

## **Henry, Collins Help Present Volunteer Awards**

*By Anya Armes Weber*

The Kentucky Commission on Community Volunteerism and Service (KCCVS) presented the 2008 Governor's Awards for Outstanding Volunteer Service at the Governor's Mansion.

Former Gov. Martha Layne Collins and Miss America 2000 Heather French Henry joined Secretary Janie Miller to present the awards.

Miller congratulated the recipients for putting others first.

“It's very humbling to hear about their efforts and then meet the people behind these successful projects and partnerships. Showing our thanks today is just a small way to recognize the impact of their service.”

The Governor's Office launched the volunteer awards program in 1975. Since 1995, KCCVS has administered the program.

A panel of independent judges with experience in volunteerism and/or service chose award recipients in 11 categories.

Three additional achievement awards were also presented for service in honor of Make a Difference Day. As part of its observance of the day each October, KCCVS sponsors a campaign to collect canned goods and other nonperishable food.

The 13-county Eastern Mountain Service Region won the Make A Difference Day Traveling Award for Department for Community Based Services regions.

MSU Corps in Morehead and The Learning Corps in Owensboro won the Make A Difference Day Traveling Awards for AmeriCorps Programs. The Learning Corps won the award for the third straight year and became the first group to be able to “retire” that award.

Learn more about volunteering at the [KCCVS Web site](#).

## **Staff can join Step Out Challenge, Win Prizes**

*By Anya Armes Weber*

CHFS staff can still sign up online and join the “Step Out Challenge,” sponsored by the Kentucky Employee Wellness Plan.

The challenge began May 4 and ends June 14 and is intended to encourage employee wellness through daily physical activity.

Go online to begin your own [electronic scorecard](#). Or you can check out the rules and download a [printable version](#) of the score card.

The challenge includes several wellness activities like trying a new sport, cycling or eating a healthy snack.

Participating is easy when you track online, and it will be confidential. Participants are eligible for prizes like an iPod Nano, exercise equipment, gift cards, fitness memberships and more.

Staff can go one step further by joining Virgin HealthMiles this month. If you haven't joined Virgin HealthMiles, log on to the [Virgin HealthMiles Web site](#) to learn more.

### **Employee Activity Spotlight: I am a Golfer**

Al Gordon, a professional relations officer for the Department for Disability Determination Services, has adopted a lifestyle that includes regular physical activity. He is enrolled in the Virgin Healthmiles program and enjoys the daily challenge of taking extra steps. He currently is setting goals – and meeting them head on – in the game of golf.

A former collegiate basketball player who came to Kentucky from Florida, Gordon was the first in his family of six to graduate with a college degree. As a former student-athlete, he learned how to set goals, overcome challenges and achieve success. Currently, his goal is to qualify for the 2011 National Senior Games in golf.

When Kentucky hosted the National Senior Games in 2007, Gordon participated as a volunteer. Through that experience, he became more motivated to attain his goals as he watched the 50-and-older population participate in track events, basketball, billiards, bowling, cycling, golf, shuffleboard, softball, tennis and other activities.

A former physical education teacher, Gordon singled out golf because he views it as a lifetime activity. Gordon also found golf to be an outlet for releasing stress.

To achieve his goals, Gordon decided he needed a more consistent physical activity routine, so he joined the local YMCA with his family. Because he is a former athlete and educator, Gordon long recognized the importance of regular physical activity, but was less active in the winter months. Gordon's wife is an active runner. The pair has five children, many of whom are active athletes.

Gordon walks his home golf course about two to three times a week. However, his job requires frequent travel so if he can't golf at home, he packs his clubs and explores courses across the nation. He has played in local tournaments and was also set to compete in the Fifty and Over Games on Monday, May 11, in Louisville. As a resident of

Frankfort, he recognizes the limited programming specific to active seniors and would like to get others in his community involved.

Gordon said he was very happy when the Cabinet started its wellness program. He said it motivated him to become more active and to get involved. As a Virgin Healthmiles participant, he utilizes the pedometer as a source of motivation and a great way to monitor, track and set goals. He is proud to announce that he won \$25 for completing the first level of the program.

Gordon is a great role model for his family, peers and community. He has recognized the importance of maintaining a physically active lifestyle and has set goals to achieve in the future. Please cheer him on as he works to qualify for the National Senior Games in 2011.

For more information on the Virgin Healthmiles program, log on to [www.virginhealthmiles.com/kehpeemployees](http://www.virginhealthmiles.com/kehpeemployees). E-mail Kris Hayslett at [kris.hayslett@ky.gov](mailto:kris.hayslett@ky.gov) if you have a physical activity story you would like to share.

### **Living Well: French Fries**

Ahhh, the french fry. Can deep-fried potato crisps be broken down into best and worst in regard to health? American restaurants and fast food chains have turned french fries into a menu fixture, so Elaine Magee, MPH, RD, wrote an article in which the “Recipe Doctor” rated 14 fast food chains and compared them based on calories, fat grams, “bad fat” grams (saturated and trans fats), percentage of calories from fat, and sodium levels for the “small” or “regular” serving. See the list of the 14 fast food restaurants and how they ranked below.

Arby's	Burger King
Carl's Jr.	Chick-fil-A
Dairy Queen	Hardee's
In & Out	Jack in the Box
KFC	Long John Silvers
McDonald's	Sonic Drive-In
Wendy's	White Castle

Best:

- Lowest in Calories
  - Sonic Drive-In regular fries (75 g): 220 calories
  - McDonald's small fries (71 g): 230 calories
- Lowest in Fat
  - Sonic Drive-In regular fries (75 g): 9 grams total fat
  - McDonald's small fries (71 g): 11 grams total fat
- Lowest Percentage of Calories from Fat
  - Sonic Drive-In regular fries (75 g): 37%
  - Dairy Queen regular fries (114 g): 38%

- Lowest in “Bad Fats” (saturated and trans fats)
  - Sonic Drive-In regular fries (75 g) = 1.5 grams saturated fat + 0 grams trans fat
  - McDonald’s small fries (71 g) = 1.5 grams saturated fat + 0 grams trans fat
- Highest in Fiber
  1. Jack in the Box natural cut fries (124 g) = 5 grams of fiber
  2. (7-way tie; all have 4 grams of fiber each):
    - a. Wendy’s small fries (113 g)
    - b. Burger King small fries
    - c. Arby’s small curly fries
    - d. Chick-fil-A waffle potato fries
    - e. Long John Silver’s basket combo portion
    - f. Carl’s Jr. natural cut french fries
    - g. White Castle regular fries
- Lowest in Sodium
  - Chick-fil-A waffle potato fries: 80 mg
  - Sonic Drive-In regular fries: 100 mg

The award for the healthiest french fries goes to Sonic Drive-In regular fries, which are lowest in calories, fat grams, percentage of calories from fat, total amount of “bad fats” and ranked second lowest in sodium. The runner-up is McDonald’s small fries. The award for the unhealthiest fries goes to Carl’s Jr. natural cut french fries, which rank highest in calories and grams of fat. Sharing the award for the unhealthiest fries is Jack in the Box natural cut fries, both ranking high in “bad fats” (4 grams saturated fat and 5 grams of trans fat). If you don’t want to ruin your nutritional intake with fast food fries, but still need to fulfill a french fry fix, follow this healthy recipe below:

### **Parsley-Parmesan Oven French Fries**

#### **Ingredients:**

4 medium (or 3 large) unpeeled russet potatoes, cut into ¼ - inch thick strips  
 4 teaspoons extra virgin olive oil (canola oil can be substituted)  
 ½ teaspoon salt  
 1/3 cup shredded Parmesan cheese  
 2 tablespoons finely chopped fresh parsley

#### **Preparation:**

1. Preheat oven to 400 degrees. Coat a nonstick baking sheet with canola oil cooking spray.
2. In a large zip-top plastic bag, combine potatoes with olive oil and salt; seal bag and toss to coat potatoes well.
3. Arrange potatoes in single layer on prepared baking sheet. Bake for 45-50 minutes or until golden brown, turning after 25 minutes.
4. In a small bowl, combine Parmesan cheese and parsley. When fries are light brown, sprinkle with Parmesan cheese mixture over the top and bake about 5

minutes more. Remove pan from the oven and let cool for 2 minutes before serving.

Yield:  
4 servings

Nutritional Information:

Per serving: 287 calories, 9 g protein, 50 g carbohydrates, 6.1 g fat, 1.8 saturated fat, 6 mg cholesterol, 4 g fiber, 406 mg sodium. Calories from fat: 19 percent

### **CHFS Focus Health News**

The Department for Public Health continues to monitor the H1N1 swine flu situation in Kentucky. Nine cases of the flu have been confirmed in the state, with several other probable cases awaiting confirmation. Continue to follow swine flu in Kentucky and learn more about DPH's activities at the Health Alerts Web site at <http://www.healthalerts.ky.gov/>.

### **Employee Enrichment**

By Anya Armes Weber

Fitting in time for exercise is difficult, but squeezing in a little physical activity during work time can improve your health and boost your energy level.

- Take a walk at break time.
- Take the stairs instead of elevators.
- Walk to someone's office to deliver a message rather than e-mailing or calling.
- Lead a group of coworkers in a stretching break in the middle of a long meeting.
- Log on to the [wellness workout site](#) on the Personnel Cabinet's Web site for short exercises you can do at your desk.