

Family & Consumer Sciences

TAYLOR COUNTY FCS EXTENSION NEWSLETTER

August 2023



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MoneyWi\$e & Health
Bulletin Inserts

Family & Consumer Sciences Agent

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KEEP COOL IN THE SUMMER HEAT

Amid Kentucky's extreme summer temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, you need to know the signs and symptoms of heat-related illnesses and how to treat them. These include heat exhaustion, heat cramps and the most serious—heatstroke (also known as sun stroke). Heat-related illnesses occur when a person's body cannot properly cool itself. These sicknesses can occur at any age, but people at greatest risk include infants and children up to four years old, adults 65 and over and those who are overweight. Additional factors that may lead to heatstroke include exertion in hot weather, sudden exposure to hot weather and lack of air conditioning. Certain illnesses and medications, such as antihistamines and antipsychotics, can also increase risk of heat-related illnesses. Wearing too many layers or clothes that prevent sweat from evaporating, drinking alcohol and becoming dehydrated may trigger heatstroke.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys and some medications can also increase older adults' risk of heat-related illness.

Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling. Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

Source: Amy Kostelic, Associate Extension Professor



2023 AUGUST Events



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8 Paper Quilling 5:30 pm	9	10	11	12
13	14	15 Paper Quilling 5:30 pm	16 Hand Sewing 1:00 pm	17	18	19
20	21 Fall Painting 1:00 pm Hand Sewing 5:30 pm	22 Fall Painting 5:30 pm \$20 fee 10 person limit	23 Cast Iron 101 1:00 pm	24 Cast Iron 101 5:30 pm	25	26
27	28	29 Homemakers Annual Meeting 6:00 pm Register at 5:30 \$12 Fee	30	31		

CAST IRON 101



UK Martin-Gatton
College of Agriculture,
Food and Environment

Learn to season and
clean cast iron!

.....
Wednesday, August 23, 1:00 PM

or

Thursday, August 24, 5:30 PM
.....

Call the Extension Office at
(270) 465-4511 to RSVP today!

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Science
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

International programs of Martin-Gatton Cooperative Extension serve all people regardless of ethnicity or social origin and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, disability or former disability or receipt of workers' compensation for prior work-related injury. Available accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Center for Cooperatives
Lexington, KY 40546



Disability
accommodated
with prior notification.

UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FRIED PIES



SEPTEMBER 5
5:30 PM

TAYLOR COUNTY EXTENSION OFFICE
1143 SOUTH COLUMBIA AVENUE
CAMPBELLSVILLE, KY

Call
(270) 465-4511
to Sign Up Today!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Science
4-H Youth Development
Community and Economic Development

Education of all people regardless of ethnicity or social origin and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, disability or former disability or receipt of workers' compensation for prior work-related injury. Available accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Center for Cooperatives
Lexington, KY 40546



Disability
accommodated
with prior notification.

BEGINNERS HAND SEWING CLASS

At no cost to you, learn the
basics of hand sewing from
some very talented ladies!

.....
Wednesday, August 16, 1:00 PM

or

Monday, August 21, 5:30 PM
.....

Spots are limited! Call the Extension
Office at (270) 465-4511 to RSVP today!

Cooperative
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University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Center for Cooperatives
Lexington, KY 40546



Disability
accommodated
with prior notification.

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TAYLOR COUNTY HOMEMAKERS ANNUAL MEETING

TUESDAY, AUGUST 29

6:00 PM

REGISTRATION WILL BEGIN AT 5:30 PM

COST: \$12

**TAYLOR COUNTY EXTENSION OFFICE
1143 SOUTH COLUMBIA AVE.
CAMPBELLSVILLE, KY**

**FOR QUESTIONS, AND TO RSVP, PLEASE CALL THE
EXTENSION OFFICE AT (270) 465-4511**



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PRESSURE CANNING

**Friday
August 11
10 AM**



**Spots are limited! Call
(270) 465-4511 to RSVP today!**

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



FALL PAINTING

Paint this festive fall decor using new painting techniques, taught by Taylor County Homemaker, Jackie Thomas!

**Monday, August 21, 1:00 PM
or
Tuesday, August 22, 5:30 PM**

**Class Cost:
\$20**
This includes all materials.

Spots are limited! Call the Extension Office at (270) 465-4511 to RSVP



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Paper Quilling

**Tuesday, August 8
5:30 PM
or
Tuesday, August 15
5:30 PM**

**Spots are limited! Call the
Extension Office at
(270) 465-4511 to RSVP today!**

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FCS PROGRAMS



Pressure Canning Class

The Grayson County FCS Agent will be teaching a pressure canning demonstration class at the Taylor County Extension Office on Friday, August 11th at 10 am EST in the kitchen. The class will be limited to 15 participants. Please call (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.



Outdoor Walking Challenge

Join me every Monday at 5:30 pm beginning August 7th to get moving! This will be a 12-week program from August 7th to October 23rd held at different walking locations around the county. We will have a pre-program meeting on Tuesday, August 1st at 5:30 pm at the Extension Office. All ages are welcome!



Cooking Through the Calendar

Learn how to make the monthly recipe from the Food and Nutrition Recipe Calendar! We will be making and taste-testing Skillet Pork Chops with Peaches on Monday, August 7th at 11:00 am in the kitchen. Spots will be limited! Call at (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.



Indoor Walking & Movement Club

Join me for low-impact movement and indoor walking exercises every Friday at 2:00 pm at the Extension Office! We will have a pre-program meeting on August 11th and begin meeting on August 18th. This program will be designed for seniors and adults with mobility or cognitive barriers.



American Red Cross Volunteer Recruitment

American Red Cross will be holding an informative meeting about how to become a Disaster Action Team volunteer. Come by the office on Tuesday, August 22nd at 5:00 pm to learn about the Disaster Action Team and how you can participate. Please RSVP by calling or e-mailing the Extension Office.

REMINDERS



Homemaker Annual Meeting

Don't forget to RSVP for the Homemaker Annual Meeting by calling the Extension Office at (270) 465-4511. Payments can be made at the office during office hours (Monday - Friday, 8:00 AM - 4:30 PM).



Homemaker Dues

Make sure to pay your annual Homemaker membership dues to be a returning Homemaker. Membership dues are only \$10 per year. Payments can be made at the Extension Office.



Gifting

Homemaker memberships make the perfect gift! Gift certificates can be purchased at the Extension Office.

August 2023

BOOK OF THE MONTH

Debbie Wilcoxson, TC Cultural Arts and Heritage Chairperson and member of Modern Day Homemakers

Kentucky Off The Beaten Path: Discover The Fun

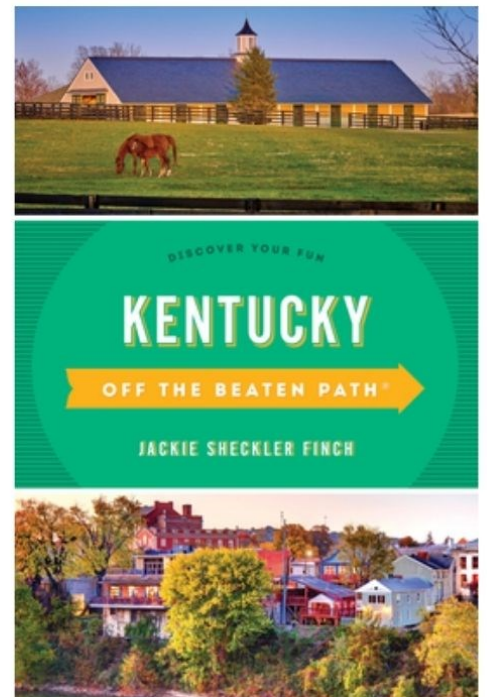
By Jackie Sheckler Finch (1999)

This book will show you the Bluegrass State you never knew existed. Soothe your ailments and your hunger at the Poke Sallet Festival, take an expedition through the Walt Whitman's "Vale of the Elkhorn" in a canoe, or stay in your own personal concrete teepee in Cave City. If you've "been there, done that" too many times, get off the main road and venture Off The Beaten Path!

Whether you're a visitor or a local looking for something different, let Kentucky Off The Beaten Path show you the Bluegrass State you never knew existed.

Debbie Wilcoxson: TC Cultural Arts and Heritage Chairperson and member of Modern Day Homemakers.

The new KEHA 2023-2024 Booklist is listed under Materials on the KEHA website. The TC Library is back in their building, and you can look at it there, or get a copy at the Extension Office.





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Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718

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PERMIT 1067



Triple Berry Crisp

Cooking spray	3 tablespoons white sugar	¾ teaspoon cinnamon
1¾ cup fresh blackberries	¾ cup brown sugar	½ teaspoon nutmeg
1¾ cup fresh blueberries	½ cup flour	⅓ cup butter
1¾ cup fresh strawberries	½ cup oats	

Preheat oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

Pour berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

Yield: 12, ½ cup servings

Nutritional Analysis: 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.