

## Women's Equality Day



Women in the United States were given the right to vote on August 26, 1920 when the 19th Amendment to the United States Constitution was signed. The amendment was first introduced many years earlier in 1878. Every president has published a proclamation for Women's Equality Day since 1971 when legislation was first introduced in Congress by Bella Abzug. This resolution was passed designating August 26 of each year as Women's Equality Day.

Joint Resolution of Congress, 1971 designating August 26th of each year as Women's Equality Day

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and

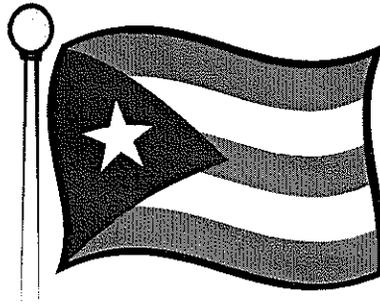
WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex;

WHEREAS, the women of the United States have designated August 26th, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights: and

WHEREAS, the women of United States are to be commended and supported in their organizations and activities,

NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as "Women's Equality Day," and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

## The Constitution of the Commonwealth of Puerto Rico



The Constitution of the Commonwealth of Puerto Rico is the controlling government document of the Commonwealth of Puerto Rico at the Commonwealth level. It is composed of nine articles detailing the structure of the government as well as the function of several of its institutions. The document also contains an extensive and specific Bill of Rights. Since Puerto Rico is a commonwealth of the United States, the Puerto Rico Constitution is bound to adhere to the postulates of the U.S. Constitution by virtue of the Supremacy Clause. It was ratified on March 3, 1952, approved by the United States Congress on July 3, 1952, and became effective on July 25, 1952. July 25 is known as Commonwealth Constitution Day (Constitución del Estado Libre Asociado de Puerto Rico), an official holiday in Puerto Rico.

## **Deaf Awareness Week September 25-30, 2011**



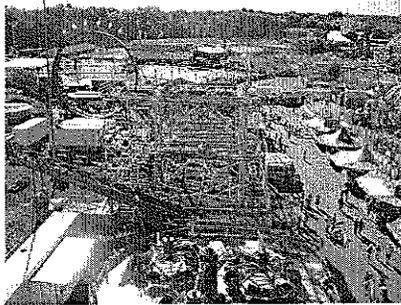
The last full week in September is Deaf Awareness Week. It is also known as the International Week of the Deaf (or International Week of Deaf People). The purpose of Deaf Awareness Week is to draw attention to deaf people, their accomplishments and their issues.

During this week, many deaf organizations hold activities to celebrate and conduct public information campaigns to educate people about deafness. Companies and agencies often mark the event, and schools, colleges, and universities hold awareness events.

Amusement parks, such as Dollywood in Tennessee, may hold special deaf awareness days.

# **The Big E**

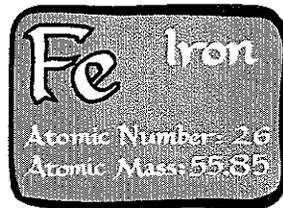
**September 16 – October 02, 2011**



The first Eastern States Exposition occurred in 1917. It was originally conceived by Joshua L. Brooks as a way to help bolster the region's farming industry. The Exposition featured displays of innovations in the industry, and held contests designed to encourage farmers to better themselves through competition. Since the first Exposition, only World War I and World War II, during which the military requisitioned the grounds as storage depots, have interrupted the annual tradition.

The fair was first titled "The Big E" in 1968 and remains true to its agricultural roots today, with more than 7,100 4-H and FFA participants, and 1,100 open show exhibitors, as well as educational displays and attractions.

## Hemochromatosis Screening Awareness Month



Hemochromatosis (HHC) is a leading cause of iron overload disease. People with HHC absorb extra amounts of iron from the daily diet. The human body cannot rid itself of extra iron. Over time, these excesses build up in major organs such as the heart, liver, pancreas, joints and pituitary. If the extra iron is not removed, these organs can become diseased. Untreated hemochromatosis can be fatal.

Iron is an essential nutrient found in many foods. Iron carries oxygen (in hemoglobin) to all parts of the body. Normally, humans absorb about 8-10% of the iron in foods that they eat. People with HHC can absorb four times that amount. Individuals with hemochromatosis absorb too much iron from the diet. Iron cannot be excreted therefore the metal can reach toxic levels in tissues of major organs such as the liver, heart, pituitary, thyroid, pancreas, and synovium (joints). These overburdened organs cease to function properly and eventually become diseased.

Therefore, undiagnosed and untreated HHC increases the risk for diseases and conditions such as diabetes mellitus, irregular heart beat or heart attack, arthritis (osteoarthritis, osteoporosis), cirrhosis of the liver or liver cancer, depression, impotence, infertility, hypothyroidism, hypogonadism, and some cancers. Mismanaged iron in the brain is seen in those patients with neurodegenerative diseases: Alzheimer's, early onset Parkinson's, epilepsy, multiple sclerosis, and Huntington's disease.

Chronic fatigue and joint pain are the most common complaint of people with hemochromatosis. Other common symptoms include, lack of energy, abdominal pain, loss of sex drive, and heart flutters or irregular heart beat. Symptoms usually begin in men in their late 20's to early 30's. In women, symptoms usually start about 10-15 years after they stop having a period. If hemochromatosis is not found early and treated, iron may accumulate in body tissues causing disease such as:

- arthritis (osteoarthritis, osteoporosis) knuckles, ankles and hips
- liver disease, including an enlarged liver, cirrhosis, cancer, and liver failure diabetes
- heart problems (irregular heart beat, heart attack or heart failure)
- impotence
- infertility
- loss of period or early menopause
- abnormal skin color, ashen gray-green or reddish-bronze
- hypothyroidism (which can cause depression)

Hemochromatosis can be overlooked by a doctor who is concentrating on treatment of diseases that are present in the patient. Many doctors still believe what they learned in medical school, that hemochromatosis is rare and only happens in older men. When hemochromatosis is discovered early and treated before organ damage can occur, a person can live a normal, healthy life.

## Sister's Day



**When: First Sunday in August**

*Sister's Day* celebrates being or having a sister.  
That means a lot of us will celebrate this special day.

Sisters are truly special and unique.

Sure, we may argue and fight.

But, when it comes right down to it, sisters are the best, the very best.

Celebrate *Sister's Day* by spending time with your sister.

Make it a special day in some way for you, and for her.

# CT GROWN CROP AVAILABILITY CALENDAR

<http://www.ct.gov/doag>

## AUGUST

Apples	Mushrooms
Beans	Nectarines
Beets	Onions
Blueberries	Peaches
Broccoli	Pears
Cabbage	Peppers
Cantaloupe	Plums
Carrots	Potatoes
Cucumbers	Summer Squash
Eggplant	Tomatoes
Garlic	Greenhouse
Greens	Tomatoes
Herbs	Watermelon
Leeks	Winter Squash
Lettuce	

## **Cranberry-and-Soy-Sauce-Glazed Ribs**

### *Ingredients:*

1 can jellied cranberry sauce  
1/2 cup water  
1/3 cup soy sauce  
2 tablespoons Dijon mustard  
2 tablespoons brown sugar  
1 tablespoon finely chopped crystallized ginger  
2 racks baby back ribs (about 4 pounds total)  
Salt and pepper

### *Directions:*

Preheat the oven to 325°. In a medium saucepan, melt 1 can jellied cranberry sauce in 1/2 cup water over medium-high heat. Whisk in 1/3 cup soy sauce, 2 tablespoons Dijon mustard, 2 tablespoons brown sugar and 1 tablespoon finely chopped crystallized ginger. Lower the heat and simmer until syrupy, about 10 minutes. Place each of 2 racks baby back ribs (about 4 pounds total) in enough foil to cover; season with salt and pepper. Pour the cranberry glaze over the ribs, reserving 1/4 cup, and seal the foil. Place the wrapped ribs on a baking sheet and bake until tender, 1 1/2 hours. Unwrap, baste with the remaining glaze and broil for 5 minutes.

## Fruit Slush

### *Ingredients*

- 3 cups of water
- 2 cups of sugar
- 1 46-ounce can of unsweetened pineapple juice
- 1 ½ cups of orange juice
- ¼ cup of lemon juice
- 3 ripe medium bananas, mashed
- 12 cups of ginger ale, chilled

### *Directions*

In a medium saucepan, combine water and sugar. Bring to boiling; remove from heat. Pour into a 13x9x2-inch baking pan. Stir in pineapple juice, orange juice, and lemon juice; add mashed bananas. Cover and freeze for 8 to 24 hours or until firm.

To serve, let mixture stand at room temperature for 20 to 30 minutes. For each serving, scrape a large spoon across frozen mixture to form slush (or break frozen mixture into small chunks); spoon about ½ cup slush into glass. Slowly pour about ½ cup of the ginger ale down side to fill glass; stir. Makes about 24 (8-ounce) servings.

Prep: 20 minutes

Freeze: 8 hours

Dietary exchanges: 2-1/2 fruit.

# Cilantro Tomato Pasta Salad

Serves: 3-4

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## Ingredients

1 cucumber  
1 cup ripe red tomatoes, diced  
1/2 cup red onion, finely chopped  
2 tablespoons lime juice  
1 tablespoon cilantro, chopped  
1 teaspoon granulated sugar  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 cup dry small shell pasta, cooked and drained

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## Method

1. Peel the cucumber and cut in half lengthwise. Use a spoon to gently scrape away the seeds. Cut in half again lengthwise and dice the cucumber.
2. Place cucumber, tomato, red onion, lime juice, cilantro, sugar, salt and pepper in a bowl with pasta. Toss gently. Transfer to a serving bowl; chill at least 15 minutes before serving.