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Raising Kids, Eating Right, Spending Smart, Living Well

AUGUST 2018

TIMELY TIPS

Let's Get Some New Shoes!

The most important piece of equipment for any activity—walking, running, hiking, tennis, basketball or aerobics—is the right pair of shoes. A properly fitting shoe can enhance performance and prevent injuries. Choosing the sport shoe that fits you best can be easy if you follow these tips:

- If possible, purchase shoes from a specialty store. The staff will know about the different shapes and styles of shoes to help with proper fitting.
- Visit the shoe store at the end of the day because your feet normally swell a bit during the day. This will help you avoid buying shoes that are too small.
- Make sure the shoe you pick matches the activity you plan to do.
- Wear the socks you normally wear when working out.
- If you wear orthotics, bring them along. They influence the fit of a shoe.
- Always try both shoes on because feet are usually slightly different sizes.
- When the shoe is on your foot, you should be able to freely wiggle all of your toes. Aim for a thumbnail's length of extra space in the toe box.
- Your heel should not slip as you walk or run.
- Lace up the shoes then try both left and right shoes on at the same time. Walk on a firm surface, not a carpeted one. Walk or run a few steps in your shoes.



Like any product, shoes wear down over time. Here are a few signs to look for that indicate it is time for new shoes:

- Between 300 and 500 miles of use.
- Getting new or unexpected pains and blisters from shoes.
- Heels stretched out or broken down on the shoe.
- Your toes wear through the toe-box.
- One shoe sole has become unevenly worn, compared with the other shoe.

References: <http://www.aofas.org/footcaremd/how-to/footwear/Pages/Selecting-Athletic-Shoes.aspx>

Source: Natalie Jones, Extension Physical Activity Program Coordinator; University of Kentucky, College of Agriculture, Food and Environment

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COOPERATIVE EXTENSION OFFICES



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859/572-2600



CARROLL

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GALLATIN

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"The best preparation for tomorrow is doing your best today." H. Jackson Brown, Jr.

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Summer Vegetables on a Budget

Buying fresh vegetables when they are in season means they will taste better and are usually less expensive. To get the freshest vegetables, shop at local roadside stands and farmers' markets. These places are usually cheaper because they do not have the added cost of shipping and advertising. When you find a good deal, buy enough vegetables for several meals and snacks but, only buy what you will use. If fresh vegetables are thrown away, that is money in the trash.



Vegetables during the summer months include green beans, beets, Brussels sprouts, corn, cucumbers, eggplant, leafy greens, okra, onions, peppers, potatoes, summer squashes and

tomatoes. Here are some simple ways to prepare summer vegetables that are fast, easy and will not heat up the kitchen:

- **Stir-fry:** Any combination of vegetables make a good summer stir-fry. Cook about four cups of cut-up vegetables over medium-high heat in one tablespoon of oil until crisp tender. A good combination might be corn kernels, okra, onion, peppers and summer squash. Instead of using sauces that have high sodium content, try using dried or fresh herbs with salt and pepper.
- **Grill:** Chunks of veggies skewered on kabobs and grilled are a fun way to serve them in a new way. Peppers, onions, tomatoes, and summer squash make good kabobs. Slice larger vegetables like zucchini, beets, and eggplant lengthwise, brush with olive oil and grill a few minutes on each side over direct heat. Cook shucked corn directly on the grill surface or wrap in foil to steam; rotate often to cook evenly. Place vegetables like whole green beans, quartered Brussels sprouts and sliced potatoes seasoned with herbs and olive oil in foil packets to cook on the grill.
- **Salads:** Fresh salads require no cooking and can be made with any tender summer vegetables. Start with leafy greens and add tomatoes, corn kernels, peppers and cucumber. Top with a low-fat salad dressing for a refreshing main or side dish. Slices of cucumber, onion, tomato and green pepper mixed with fat-free Italian dressing makes a simple side dish. Thinly sliced Brussels sprouts with onion, sunflower seeds and a light sweet dressing is another tasty option.
- **Dippers:** Keep raw vegetables cut-up for snacks. Peppers, small tomatoes, cucumbers, and summer squash make excellent dippers; just add a low-fat vegetable dip or salad dressing to serve. Encourage kids to reach for veggie dippers instead of junk food for snacks.
- **Sandwiches:** Add leafy greens, tomatoes, peppers, onions or other vegetables to any sandwich to increase the nutritional value. Or, heat leftover cooked or grilled vegetables on whole grain rolls with cheese for a warm veggie sandwich.

Brooke Jenkins-Howard, Extension Specialist for Nutrition Education Programs; University of Kentucky College of Agriculture, Food and Environment

Saving for Major Purchases

Have you been thinking about making a significant purchase recently, such as a new washer and dryer or a car? Making major purchases can be challenging because there are so many factors involved. The price, the options, the value, and the pressure to make the best decision. That is why it is necessary to carefully plan how you will go about spending a substantial sum of money. Consider the following suggestions to help you make major purchases while also being smart with your money.

Begin saving early. The best strategy for making major purchases is to begin saving far in advance. By taking your time and planning far in advance, you can rest assured that you won't make any rash decisions.



Do not use emergency savings. Hopefully you have solidified a precautionary savings fund. It is important to leave this fund intact as you are saving for

a major purchase. Do not jeopardize your emergency savings!

Do not use a credit card. Credit cards can be a useful tool for fixed or monthly expenses that you are confident you will pay on time. However, using a credit card to make a major purchase can introduce a lot of trouble because interest on major purchases can add up quickly.

Use an automatic savings plan. Most financial institutions now offer an automatic savings plan, which will take a predetermined amount of money out of each paycheck and deposit it in an account that is dedicated to your savings goal.

Stay motivated to save. Post a picture of the item you want near the computer or work area where you reconcile your finances or inside your wallet. Now every time you go to spend money either online or from your wallet, you will be prompted to reconsider whether you want to make that immediate purchase or to save for your major purchase.

Source: MoneyWise, Alex Elswick, MS Extension Associate for Family Resource Management, Department of Family Sciences, University of Kentucky Cooperative Extension Service

Jennifer Hunter, Ph.D., Interim Assistant Director of Family and Consumer Sciences Extension, University of Kentucky Cooperative Extension service

HEALTHY CONTACT LENS WEAR AND CARE

Parents play an active role in the day-to-day safety and health of their children. Healthy eyes and vision are a critical part of a child's development. Their eyes should be examined regularly, as many vision problems and eye diseases can be detected and treated early.

Kids of all ages, including babies, can wear glasses. However, around the age of 10, you may want to talk to your kids about contact lenses for cosmetic reasons or if they play sports. To wear contacts, a child will need to know how to properly insert and remove lenses, remove them as required and clean them as recommended by the doctor. As a parent, you will have to help your child learn about healthy contact lens wear. Contact lens problems are almost always due to poor habits and bad hygiene.

As a parent, encourage your child to follow these guidelines for healthy contact lens wear:

- Wash your hands with soap and water. Dry them well with a clean cloth before touching your contact lenses every time.
- Do not wear your contact lenses while sleeping, unless prescribed by your eye doctor.
- Keep water away from your contact lenses. Avoid wearing contact lenses while showering, and remove them before using a hot tub or swimming.
- Do not "top off" solution. Use only fresh contact lens disinfecting solution. Never mix fresh solution with old or used solution.
- Clean and take care of your contact lens case. Rub and rinse your contact lens case with contact lens solution (never water) and empty and dry it with clean tissue paper. Store upside down with the caps off after each use. Replace your contact lens case at least every three months.
- Give your eyes a rest. The cornea, the transparent tissue covering each eye, gets deprived of oxygen from being covered up all day by a contact lens. Over wearing contact lenses can lead to problems that can affect vision and increase the risk of infection.
- Remove your child's contact lenses immediately and call their eye doctor if they have any eye pain, discomfort, redness or blurred vision.



Benefits of contact lens use among youth:

- Contact lenses can help your child see better without affecting their appearance or interfering with many sports and activities.
- Some children and teens report feeling dramatically better about their appearance when wearing contact lenses.
- Compared to wearing glasses, children switching to contact lenses reported significant improvements in the areas of perceived appearance, participation in activities and satisfaction with vision correction.

Be sure to make vision care and eye checks part of your child's routine health care. Focus on encouraging your youth to start healthy habits early for healthy eyes later. If you are thinking about getting your child glasses or contact lenses, your eye doctor can help you decide what type of vision correction is best for your child.

RESOURCES: <https://www.cdc.gov/contactlenses/children-and-contact-lenses.html>; <http://kidshealth.org/en/parents/vision.html>; <https://www.aao.org/newsroom/news-releases/detail/contact-lens-health-week-promotes-healthy-care>; <https://www.cdc.gov/contactlenses/protect-your-eyes.html>; <https://www.cdc.gov/contactlenses/fast-facts.html>; Walline JJ, Gaume A, Jones LA, Rah MJ, Manny RE, Berntsen DA, Chitkara M, Kim A, Quinn N. Benefits of contact lens wear for children and teens. *Eye Contact Lens*. 2007;33(6 Pt 1):317-21; Rah MJ, Walline JJ, Jones-Jordan LA, Sinnott LT, Jackson JM, Manny RE, Coffey B, Lyons S; ACHIEVE Study Group. Vision specific quality of life of pediatric contact lens wearers. *Optom Vis Sci*. 2010;87

Hepatitis C Awareness

According to the CDC, the rate of Hepatitis C infection is on the rise nationwide. Kentucky leads the nation with the highest incidence of Hepatitis C—our rate is seven times the national rate. Kentucky had the highest rate of new Hepatitis C infections in the nation from 2008 through 2015. Without a diagnosis or healthcare treatment plan, people with Hepatitis C will suffer and lives will be lost.

What is Hepatitis C? Hepatitis C is a viral infection that inflames and damages the liver. It progresses slowly, and the infected person might not notice symptoms. The infection can go undetected for years.

Causes. Hepatitis C is transferred through contact with the blood of an infected person. Typically this contact occurs through sharing needles while using drugs, using tattoo needles or piercings when the instruments have not been sterilized or using an infected person's toothbrush, razor or nail clippers.



Signs and symptoms. Many people with Hepatitis C do not experience symptoms and are unaware they are infected. When symptoms do show up they can include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, gray-colored stool, joint pain or jaundice.

Diagnosis. Screenings are important because someone infected with Hepatitis C may not show symptoms. Ask your physician to test for the disease through blood testing or a physical examination for signs of liver damage. If your results come back positive, there are different treatments and medications that your primary care physician can prescribe.

Resources:

<http://www.worldhepatitisday.org>

<https://ukhealthcare.uky.edu/wellness-community/news-events/health-information/hepatitis-c>

<https://louisvilleky.gov/government/health-wellness/hepatitis-c>



Tomato & Cucumber Salad

Salad

4 large tomatoes, cubed
1 large cucumber, chopped
1 cup chopped red onion
1 cup chopped green pepper
1/3 cup parsley chopped

Dressing

1/2 cup apple cider vinegar
1 Tbsp. olive oil
2 cloves garlic, minced
1/2 tsp. black pepper

In a large bowl, combine the salad ingredients. In a small bowl, mix the dressing ingredients together. Pour the dressing over the salad. Mix well. Refrigerate for at least one hour before serving.

Number of Servings: 12

Serving Size: 1/12 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*

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE

Stay Safe in the Summer Heat

As a caregiver, it is important to recognize the symptoms of overheating in your loved one and for yourself: sudden dizziness, fatigue, lack of coordination, cold, clammy skin, thirst, headache, nausea, muscle spasms or cramps, and ankle swelling.

The signs of heat stroke should not be taken lightly. If you or a loved one experience high body temperature, confusion, changes in behavior, fainting (or feelings of faintness), staggering, rapid or weak pulse, dry or flushed skin, or lack of sweating despite the heat, you should seek emergency medical assistance immediately.

Ways to protect yourself

To help protect yourself and loved ones from the heat, the Centers for Disease Control recommends: stay in air conditioned buildings; hydrate with water, fruit or vegetable juices (and don't wait until you are thirsty to drink); avoid caffeine and alcohol; keep your house cool by avoiding turning on the stove and oven and cover windows that are in direct sunlight; wear loose, lightweight, light-colored clothing; take cool showers or baths to cool down; avoid exercising in the heat of the day; listen to the weather forecast so you know when to avoid the outdoors.

Be sure to keep a close eye on older loved ones and neighbors by visiting them on hot days and noting if the person is doing the right things to stay cool. If you see signs of heat exhaustion seek medical attention immediately.

Source: Kostelic, Amy (July 2018) Caregiver Health Bulletin, University of Kentucky Cooperative Extension

FOR MORE INFORMATION CONTACT

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Call 859-586-6101 for information or to register.
All classes are held at the Boone County Cooperative
Extension Service unless otherwise noted.

SALSA SPECTACULAR

**SAT, 8/11, 10:30 AM–12:30 PM. (Boone County
Farmers Market, 1961 Burlington Pk., Burlington)**

Sample some salsas, and pick up information for safely preserving homemade salsas while learning about local foods and producers.

FRIDAY FOOD FUN: EGGPLANT

**FRI, 8/17, 10:00 AM–NOON. (Boone County
Enrichment Center, 1824 Patrick Drive, Burlington,
Upper Level)** Join the fun as we learn about eggplant
and explore using it in recipes.

LIVING WITH ARTHRITIS

**FRI, 9/7, 10:00 AM–2:00 PM. (Boone County
Enrichment Center, 1824 Patrick Drive, Burlington,
Upper Level)** Hear the basics of arthritis and tips for
managing it, explore physical activity, learn about gadgets
for the home, and talk about food recommendations for
those with arthritis. Light lunch provided to those
registered by 9/4/18.

VIRTUAL DEMENTIA TOUR

**MON, 9/17, appointments available between 5:00
and 8:00 PM. (Boone County Enrichment Center,
1824 Patrick Drive, Burlington, Upper Level)**

Through this interactive tour participants will experience
what dementia may feel like and develop an
understanding of care needs for those with dementia.
This simulation is appropriate for those caring for others.
The tour will take about 1-hour and an appointment must
be made by calling Boone County Extension at 859-586-
6101.

SEWING 101 FOR ADULT BEGINNERS

**TUES, 9/18, 9/25, 10/2, 10/9 & 10/16, 9:00 AM –
NOON. (Ellis House, 1971 Burlington Pike,
Burlington)** Learn basic machine sewing skills as you
make pajama pants. Supply list provided the first day of
class.