

NEWSLETTER



Beat the Heat

Summertime is here, meaning more time spent working and playing outside. This leads to a higher risk for heat-related illnesses. There are several heat-related illnesses, including heatstroke (the most dangerous), heat exhaustion, and heat cramps.

The best way to prevent heat-related health risks are water, rest, and shade. Getting plenty of these three things will help you beat the heat! The best way to avoid a heat related illness is to limit exposure outdoors during hot days and by cooling off in the air conditioning. According to the CDC, if you are outside during hot days you can also use these tips to avoid getting sick:

- Stay hydrated by drinking more liquid than you think you need. Avoid or limit drinks with caffeine and alcohol.
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Take frequent breaks when working outdoors.
- Pace yourself when you run or otherwise exert yourself outside.
- Wear loose-fitting, lightweight, light-colored clothing.

Excessive exposure to heat can lead to heat cramps, heat exhaustion, and heatstroke. Be on the lookout for these signs and symptoms of heat-related illnesses:

- **Heatstroke:** Heatstroke is a medical emergency. If an individual suddenly stops sweating and feels hot to the touch, becomes confused, faints or has seizures, call 911 immediately. Place the individual in a cool, shady area, loosen and moisten clothing, and apply ice or a cold compress until medics arrive.
- **Heat exhaustion:** Signs of heat exhaustion include cool, moist skin, nausea, headache, dizziness, weakness, and rapid pulse. Individuals should immediately lie down in a cool area, drink lots of water and apply cold compresses or ice packs if available. If signs of heat exhaustion do not stop or they get worse, the individual should go to the emergency room.
- **Heat cramps:** Sweating causes a loss of body salts and fluids, and can lead to heat cramps. An individual suffering from muscle spasms or pain because of the heat should move to a cool area, rest, and hydrate.

As a child, my favorite season was always summer. School was out. Hot days spent in the cool creek. A garden to tend to. Getting to stay up late. Don't get me wrong, we worked hard in the hot summer sun with hay to bale, tobacco to set then top, animals to feed. Being raised on a farm, there was always work to do. But nothing can beat those memories we made as a family. Now even as an adult, my favorite season is still summer and I find myself wanting to make those same memories with my own family.

Whether your summer plans include gardening and canning the fruits of your labor, farm work and cooling off in the creek, vacations and traveling to places you've never been, I hope that you take time to enjoy it with those you love most. It is so important to spend quality time with family and friends and summertime provides lots of opportunities for that! We have lots going on this summer in FCS Extension and this newsletter contains pertinent information so keep reading! We hope to see you out and about! Let us know how we can serve you because it is our goal to strengthen LaRue County by building strong families.

Building strong families. Building Kentucky. It starts with us. #UKFCSExt

Marla Stillwell

Marla Stillwell
County Extension Agent for Family &
Consumer Sciences Education
E-mail: marla.stillwell@uky.edu
Website: <http://larue.ca.uky.edu/>
FamilyConsumerSciences



upcoming events

- **June 3** at 9am – Senior Farmer's Market Vouchers Distribution at Extension Office (must meet eligibility requirements)
- **June 12** – Quilt Club at 10am at the Extension Office
- **June 13** – Opening Day for Farmer's Market
- **June 14** at 12:00 – Cooking Through the Calendar "Fruited Coleslaw"
- **June 18** – Food Preservation Class "Jams & Jellies" (please call to register)
- **June 24** at 10am – Open Sewing at the Extension Office
- **June 27** – Food Preservation Class "Water Bath Canning" (please call to register)
- **June 28** at 11:00am – LaRue County Extension Homemakers Annual Meeting & International Luncheon
- **SAVE THE DATE – Aug 1-3** – LaRue County Fair Floral Hall Exhibit Entry – Aug 1 from 10-1

Join us

Food Preservation Series

Special thanks to Jennifer Bridge, Meade Co FCS Agent for leading the first class in our Food Preservation Series, Understanding Pressure Canning.

There are still a few spots left to sign up for the remaining classes but don't wait!



Homemakers News & Notes

- **Floral Hall Cleanup Day at the Fairgrounds – June 18**
at 9am – Please join us as we meet to begin sprucing up the Floral Hall Building after the recent renovations. Bring cleaning supplies and tools!
- **LaRue County Homemakers Annual Meeting – June 28**
at 11:00am at the Extension Office – Join us and your fellow Homemakers as we Blaze the Way around the World and learn more about different cultures and cuisine! Be sure to sign up for a country to share their culture with the rest of us! Lunch provided; *please contact Doris Jean Holleran for more info and RSVP by June 26*
- Annual Chairmen Reports and Volunteer Hours Due – **July 1** – Contact Extension Office for a report form.
- LaRue County Homemaker Council Meeting – **July 16**
at 11am – *All Officers and Educational Chairmen are encouraged to attend.*

>>> SAVE THE DATE <<<

- LTA Homemaker Kick-Off Event “Creating Welcoming Communities” PLUS Leadership Training for Officers and Educational Chairmen – **August 20** at 10:00am at the Hardin County Extension Office – open to ALL Homemaker members!
- County Cultural Arts Contest – **September 26** – Contest entries due to Extension Office by 4:30pm
- Lincoln Trail Area Annual Homemakers Meeting – **October 25** at Marion County Extension Office hosted by Marion County Homemakers

2024 Homemakers Scholarship

The LaRue County Extension Homemakers would like to congratulate this year’s Homemaker’s Scholarship recipient, Madison Chaudoin! Madison plans to attend Murray State University to pursue a degree in Animal Science with a desire to become an Animal Nutritionist. Congratulations Madison and all of our local graduating seniors!



LaRue County Extension Homemaker Vice President, Beverly Heath presenting the 2024 Homemakers Scholarship to Madison Chaudoin.



Several LaRue County Homemakers recently enjoyed the 2024 Kentucky Extension Homemakers Association state meeting in Bowling Green, KY; Wendy Blan, Doris Jean Holleran, Angie Smith, Julie Devore and FCS Agent, Marla Stillwell.

Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program NOW on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

We still have plenty 2024 KYNEP Calendars! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Cooperative Extension Service

Join -US- for a monthly recipe demonstration and sampling on the **second** Friday of each month at noon!

Cooking through the calendar

2024 Recipe Calendar

NEXT → 6/14 at noon

2024 1/12 2/9 3/8 4/12 5/10 6/14 7/12 8/9 9/13 10/1 11/8 12/1

LaRue County Extension Service - 807 Old Elizabethtown Rd., Hodgenville - (270) 358-3401
An Equal Opportunity Organization

Follow our LaRue County Cooperative Extension Service Facebook page for more info and to view the demonstrations LIVE!

2024 Mother of the Year

The Mother of the Year award is sponsored by the LaRue County Extension Homemakers and is announced during the LaRue County Fair/Baby Contest on Saturday, August 3rd. Nomination forms are available at the Extension Office (807 Old Elizabethtown Rd., Hodgenville, 270-358-3401) as well as online at, <https://larue.ca.uky.edu/sites/larue.ca.uky.edu/files/Mother%20of%20the%20Year%202024.pdf>.

Nominations are due to the Extension Office by Friday, July 12.

Cooperative Extension Service

Mother of the Year 2024

Deadline 7/12/2024

Submit nomination forms to:
LaRue County Extension Service
270-358-3401

Sponsored by:
LaRue County Extension Homemakers

Healthy Choices for Every Body



Healthy Choices for Every Body

Free series of classes for adults, that focuses on cooking skills and stretching your food dollars, all while making healthy choices!

LaRue County Extension Office



At each class you will sample some of our yummy recipes we offer and you will receive a small kitchen gadget!

Sign-Up today, spaces are limited!


Call (270) 358-3401 or email susan.riggs@uky.edu

AT 11:00 A.M. EDT

DATES

- 6/26
- 7/3
- 7/10
- 7/17
- 7/24
- 7/31
- 8/7


LaRue County Farmers Market

 Cooperative Extension Service



opening day
June 13
9am

LaRue County High School Back Parking Lot
925 S. Lincoln Blvd., Hodgenville

 Cooperative Extension Service

20 Market 24 SCHEDULE



THURSDAY, JUNE 13
THURSDAY, JUNE 20
THURSDAY, JUNE 27
THURSDAY, JULY 4
SATURDAY, JULY 6
THURSDAY, JULY 11
THURSDAY, JULY 18
SATURDAY, JULY 20
THURSDAY, JULY 25
THURSDAY, AUGUST 1
SATURDAY, AUGUST 3

LC High School Parking Lot
925 S. Lincoln Blvd., Hodgenville



LaRue County
**EXTENSION
EXTENDED**
Market

807 Old Elizabethtown Rd., Hodgenville

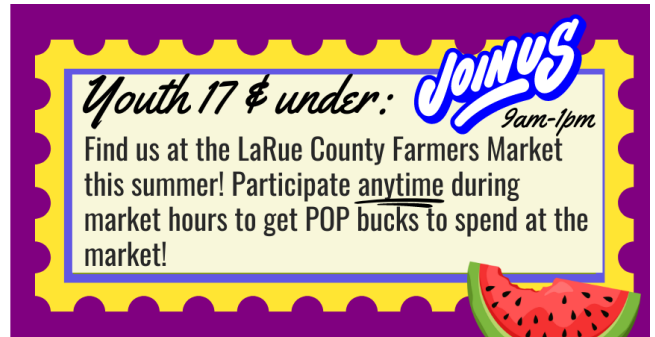
THURSDAY, AUGUST 8
SATURDAY, AUGUST 17
THURSDAY, AUGUST 29
SATURDAY, AUGUST 31

POP Club at the Market



POP
Club

POP-
POWER
OF
PRODUCE




Join us
9am-1pm

Youth 17 & under:
Find us at the LaRue County Farmers Market this summer! Participate anytime during market hours to get POP bucks to spend at the market!

 farmCREDIT
MID-AMERICA



 Cooperative Extension Service

LC Farmers Market - LC High School Back Parking Lot - 925 S. Lincoln Blvd., Hodgenville - (270) 358-3401



June 20
9am-1pm

July 4
9am-1pm

July 20
9am-1pm

FARMERS MARKET

Senior Farmers' Market Nutrition Vouchers



KENTUCKY
DEPARTMENT OF
AGRICULTURE



Cooperative
Extension Service

SENIOR FARMERS' MARKET NUTRITION VOUCHERS

What?

\$50

benefit card to use on select items at the
2024 LaRue County Farmers Market.

Who?

To qualify:

- Be a LaRue County resident
- Must be 60 years of age or older
- Meet the income requirements

<https://www.kyagr.com/consumer/senior-farmer-market.html>

Don't forget

Must show proof of
age & residency.

How?

Cards will be distributed
beginning on

June 3RD at 9 am EDT

(while supplies last)

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville - 270-358-3401



An Equal Opportunity Organization

Alley Cropping Field Day



KENTUCKY STATE
UNIVERSITY
Land Grant Program



Cooperative
Extension Service

**ALLEY CROPPING
ELDERBERRY & CUT FLOWERS**

Field Day

JUNE 25, 2024



GRANDVIEW FARM

310 Dorsey Lane, Hodgenville, KY 42748
9-10:30 a.m. EDT

LARUE COUNTY EXTENSION SERVICE

807 Old Elizabethtown Road, Hodgenville, KY 42748
11 a.m. - NOON EDT

»» CONTACT: Kasia Bradley, kasia.bradley@kysu.edu
LaRue County Extension Service (270) 358-3401

An Equal Opportunity Organization



ADULT

HEALTH BULLETIN



JUNE 2024

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

LaRue County Extension Service
807 Old Elizabethtown Road
P.O. Box 210
Hodgenville, KY 42748
270-358-3401

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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

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



Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

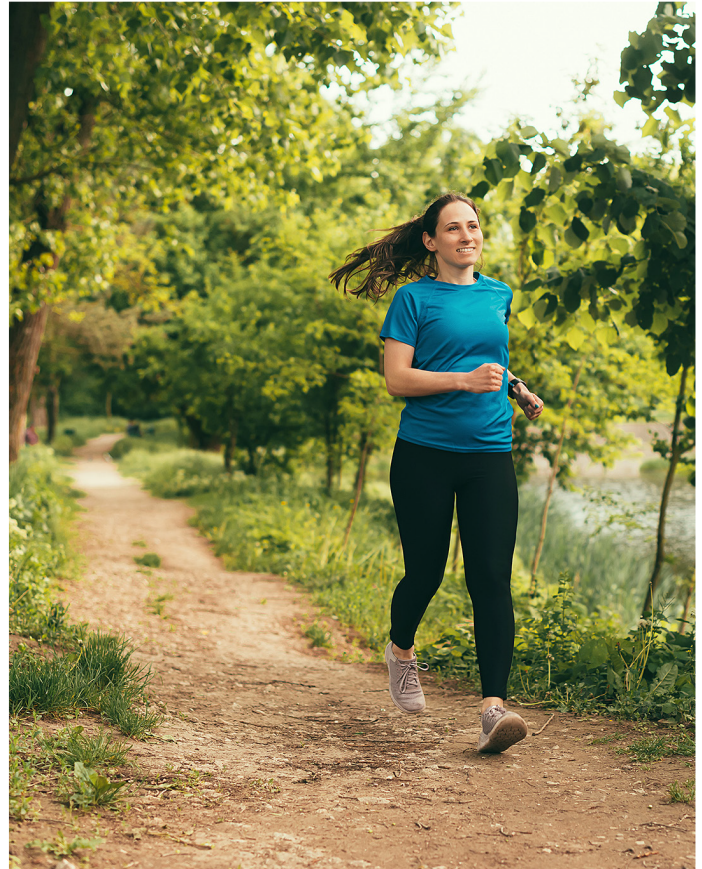
→ Continued from the previous page

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

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

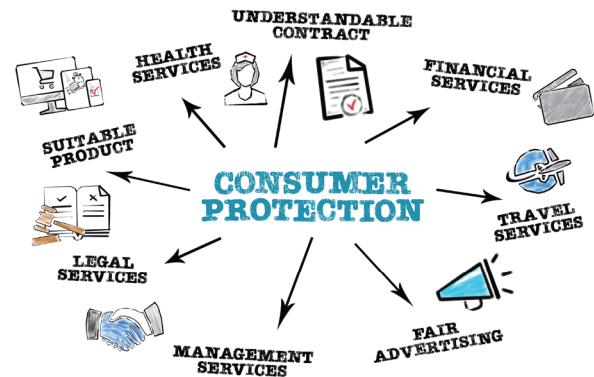
FAIR AND SAFE:

THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



CONSUMER FINANCIAL PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

Contributing Author: William Henry Berkley, Family Financial Counseling Student, University of Kentucky
Co-authored by: Kelly May | Edited by: 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



Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



KIDS KÖRNER

Fun Summer Family Activity: Bubble and Water Play

Enjoy the summer with your family through the fun of water at home. Many families may not be traveling or have their own pool, but that does not mean you cannot enjoy the refreshing splash of water.

Kids of all ages enjoy water balloons. You can use them for tossing and catching games that improve children's hand-eye coordination. Family members can toss balloons back and forth to one another, or one member can toss while the other tries to catch the balloon in a laundry basket held above their head. Increase the difficulty of these activities for older kids, by giving them perimeters to stand in with Hula Hoops or lines not to cross while tossing. Adjust the game for the age of your family.

If you can afford, water soaker toys can be fun for everyone and help cool you off.

Young children and toddlers may enjoy an outdoor water table experience. You can create this at home by looking in the kitchen for small plastic containers and a small bucket, tub, or shallow tote. Younger kids love filling and dumping water from one space into another.

Bubbles are also a fun activity for many ages! While you can buy them, we've included a recipe for making your own below. For additional fun and experimentation, look around the house for items to use instead of a traditional bubble wand. You may find that a slotted spoon, Wiffle ball, or pipe cleaner bent into an interesting shape makes big bubbles as well!

DIY Bubble Recipe

Ingredients:

1/4 cup liquid dish soap

1 teaspoon sugar

1 cup warm water

Instructions: Mix together liquid dish soap and sugar in a container. Pour in warm water. Mix until the soap and sugar have dissolved. Blow bubbles!

Source: Sally Mineer, Extension Specialist for Professional Development and Katherine Jury, Extension Associate for Substance Use Prevention and Recovery



LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED

FARMERS' MARKET STRAWBERRY SORBET



Ingredients:

- 1 pound fresh strawberries
- 1/4 cup honey

Directions:

1. Wash, hull, and halve the strawberries. Place them on a parchment paper-lined baking sheet and freeze until hardened.
2. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed.
3. Transfer to a loaf pan and freeze until firm.

Find more recipes by checking out Plan. Eat. Move by the Kentucky Nutrition Education Program!



Tips

- You can substitute orange juice for honey. The product will be harder.
- You can substitute store-bought frozen strawberries for fresh, and skip step 2.
- You can substitute other frozen fruit for strawberries. You might need to allow frozen fruit to soften slightly before blending.

100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 26g total carbohydrate; 2g dietary fiber; 23g total sugars; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Servings: 4

Serving Size: 1/2 cup

Recipe Cost:\$3.10

Cost per serving: \$0.78

