



Chelsea K. Bicknell
Estill County Extension
Agent for Family and
Consumer Sciences

Summer is well upon us, and although we've gotten a lot of rain this year, the temperatures have still been hot and humid! While some may enjoy this kind of weather, combinations of high humidity and excessive heat can be dangerous for others, especially older adults.

When a person's body cannot properly cool itself, it increases the risks for heat-related illnesses. Older adults are more susceptible to hyperthermia, a common heat-related illness that results in a dangerously high body temperature. The most common form of hyperthermia is heatstroke. Heatstroke occurs when a person's body

Extreme Heat's Effect on Older Adults

temperature reaches 104 degrees Fahrenheit or higher. Prolonged exposure to hot temperatures and high humidity, existing health problems, some medications and being older increase the risk of heatstroke. When body temperature rises above 107 degrees, it can be fatal.

Older adults are more susceptible to hyperthermia, because sweat glands, which normally help regulate the body's temperature, often diminish in number, while those remaining may not function as well. This slows older adults' ability to properly regulate their temperature. Certain medical conditions common to old age such as diabetes, dehydration, and heart, kidney and central nervous systems diseases can further decrease the body's ability to regulate temperature. Normal age-related skin changes can also make it more difficult for older adults to regulate their body temperature and adjust to extreme heat.

Older adults are at additional risks for heat-related illnesses, if they are overweight, underweight, drink alcoholic beverages, live in homes without fans or air

conditioners, go outside on hot and humid days, and overdress or wear the wrong type of fabrics in hot weather.

On hot, humid days, older adults are highly encouraged to stay inside in an air-conditioned or well-ventilated building. It is important to note that fans alone may not produce enough cooling effect on extremely hot days to help individuals regulate body temperature. Those without air conditioners should take cool baths or showers and seek accommodations that offer cool air, such as the home of a family member or friend, a church or a community center. Other air-conditioned places that can help a person escape from the heat include malls, grocery stores, public libraries or heat-relief shelters.

Individuals can also reduce their risk for heat-related illnesses by limiting outdoor physical activity on hot days to the early morning or late evening, wearing lightweight, light colored and loose fitting clothes, wide-brimmed hats and sunscreen, and drinking LOTS of water! With all this rain, many of our gardens are overgrown with

weeds so if you are working out in the garden, try to go out in the early morning or evening when it is coolest. Those who must work outdoors during extremely hot and humid weather should take frequent breaks if possible in a shaded area.

Regardless of age, it is never a good idea to sit or stay in a vehicle on a hot day. Temperatures inside an enclosed parked car can get as much as 19 degrees warmer than the outside temperature in just 10 minutes and reach 45-50 degrees warmer than outdoors within an hour.

It is always important to check on older friends, relatives and neighbors during extreme heat to make sure they are weathering the heat well. The summer will be over before we know it so we should take all precautions to enjoy it as safely as possible!

For more information on health topics, come see me at the Estill County Extension Office off of Stacy Lane or call the office at 723-4557!

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

Kitchen Diva

A Berry Delicious Taste of Summer

Berries aren't just a tasty treat; they're a healthy one, too. A study reported in the journal *Circulation* found that "women who ate the most strawberries and blueberries -- three or more servings per week -- were 34 percent less likely to suffer an early heart attack."

The findings came from the Nurses Health Study II, which followed some 93,600 women aged 25-42 for 18 years, checking in with them periodically to see what they were eating and how it was affecting their health. The heart health benefits were likely due in part to the presence of anthocyanin, an antioxidant compound found naturally in bright-red fruits like strawberries.

Berries offer other health benefits as well. One cup of strawberries provides 140 percent of the recommended daily allowance of vitamin C -- more than a medium orange -- and 16 percent of recommended dietary fiber. This fiber content makes strawberries low on the glycemic index, meaning they help slow the body's process of turning the berries into blood sugar. Strawberries also contain more than 25 percent of recommended manganese, which helps process cholesterol.

Likewise, a cup of red raspberries has nearly 50 percent of the recommended daily allowance of vitamin C, and 30 percent of fiber, as well as potassium, magnesium, calcium and vitamin A.

Most cookbooks tell you not to wash your berries until you're ready to eat them. One of the cardinal rules of keeping berries from rotting is to leave them unwashed. But by using this simple trick, you can keep your berries fresh for days or even weeks by killing the mold spores that make berries rot.

1. Wash berries in a solution of vinegar and water: In a large bowl, mix 1 cup vinegar and 3 cups water, and immerse the berries. The vinegar will eliminate any pesky mold and bacteria. Rinse berries under cool, running water to remove any traces of vinegar. If you don't have vinegar handy, soak your berries in water between 120 F and 140 F for about 30 seconds, no need to rinse!

2. Moisture is the enemy of fresh berries. Use a salad spinner to wick the water from your berries. Line it with about 3 layers of paper towels to create a pillow for your berries, then spin for about 15 seconds, or until they're completely dry.

3. Don't put the berries back into their original containers. Place them in a sealable container lined with paper towels, and leave the lid partially open to avoid trapping moisture.

Remember that seasonal berries can be canned, made into jellies or jams, frozen or dried for tasty and healthful eating throughout the year. Try my recipe for Summer Berry Refrigerator Pie and enjoy a "berry" delicious taste of summer!

(Additional info provided by Janet Hackert, Nutrition and Health Education Specialist, Harrison County, University of Missouri Extension.)



SUMMER BERRY REFRIGERATOR PIE

You can use strawberries or blackberries instead of blueberries in this wonderful dessert.

- 3/4 cup water
- 4 cups fresh blueberries, divided
- 1 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 2 tablespoons lemon juice
- 1 baked 9-inch pie crust
- Sweetened whipped cream or vanilla-flavored Greek yogurt

1. Pour water into a large saucepan and bring to a simmer. Add 1 cup blueberries, sugar, cornstarch, salt and cinnamon. Cook over medium-high heat until mixture thickens, stirring constantly.

2. Add remaining 3 cups blueberries and lemon juice; stir gently. Spoon into crust; cover and chill 1 hour or until set. Top pie with whipped cream or yogurt. Makes 1 (9-inch) pie.

GRAHAM CRACKER CRUST

- 1 1/2 cups (24 squares) crushed graham cracker crumbs
- 1/4 cup sugar
- 1/3 cup butter, melted

1. In a small bowl, combine crumbs and sugar; add butter and blend well. Press onto bottom and up sides of an ungreased 9-inch pie plate.

2. Refrigerate 30 minutes before filling, or bake at 375 F for 8-10 minutes or until crust is lightly browned. Cool on wire rack before filling.

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.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

(c) 2015 King Features Synd., Inc., and Angela Shelf Medearis

Community News

Mail announcements to The Estill Tribune,
6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743;
or E-mail it to <News@EstillTribune.Com>

Tuesday, July 21, 6:30pm at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 21 and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Friday, July 17th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Saturday, July 25th @ 10:30am

90th Annual McKinney Reunion

The 90th annual McKinney Reunion will be held Saturday, July 25, 2015, at Jackson's Chapel United Methodist Church at Spout Springs, Kentucky (Highway 82 between Hargett and Clay City), connecting our history with that of our ancestors down through the years.

All descendants and friends of descendants of Wildy McKinney are welcome. To date, listed in our genealogy are 2,676 descendants of Wildy's sons and daughters: David Russell, Lucy, William Matthew, Elizabeth, Mariam, Martha, Polly Jane, James Franklin (the Elder) Richard, Thomas Shelton, and Joel William.

The theme of our reunion is "Love." Bring photos of

you and your loves and your ancestors and their loves, wedding pictures, wedding invitations, wedding newspaper articles, and stories to tell.

The church will be open at 10:30 a.m. for visiting, searching the genealogy (editing and adding to it), sharing your photos of the family and important places in the family history both antique and contemporary, catching up with each other, and sharing stories.

The annual family group picture will be taken at 12:00 Noon sharp, followed immediately by pot luck dinner at 12:15 p.m., hymn sing at 1:30 p.m., and business meeting.

Come as early as you can. Stay as long as you like.

Friday & Saturday, July 24th & 25th

Estill Historical Society Is Holding Annual Back Porch Homecoming At Museum on Broadway in Irvine

The "Internet Gang" at the Estill County Historical & Genealogical Society will be holding their Annual Back Porch Homecoming on Friday and Saturday, July 24th & 25th, 2015, 10 a.m. until 4 p.m. at the Society's museum at 133 Broadway in Irvine.

The 2015 Calendar is now available at the Museum on Saturdays between 10 a.m.

and 4 p.m.

The Estill County Pictorial History, World War II Book, the School Book, and the two volumes of the Cemetery Books are still available.

The next meeting of the Society will be held at the Estill County Public Library meeting room, 246 Main Street in Irvine, on Tuesday, August 4, 2015, starting at 7:00 p.m.

Enjoy your stay at . . .
Johnetta's BERGMAN HOUSE
BED & BREAKFAST
233 Main St. *Irvine, Ky*
513-205-9113
Theme Rooms WIFI
Reasonable Rates
joneta@aol.com www.bergmanhouse.com

Book for Sale
60 Page Historical Book
about Tipton Ridge, Fitchburg, Cob Hill, Furnace, and surrounding communities from the 1980s.
For more information,
Call Madalene Wasson
(606) 726-9705

WEBB RENTAL
721 River Drive, Irvine, KY 40336
606-726-9584
Black Wireless Authorized Dealer
Switch to Black Wireless Now and Save \$\$
Unlimited Talk & Text -- 500MB Data
30 Days - 30 Bucks
*Other plans available!
No Contracts! No Credit Check! No Hidden Fees!
Same Day Activation! New Phones In Stock Now!
STORAGE & APARTMENT RENTAL
Come In & Check Us Out!

Black wireless
NATIONWIDE COVERAGE
LARGEST GSM NETWORK
NO CONTRACT

WORKS WITH ANY UNLOCKED GSM PHONE

\$30
UNLIMITED
TALK, TEXT, MMS
500MB DATA
Authorized Dealer
HOURS:
Mon-Fri, 11-5
Saturday, 10-2



Visit Our Website At
<EstillTribune.Com>
For Up-To-Date Obituaries