

# TAYLOR COUNTY EXTENSION NEWSLETTER

## February 2025



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## Don't Get Caught Out in the Cold, Create a Vehicle Emergency Kit

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)



Continued on page 2



Disabilities accommodated with prior notification.

During the winter months, always keep your gas tank full.

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
- Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

Contact your local Taylor County Extension Office for more information on preparing for severe weather or other natural disasters.

Source: Annhall Norris, food preservation and food safety extension specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment



## February Book of the Month

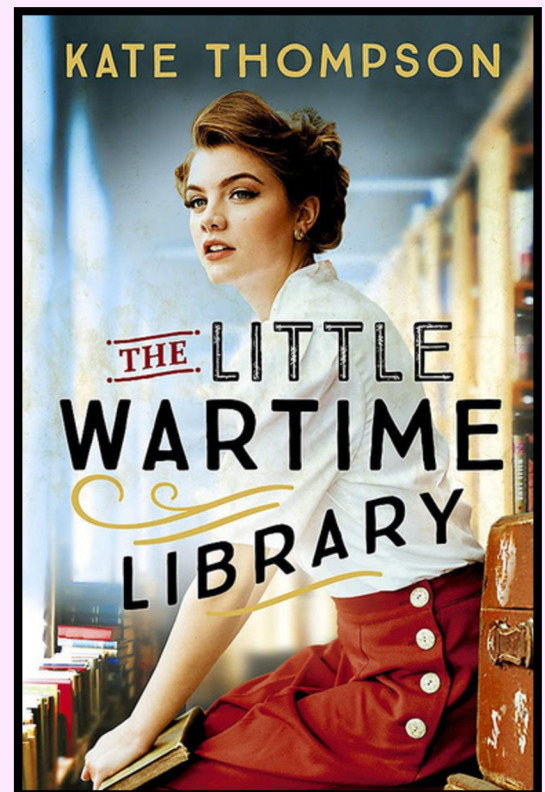
### ***The Little Wartime Library*** **By: Kate Thompson (1974)**

London, (1944): Clara Button is no ordinary librarian. While war ravages in the city above her, Clara has risked everything she holds dear to turn the Bethnal Green tube station into the country's only underground library. Along with her best friend and assistant, Ruby Monroe, Clara ensures the library is the beating heart of the life underground.

This is an uplifting and inspiring novel based on a true story of a librarian who created an underground shelter during World War II.

This book, nor 'The Wartime Book Club' (which is listed in the KEHA Booklist) are not in the Taylor County Library. You can ask if they can get it from another library. They are both listed as fiction.

This book review was written by Kim Barbee. She is the President of Sidetracked Homemakers Club.



TAYLOR COUNTY EXTENSION HOMEMAKERS  
5TH ANNUAL

# SOUPER BOWL

COMMUNITY FOOD DRIVE



Help the Taylor County Extension Homemakers tackle hunger in Taylor County during this Souper Bowl! All proceeds will stay in Taylor County!

**FEBRUARY 1 - 28, 2025**

Donations of canned items and non-perishables can be dropped off in the big soup can at the front of the Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY



*\*An equal opportunity organization.*



Cooperative  
Extension Service

# Kitchen Towel

Thursday, February 6

3:00 PM

Class  
Fee  
\$5



Call the Taylor County Extension Office to reserve your spot today!

Class fee must be paid to register for class!

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

**\*AN EQUAL OPPORTUNITY ORGANIZATION.**

Please join us in welcoming Taylor County's new Agent for 4-H Youth Development

*Kelly Rexroat*



A reception will be held

**THURSDAY, FEBRUARY 6, 2025  
4:00 - 6:00 PM**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY



# DE-STRESS WITH JUNK JOURNALS



**STOP BY AND PICK UP YOUR KIT AT THE  
TAYLOR COUNTY EXTENSION OFFICE**

1143 SOUTH COLUMBIA AVENUE  
CAMPBELLVILLE, KY 42718

**KIT WILL INCLUDE:**

- Journal
- Glue
- Stress publication
- Stickers
- Paper

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Taylor County Extension Homemakers

# Soup Luncheon

**Tuesday, February 11**

**11:00 AM - 2:00 PM**

**Cash or Check Only!**

**\$10 includes:**

soup, the fixings, dessert & drink

- Pinto Beans
- Potato Soup
- Chili & More!

Monies raised will go towards the Taylor County Extension Homemakers Scholarship Program.

For more information or to place your order, please call 270-465-4511.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

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# DECLUTTERING & ORGANIZING

Start the new year with us as we develop a Home and Life Management Binder to keep us organized and less stressed.

**WEDNESDAY, FEBRUARY 12 | 1:00 PM**

We are continuing with a declutter challenge to start the year off with a bang!

91 Day **DECLUTTER** Challenge

13 Weeks Can Change Your Life



RSVP by calling the Extension Office at (270) 465-4511.

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## SOURDOUGH INCLUSIONS

Learn a variety of ingredients to include in your next sourdough loaf!

**Wednesday, February 12**  
**2:00 PM**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

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

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# CAST IRON CARE

**Friday, February 14**  
**10:00 AM**

**CALL THE EXTENSION OFFICE AT 270-465-4511 TO RSVP TODAY! SPOTS ARE LIMITED!**

TAYLOR COUNTY EXTENSION OFFICE  
1143 SOUTH COLUMBIA AVENUE  
CAMPBELLVILLE, KY 52718

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# Blankets of Love

Tuesday, February 18  
1:00 PM

Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are made with 4 yards of fleece. You can choose 2 yards of corresponding fleece to donate. Monetary donations are also appreciated. Donations can be made at the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.



In January, we donated 8 blankets to the Cancer Center at Taylor Regional Hospital.

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Taylor County Homemaker

# CULTURAL ARTS COMPETITION

Drop off Exhibits on  
**Tuesday,**  
**February 18**  
8:00 AM - 4:00 PM

Stop by the Taylor County Extension Office for a copy of the list of categories and rules for the competition.

If you have any questions please call the Extension Office at 270-465-4511.



**Taylor County Extension Office**  
1143 South Columbia Avenue, Campbellsville, KY 42718

View Exhibits on  
**Wednesday, February 19**  
1:00 PM - 4:00 PM

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# REDUCING THE RISK OF IDENTITY THEFT

Learn ways to reduce your risk of identity theft.

**MONDAY,**  
**FEBRUARY 24**  
**3:00 PM**



Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

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# COOKING FOR ONE (or two)

Tuesday,  
February 25,  
11:00 AM

Join us to learn about cooking for one or two people.



**SPOTS ARE LIMITED!**  
**CALL THE TAYLOR COUNTY EXTENSION OFFICE**  
**AT 270-465-4511 TO RSVP TODAY!**

Taylor County Extension Office  
1143 South Columba Avenue  
Campbellsville, KY 42718

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# Lunch & Learn!

NAMASTE.

WE ARE OFF TO BEAUTIFUL INDIA.

WEDNESDAY, FEBRUARY 26

11:00 AM

Call 270-465-4511 to reserve your spot today!



Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

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## HOMEMAKER LEADER LESSON

# PEOPLE LEARN WITH PURPOSE:

UNDERSTANDING LEARNING STYLES

Thursday, February 27 | 10:00 AM



Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

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## Cultural Arts and Heritage

### Creative Writing Contest

Stop by the Taylor County Extension Office for the full contest guidelines.

Categories:

- Poetry
- Memoirs
- Short Story

**Entries are due  
March 1, 2025.**

If you have any question call the Extension Office at 270-465-4511.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

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**HAVE YOU MASTERED  
A SKILL?  
LOOKING TO TEACH  
OTHERS?**

**CONTACT THE  
TAYLOR COUNTY  
EXTENSION OFFICE  
TO FIND OUT MORE!**

TAYLOR COUNTY EXTENSION OFFICE  
1143 SOUTH COLUMBIA AVENUE  
CAMPBELLVILLE, KY 42718

(270) 465-4511

TAYLOR.EXT@UKY.EDU

TAYLOR.CA.UKY.EDU

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# CALENDAR OF EVENTS

## February 2025

SUN MON TUE WED THU FRI SAT

**KENTUCKY**  
NEAFCS  
Extension Association of  
Family and Consumer Sciences

Low Impact Fitness will  
continue to meet weekly  
on Thursdays at  
1:30 PM

1

2

3

4

TaylorMade  
Quilters  
9:00 AM

5

6 Homemaker  
Council Meeting  
10:00 AM  
Kitchen Towels  
3:00 PM  
New 4-H Agent  
Reception  
4:00 PM

7

8

9

10

11


Soup  
Luncheon  
11:00 AM -  
2:00 PM

12

Sourdough  
Inclusions  
10:00 AM &  
2:00 PM  
Organizing &  
Decluttering  
1:00 PM

13

14

Cast Iron  
Care  
10:00 AM  


15

16

17

18

Blankets  
of Love  
1:00 PM  
Cultural Arts  
Competition  
Entry Drop-off  
8:00 AM -  
4:00 PM

19

Cultural Arts  
Competition  
Exhibit Viewing  
1:00 PM -  
4:00 PM

20

21

22

Cross Stitch  
Retreat  
10:00 AM

23

24

Reducing the  
Risk of Identity  
Theft  
3:00 PM

25

Cooking for One  
11:00 AM

26

Lunch & Learn  
11:00 AM

27

Homemaker  
Leader Lesson  
10:00 AM

28

**Bunco Club**  
3rd Tuesday  
6:00 p.m.

**Circle of Friends**  
2nd Tuesday  
6:30 p.m.

**Cross Stitch  
Retreat**  
Last Saturday  
10:00 a.m.

**Harmony**  
2nd Tuesday  
12:30 p.m.

**Mannsville**  
2nd Thursday  
6:00 p.m.

**Mastering Skills**  
2nd Monday  
12:30 p.m.

**Modern Day**  
2nd Monday  
6:00 p.m.

**Quilts of Honor**  
4th Wednesday  
10:00 a.m.

**Saloma Road**  
2nd Thursday  
10:00 a.m.

**Sidetracked**  
2nd Tuesday  
6:00 p.m.

**Taylor Made  
Quilters**  
1st Tuesday  
9:00 a.m.



# ADULT

# HEALTH BULLETIN



**FEBRUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC

# CAN YOU STOP CANCER BEFORE IT STARTS?



**T**he Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

**Continued on the next page** →



**Cooperative Extension Service**

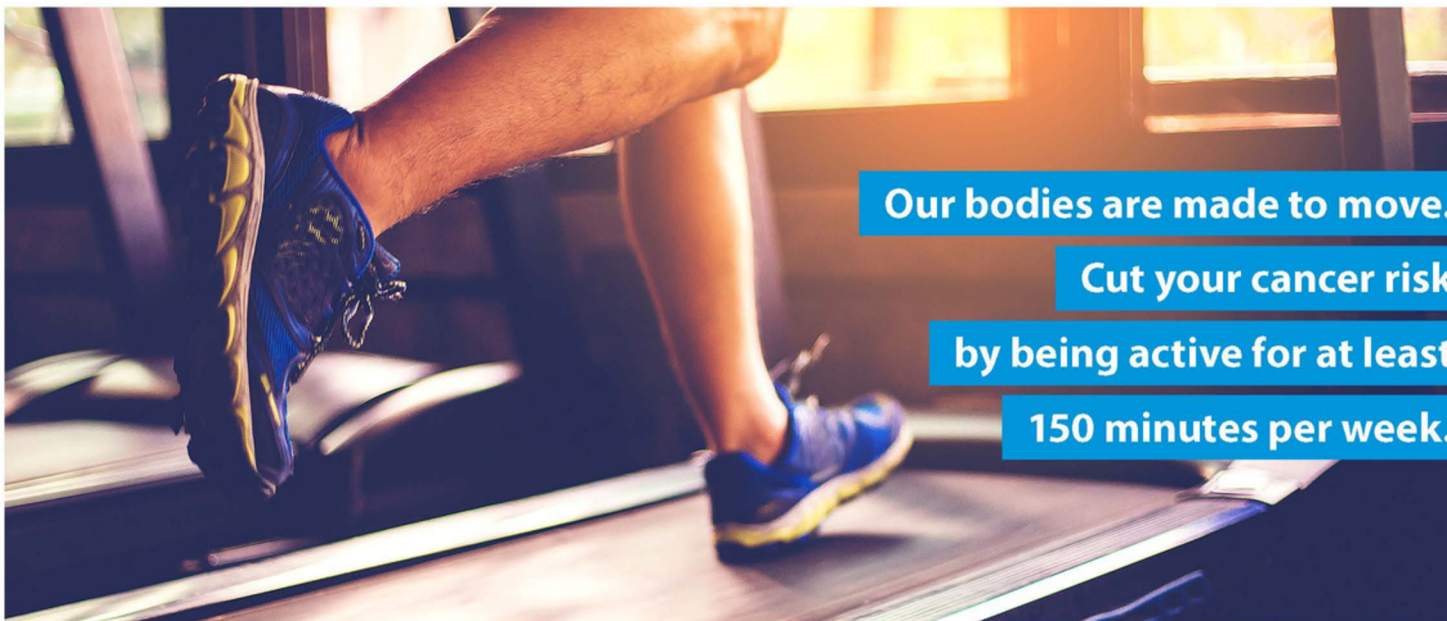
Agriculture and Natural Resources  
 Family and Consumer Sciences  
 4-H Youth Development  
 Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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**Our bodies are made to move.**

**Cut your cancer risk**

**by being active for at least**

**150 minutes per week.**

## ➔ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

### Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

### Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

### Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

### Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

### Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

### Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

#### REFERENCE:

<https://prevention.cancer.gov>

**ADULT  
HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





## Sweet & Spicy Butternut Squash

**2** medium butternut  
squash  
**1** **tablespoon** olive oil

**¼ teaspoon** kosher salt  
**¼ teaspoon** cayenne  
pepper

**1** **teaspoon** ground  
cinnamon  
**¼ cup** honey

**Preheat** oven to 450 degrees F. **Wash** squash and **pierce** the skin of each with a fork in several places. **Place** both squash in a microwave oven. **Cook** on high setting for 4-5 minutes. **Place** squash on a cutting board and **cut** ½ inch off both ends. **Cut** squash in half lengthwise and remove seeds and pulp. **Peel** off the skin using a sharp vegetable peeler. **Cut** the squash into ½ inch cubes. **Place** the squash cubes in a large mixing bowl. **Add** olive oil, kosher salt, cayenne pepper and cinnamon. **Toss** to coat.

**Spread** the seasoned squash cubes on a greased baking sheet. **Roast** for 40 minutes or until fork tender, **turning** after 20 minutes. **Remove** from oven and let **sit** for 5 minutes. **Warm** honey in a microwavable dish and **drizzle** over the squash.

**Yield:** 12, ½ cup servings

**Nutritional Analysis:**  
60 calories, 1 g fat, 0 g saturated fat,  
0 mg cholesterol, 50 mg sodium,  
14 g carbohydrate, 2 g fiber,  
7 g sugar, 1 g protein.