**Important Dates**

**Thurs. April 5** – Knott County fair planning meeting at 11:30. Everyone is welcome. The meeting will be at the Knott County Extension office.

**Tues. April 17** – “Truth and Consequences: The Choice is Yours” at Knott County Central High School for county 9th grade students. If interested in helping, contact Linda Combs at 785-5329.

**Mon. April 23** – Sewing 101 at 10:00 – Quilt Block of the Month – Block 2.

**Tues. April 24** – Tackling your Laundry: From wash boards to traditional machines, from powder detergent to too many detergents to choose from, how we tackle our laundry has changed drastically over the years. How we choose to deal with these changes is up to us

The program will be presented by Laken Campbell and Crystal Osborne at 10:00 am.

**Fri. April 27** – Homemaker's Spring Luncheon registration will begin at 11:00. We will eat about 11:40 am. The meal will be catered by the Extension office.

**Mon. April 30** – Machine Embroidery 101 – from 10:00 am to 3:00 am.

**Thurs. May 24** – KRADD Senior Games at the Knott County Sportsplex.

**Mon. May 28** – Memorial Day. The Knott County Extension Office will be closed to observe the holiday.

Dates continue on Page 2
Thurs. June 14 at 10:00 - "Basic Furniture Upcycling." Learn new techniques to enhance the appearance of "used" by us or others furniture. Chad and I will be collaborating on teaching this program. You MUST register for this class.


Tues. June 26 – All Adult County Fair projects are due. Please bring to the extension office by 3:00 pm. See the attached list.

Thurs.-Sat. June 28-30 – Knott County Fair at the Sportsplex.

Seasonal Allergies

Spring is a time for renewal, but if you suffer from seasonal allergies this renewal can make this time of year miserable.

Hay fever, also called allergic rhinitis, starts with cold-like symptoms. Unlike a cold that goes away in seven to 10 days, an allergic reaction tends to linger until its source is identified and treated or no longer present. One of the most common causes of allergies during the spring is high pollen counts. Depending upon the type of pollen you are allergic to, this could happen at various points in the season. Different types of pollen peak at different times.

To reduce your exposure to pollen, monitor local pollen counts and take necessary precautions when the type of pollen you are allergic to is high. Precautions can include such things as starting to take allergy medicines or closing the windows in your home at night, as well as the following:

• Stay inside on dry, windy days.
• Change your clothes and shower after being outside to remove pollen.
• Do not hang laundry outside.
• Avoid being outdoors in the morning, when pollen counts are the highest.
• Use air conditioning to cool your house or car.
• Vacuum your floors often.

Seasonal allergies can develop at any time during your life and are not necessarily something you are born with. Sometimes signs of allergies aren't straightforward, as it can be hard to distinguish an allergy from the common cold. This is especially true with children. If you or your child has cold symptoms that last more than a week or seem to occur at the same time every year, you may want to talk with your health care provider about it. Only a certified health care provider can truly diagnose allergies and prescribe treatments.

Source: Nicole Peritore, Senior Extension Specialist
A D U L T

H E A L T H  B U L L E T I N

A P R I L  2 0 1 8

Knott County
149 Parks Branch
Hindman, Ky 41822
(606) 785-5329

THIS MONTH’S TOPIC:
ALCOHOL AWARENESS MONTH

D id you know that alcohol is considered the most commonly used addictive substance in the United States? Alcohol Awareness Month, founded by the National Council on Alcoholism and Drug Dependence, is meant to build awareness, understanding and reduce the stigma of alcoholism and alcohol-related issues. It is important to remember that drinking too much can harm your health. Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women), can lead to increased risk of health problems such as injuries, violence, liver diseases and cancer. The good news? We can all do our part to prevent alcohol misuse or abuse.

Continued on the back
Certain prescription or over-the-counter medications can interact with alcohol.

Continued from page 1

What is a “drink”?  
In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:
- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (7% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces of 80-proof (40% alcohol content) distilled spirits or liquor (gin, rum, vodka, whiskey)

What is moderate drinking?  
The Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. Some people should not drink any alcohol, including those who are:
- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive or participating in other activities requiring skill, coordination and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.
- Recovering from alcoholism or are unable to control the amount they drink.

Alcohol Awareness Month coincides with Alcohol-Free Weekend, which takes place on March 30-April 1, 2018. During Alcohol-Free Weekend, the National Council on Alcoholism and Drug Dependence extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.

REFERENCES:
- https://www.cdc.gov/alcohol/index.htm
- https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm
EVERYTHING YOU EAT AND DRINK MATTERS
START WITH SMALL CHANGES

Create an eating style that can improve your health now and in the future by making small changes over time. Consider changes that reflect your personal preferences, culture and traditions. Each change is a “win” as you build positive habits. Use these tips to find little victories that work for you:

Make half your plate fruits and veggies:
- Add bananas, berries or raisins to your cereal
- Add fresh, frozen or canned veggies to recipes

Make half your grains whole grains:
- Choose whole-grain foods like oatmeal, whole-grain bread and popcorn
- Look for at least 3 grams per serving of fiber on labels

Move to low-fat and fat-free dairy:
- If you drink whole milk, gradually switch to lower fat versions to cut saturated fat and calories.
- Buy low-fat or fat-free cheese more often than regular cheese.

Vary your protein routine:
- Eat seafood in place of meat or poultry twice a week.
- One egg a day, on average, doesn’t increase risk for heart disease, so make eggs part of your weekly choices.

Compare the saturated fat, sodium, and added sugars in your foods and drinks:
- Read the Nutrition Facts labels to find products with less saturated fat and sodium.
- Use the ingredient list to find choices with fewer added sugars.

Source: USDA MyPlate
COOKING WITH KIDS
SURE TO PLEASE BAKED EGGS & CHEESE

- 1 tablespoon oil
- 6 eggs
- ½ cup non-fat milk
- ½ cup low-fat cheese, grated
- 1 teaspoon garlic powder
- 1½ teaspoons oregano

1. Preheat oven to 350 degrees F.
2. In a medium baking dish or small cake pan, add oil and heat in the oven for a few minutes.
3. In a medium bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

Number of servings: 4
Serving size: ¼ of dish
Nutrition Facts per serving:
- 170 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 230mg sodium; 3g carbohydrate; 0g fiber; 15g protein.

Source: What’s Cooking? USDA Mixing Bowl

RECIPE
PARMESAN FISH BAKE

- ¼ cup chopped onion
- 1 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ cup skim milk
- ¼ cup shredded carrots
- ½ cup (2 ounces) shredded Parmesan cheese
- 6 to 8 tablespoons lemon juice
- 1 pound fish fillets

1. Preheat oven to 350 degrees F.
2. Sauté the onion and oil in a skillet until the onions are translucent.
3. Stir in the flour and salt.
4. Add the milk. Cook and stir until thickened.
5. Add carrots, cheese and lemon juice.
6. Place the fish in a 7-by-11-inch baking dish.
7. Pour the sauce over the fish.
8. Bake for 25 minutes or to an internal temperature of 145 degrees F on a meat thermometer.

Number of servings: 4
Serving size: ¼ of recipe
Nutrition Facts per serving:
- 279 calories; 13g total fat; 3.5g saturated fat; 0g trans fat; 80mg cholesterol; 392mg sodium; 11g carbohydrate; 1g fiber; 28g protein.

Source: Living WellTM More Than a Cookbook, National Extension Association of Family and Consumer Sciences, 2010
**BASIC BUDGET BITE**

Use healthy, affordable proteins such as beans, eggs and canned fish several times per week. Save big by using budget-friendly proteins more often. Replace half the ground meat in tacos with your favorite beans. Use canned tuna or salmon in your next casserole. Or top a salad with hard boiled eggs for protein power. If you’re buying meat or poultry, check your store flyers before you shop.

Source: Share Our Strength’s Cooking Matters*

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**PARENT’S POW-WOW**

Help your child learn to love a variety of foods. Sometimes new foods take time. Kids don’t always take to new foods right away. Offer new fruits and veggies many times, served in a variety of ways. Give your kids just a taste at first and be patient with them.

**Kids learn to like new foods by:**
- Having them offered over and over
- Having them served with familiar foods
- Seeing friends, older kids, and grown-ups eating these foods
- Tasting them prepared in different ways
- Choosing foods to try themselves
- Starting with small amounts

Source: USDA Core Nutrition Messages

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**FOOD FACTS**

**PROTEIN FOODS**

Go lean with protein. The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, center loin and ham. Choose lean ground beef. To be considered “lean,” the product has to be at least 92% lean/8% fat. Buy skinless chicken parts or take off the skin before cooking. Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices. Choose lean turkey, roast beef, ham or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

Source: USDA MyPlate
LOCAL EVENTS

Local events...

SMART TIPS

SPRING CLEANING ACTIVITIES ARE EXERCISE, TOO!

Did you know that spring cleaning can also be a great way to get a little physical activity? This year when you are cleaning your home, think about these activities as well:

- **Big Circles.** When cleaning windows, showers or walls, instead of making small circles, make large sweeping circles. This will work your arms and shoulders.
- **Take the Stairs.** Do you try to get everything in one trip when going up and down the stairs? Instead, make multiple trips for some extra endurance activities. This will give your legs more of a workout.
- **Put on Some Music.** Whether you play music on a stereo or on a personal device, add a little dancing to your cleaning. Not only will a little music make you feel better while you are doing your chores, you may be able to add a few dance steps in there as well.

While spring cleaning will not get your ready to run a race, by adding some extra activities you will certainly burn more calories.

If you are interested in nutrition classes, contact your extension office.

Linda Combs
Extension Agent for Family and Consumer Sciences

Knott Co. Cooperative Extension Office
149 Parke Branch Rd.
Hindman, KY 41822-0462
(606) 785-5329
COLORECTAL CANCER in Kentucky

SCREENING. SAVES. LIVES.

In the past 17 years, Kentucky's colorectal cancer (CRC) screening rate has improved more than any other state in the country.

As screening rates have risen, incidence rates and mortality rates have declined DRAMATICALLY.

This decrease in incidence means that every year approximately 350 Kentuckians who would have gotten colorectal cancer no longer get the disease.

Data source: Kentucky Cancer Registry and KyBREX. NOTE: The 1999 screening rate is calculated from "ever had sigmoidoscopy or colonoscopy"; 2016 screening rate calculated from: "fully met USPSTF CRC screening recommendation". Despite survey question and methodology changes in KyBREX during this time period, it is still clear that Kentucky has made significant improvements in CRC screening.

Progress!

"Take home" blood stool tests have increased screening options. This chart measures the percentage of Kentuckians aged 50-75 who have fully met the United States Preventive Services Task Force (USPSTF) recommendation for colorectal cancer screening in 2016. "Fully met" is defined as having had a colonoscopy within the past 10 years; or a sigmoidoscopy within the past five years; or a FOBT/FIT within the past one year.

Kentucky is moving forward...

70.1% have fully met the recommendation
29.9% have not

Data source: KyBREX, 2016

All 15 Kentucky Area Development Districts have improved cancer screening rates.

Purchase Area Development District achieved an 83% CRC screening rate in 2016!

Purchase, Barren River, Pennyville, Kentucky River and Gateway Area Development Districts increased their screening rates by over 30% in the past 10 years!
How did Kentucky make progress?

**Long-term cross-sector collaboration**
- Medicare begins colonoscopy coverage for those at increased risk
- Medicaid and private insurers begin colonoscopy coverage for ALL; statewide CRC committee established by the Kentucky Cancer Consortium

**Champions, champions, champions**
- CDC Screen for Life program begins
- Medicare colonoscopy coverage for ALL; KY Cancer Program (KCP) District Cancer Councils focus on CRC

**Coordinated efforts to reach the public, providers and systems with best-practice messaging and interventions**
- KCP Sponsors CRC roundtables for healthcare providers
- KCP/DCP/Kentucky Department for Public Health to increase CRC screening
- Colon Cancer Prevention Project (C2P2) Established
- Mini grants from KCP/DCP/Kentucky Department for Public Health to increase CRC screening

**Strong policies that reduce barriers and expand access**
- Kentucky legislation establishes the Kentucky Colon Cancer Screening Program
- Kentucky legislation specifies funding for KCCSP in a public-private partnership with Kentucky Cancer Foundation
- National Colorectal Cancer Roundtable (NCCR) announces 80 x 18 initiative: Affordable Care Act includes CRC screening

**Policy Fact:**
Kentucky was one of the first states in the country to: 1) require almost all health plans to cover the cost of a colonoscopy after a positive FIT or stool DNA test, with no co-pay or deductible; and 2) ensure that a patient who has a polyp found during a screening colonoscopy must continue to be coded and billed as a screening colonoscopy, not a diagnostic colonoscopy. Correct coding is key to no-cost colonoscopies!

**There’s more to be done!**
Despite our progress, there is more to be done. 21 percent of colorectal cancer cases in Kentucky are still diagnosed at a late stage. Blacks have a higher incidence rate and mortality rate from colorectal cancer than whites. The highest incidence and mortality rates in Kentucky are in the Appalachian region of the state, and they are declining much more slowly compared to the non-Appalachian area of the state.

**Working Together to Address Colorectal Cancer in Kentucky**
The Kentucky Cancer Consortium Colon Cancer Committee is committed to coordinate efforts in colorectal cancer prevention and control, working together to implement objectives in the state’s Cancer Action Plan. Visit [http://www.kycancerc.org](http://www.kycancerc.org) to find out how your organization can become involved.

Data source: Kentucky Cancer Registry, 2009-2013

Revised February 26, 2018
Knott County Fair – Cultural Art Exhibits - June 30, 2018

The Knott County Cooperative Extension Service will be hosting the following adult exhibit categories:

Items must be made by the person making the entry (must be 18 years of age & above).
Items must have been made since the county fair in July of 2017.
All items must be submitted to the Knott County Extension office on Tuesday, June 26th by 3:00 pm.
Items that weigh over 20 pounds must be picked up at the extension office & delivered to the county fair site
(Knott County Sportsplex) by the person entering the item.
Items must be picked up at the county fair Saturday, June 30th, by 3:00 pm.

1. Apparel
   • Novelty
   • Basic sewing
   • Quilted
   • Pieced
   • Appliqued
   • Accessory
2. Art – 3 dimensional
   • Carving
   • Sculpture
3. Art, natural
   • Wood
   • Other
4. Basketry
   • Plain
   • Dyed material
   • Novelty
   • Miniature (under 4”)
   • Cane
5. Beading
   • Non-jewelry item/wearable
   • Knitting or crochet with beads
   • Bead-weaving
   • Miscellaneous
6. Ceramics
   • Hand-formed
   • Molded
   • Pre-made
7. Counted Cross Stitch
   • 14 count & under
   • 16-22 count
   • Specialty cloth (linens, etc.)
8. Crochet
   • Yarn
   • Thread
9. Doll/Toy Making
   • Porcelain/china
   • Cloth
   • Handmade toy other than porcelain/china or cloth
10. Drawing
    • Pastels
    • Pen & ink
    • Pen & ink with oil roughing
    • Pencil – black
    • Pencil – color
11. Embroidery
    • Basic Embroidery
    • Crewel
    • Candle Wicking
    • Smocking
    • Ribbon
    • Machine Embroidery
    • Swedish
    • Tatting/lace making
    • Miscellaneous
12. Felting
    • Wet Method
    • Needle Method
13. Holiday Decorations
    • Spring
    • Summer
    • Fall
    • Winter
14. Jewelry
    • Original Design
    • Beaded
    • Mixed media (wire, chain maille, mixed with beads)
15. Knitting
    • Hand
16. Needlepoint
    • Cloth Canvas
    • Plastic
17. Painting, Art
    • Oil
    • Acrylic
    • Water color
18. Painting, China
19. Painting, Decorative
    • Wood
    • Metal
    • Other
20. Photography
    • Black & white (mounted & framed)
    • Color (mounted & framed)
21. Pillows
22. Quilts
    • Machine appliqued (machine quilted)
    • Hand appliqued (hand quilted)
    • Hand pieced (hand quilted)
    • Machine pieced (machine quilted)
    • Novelty (hand quilted)
    • Technology based (hand or machine quilted)
    • Miscellaneous (hand or machine quilted)
23. Recycled Art (including a before & after picture)
    • Clothing
    • Household
    • Other
24. Rug Making
25. Scrapbooking
    • Heritage layout
    • Family layout
    • Miscellaneous layout
    • Collage layout
26. Wall or Door Hanging
    • Fabric
    • Other
27. Weaving
    • Loom
    • Hand (Macramé caning)
28. Miscellaneous
Beefy Stuffed Peppers

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<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>uncooked whole wheat couscous</td>
<td>1 cup</td>
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<tr>
<td>small tomato, diced</td>
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<tr>
<td>½ cup garbanzo beans</td>
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<td>1 teaspoon dried Italian seasoning</td>
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<tr>
<td>¼ teaspoon ground black pepper</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>½ cup low fat</td>
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<tr>
<td>shredded mozzarella cheese</td>
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<tr>
<td>4 large bell peppers</td>
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<tr>
<td>½ pound lean ground beef</td>
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<tr>
<td>1 tablespoon chopped green onion</td>
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<tr>
<td>1 tablespoon minced garlic</td>
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Cook couscous according to package directions. Preheat oven to 350 degrees F. Combine cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. Remove the tops, seeds and membranes from peppers. Cook peppers in boiling water for 5 minutes; drain upside down on paper towels. Cook beef until lightly browned in skillet. Add minced garlic and green onions to beef and sauté until soft. Drain fat. Toss beef mixture into the couscous mixture. Stuff bell peppers evenly with mixture. Place in a lightly greased 9 x 9 inch baking dish. Bake for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 25 g saturated fat, 35 mg cholesterol, 790 mg sodium, 26 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein

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