

Make your picnic healthy and safe

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We all enjoy getting together with family and friends for a picnic or cookout during the spring and summer. In fact, these gatherings often become a tradition we look forward to each year.

To make your next spring or summer gathering a healthy and safe event, choose nutritious foods and transport and serve them according to food safety guidelines.

It's easy to update your favorite picnic recipes to meet nutrition guidelines for less fat, sodium and sugar while adding more fiber.

For example, to reduce fat in salads, replace mayonnaise with a mixture of half low-fat mayonnaise and half plain, non-fat yogurt. Toss potato or pasta salads with lots of chopped peppers to replace half of the mayonnaise or no-salt herbal seasoning products.

Since sugary drinks and sodas tend to increase thirst, avoid them on hot summer days. Ice-cold water is a better choice. Add some zest with lemon or lime slices. You can puree fruit like peaches, nectarines or apricots with a little lemon juice, freeze in ice cube trays, and serve in iced tea or chilled soda water.

Snacks of frozen grapes, bananas, strawberries, or peach slices are a

nutritious way to beat summer heat.

To add fiber to your diet, put sandwich fillings in whole-grain bread, tortillas, or sourdough rolls. Fold chunks of fresh or dried fruits or chopped nuts into chicken or turkey salads to add fiber as well as flavor and color.

Play it safe by following these food safety guidelines:

- Keep hot foods hot, at 140 degrees Fahrenheit or above, and cold foods cold, at 40 degrees Fahrenheit or below.

- When in doubt, throw it out. Meat, dairy or other perishable foods can spoil if left out more than two hours.

It only takes one hour for food to spoil at temperatures of 85 degrees Fahrenheit or above.

Thoroughly chill cooked foods before putting them in a cooler or picnic basket. Put perishable foods in coolers with frozen ice packs or ice.

If you put other foods in the cooler, put the most perishable items closest to the ice. To keep foods cool, remove from the cooler only as much as you plan to eat right away. Discard all leftovers.

For more information, contact your County Extension office at 256-2403.

coppersmith, specializes in traditional lanterns, scones, and washboilers. Tennessee ironworker Jennifer Hyatt uses her training in costume and set design to create faces and figures in iron; and you won't have to look twice to see the giant metal sunflowers by Kentucky metal sculptor, Ron Foster.

Highlighting the weekends entertainment will be the distinctive Latin sounds of Los Llanos from Columbia, South America; native American storyteller Dorothy Dukepoor Goodie; and the English Morris dancers. Making return engagements are Berea based group Zoe Speaks, performing Appalachian ballads; The Sofa Kings; an acoustical blue band

and Pennsylvania trio Peach Pie Jazz.

Going on the same weekend is Berea's only international folk festival, Arte Vida. There will be music and dance groups from around the

world. Experience the culture of five countries through authentic folk performances. For schedule and location of Arte Vida events, call 1-859-986-9075.

There is something for everyone at the Berea Craft Festival, July 13-15.

Festival hours are 10 a.m. to 6 p.m. daily. Admission is \$5.00 for adults, \$4.00 for seniors, with children under 12, free.

A child's courage in the face of disease inspires others

A parent's worst nightmare is losing their child. On the day May Jo Stophor brought her child home from the hospital, she felt sadness instead of the usual joy that a new life brings.

Her baby, Charlie, was diagnosed with congenital heart disease. The doctors told her that her son had little chance of living beyond the first year of his life and there was no operation to correct his heart condition.

In her new book, *Charlie's Touchdown* (available from 1stBooks Library), Stophor shares how Charlie's condition challenged, yet strengthened her faith in God, and offers spiritual insights to her readers. After questioning God as to why their son was born this way, May Jo and her husband eventually resigned themselves to the fact that there were no answers. Taking the advice of a friend, May Jo focused on making life the best it could be for her son, and she and her husband decided to treat Charlie as normally as possible.

When the Stophors moved away for her husband to attend college, they met Dr. Cottrill, who was the first doctor that offered them hope. She suggested an operation that would improve Charlie's condition, but could not correct the malformation. Dr. Cottrill shared her Christian beliefs with the Stophors and made it clear that God is always in charge. May Jo's faith was challenged and she answered the call, which began years

of surgeries, trials and suffering for young Charlie and an inspiring spiritual journey for his mother.

Through it all, Charlie persevered to become a happy child with a dream to play football. As he endured much pain, people saw within him the manifestation of God's love. He used his life to help others, becoming *The Kentucky Endorse Seal poster child* and meeting celebrities such as Nancy Reagan.

"A beautiful relationship grows between heaven and earth as abundant blessings are poured out and purpose is found in suffering," says Stophor of her son's life.

Currently, May Jo Stophor is an LPN at Baptist Hospital East and works on the Mother-Baby Unit. As a strong Christian, she takes the holistic approach in her nursing career and uses her own personal experiences to give hope to patients dealing with difficult situations. She lives with her family in Louisville.

New booklet available on government giveways

The Free Enterprise Institute in Washington, D.C. has just published a new booklet, "The 100 Most Popular Government Giveaway Programs." The booklet includes information on how and where to take advantage of the most popular government giveaway programs.

There is a catch for consumers to get these government giveaways. They have to know where to go and they have to ask for it. That is what this new booklet is all about. There are listings of names, addresses and phone numbers of where consumers can take advantage of the top 100 government giveaways programs.

"Politicians have always known that the best way to get Americans to vote is to promise to cut taxes. That's why they always talk about the government wasting your money. What they never talk about is the things that the government stands ready to give you, or to help you buy at bargain basement prices," says James Rungsecul, a researcher at the Institute. "The most popular listings in the booklet are:

- Money for seniors to fix up their homes
- Seniors turn homes into cash machines
- Students - let your congressman show you millions.

Consumers can receive a copy of the booklet by sending \$5 to cover the cost of printing, postage and handling to Free Enterprise Institute, 100 Government Giveaways, Dept. 100GG-0529, P.O. Box 96071, Washington, D.C. 20090-6071. Consumers can also get more information about the booklet by calling 202-595-1031, or visit the organization's web site: www.FreeEnterpriseInstitute.org



Women Supporting Women

Do you have dreams or goals and don't know how to go after them? Do you feel isolated and not have anyone to talk to or maybe you just feel something is missing? Let's get together and figure out how to bring more meaning to our lives. Group forming. Call Donna for details 256-3601.

20th annual Berea Craft Festival July 13-15th

Twenty years of art, twenty percent off Friday's admission donated to breast cancer research and twenty dollars given away every twenty minutes on Saturday are three of many reasons why the Berea Craft Festival is a major southeast event. Add to that a record number of educational demonstrations, craftspeople from 20 states, international entertainment and you have an event that supports the community but reaches regional and national significance.

In the previous nineteen years over 2000 top national artists have attended the Berea Craft Festival. This year, 120 more will display their work and many will demonstrate their craft at scenic outdoor Indiana Fort Theater on July 13-15.

Tom and Pam Thompson of Florida make white oak baskets and conchshell dolls. Tom's a master storyteller and never misses a chance to introduce city slickers to a generous dose of good old mountain humor. Silversmith Leslie Heath from Ohio transforms old silver coins into necklaces, earrings and belts using only 19th century tools; and Iowa carver John Weyer and family (six children in all) carve wooden utensils, bowls and replicas of antique tavern signs. You'll also see the dramatic art of rakupottery firing, silk painting, beeswax candle dipping, puzzle making, leather tooling, weaving, book making and fountain sculpting.

A very special demonstration will be presented by Jimmy Lou Jackson of Berea. Ms. Jackson is a glass bead

artist, but more importantly, a breast cancer survivor. She has created a beautiful necklace showcasing a twisted pink ribbon, the symbol for breast cancer awareness. Proceeds of sales from the necklace will benefit a fund that helps women who need assistance paying for their treatment.

There is always new and exciting work at the Berea Craft Festival. Among the 25 newcomers will be New Yorker Wendy Carrington of Hatfield, who creates designer hats; Kentucky basketmaker Jody Epperson weaves miniature baskets; the size of thimbles using silver and brightly colored anodized copperwire; and Bee Global of North Carolina handcrafts beeswax candle lanterns embellished with wildflowers, ferns and leaves. New Florida artists are well represented by jeweler Deborah Barnes who fashions contemporary jewelry from rose gold, gemstones and pearls and by fiber artist Lynn Robbins, whose handpainted dresses and pillows with crazy cat designs will put a smile on many faces. Scott Johnson of Indiana will be the first artist ever to display work in deep sky astrophotography.

Metal artwork is hot, literally and figuratively and this year's festival will feature its largest selection ever! First time exhibitors will be Kentucky coppersmith Rena Warden bringing wall fountains, whimsical garden art and a must see 4 1/2 foot copper "Tin Man," the first in a series of characters from the Wizard of Oz.

Paul Rakers of Pennsylvania, also a

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Roundstone School Pre-Registration for New Students

Dates: Tuesday, July 31st - 9 a.m. to 3 p.m.
Thursday, August 2nd - 9 a.m. to 3 p.m.

You will need to bring the following:

- Physical (must be on Kentucky form)
- Immunization certificate
- Eye examination (only for kindergarten and preschool students - must be from an optometrist or ophthalmologist)
- Copy of birth certificate (must be certified copy from the state - if you do not have a certified copy, you may pick up an application or request one at the school)
- Social Security card

If you have any questions, please call the school at 256-2235

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Saturday 9:00 am - 5:00 pm