TIMELY TIPS

Hit the deck! Cleaning and Maintenance of Outside Decks

It doesn’t take much work to keep your wooden deck looking good. Proper care keeps it in tip-top shape. Regularly remove dirt, mildew, and tannin (plant) stains to help wood last longer and look better longer. Keep debris from collecting in the gaps and joints. This allows the wood to stay dry by exposing it to the sun and air. Otherwise, pressure-treated wood may darken and mildew while other woods may rot and eventually need replacement.

Twice a year, lightly scrub your deck using a solution of warm water and a few squirts of liquid dishwashing detergent and a stiff-bristle brush. Check with a home improvement store for a deck brush with a broom handle so you don’t have to do this on your hands and knees. Every two years or so, give your deck a more thorough cleaning. You can use a two-step scrubbing method or, if you’re handy with tools, you can power spray.

Option 1: Two-Step Scrubbing Method
This process is usually less expensive than hiring a professional or renting a power sprayer, which can be hard to handle without damaging the wood. Although this method utilizes chemicals, such as trisodium phosphate, liquid household Bleach and oxalic acid, they will not hurt your lawn or plants if used correctly.

Option 2: Power Spray Cleaning
A high-pressure power sprayer quickly cleans all gaps around posts and steps, up against the house, and between the boards. However, you can take the finish off the wood if you’re not careful. An inexperienced person can actually cut grooves into the woods and damage the wood by applying too much pressure. You can rent a power sprayer at an equipment rental shop.

Wood Finishes
You can prolong the life of your deck by applying a finish. Ideally, wooden decks should be refinished in the fall, if needed, and kept clear of snow and ice during the winter.

Source: Publication HF-115A:008, University of Kentucky, College of Agriculture, Food and Environment

“No one can make you feel inferior without your consent.” ~ Eleanor Roosevelt

A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS
Be comfortable in your skin

The media is constantly telling us what “looks good”, and how we are supposed to look. Photos of perfectly airbrushed models leave many women measuring up to unrealistic expectations while they look in their own mirror and see wrinkles, stretch marks or a few too many pounds. The body goes through many ups and downs as we age, and having constant media pressure to stay young, pretty and thin does not always make it easy.

Body image issues aren’t only for women. Many men can be made to feel belittled by social expectations. The media pushes big, strong men, who can lift heavy objects and reinforces that men should be stronger than their female counterparts. But that is not always the case, and men, like women, come in all different shapes and sizes.

Due to the media and societal expectations that promote perfection, it can be difficult to be comfortable in your own skin. It is important to be accepting of your own body and to know what a healthy body is. It is also important to model these notions for your own children, so that they grow up knowing what healthy is.

* Know that your body changes over time. Life events such as puberty, giving birth and aging affect your body.
* Use positive language. Try to steer away from comments and thoughts related to weight and instead focus on eating habits and exercise.
* Celebrate goals. Set goals and treat yourself when you have achieved them by doing something you love to do.
* Encourage positive friendships. Surround yourself with healthy, positive people who lift you up and motivate you versus those who tend to tear you down or reinforce bad habits.

It can be easy to get caught up in the hype of having the perfect body, no matter what gender you are. So take the time to appreciate yourself and realize that nobody is perfect. The best body is a healthy one.

Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky;
Fitness Challenge Options

<table>
<thead>
<tr>
<th>On Your Own Event</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td>Walks at Extension Office on fitness trail</td>
<td></td>
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<tr>
<td>Use of outdoor fitness equipment at Extension Office on fitness trail (4x)</td>
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<tr>
<td>Walks at Athletic Park</td>
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<tr>
<td>Walking the River Trail at Athletic Park</td>
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<tr>
<td>Hike Cedar Ridge Line Trail on Flour Creek Road</td>
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<tr>
<td>Walk at a local Cemetery</td>
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<tr>
<td>Hike at Kincaid Lake State Park</td>
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<tr>
<td>Play a round of golf (walking the course) at a Pendleton County golf course</td>
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<tr>
<td>Canoe or Kayak at Thaxton's Canoes</td>
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<td>Play an outdoor game with family or friends</td>
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<td>Spend 30 minutes actively swimming</td>
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<td>Do outdoor yardwork or gardening (not on riding mower)</td>
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<td>Go to gym or work on your own fitness equipment</td>
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<tr>
<td>Enjoy one complimentary visit to Tone &amp; Tan</td>
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| Extension Sponsored Events | | |
|-----------------------------|-----------|
| Butler Block Party at the Community Center | June 2/2:00-5:00pm |
| Attend Body Balance Class at Pendleton Library | June 15/10:00 am |
| Veterans Park Service Project (Lunch provided) | June 15/noon |
| Attend Body Balance Class at Pendleton Library | June 22/10:00 am |
| Attend Body Balance Class at Pendleton Library | June 29/10:00 am |
| Attend Body Balance Class at Pendleton Library | July 6/10:00 am |
| Pendleton County Kickin Up Dust 4-H 5K | July 20/7:30 am |
| Fairground Service Project | TBD |
| Hike at (TBA) with Ag Agent | TBD |

Praise Your Children

Praise your children by expressing approval or admiration for them. This builds their self-confidence. Focus on their beauty and strengths. Make it a point to catch your children being good.

Believe in your child and encourage their talents. Freely give sincere praise. Talk to your child as if she were the most important person in the world, because she is.

With your words and actions, let your child know you like him just because he is who he is. Make it a point of telling him that you will always love him, no matter what.

Think of how fortunate you are to have these marvelous children in your life. Give each of them a hug, a wink, or a smile to show them it's true.

Have Family Meetings

A family meeting is a way of making decisions that affect the whole family. It’s a time to share openly and honestly, and it’s a time for planning fun things. Even if you are a two-person family, you can still have successful family meetings.

Family meetings teach important skills. Some of these skills are leadership, trust, caring, and good decision-making. Give everyone an equal voice in the family meeting. That way each person feels valued.

Plan to meet regularly at a time that is good for everyone. No one should feel rushed. Deal with problems head on, and do not allow put-downs. Be a good listener. Look each person in the eye when they talk. Give them your full respect and attention.

Celebrate What is Special About Your Family

What is special about your family? Talk about this with other family members and friends. Make a list. Include things like how you love each other, how you have fun together, and what you have learned from hard times. Don’t forget all the happy memories. Celebrate these blessings!

Help family members appreciate the benefits of living in a solo parent family. For example, the parent-child bond is often very close and strong. And children in solo parent families are usually very good about helping out and taking care of their own needs.

Have a family celebration dinner for a great report card or other achievements. Or serve popcorn and let each person tell what they like about your family.

Nutrition Analysis: 180 calories, 10g fat, 25mg cholesterol, 630mg sodium, 9g carbohydrate, 2g fiber

Source: Family Communications; University of Kentucky; College of Agriculture, Food and Environment

Nutrition Analysis: 180 calories, 10g fat, 25mg cholesterol, 630mg sodium, 9g carbohydrate, 2g fiber

Source: Publication FCS3-566; University of Kentucky; College of Agriculture, Food and Environment

Bringing Your Goals to Life

We all have dreams and desires. Within each of us is a longing to experience, grow and achieve. By nature we set goals and reach out to achieve them. Doing so brings satisfaction and enables us to progress as individuals and nations.

Your success—whether at work or at home—is largely determined by your ability to set and reach goals. When you set a goal, make sure it’s something that you personally feel is important. Also, choose a goal that is manageable and specific.

Once you have set your goal, think about possible roadblocks you might run into and how you will overcome them. Mentally give yourself little pep talks: “I can do it.” “I’m making good progress.” “This feels great!”

Bringing your goals to life is a skill. The more you practice, the more skillful you become. Keep a small notebook where you can record your progress and your daily goal progress toward it. Mentally picture yourself reaching your goal. Do this several times a day. On a small card write out your goal or draw a picture of it. Carry the card with you or put it somewhere where you will see it often.

Source: QuickSkills R, University of Kentucky; College of Agriculture, Food and Environment

Broccoli and beef stir-fry

8 servings

1 lb. lean beef steak, sliced diagonally across the grain into thin strips
1 tablespoon plus 1/2 cup stir-fry sauce
1 clove minced garlic
4 tablespoons canola oil, divided
1 medium red onion, cut into 1/2 inch slices
1 sweet red pepper, cut into 1/2 inch slices
1 medium yellow squash, cut into 1/4 inch slices
2 cups fresh broccoli florets
1 cup cauliflower florets
1/4 teaspoon crushed red pepper flakes

- Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. Add the beef strips. Let stand 15 minutes.
- Heat 1 tablespoon canola oil in a large skillet or wok.
- Add beef and stir-fry for one minute. Remove beef from skillet.
- Heat the remaining 3 tablespoons canola oil in the skillet or wok. Add vegetables. Stir-fry for four minutes or until vegetables are crisp-tender.
- Return beef to skillet.
- Add the remaining half cup stir-fry sauce and red pepper flakes. Cook and stir 1 to 2 minutes longer, until heated through.

Source: Publication FCS3-660; University of Kentucky; College of Agriculture, Food and Environment
NEWS . . FROM PENDLETON COUNTY COOPERATIVE EXTENSION SERVICE

BASIC EXTENSION MASTER GARDENER REQUIREMENTS

- 40 hours of classroom and lab horticulture training
- 40 hours of volunteer service 1st year
- TO MAINTAIN CERTIFICATION
- 20 hours of volunteer service each year
- 10 hours CEU’s each year after

PLANNING FOR FALL 2019

*with a minimum of 12 participants

CALL THE OFFICE TO GET ON THE WAITING LIST | 859.654.3395

FOR MORE INFORMATION CONTACT

KENNA KNIGHT
PENDLETON COUNTY EXTENSION AGENT
FOR FAMILY AND CONSUMER SCIENCES EDUCATION COUNTY COOPERATIVE EXTENSION
859.654.3395

Fitness for Produce

Participate in the activities on the back of this flyer to win.

Registration Options: The link to register can be emailed to you or stop by the Extension Office to pick up a paper form.

Open registration for anyone needing help will be May 30th from 10:00 am – 6:00 pm.

Dates: Competition will be June 1 – July 20

Prizes: For every activity you complete, you will get a one dollar token for Pendleton County Farmers Market. Two dollars can be earned for Extension sponsored programs.

*Extension Sponsored

All tokens will be distributed by the Extension Office at the end of the competition.

Everyone wins!