



Highland Renaissance Festival

Eminence, KY 40019

General Manager Director: gm@kyrenfaire.com

Site Director: admin@kyrenfaire.com

Vendor Director: crafts@kyrenfaire.com

Food & Beverage Director: food@kyrenfaire.com



Event Information

The current prices set for the faire are:

Adults: \$12.00

Children (5-13) \$6.00

Running Dates for the faire are:

June 3-July 9

Weekends only

Open 10am-7pm

Attractions may include:

Jousting

Mud Show

Jugglers

Musicians

Crafts

Period Food and Drink

Human Chess

Knights and more



The District Informer

Serving our Communities in Shelby - Henry - Spencer - Trimble



<p>District Office 1020 Henry Clay Street Shelbyville, KY 40065 (502) 633-1243 (502) 633-7358 f</p>		<p>Spencer Co. Health Dept P.O. Box 175 88 Spears Drive Taylorsville, KY 40071 (502) 477-8146 (502) 477-5624 f</p>
<p>Henry County Health Dept P.O. Box 449 125 N. Property Street New Castle, KY 40050 (502) 845-2882 (502) 845-7997 f</p>	<p>Clinical Services - WIC Immunizations - Home Health - Environmental Services - Family Planning Nutrition Education Tobacco Prevention</p>	<p>Shelby County Health Dept P.O. Box 254 615 11th Street Shelbyville, KY 40065 (502) 633-1231 (502) 633-7814 f</p>
<p>Trimble County Health Dept P.O. Box 250 138 Miller Lane Bedford, KY 40006 (502) 255-7701 (502) 255-3760 f</p>		<p>Home Health Agency P.O. Box 358 New Castle, KY 40050 (502) 845-2761 (502) 845-7998 f</p>

Summer & Health Information

Director's Address

Welcome to the fourth edition of the District Informer. We've had a busy time at the district working with our 06/07 budget, preparing for future events and our daily activities.

The district will be hosting a Pandemic Influenza Summit on Wednesday May 17, 2006 from 5-9 pm at Claudia Sanders Dinner House. Our objective is to help health, business, education, political, religious and community leaders become better prepared to deal with a possible pandemic. Interested individuals can request reservations for the meal and summit by contacting the district office at (502) 633-1243. The event is being provided at no cost to attendees.

We are currently facing the largest mumps epidemic in the United States in about 25 years. Over 1200 identified cases have now been reported. The illness has spread to at least 11 other states including 3 states bordering Kentucky (i.e. Indiana, Illinois, and Missouri) with confirmed cases associated with this outbreak. North Central District Health Department has already sent an advisory to the area physicians' offices and hospital to review. This advisory asks them to check the immunization status of all their health care workers and asks for them to be on alert and report any suspected cases to facilitate investigation and prevent further spread of the disease. An effective vaccine for mumps has been available for some time and is routinely recommended as part of childhood immunizations in the United States. Most people born before 1957 and elderly are immune to mumps. Please contact your local health department for more information.

The summertime events planned for community outreach will be at local fairs and festivals for each of the individual counties. Please check you local papers for event information or contact our offices for more information.

I also want to congratulate our staff in the Home Health and Hands programs. The new additions to our Home Health program have integrated well with the district and they have grown 68% since October of last year. The Hands program has grown 30% from the last year; we also welcome their new coordinator Jeaneen Crutcher to the program.

Lastly, I would like to thank all my staff for the outstanding work that they contribute to make this district the best in the state, keep up the great work.

Renee' Blair



Sun Safety - Preventing Harmful Effects of the Sun

Sunburn, skin cancers, and other sun-related adverse health effects are largely preventable when sun protection is practiced early and consistently. Despite the fact that sun tanning and burning increase skin cancer risks, most Americans do not protect themselves from the sun's damaging rays (CDC, 1998).

Attitudinal barriers to the sun must be addressed and changed before behaviors will change. Attitudinal barriers to sun protection include the beliefs that it is necessary to use sunscreens only while at the beach or pool rather than year round, "a suntanned body is a healthy body," and "you can only get a sunburn in the summer". To overcome these barriers, education must begin early so habits can be developed early and consistently. Still, it is never too late to start sun protective habits.

The best sun protection is provided when all the sun-safe behaviors are practiced together. Sun protection habits include



☀️ Limit sun exposure during the hours when the sun's rays are the strongest, 10am to 4pm. To the extent possible, people should limit their exposure to the sun during these hours and practice all of the sun protective behaviors.

☀️ Seek shade whenever possible. Shade structures such as trees and umbrellas provide year round protection. Although trees do not offer complete sun protection, they provide about 60 percent blockage from the sun's rays.

☀️ Wear a wide-brimmed hat, sunglasses, and long-sleeved, tightly woven clothing. Hats are the best way to minimize UV radiation exposure to the face, head, ears, and neck.

☀️ Use broad-spectrum sunscreens whose active ingredients block UVA and UVB rays. Sunscreens should be used every day, including cloudy days.

☀️ Avoid tanning salons. Artificial UV radiation is just as bad for your skin as sunlight they have been shown to go deeper into the skin and contribute to premature wrinkling and skin cancer.

☀️ Limit exposure to the reflective surfaces like snow and water. It is important to practice all the sun protective behaviors even when you are in the shade.

Have a Safe & Happy Summer



Grilled Salmon with Herb Crust

Source: Better Homes and Gardens

Ingredients

- 12 oz fresh/frozen skinless salmon fillets, 3/4" thick
- 1/3c coarsely chopped fresh oregano
- 1/3c coarsely chopped fresh cilantro
- 1/4c sliced green onion
- 1 clove garlic
- 1 tbsp fresh lemon juice
- 2 tsp olive oil



Directions

1. Thaw salmon, if frozen. Rinse fish; pat dry with paper towels. Cut into two (6-ounce) pieces. Set aside.
2. In the bowl of a food processor or a mini-chopper combine oregano, cilantro, green onion, garlic, lemon juice, oil, salt, and pepper. Cover and process until chopped. (Or, use a knife to finely chop oregano, cilantro, green onion, and garlic. Transfer to a shallow bowl. Stir in lemon juice, oil, salt, and pepper.) Generously coat both sides of salmon with the herb mixture.
3. Cook the salmon on the rack of an uncovered grill directly over medium-hot coals for 6 to 8 minutes or until the salmon just begins to flake easily with a fork.

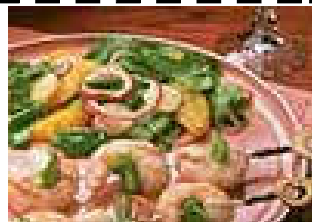
Nutrition: calories 126, total fat 5g, saturated fat 1g, cholesterol 44mg, sodium 207mg carbohydrate 2g, fiber 0g, protein 17g, vitamin A 7%, vitamin C 11% calcium 3%, iron: 5%

Spinach-Orange Salad

Source: Better Homes and Gardens

Ingredients

- 6 cups torn fresh spinach
- 2 medium oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/2 of an 8-ounce can (1/2 cup) sliced water chestnuts, drained
- 1/4 teaspoon pepper
- 2 tablespoons orange juice
- 1 tablespoon olive oil or cooking oil
- 1 tablespoon honey



Directions

1. For salad, in a large salad bowl place spinach, orange sections, onion rings, and water chestnuts. Sprinkle with pepper.
2. For dressing, in a screw-top jar combine orange juice, oil, honey, sesame seed, and mustard. Cover and shake well. Pour dressing over salad. Toss lightly to coat. Serve immediately. Makes 4 servings.

Make-Ahead Tip: Prepare dressing; cover and chill up to 2 days. Shake well before serving.

Nutrition: calories 141, total fat 4g, cholesterol 0mg, sodium 87mg, carbohydrate 24g, fiber 3g, protein 4g

Free Tobacco Cessation Assistance

For help quitting
smoking contact:

National QuitLine
1-800-QUITNOW

(1-800-784-8669)



Spring is the time to be prepared... Emergency Preparedness Kit

The Kentucky Department for Public Health recommends that families have a disaster supply kit in place for any emergency – a tornado or flood or any other risk to health and safety.

- A three-day supply of food and water (one gallon per day per person). Include canned and dried foods that are easy to store and prepare
- Clothing, blankets and sleeping bags
- Battery-powered radio and flashlight with extra batteries
- A First-Aid kit
- Candles and matches
- Sanitation supplies, including iodine tablets and bleach to disinfect water
- Potassium iodide to protect against radiation poisoning
- Toilet articles and special needs items for infants, older adults or disabled family members
- Extra sets of car keys and eyeglasses
- If you have a car, try to keep at least 1/2 tank of gas in it at all times.
- Cash and traveler's checks – cash is most important in case ATMs are shut off
- Important family documents in a waterproof container
- **KEEP A SMALLER EMERGENCY SUPPLY KIT IN YOUR CAR**



American Red Cross on Heat Related Illness...

Warm weather means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often.**
- **Slow down.** Avoid strenuous activity.
- **Stay indoors when possible.**
- **Take regular breaks** when engaged in physical activity on warm days.



Know What These Heat-Related Terms Mean

- **Heat Wave:** More than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) .
- **Heat Index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15° F.
- **Heat cramps:** Heat cramps are muscular pains and spasms

Calamine lotion can be very soothing for the itchy rash of poison ivy. Calamine lotion that is not diluted with water can form a thin crust over the rash, which can make it less sensitive. For mild cases this may be all you need. In treating children, avoid combination products that contain antihistamines because too much antihistamine can be absorbed through the skin. In both children and adults, a compress with ice-cold whole milk helps dry the rash and soothe the itch, but don't use skim milk: It's the fat in milk that helps.

Milk of magnesia also may help because it's an alkaline solution, like calamine. Because it's thinner than calamine, it can be easier to apply.

Apply ice

The fastest and cheapest treatment to temporarily soothe pain and itching is plain ice. If you have weeping or blisters, applying ice is not advised. For dry skin without blisters, it is safe to place a cube directly on the irritated skin for about one minute. The coolness of the ice helps soothe itching, if only temporarily.

From the Pharmacy

Without a prescription, you can also buy antihistamines to control itching, such as chlorpheniramine (Chlor-Trimeton) and diphenhydramine (Benadryl). Aveeno Oatmeal in lotion, salve or bath forms is also helpful for relieving the itch.

Get professional help

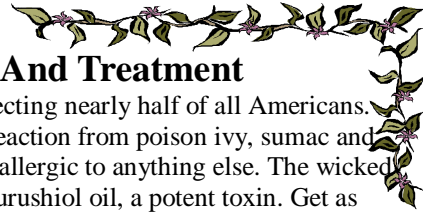
For severe cases, when the rash is all over the body, on the face, or blistering, you may need to visit your doctor for antihistamines, topical or oral steroids, all of which can effectively treat the rash and itching. Steroids are most helpful when they are initiated quickly after the rash appears. Topical steroids are not recommended for weeping or blistered rashes.

Time Heals All

The rash from poison ivy, oak, or sumac clears without treatment after approximately two weeks. It is possible to have some residual itching, which can stay active longer if you scratch. If you have irritating itching once your blisters have healed, a prescription steroid cream from your doctor should bring relief.

Last updated March 25, 2005





Poison Ivy Prevention And Treatment

It's the world's most common allergy, affecting nearly half of all Americans. Each year, about 50 million people get a reaction from poison ivy, sumac and oak — including many people who aren't allergic to anything else. The wicked itch and bothersome rash are the result of urushiol oil, a potent toxin. Get as little as one-billionth of a gram on your skin and you might be scratching yourself silly. And a lot more than that billionth of a gram is released when the plant is disturbed through direct contact with its stem, leaves or roots. Here's how to prevent and treat poison plant reactions:

Prevention

Dose yourself with deodorant

There are effective commercial products that can help keep the urushiol oil from getting into your skin. But in a pinch, try what members of the U.S. Forestry Service have done before venturing into nature: Spray some deodorant on your arms and legs. According to some dermatologists, the active ingredient in deodorants, aluminum chlorohydrate, can prevent urushiol from irritating the skin. Just be careful not to spray any on your face.

Don't be Touchy

You can spread urushiol-containing oils from one area of your body to others if you touch the contaminated area and get oils on your hands. It is also possible to acquire poison ivy, oak, or sumac by touching the fur of your pet, if the animal has contacted these plants.

Give yourself, clothing and tools a good wash — quickly

First the bad news: Since urushiol oil can remain potent for up to five years, you can get a reaction from touching tools or clothing that were used to dig up poison ivy years earlier. The good news: If you wash yourself and those items in soapy water within 10 minutes of contact, you can help to minimize the rash.

To remove the plant oil, it is best to first use a solvent that can separate the oil from your skin surface. Rubbing alcohol (isopropyl alcohol) is very effective, as are gasoline, acetone, or a commercially available solvent (Tecnu). After wiping your skin with rubbing alcohol, you should rinse thoroughly with water. If you do not have a solvent available, it is still helpful to rinse thoroughly in water as quickly as possible after your contact with the plant.

Treatment



The poison ivy rash develops one to two days after exposure. Once the rash develops, treatment focuses on relieving the symptoms, calming the inflamed skin and protecting it from infection, and helping blisters to heal.

Head to the kitchen for help

due to heavy exertion.

- **Heat Exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat Stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high--sometimes as high as 105°F.

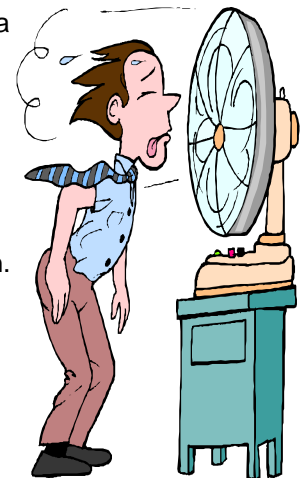
Stages of Heat-Related Illness

Heat-related illness usually comes in stages. The signal of the first stage is heat cramps in muscles. These cramps can be very painful. If you are caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop.

The signals of the next, more serious stage of a heat-related illness (often called **heat exhaustion**) include--

- Cool, moist, pale skin
- Headache.
- Dizziness and weakness or exhaustion.
- Nausea.
- The skin may or may not feel hot.

The signals of the late stage of a heat-related illness (often called **heat stroke**) include--



- Vomiting.
- Decreased alertness level or complete loss of consciousness.
- High body temperature (sometimes as high as 105°F).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse.
- Rapid, shallow breathing.



This late stage of a heat-related illness is life threatening. Call 9-1-1 or the local emergency number.

General Care for Heat Emergencies

1. Cool the Body ,Give Fluids & Minimize Shock

For heat cramps or heat exhaustion: Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets. Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

For heat stroke: Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

More information can be found at The American Red Cross website:
<http://www.redcross.org/>

Safe Grilling Techniques

Outdoor Grilling

Summer is the perfect time to fire up the grill. But safety should be your primary concern. Here are some tips to keep you and your family safe:

- Position grill in an open area away from buildings and trees.
- Never add starter fluid to hot coals.
- Don't use a grill during high wind conditions.
- Meat and poultry cooked on the grill often browns quickly on the outside. Use a meat thermometer to be sure the food has reached safe internal temperatures (160°F).
- Never partially grill meat or poultry and finish cooking it later.
- To extinguish coals, close all vents and cover the grill with a lid. Check coals several hours later to make sure they are extinguished.
- If using bamboo or wooden skewers, soak them in water twenty to thirty minutes before grilling to keep them from burning.



Indoor Skillet Grilling

If you don't have a grill, but want your food to taste grilled, use a ridged grill pan. Most have a baked-on black finish that resists sticking and, when heated, leaves "grill" marks that would fool the best barbecue chef. The ridges also keep foods above any fat that may drip off.

Like an outdoor grill, you have to allow time to get your grill pan good and hot, then lightly brush it with oil and grill as the recipe directs. Be warned however, stovetop grilling can be smoky. Be sure to turn on the hood fan of your stove.