

Raise your child's intake of calories by relying mostly on complex carbohydrates such as pasta, bread, beans, or potatoes, rather than junk food.

Consuming protein can enhance lean tissue and muscle mass, but the needs of an athlete for protein are only slightly more than other individuals.

A well-balanced diet with an increase in caloric intake will often provide an adequate amount of protein for your child.

To avoid dehydration and overheating in a perspiring child, be sure she drinks water before her activity as well as every 20 to 30 minutes during play. Staying hydrated is especially important if she is playing in hot weather.

Following these simple tips can help your child remain strong throughout athletic events and prepare her for a healthy, active lifestyle.

Reference: American Academy of Pediatrics (2006). Caring for your school-age child ages 5 to 12. New York: Bantam Books.

Source: Carole Gnatuk, Extension Specialist in Child Development and Laura Arnold, Graduate Assistant, University of Kentucky, College of Agriculture



Hardin County Homemakers Annual Picnic

Thursday, June 14 at 6:00 pm

at the Ernie William's Pavilion at Freeman Lake Park



Dinner is catered. Cost will be \$8.00 per person. Reservations are required. Pre-payment is requested but can be made at the door. **If you make a reservation you will be responsible for payment unless you cancel 24 hours in advance.**

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Please meet our newest Homemaker Club

APPLIQUE SEW FUN CLUB

Next meeting will be Jun 26, 2007; 10 am to 2 pm in the Project Room. We will have a short work shop [30-60 minutes] on making your fabric take shape whether it wants to or not! Please bring enough green fabric for eight 3"x3" size gizmos and enough red to cover 12 [2" square circles]. Also bring, your seam ripper, a glue stick, and some fabric glue in a tube if you desire.

Also, your coffee, pop, etc. And, a hand raised to do the next work shop of your choosing. After the work shop we will socialize and work on our own projects. Hope to see new faces.
Chairwoman, Kathy Conway.

CLEANING THE REFRIGERATOR CONDENSER COILS

Remember your refrigerator when you are doing your spring cleaning. Most refrigerators have the condenser coils located underneath the refrigerator. These coils work best when they are free of dust and dirt. You might be surprised how fast a large amount of dust accumulates on these coils.

First remove the toe plate that is in front of the coils. Use your vacuum cleaner and remove the dust from the coils.



A brush on a long handle or wire handle can help loosen the dirt that is beyond the reach of the vacuum cleaner hose and tools.

Once you have cleaned your refrigerator, it will operate more efficiently and use less electricity.

Mark your calendar to clean it again in 3 months. Regular cleaning will make each cleaning easier and help keep your utility bill lower.

*Source: Dr. Suzanne Badenhop,
Extension Specialist for Family Resource
Management,*



Use Good Judgment with Scented Products

The sense of smell has a powerful impact. A certain aroma can take you straight back to the lavender scent of your grandmother's house or the various scents of foods and decorations from family holidays. And the fresh, crisp smell of freshly laundered sheets is so soothing and relaxing as you climb into bed. Unpleasant odors set you on edge while positive fragrances can be pleasant and comforting.

Fragrance is an important part of many products now appearing on the market. In fact many new cleaning products are advertised as much for their fragrance as for their cleaning ability. Remember, however, that the scents added to cleaning products can be pleasant or they may become overpowering. Don't mix scents without thinking whether they compliment or clash with each other. Remember, too much of a good thing can become a disaster! Many people have sensitivities or allergies to some of the chemicals that create each smell. In fact liberal use of fragrances could even trigger an asthma episode.

Perhaps you have some problem odors. There are several common products that have excellent odor-removing properties. These include activated charcoal (from the hardware store), baking soda, cat box filler, crushed newspapers, coffee grounds (new or used and dried), fabric softener sheets, liquid fabric softener, tomato juice and vanilla. These can be used to treat a variety of troublesome odors.

If you're looking for a commercial product that removes odors, be sure to read the labels. The products can either mask odors with scents or remove them. Look for products that neutralize odors for the best, long-term results. And remember...sometimes the best scent of all is the fresh air coming in from an open window.

Source: Linda Adler, Extension Specialist for Home Furnishings, University of Kentucky College of Agriculture.



Overnight Bus Trip to Nashville, TN Quilt Show

August 24-25, 2007

Cost: \$199.00 per person double occupancy
\$192.00 per person triple occupancy
\$185.00 per person quad occupancy
\$50.00 deposit secures your seat!
Balance due July 7, 2007

Make checks payable to :
Hardin County Homemakers

PRICE INCLUDES: Transportation by motorcoach; rooms; luggage handling, all items in bold print

Friday, August 24, 2007

10:00 AM—12:00 PM CST Leave Elizabethtown, KY arrive Nashville, TN.

12:00 PM—5:00 PM Attend Nashville, TN **American Quilt Show (AQS)**
in Opryland Hotel

5:00 PM—6:30 PM Dinner (on your own) and check into hotel.
(Hotel is DRURY Inn on Donnelson Pike)

7:30 PM—10:00 PM Attend the **World Famous Grand Ole Opry**.

Saturday, August 25, 2007

Continental Breakfast

9:30 AM—2:00 PM Attend Nashville, TN **AQS Quilt Show**

2:00 PM—6:00 PM Leave Nashville, TN arrive in Elizabethtown

Upcoming Classes & Events

DIXIE HOMEMAKER CLUB

(Sonora-Upton-Glendale Area)

We meet at Jewell Wilson's "Club House" on the 3rd Wednesday of the month at 10:00 A.M.



Our annual membership dues are \$15

- (Mailbox membership dues are \$8.00)
- Our activities include: 2 White Elephant Sales for Fund-raisers, Club Scholarship, Donations to Backpack Program, support project "Graduation", Pennies for Friendship, Ovarian Cancer Research
- We have a Christmas party and a trip in June.
- In addition to our monthly lessons, we have extra craft lessons.
- If you are interested or want additional information, please contact Geraldine Priddy at 270-369-7742.



Beginning Toile Painting

Teacher: Byrle Thomas

3 Sessions / 2 Projects

Cost: \$60.00

All Materials furnished

DAYTIME CLASS

June 18
June 25 1-4 pm
July 9

EVENING CLASS

June 19
June 25 5:30—8:30 pm
July 10

Learn basic strokes to begin creating your own unique designs.

Classes will be held at the

Cooperative Extension Service
201 Peterson Drive
Elizabethtown, KY 42701

Registration deadline is June 15th.

Home Canning and Preserving Class

FREE CLASS

Thursday, June 21
at 1-3 pm or at 6:30 pm.



Have you ever wanted to learn how to can using a pressure cooker? Or, how to properly freeze fruits and veggies? Or how to make jams and jellies? How about drying fruit? If you have, this class is for you!!

This class will demonstrate the beginning techniques for all these methods. We will be discussing and demonstrating the procedures for successful, tasty, safe home preservation methods for your garden goodies. Sign up today and get registered for DOOR PRIZES!! Class is free but registration is required. Registration deadline is June 18th.



CULTURAL ARTS WINNERS

We congratulate our Final Winners at the State Cultural Arts Contest

Blue Ribbon for Excellence

Brenda Arnett
Winona Skees
Margot Van Lengen



Purple Ribbon Champions—Best in Category

Debbie McQueary
Martie Rose



Clothesline of Quilts Hardin County Project

**Lincoln Resource Conservation
and Development Area, Inc.
529 Westport Rd.
Elizabethtown KY 42701**



Modeled after the Adams County, Ohio “Clothesline of Quilts”, the project encourages travelers to choose routes throughout the countryside instead of traveling along the interstate by placing painted quilt squares on highly visible barns and other structures. Other benefits of the project include history, culture, arts, education and beautification of the area.

Partnering with the Cooperative Extension Service and RECC’s, the RC&D council is working to develop quilt trails throughout the six county RC&D Area. The counties include: Breckinridge, Bullitt, Grayson, Hardin, LaRue and Meade. Once the quilt trails begin to be developed, the RC&D will assist with the development of a marketing brochure and website to promote tourism.

Long range plans include working with other RC&D areas to develop a “quilt trail” along the US 60 corridor throughout the state. In Eastern Kentucky, Tennessee and Ohio, groups have been working on an Appalachian Heritage “quilt” trail for approximately two years.

Kentucky Quilt Block Guidelines

Each block must be 8’ x 8’.

Must be a pieced or appliqué pattern.

Blocks must be painted on approved signboard or other similar material.

Quilt block must be placed on a local committee approved barn, building or other location.

The quilt block must be approved by the local committee in order to maintain continuity, refrain from excess duplication and insure quality of the project.

The local committee will make the necessary contacts to schedule the hanging of the block

Each block costs approximately \$700 for materials, painting and hanging of the quilt block. Local painters and the RECC are providing in kind donations to paint and hang the blocks thus reducing the cost to \$200 to pay for materials. Limited number of scholarships may be available.

Anyone interested in participating in the Clothesline of Quilts project may pick up an application at any of these participating sponsor locations.

Hardin County Cooperative Extension Service, 201 Peterson Drive, Elizabethtown

Elizabethtown Tourism & Convention Bureau, 1030 N. Mulberry, Elizabethtown

Nolin RECC, 411 Ring Rd., Elizabethtown

Soil Conservation District Office, 529 Westport Rd. Suite A (in USDA Bldg.),
Elizabethtown

Hardin County Chamber of Commerce-Elizabethtown, 111 E. Dixie, Elizabethtown

Celebrate the...

75th Anniversary

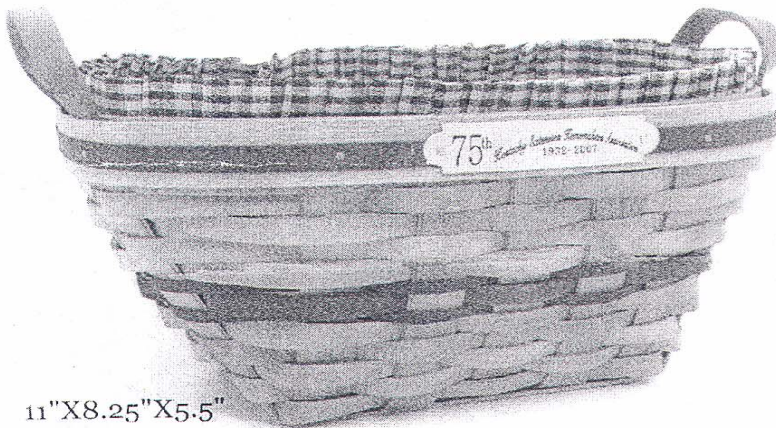
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Kentucky Extension Homemakers

To commemorate the upcoming anniversary of the founding and incorporation of KEHA, the Kentucky Extension Homemaker Association is proud to present the Friendship Basket, a limited edition collector's basket. You'll enjoy this handmade basket with a blue chain link weave that comes complete with a blue and cream checked fabric liner, a plastic protective liner, and a brass plaque.

Celebrate 75 years of KEHA and acquire a piece of Kentucky history by ordering your numbered basket today!

2007 Limited Edition KEHA "Friendship" Basket



11" X 8.25" X 5.5"



Hand-woven, numbered basket complete with brass plaque, fabric liner, and plastic protective liner.
\$45

Name	Address	Phone	Qty	Total \$

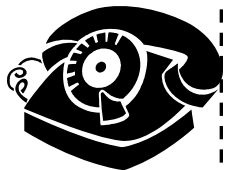
Please make checks payable and send to:
Hardin County Homemakers
We will be taken orders through the summer.



No charge for directory assistance

Tired of paying phone companies \$1 or more for 411 information calls? We don't have to anymore. You can dial 800-FREE-411 (800 373 3411) without incurring a charge - on land phones and cell phones. Here are 2 websites where you can validate this info for yourself:

- <http://www.snopes.com/inboxer/nothing/free411.asp>
- <http://www.truthorfiction.com/rumors/f/free-411.htm>





In Evie's Words...



Dear Homemakers,

Summer is closing in on us and the very hot days will be here soon. I hope that those of you that are planting gardens will get all the rain you need to prosper.

My first club visit in May was to Town & Country Club. These ladies have a new meeting place at the Hardin County Public Library in Elizabethtown. The library is not always available for their meetings so if you plan on attending, please be sure and call ahead. Jean Davis has been their president this past year doing a great job. There were 12 members present that evening and they went to the Golden Corral for dinner before their meeting. This club is always full of activities and doing things for others. They were planning their June meeting at the home of Julia Sarver. Their newly elected president is Joyce Skillman. Thank you ladies for letting me meet with you and treating me so special.

My next visit was to the Vine Grove Homemakers. Rita Vessels is their President. They had 19 members present that evening. This is a very large group that is always doing something for someone in their community. They met at St. Bridget's Community Center that evening where they had a silent auction, a picture frame fund raiser, and a quilt fundraiser. They are presently saving plastic grocery bags for the backpack program. They also planned their Spring/Summer trip for June that evening. Agnes Yates gave the lesson and read some interesting facts about Kentucky from the book "Off The Beaten Path". I was honored to be able to install their new officers for the next club year. Thank you ladies for letting me be with you that evening, I enjoyed it very much.

I wish to apologize to the 3 clubs that I did not get to visit this year because of change of dates, scheduling conflicts, etc.

The time has come that I must say good-bye as your County President. My two year term has flown by in high speed. I have made so many new friends, got to know your club needs as a club and individuals. You are all wonderful, sweet, caring ladies with so much kindness in your hearts to help others. At all the clubs I have been invited I have seen stacks of food items on a table to help our school children. I've seen you all working hard in the Extension kitchen to prepare meals to raise money for our scholarship fund as well as working on many other projects to make Hardin County Homemakers the best in the state of Kentucky. I know that some of you have had complaints but your present and future officers will be working hard to fix them. Having lots of experience I just know that your new County President, Martha Thomas, is going to do a great job.

Thank you for all the sweet memories. You are a great group of ladies to work with and each and every one of you are special to me. It has been a pleasure to serve you these past two years. May God Bless All of You!
Have a great Summer!

Evie Blevins

Hardin County Homemaker President

Homemaker's having fun at the State Meeting in Bowling Green!!



Hardin County Fair

July 9-14, 2007

I know you all are so creative and hope you will share with us.

Please remember entries are taken on

Monday, July 9, 2007

from 9- 4

Sincerely,

Liz Kingsland
County Extension Agent for
Family & Consumer Sciences



June 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Free Motion Quilting 6-9	8	9
10	11	12 County Picnic @ Freeman Lake Park	13	14	15	16
17	18 Tole Painting 1-4 pm	19 Tole Painting 5:30- 8:30 pm	20	21 Canning Class 1-3 & 7-8:30	22	23
24	25 Tole Painting 1-4 pm Tole Painting 5:30-8:30 pm	26	27	28	29	30



Coming in July
 July 9—Tole Painting
 July 10—Tole Painting
 County Fair—July 9-14

May - October
Tuesday, Thursday and
Saturday
7:00 a.m.
Lakeshore Plaza
1111 N. Dixie Avenue
Elizabethtown, KY 42701
270-862-3920

FARMER'S MARKET



HARDIN COUNTY

The Hardin County Farmers Market is now open on
Tuesdays
Thursdays
Saturdays at 7:00 am

The Hardin County Farmer's Market is
located on 31-W at Lakeshore Plaza next
to the old entrance of Freeman Lake Park.

The Extension Service will be there
on Saturdays during the months of
June, July, and August from
8:30-12:00 noon, to provide a
variety of info, samples, and help
with gardening tips.

COOPERATIVE EXTENSION SERVICE
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University of Kentucky
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