

# Rutherford County fce News

## July 2009



**Important Dates to Remember...**  
**Please Mark Your Calendar**

**Flower & Garden Show**  
**Thursday, July 16, 2009**

**Lane Agri-Park**

Registration 8:30-10 am

Judging begins at 10:00 am

View of Exhibits 11:00-11:30 am

Articles should be picked up before noon.

Entries for all events are open only to fce members. Guests are welcome to view the exhibits after judging is complete

Clubs send your registration for the Annual Meeting and \$17.00 per person to Joyce Cumberbatch no later than **July 27**.



**fce County Council Meeting**

**Friday July 17, 2009**

10:00 a.m. Lane Agri-Park  
Make sure your club has a voice.

Election for County Council Officers  
Nominating Committee announced at  
the July Council meeting.

\*\*\*\*October Council meeting will meet  
on October 16th\*\*\*\*

**It is fce dues time!**

Treasurers get your club dues to Joyce Cumberbatch by **September 23**. It is still a bargain for all the education, fellowship and community service available to our members.



**State fce Conference**  
**In Jackson, Tennessee**  
**November 9, 10 and 11, 2009**

Pat Whitaker, Extension Agent  
UT TSU  
Rutherford County Extension  
315 John R Rice Blvd.  
Suite 101  
Murfreesboro TN 37129-4105  
615-898-7710

# News about our fce members

## Rutherford County fce Members attend Regional fce Camp at Camp Clements in May.

Pam Sites, Kitty Bush, Jane Jackson, Frances McDonald, and Mary Sue Young took advantage of stimulating classes, learned to use Wii Fit, presented a skit and had lots fun and fellowship with members from across the region.

Pat Whitaker was a key note speaker on Lessons from the Jet Rock.

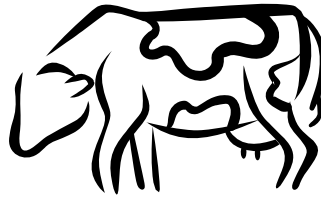
Congratulations go to Pam Sites who won the drawing for a Star Scholarship for 2010 camp.

## June 24 Dairy Day

Almaville and Better Living fce members greeted nearly 800 youth and adults who attended the first Dairy Day in the new Lane Agri-Park Community Center.

They were busy making real butter and giving away coloring books.

It was easily the largest and most exciting Dairy Day in anyone's memory.



## Tai Chi for Beginners

**When:** Six sessions  
Wednesday morning **July 15-August 19, 2009**

**Where:** Lane Agri-Park, 315 John R Rice Blvd. in Murfreesboro

**Cost:** \$30. (If you have attached one Tai Chi series the fee is \$15, if you have attended two series of classes this series is free.)

**Pre-Registration required—**space is limited.  
Call 898-7710.

## TAFCE Central Region Annual Meeting

Thursday, September 10, 2009

Manchester Coffee County Conference Center 1-24, Exit 114  
147 Hospitality Blvd. behind Holiday Inn Express

Cost \$17.00 –includes meal, table service & gratuity

Voting delegates seated before 9:45 a.m.

Registration & Cultural Arts check-in begins at 8:30 a.m.

Meeting begins at 10:00 a.m.

New fce club forming in the **Lascassas-Milton Area**. First organizational meeting will be on Thursday evening, **September 10**. Location to be determined. Thanks to Carol Wrather, Shirley Bunting and Darlene Miller for thinking together on how to get a group launched.

Do you have friends or family in the Lascassas-Milton Area that would like to visit the new fce club?

Help us get the word out.

Contact Pat Whitaker, Extension Agent, for more details.

## Sleep to your Heart's Content

Recent research points to the importance of sleep in preventing heart disease. The primary enemy of your heart is fatty plaque buildup in coronary arteries. It can lead to arteriosclerosis—and a resulting heart attack. Known risk factors for this process include tobacco, high cholesterol, obesity and hypertension. Now science points to another factor: Getting enough sleep may lower your risk for heart disease. **The takeaway?** Get enough shut-eye every night to help keep your heart healthy. The National Sleep Foundation recommends seven to eight hours of sleep daily for most adults. Source: TopHealth



## Midnight Snack Attack

Wee-hour snacking can pack on lots of extra calories. **To help control cravings late at night or at other weak moments, try this:** \*Eat enough during the day, starting with a good breakfast, \*Increase fiber and lean protein in your diet, especially at dinnertime, \*Drink plenty of water—at least six to eight cups a day—but not too close to bedtime (to avoid waking for trips to the bathroom), \*Consider if stress or boredom—not hunger—is the real problem. If you're up at night, try listening to relaxing music or reading a book.

PLAN B: If you need a snack, choose a nutritious option such as fruit, low-fat yogurt, cereal with skim milk or toast. Source: TopHealth



## Do you have a dessert that you are famous for?

Please help the 4-H Fundraiser by donating a homemade pie, cake, etc.

When: **Friday, August 7, 2009**

Where: Lane Agri-Park until 7pm

Please call 898-7710 by **August 1** and let us know if you can help. All donated items will be auctioned at our BBQ dinner held on **August 8** at 4:30pm. Tickets for the dinner are \$7.00 or 4@\$25.00 and can be purchased at the Extension Office prior to **August 8** or at the door.

