Important Dates

Monday, May 21 - Block of the month - Block 3 Call to register.

Thursday, 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.

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.


Tuesday, June 26 - All adult county fair projects are due. Please bring to the extension office by 3:00 pm. See the attached list.

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

Machine Embroidery 101 will be cancelled the months of May, June, July, August and September. We will pick back up in October.
THIS MONTH’S TOPIC:
PHYSICAL ACTIVITY IS IMPORTANT FOR PEOPLE OF ALL AGES

Regular physical activity is good for everyone’s health and people of all ages and body types can be physically active. May is National Physical Fitness and Sports Month, so it is a great time to spread the word about the benefits of becoming active.

Exercise among middle-aged and older adults in the United States is rare. Research shows that only about 10 percent of people past the age of 65 work out regularly. Despite this fact, the CDC recommends that if you’re 65 years of age or older, are generally fit and have no limiting health conditions, you need at least 150 minutes of moderate activity a week.

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Physical activity can lower the risk of Alzheimer’s disease, dementia, heart disease, type 2 diabetes and some cancers.

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Starting or keeping a regular exercise routine can be challenging for people at any age — and it does not get any easier as you get older. However, no matter your age or fitness level, it is never too late to benefit from moving your body, boosting your health and improving your outlook on life.

Three myths debunked about aging and being active

Myth 1: There is no point to exercising. I am too old to start exercising.

Fact: You are never too old to get moving and improve your health! Regular movement or physical activity can lower the risk of Alzheimer’s disease, dementia, heart disease, type 2 diabetes and some types of cancer. Regular movement can also help you look and feel younger, while staying independent longer.

Myth 2: Exercise puts me at risk of falling down.

Fact: Physical activity can actually lower your risk of falling and improve cognitive function. Regular activity builds strength and stamina, prevents loss of bone mass and improves balance, reducing your risk of falling.

Myth 3: I am too weak or have too many aches and pains.

Fact: Moving your body can help you manage pain. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. Even if you are chair-bound, you can still lift weights, stretch and do chair aerobics or chair yoga.

Remaining active as an adult adds years to your life, but also life to your years. It can prevent many of the health problems that seem to come with age. However, it is important to start safely:

• Get medical clearance from your doctor before starting an exercise program.

• Consider any preexisting health conditions or concerns.
• Start slowly and focus on short-term goals.
• Listen to your body. If you are in pain, STOP.

It is never too late to benefit from exercise!

REFERENCES:
• https://www.cdc.gov/physicalactivity/basics/older_adults
• https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm
• https://www.health.harvard.edu/staying-healthy/exercise-and-aging-can-you-walk-away-from-father-time
Add More Veggies to Your Day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and are low in calories. To fit more vegetables in your diet, eat them as snacks, not just meals.

- **Discover fast ways to cook.** Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

- **Be ahead of the game.** Cut up a batch of bell peppers, carrots or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip or in a veggie wrap.

- **Choose veggies rich in color.** Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or collard greens. They not only taste great but also are good for you.

- **Check the freezer aisle.** Frozen veggies are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans or spinach to your favorite dish. Look for frozen veggies without added sauces, gravies, butter or cream.

Source: USDA MyPlate
PARENT'S POW-WOW

Be an Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Try setting specific activity times throughout the week the whole family is available to do something fun that gets everyone moving. Plan activities that require little or no equipment or facilities such as walking, jumping rope, playing tag or dancing.

Source: Choose MyPlate

BASIC BUDGET BITES

Tips for Cleaning Fruits and Veggies

Properly handling your produce can extend the shelf life and keep you from getting sick. Follow these steps when washing fruits and veggies.

- Wash hands for 20 seconds with warm water and soap.
- Cut away any damaged or bruised areas before preparing or eating.
- Gently rub produce while holding under plain running water.
- Wash produce before you peel it.
- Use a clean vegetable brush to scrub firm produce such as melons.
- Dry produce with a clean cloth or paper towel.

Source: https://www.fda.gov/FoodConsumers/ConsumerUpdates/ucm256215.htm

FOOD FACTS

Asparagus

Asparagus is a nutritious vegetable that can be used in a variety of different ways. When buying asparagus, choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks. Store asparagus in the refrigerator for up to four days by wrapping ends of stalks in wet paper towel and placing in a plastic bag. When preparing asparagus, simply cut or break off the bottom portion of the stalk and rinse under water to clean. Asparagus can be steamed, blanched, microwaved, grilled, used in a stir-fry or simply sautéed on the stove top. It is high in vitamins A and C and folate. Enjoy asparagus in one of the many ways it can be prepared.

Source: https://snaped.fns.usda.gov/seasonal-produce-guide/asparagus
COOKING WITH KIDS

Pasta Primavera

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in skillet.
3. Add mixed vegetables and asparagus and sauté until tender; stir constantly.
4. Add tomato and sauté 2 more minutes.
5. Toss vegetables with noodles and butter.
6. Add seasonings; sprinkle with Parmesan cheese and serve.

Number of servings: 3
Serving size: ¼ of recipe

Nutrition Facts per serving:
151 calories; 8g total fat; 2g saturated fat; 160mg cholesterol; 0g trans fat; 228mg sodium; 10g carbohydrate; 2g fiber; 5g total sugars; 0g added sugars; 11g protein.

Source: What’s Cooking? USDA Mixing Bowl

RECIPE

Asparagus, Mandarin Orange, Chicken and Rice

For the vinaigrette
1. 2 tablespoons olive oil
2. 2 tablespoons vinegar
3. 3 tablespoons juice from canned mandarin oranges
4. 1 tablespoon soy sauce

For the salad
1. 3 cups asparagus, trimmed
2. 2 cans (11 ounces) mandarin oranges, drained and juice reserved
3. 12 ounces cooked chicken breast, chopped
4. 3 cups brown rice, cooked

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Cook rice according to package instructions.
3. Place whole trimmed asparagus in a large skillet with 1½ inches of water. Bring to a boil; reduce heat and simmer, uncovered, for 2-5 minutes.
4. Rinse with cool water and cut into 1-inch pieces.
5. In a medium-sized bowl, toss all ingredients and serve.

Number of servings: 4
Serving size: ¼ of recipe

Nutrition Facts per serving:
100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 27g carbohydrate; 4g fiber; 8g total sugars; 2g protein.

Source: What’s Cooking? USDA Mixing Bowl
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)
      (stenciled, embroidered, miniature, etc.)
    - Novelty (stenciled, embroidered, miniature, etc.)
      (machine quilted)
    - Baby or lap (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
What is skin cancer?
Skin cancer begins when cells that are not normal grow on the skin. Skin cancer most often appears on the head, face, neck, hands and arms. Most skin cancers appear after age 50, but the sun damages the skin from early childhood.

There are three types of skin cancer: basal cell, squamous cell, and melanoma. The first two types are easy to cure if found early. Melanoma is the most dangerous type. It can spread quickly to other parts of the body. If not treated, melanoma can result in death.

What causes skin cancer?
Most skin cancers are caused by ultraviolet (UV) radiation. UV radiation comes from the sun, sunlamps and tanning beds. People of all races can get skin cancer, but those with fair skin and blonde or red hair are most at risk. Your chance of getting skin cancer increases if you have a large number of moles, had sunburns as a child, or if you have a family member who has had the disease.

What are the symptoms?
Skin cancer is usually not painful. The most common symptoms are a new growth on the skin, a change in an old growth, or a sore that does not heal. Not all skin cancers are the same. They may look pale or red. They may feel crusty, flat, scaly, smooth or firm. The first sign of melanoma is often a new mole or a change in the size, shape, color or feel of an existing mole. Most melanomas have a black or blue-black area.

How can I protect myself?
- Stay out of the sun between 10 a.m. and 4 p.m., whenever possible.
- Wear long sleeves, long pants, and a hat with a wide brim when you are in the sun.
- Choose wraparound sunglasses that block close to 100 percent of the sun’s UV rays.
- Apply a broad spectrum (UVA and UVB) sunscreen with a sun protection factor (SPF) of 30 or higher before going into the sun. Reapply every two hours.
- Sunscreen can lose its sun protection strength over time. Check the expiration date of your sunscreen and replace with new product if expired.
skin cancer: know the facts

- Don’t forget to apply sunscreen to ears, lips, and tops of feet. Wear a hat.
- Avoid tanning beds and sunlamps.
- Do a skin self-exam once a month.
- Ask your doctor to examine your skin as part of your routine checkup.

Remember, it is important to protect your children from the sun too. Most skin damage happens before age 18. Infants six months and younger should not be in the sun at all. Older children should follow the sun protection tips listed above.

Where can I get more information?
Visit www.kycancerprogram.org for cancer resources in your community, and contact information to reach your local Kentucky Cancer Program office.

For information on all types of cancer, contact:
- National Cancer Institute, 1-800-4-CANCER, www.cancer.gov
- American Cancer Society, 1-800-ACS-2345, www.cancer.org
- Centers for Disease Control and Prevention, www.cdc.gov

This fact sheet was developed by the Kentucky Cancer Program at the University of Kentucky Markey Cancer Center. The information comes from the National Cancer Institute, the American Cancer Society, and the Centers for Disease Control and Prevention.

Last reviewed April 2017

www.kycancerprogram.org
The Kentucky Cancer Program is jointly administered by the University of Kentucky Markey Cancer Center and the University of Louisville Brown Cancer Center.
Knott County
PO Box 462
Hindman, KY 41822

RETURN SERVICE REQUESTED