



Family & Consumer Sciences

# TAYLOR COUNTY FCS

## EXTENSION NEWSLETTER

### September 2024



### National Preparedness Month

Did you know that September is National Preparedness Month? Make sure you are financially prepared for emergencies by planning to build an emergency fund. Emergency funds are savings for emergency use, such as if your car breaks down or you find yourself unexpectedly out of work. This fund should be different from other savings accounts that may be intended for future college costs, vacations, or retirement. Be sure that your emergency fund is easy to access in case of an actual emergency. You should be able to easily withdraw money from the account at any time if disaster strikes.

While any amount of money is helpful in an emergency, you should aim to save enough to cover 3 to 6 months of typical expenses for your family. Consider making emergency savings automatic by directing a portion of your paycheck to savings through direct deposit. Explore other savings strategies, such as rounding up the change from everyday purchases and directing that money to savings. For example, if you spend \$3.50 on coffee in the morning, put \$0.50 into savings. Or, better yet, brew your coffee from home and invest that money instead! Small amounts add up quickly if you save them consistently. Start building your emergency fund today to help ensure you are financially prepared for emergencies.



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*Kimberly Thomas*

Kimberly Hope-Thomas  
Taylor County Agent  
for Family & Consumer Science



#### Cooperative Extension Service

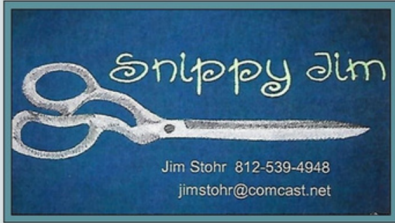
Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511  
Fax: (270) 789-2455

Source: Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management




# Snippy Jim Tool Sharpening

We are pleased to announce Snippy Jim will be coming to the Taylor County Extension Office on from 4:00 - 6:00 PM to provide sharpening services. Cost is \$5 per implement.



He sharpens:  
Scissors  
Snips  
Pinking Shears  
Knives  
Garden Tools  
Loppers  
Manual Hedge Trimmers

You are welcome to bring any item that needs to be sharpened. **He does not grind your implements; he sharpens them.**

 Cooperative  
Extension Service

## Decluttering & Organizing

How to declutter your entire home, room by room, step by step. This is a monthly program created to help you declutter and organize! Learn new ways to organize each room in your home and share ideas with others.

**Wednesday, September 11**  
**1:00 p.m.**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

\*An Equal Opportunity Organization.



## Blankets of Love



Join the Taylor County Extension Homemakers in making no sew blankets to donate to the Cancer and Dialysis Centers in Taylor County. No sewing required!

**Tuesday, September 17**  
**1:00 p.m.**

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

## Lunch & Learn

For the month of September, we will travel to the northern part of France to Giverny, the home of artist, Claude Monet. We will be learning facts about Claude Monet while enjoying a French cassoulet and a Tarte Normande.

French Cassoulet



Tarte Normande



**Wednesday, September 25**  
**11:00 a.m.**

Call (270) 465-4511 to RSVP.

Homemaker Leader Lesson Training

# Self Love


Thursday, September 26

10:00 a.m.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

Self care can become nonexistent in the hustle of day to day life. Join this leadership training to learn new ways to practice self love!



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CROSS  
STITCH  
RETREAT



Saturday, September 28

10 AM - 3 PM

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

### Brag Table

Bring your work to show it off!

### Share Table

Bring items you no longer need to share with others!

Patterns, Kits, and Materials will be available for purchase.

Bring your projects and enjoy fellowship with other stitchers!

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MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Hello! My name is Kimberly Hope-Thomas, and I am the new Taylor County Family and Consumer Sciences Agent. I might be a familiar face around the Taylor County Extension Office to you, since for the last three years I served as the Taylor County 4-H Agent. I love this community and am honored to be able to serve in a new role.

I grew up on a beef cattle farm in Metcalfe County in a little town called Summer Shade, Kentucky but have lived in Campbellsville for the last eight years. I am married to my wonderful husband, Chris, who is from Corydon, Indiana. He is a great supporter of my work in Extension and helps greatly with our two kids, Gavin (who is five) and Adeline (who is three).

I am passionate about learning and look forward to equipping our community with practical skills that can save money, improve nutrition, and help families manage life. I hope to continue sharing the work and efforts of our Taylor County Cooperative Extension Office with the public so that more people can benefit from the services we provide.

Please feel free to stop by and say hi the next time you are in the office!





# American Red Cross

The need is constant.  
The gratification is instant.  
Give blood.™

redcrossblood.org | 1-800-RED CROSS

## Taylor County Extension Homemakers Blood Drive

Taylor County Cooperative Extension Service  
1143 South Columbia Avenue  
Campbellsville, KY 42718

September 23, 2024

1:00 PM – 6:00 PM

# Let's Do Lunch!

Join the Taylor County Homemakers for lunch at the Winters Dining Hall on the campus of Campbellsville University.

*Winters Dining Hall offers a wide variety of food, served buffet style.*



Tuesday, September 17

11:30 a.m.

Meet in the lobby of  
Winters Dining Hall

Cost is \$9.25, to be paid at the door.

Please call (270) 465-4511 to RSVP today!

## Book of the Month



*Praisesong for the Kitchen Ghost  
Stories and Recipes from 5 Generations of Black  
Mountain Cooks*

Crystal Wilkinson (2023)

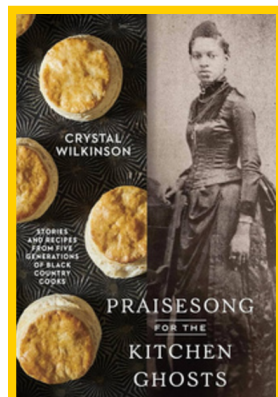
This book is part memoir, part cookbook, because it weaves fiction with historical records, memoirs, and interviews to present a unique culinary portrait of Black Appalachians. Forty recipes rooted deep in the past yet full contemporary flavor are brought to vivid life through stunning photography and beautiful illustrations.

Crystal was baking a jam cake when she felt her late grandmother's presence. She soon realized she wasn't the only cook in the kitchen. These were her kitchen ghosts, five generations of Black women who settled in the Appalachia Mountains and made a life of legacy and cuisine.

Crystal Wilkinson is an African American feminist writer. She teaches at UK. She was the 2021 O. HENRY PRIZE winner and the 2022 NAACP Image Award.

*This book review is by Debbie Wilcoxson, member of Modern Day Homemakers and Taylor County Cultural Arts and Heritage Chairperson.*

The Taylor County Public Library and the Taylor County Extension Office have a copy of the 2024-2025 KEHA Booklist. Pick up your copy today! You can Also find a copy online at <https://bit.ly/kehabooklist>.



## PAINT YOUR OWN BARN QUILT

MONDAY, SEPTEMBER 23  
9AM – 3PM



Scottish Thistle



Carpenters Wheel



8 Point Star



Sunflower

2ft x 2ft : \$40  
4ft x 4ft: \$75

INCLUDES:

- ALL SUPPLIES (BOARDS, BRUSHES, TAPE, PAINT ETC.)
- BOARDS (ALUMINUM COMPOSITE PANEL)
- LUNCH

Questions? Contact the Taylor County FCS Agent, Kimberly Thomas at (270) 465-4511



Taylor County Extension Homemakers

# Flock for a Cure

## Fundraiser 2024

September is Ovarian Cancer Awareness Month.

Help fight this disease and bring a smile to an unsuspecting friend with a flocking by our Flocking Crew and our fun-loving Flamingos!

Flocking Season is through the month of September Taylor County. Order a flock of flamingos to brighten someone's day and contribute to finding a cure for ovarian cancer.

Your flock of 10, 20 or 30 teal flamingos and a letter of congratulations for being selected as your Flocking Friend in support of Ovarian Cancer Awareness will be delivered to the recipient's yard and will remain for no more than 48 hours before moving to another location.



Pick up an order form at

Taylor County Extension Office  
1143 S Columbia Avenue, Campbellsville

Or call 270-465-4511 for more information

Send a flock of your choice:

A Few (10 Flamingos)	\$20 Donation
A Flock (20 Flamingos)	\$40 Donation
A Flamboyance (30 Flamingos)	\$50 Donation
Anti-Flocking Insurance (No flocks will roost at this address)	\$25 Donation

\*The flocking territory is limited to Taylor County within a 10-mile radius of downtown Campbellsville.

\*All donations benefit the University of Kentucky Ovarian Cancer Screening and Research Program.



# Taylor County Extension Homemakers Flock for a Cure Fundraiser 2024

Flockee's Information (Friend to be Flocked)

Name \_\_\_\_\_

Physical Address \_\_\_\_\_  
\_\_\_\_\_

*Note: Flamingos are not allowed to flock on public property or apartment complexes.*

Special Instructions (barriers, dogs, alarms, gates, etc.) \_\_\_\_\_  
\_\_\_\_\_

Do you want your friend to know who ordered this flocking?

\_\_\_\_\_ YES \_\_\_\_\_

\_\_\_\_\_ NO \_\_\_\_\_

Which flock do you want to migrate to your friend's yard?

\_\_\_\_\_ A Few (10 Flamingos)

\$20 Donation

\_\_\_\_\_ A Flock (20 Flamingos)

\$40 Donation

\_\_\_\_\_ A Flamboyance (30 Flamingos)

\$50 Donation

\_\_\_\_\_ Anti-Flocking Insurance (No flocks will roost at the address provided)

\$25 Donation

*Donations in the form of Cash or a Check made out to Taylor County Extension Homemakers*

Flocker's Name (Your Name) \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_

Return this form with payment to the Taylor County Extension Office,  
1143 South Columbia Avenue, Campbellsville, KY

*Thank You for Your Support!*

Order taken by \_\_\_\_\_

Flocking Crew Member \_\_\_\_\_

Migration territory is limited to Taylor County within  
a ten-mile radius of downtown.

All donations benefit the ovarian cancer screening and research  
program at the University of Kentucky.





## CALENDAR OF EVENTS

# September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2  Extension Office Closed	3	4	5 Homemaker Council 10:00 AM  Low Impact Fitness 1:30 PM	6	7
8	9 Snippy Jim Tool Sharpening 4 - 6 PM	10	11 Decluttering & Organizing 1:00 PM	12  Low Impact Fitness 1:30 PM	13	14
15	16	17 Let's Do Lunch! 11:30 AM  Blankets of Love 1:00 PM	18	19  Low Impact Fitness 1:30 PM	20	21
22	23 Barn Quilts 9 AM - 3 PM \$40 - 2 x 2 \$75 - 4 x 4  Blood Drive 1 - 6 PM	24	25 Lunch & Learn 11:00 AM	26 Leader Lesson Self Love 10:00 AM  Low Impact Fitness 1:30 PM	27	28 Cross Stitch Retreat 10 AM - 3 PM
29	30	<p><b>It's that time again!</b>  <b>Pay your Taylor County Homemaker Dues at the Taylor County            Cooperative Extension Office or to your club president!</b>  <b>Dues are \$10 per year.</b></p>				

<b>Bunco Club</b> 3rd Tuesday 6:00 p.m.	<b>Circle of Friends</b> 2nd Tuesday 6:30 p.m.	<b>Cross Stitch Retreat</b> Last Saturday 10:00 a.m.	<b>Harmony</b> 2nd Tuesday 12:30 p.m.	<b>Mannsville</b> 2nd Thursday 6:00 p.m.	<b>Mastering Skills</b> 2nd Monday 12:30 p.m.
<b>Modern Day</b> 2nd Monday 6:00 p.m.	<b>Quilts of Honor</b> 4th Wednesday 10:00 a.m.	<b>Saloma Road</b> 2nd Thursday 10:00 a.m.	<b>Sidetracked</b> 2nd Tuesday 6:00 p.m.	<b>Taylor Made Quilters</b> 1st Tuesday 9:00 a.m.	

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

### EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

### SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





## **STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE**



### **GRAB DOLLAR DEALS**

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

### **WATER IS ESSENTIAL**

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

### **RESOURCE:**

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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## Scalloped Okra and Corn

**4 cups** sliced fresh or frozen okra

**4 tablespoons** olive oil

**1½ cups** cooked corn kernels,  
drained

**2 tablespoons** whole wheat flour

**1 cup** skim milk

**8 ounces** shredded 2% cheddar  
cheese

**1 cup** Italian style dry bread  
crumbs

**1. Stir-fry** okra in 2 tablespoons olive oil for 10 minutes. **Place** in baking dish alternating layers with drained corn.

**2. Prepare** white sauce by heating remaining 2 tablespoons olive oil in saucepan over low heat and blending in whole wheat flour. **Cook** oil and flour mixture 1 to 2 minutes.

**3. Add** skim milk all at once, cooking quickly and stirring constantly until mixture thickens.

**4. Stir** in cheese until blended.

**5. Pour** mixture over vegetables.

**Sprinkle** bread crumbs over casserole. Bake at 350° F for approximately 45 minutes, until casserole is heated through and the crumbs have browned.

**Yield:** 8, 1 cup servings

**Nutrition Analysis:** 220 calories; 9 g total fat; 2 g saturated fat; 0 g trans fat; 5 mg cholesterol; 340 mg sodium; 24 g total carbohydrate; 4 g dietary fiber; 7 g sugars; 9 g protein; 20% recommended allowance for vitamin C; 20% recommended allowance for calcium; 8% recommended allowance for iron.

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

