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Many species of insects and spiders make their homes in Kentucky. Sometimes, they wander into our homes as well. Luckily, most of these creatures are not harmful to people or to property, so there is little need to worry about them. However, a few can damage our homes, eat our food, or even deliver dangerous bites.

On Monday, February 16th, at 2:00 p.m. join us at the Estill County Extension Office for "Managing Creepy Crawlies in Your

Managing Creepy Crawlies in Your Home

Home". Madison County FCS Agent, Gina Noe, will discuss how to tell the "bad bugs" from the harmless ones. We will also share a few basic steps you can take to detect the most common indoor pests and how to prevent problems before they happen. A few examples of these pests include bed bugs, termites, and cockroaches.

Bed bugs are now common in Kentucky, especially in multi-unit structures such as hotels, apartment buildings, dormitories, and other buildings where many people come and go. Bed bugs can cause painful bites, and their presence can bring stress and significant expense to a household. Bed bugs can be difficult to detect. Once detected, professional services will be needed to control and rid the home of the pests.

Like bed bugs, termites can also be difficult to detect. Most termites in Kentucky live in forests. There they perform a valuable service—turning dead trees back into soil. They become

pests when they discover and begin feeding on our homes. Termites are especially drawn to moist areas around buildings—such as from leaky faucets, dampness, and poor drainage. The good news about termites is that they do their damage very slowly. If you suspect that your home is infested with termites, call a pest control professional.

The occasional cockroach shows up in most homes from time to time. Oftentimes these are outdoor dwelling varieties originating from mulch and wood in the landscape, and they are nothing to worry about. Large infestations of German or American cockroaches, however, can contaminate food, spread harmful bacteria and potential disease pathogens, and even cause or worsen respiratory illnesses. Fortunately, effective products are available to combat roach infestations.

Cockroaches and many of the other pests that may create problems in your home can be prevented or reduced

by following a few simple steps.

- Sanitation - Remove spilled food and dispose of garbage quickly.

- Crack and crevices - Seal cracks and crevices around your home.

- Doors and windows - Keep doors and windows closed.

- Water - Fix any leaks, unclog gutters, and improve drainage around your home.

To learn more about these or other insect and spider pests that may infest your home call 606-723-4557 to register for the program, "Managing Creepy Crawlies in Your Home". This program is free and open to anyone and everyone, but call to reserve your seat and handouts.

Source: Blake Newton, U.K. Extension Specialist, Youth/4-H Extension Entomology

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Kitchen Diva

A Mad "Dash" to a Healthy Diet

by ANGELA SHELF MEDEARIS and GINA HARLOW

Every year, the gluttony of the holidays combined with our good intentions for a new year have us making over our grocery lists, our pantries and our diets. Since the beginning of mass media and modern food production, there have been "fad" diets -- recipes and meal plans to help you do everything from simply losing weight to fighting off major illnesses.

In the United States we have either too much food and are inclined to eat poorly, or we have too little of it and are forced by circumstances to eat poorly. People who find themselves eating out are frequently served portions that exceed dietary recommendations and are overloaded with fat, protein and carbs. Those on limited incomes may be eating out, but it's most likely fast food or less expensive, highly processed foods. In the end, we all eat to live, and our diets are a vital part of our physical health. It's important for everyone to make the best food choices possible.

Some people are disciplined enough to eat modest amounts of whole foods. Others, however, appreciate more guidance, and that's where a diet plan comes in. When considering a specialized diet, make sure it's based on studied and proven science. It's also important that the diet is one you begin as a plan but continue as a long-term way of thinking about food and eating.

The DASH diet (which stands for Dietary Approaches to Stop Hypertension) was developed through research funded by the U.S. National Institutes of Health as a way to lower blood pressure and reduce the use of medication. Studies dating back to its inception in 1993 show that it's an effective way to lose weight and reduce the risk of many diseases.

The DASH diet plan offers a path to change eating habits and improve health. It's also a simple, delicious and a sustainable approach to healthy eating. The key to the DASH plan is portion size and a wide variety of foods with proper nutrients. The food is delicious, whole and healthy. It's more than a plan; it's a way to respect and care for our bodies while enjoying a good meal.

This recipe for Trout Veracruz is based on a Mexican seafood favorite from the port city of Veracruz. It's a colorful, nutrition-packed, one-skillet meal that is easy to prepare and fits in beautifully with the DASH diet regimen.



TROUT VERACRUZ

- 2 pounds trout filets, boneless and without skin
- 2 tablespoons fresh-squeezed lemon juice
- 1 tablespoon lemon zest
- 1 1/2 pounds fresh tomatoes
- 1/4 cup green olives stuffed with pimentos
- 1 jalapeno pepper
- 4 tablespoons olive oil
- 1 1/2 cups medium chopped onions
- 1 1/2 cups chopped zucchini
- 2 cloves garlic, diced
- 1 tablespoon fresh chopped parsley (use 1/2 tablespoon if dried)
- 1 tablespoon capers
- 1 bay leaf
- 1 tablespoon fresh chopped mint (use 1/2 tablespoon if dried)
- 1 tablespoon fresh chopped thyme (use 1/2 tablespoon if dried)
- 1/2 cup toasted, chopped almonds

1. Place trout fillets in a small dish and coat with lemon zest and lemon juice. Core, seed and finely dice the tomatoes. Cut green olives into halves; seed the jalapeno pepper, cut into thin strips and set aside.

2. In a large skillet, heat olive oil on medium heat; saute the tomatoes, onion, zucchini and garlic. Cook till the onion is tender. Add jalapeno pepper, green olives, parsley, capers, bay leaf, mint and thyme. Heat sauce until just boiling.

3. Add trout fillets with lemon zest and remaining lemon juice to skillet. Cover, reduce heat to a simmer. Cook 15 minutes or until trout fillets easily flake. Remove bay leaf and discard. Place trout fillets and vegetables on a platter, and cover with foil to keep warm.

4. Cook remaining sauce for 2-3 minutes until reduced by half. Pour reduced sauce over trout fillets with the vegetables. Sprinkle with almonds and serve. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divaapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Brandenburg receives excellence award

Fourth-year PharmD student Teia Brandenburg of Irvine, Kentucky received the United States Public Health Service Excellence in Public Health Pharmacy Practice Award at a ceremony at the UK College of Pharmacy today. Brandenburg was presented the award by Henry Nettling, a UK College of Pharmacy alumnus and clinical pharmacist at the Federal Medical Center in Lexington.

According to the U.S. Public Health Service, the program was created to encourage pharmacy students to become active in public health. The annual award recognizes pharmacy students who have demonstrated a commitment to public health and public health practice.

"Pharmacists are health-care providers, public health professionals and each community's trusted access to the health system," stated Rear Admiral Scott F. Giberson, U.S. Assistant Surgeon General and Chief Professional Officer for Pharmacy in the U.S. Public Health Service.

"I encourage you to continue your passion and dedication in public health

throughout pharmacy practice, to be leaders for the profession, not of the profession, and most importantly to lead with integrity, service and excellence."

Brandenburg was recognized for her efforts to reach out to improve health care access in eastern Kentucky. Over the past two spring breaks, Brandenburg led an Operation Heart outreach effort in the eastern portion of the state. During Spring Break 2013, UK College of pharmacy students, faculty and alumni provided free health screenings at locations throughout the city of Hazard. During the three days spent in Hazard, Operation Heart student volunteers and preceptor advisors were able to screen about 300 patients for high blood pressure and elevated blood glucose. They provided total cholesterol and HDL readings for about 75 at-risk patients.

In March 2014, Operation Heart was at it again. This time, a team of students, pharmacy preceptors and alumni conducted blood pressure, blood glucose, and cholesterol screening in Morehead, Kentucky.



Henry Nettling presents U.S. Public Health Service Excellence Pharmacy Practice award to Teia Brandenburg.

"As impressive as Teia's leadership was for health outcomes in Hazard, it was her dedication to learning from and bettering the program that shows her real potential for being a change agent," said UK College of Pharmacy Dean Tim Tracy. "In addition, I hope all phar-

macists applaud her efforts to demonstrate the role that pharmacists and pharmacy students can have in disease prevention through community involvement, by providing counseling and education to all patients that were screened and many other individuals."

February 8th-13th is FCCLA week at Estill County High School. There will be several special events for students and faculty. FCCLA will combine with FBLA on some of these events. On Monday, Kennedy Flynn and Kaylee Isfort will go to Judge Executive Wallace Taylor's Office for the signing of the Proclamation that declares the observance of this week. On Tuesday, it's Mathlete or Athlete Day and Thursday is Throwback Thursday Day. Friday concludes the week with Show Your Love Day. FCCLA students will also prepare breakfast for faculty and staff.



In this picture: Front row: Jordyn Rose, Kayla Conrad, Hayley Bishop, Elizabeth Reece, Kaylee Isfort and Kenlie Chandler Second Row: Courtney Plowman, Paige Horn, Bethany Hall, Kennedy Flynn, Hannah Botorff, and Debbie Anders, FCCLA Adviser Back Row: Jay Winkler, Kordel Day, Ryan Freeman, Ricky Reed, Caleb Click, Andrew Farmer and Paul Paguada

Photo Submitted

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

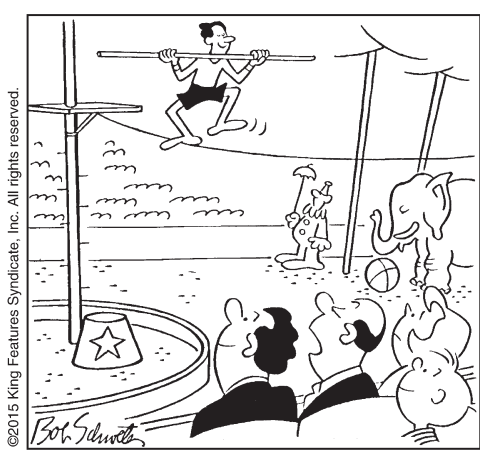
Call
BONCKE

Filthy
QUIDALS

Send
ENVOYC

Annoy
CASTCO

TODAY'S WORD



"That's nothing — he should try coming home at four in the morning and avoid the _____ stairs."