



# June 2024

## FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

Dear Owen County Homemakers,

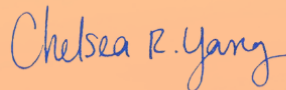
June is here and that means the first "official" day of summer will be here on Thursday, June 20th! Summer brings warmer temperatures and higher humidity. Prolonged heat can make being outdoors uncomfortable and, in some cases, dangerous. During this time, you need to protect yourself and your loved ones from overheating. Here are some tips:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility when necessary.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight, and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down.

Coming up right around the corner is County Fair, July 2–July 6th . Exhibit entries will be taken on Monday, July 1st from 9am–noon. The exhibits will be judged, set up, and ready for viewing on Tuesday, July 2nd at 2pm. Volunteers will be needed to sit in the exhibit building from Tuesday, July 2nd through Friday, July 5th. Please call the office at (502) 484-5703 if you are able to help in the exhibit building any of these days for any amount of time. Exhibits must be picked up on Saturday, July 6th from 9am–noon.

Wishing you a wonderful start of summer and looking forward to seeing you at the County Fair!

Chelsea Young  
Owen County  
Extension Agent for Family & Consumer Sciences



**Cooperative  
Extension Service**

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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Homemaker News

## Mother's Day Tea



Thanks to all who showed up on Saturday, May 11th for the Mother's Day Tea. We had a wonderful time and enjoyed the entertainment of Fashion Revue presented by the Owen County 4-H Sewing Volunteers and Members as well as pianist, Peyton Brown.



## KEHA State Meeting

The 2024 KEHA State Meeting was held in Bowling Green on May 6th-9th! Thank you to our 2 voting delegates (Joyce York & Alice Ducker) for attending!

Thanks to Donna Bryant for making and donating a Quilt Square as well as Kathy Collins for the beautiful pottery set for the silent auction!

Congratulations to Denise Perkins on her Blue Ribbon for her Cultural Arts entry.



### Owen County Homemaker Officers

Deborah Arnold	President
Donna Bryant	Vice President
Joyce York	Secretary
Beverly Kincaid	Treasurer



# Homemaker Book List

*Red at the Bone* by Jacqueline Woodson (2019)

A powerful story a family, Woodson's novel examines how history, community, and shared experiences from the life of a baby. Following a family through the generations from the Tulsa Race Riots, *Red at the Bone* also looks at the way the young look at life and make decisions that have far-reaching results.

*Caste: The Origins of Our Discontents* by Isabel Wilkerson (2020)

By developing an understanding of commonalities in the caste systems of Nazi Germany, India, and the personal accounts of American citizens, Wilkerson demonstrates how the United States currently operates under a caste system. She even notes how America's treatment toward people of color was studied by the Nazi regime in the efforts to alienate the Jews. Further arguing that the hierarchy in America is ultimately destructive for our health and culture.

\* These books can be found at the Owen County Public Library.

# 2024 OWEN COUNTY FAIR

July 2nd-6th

## EXHIBITS SCHEDULE

June 26th-28th ALL EXHIBITS BUT PRODUCE & FOOD  
10 AM-3PM

July 1st ALL EXHIBITS  
9AM-NOON

July 6th PICK UP ALL EXHIBITS  
9AM-NOON



# Renewable Northern KY.



A Dinner and Discussion on Recycling and Solar Energy



*Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.*



**When:**  
Tuesday, August 27, 2024 6-9pm  
Dinner line opens at 5:30pm,  
Program to start at 6pm!



**Register by August 23 at:**  
859.586.6101 or  
[https://boone.ca.uky.edu/  
online-registration](https://boone.ca.uky.edu/online-registration)



**Where:**  
Boone County Extension Enrichment Center  
1824 Patrick Drive, Burlington, KY 41005

**Dinner will be served, so you must RSVP!**

**Cooperative Extension Service**

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

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Disabilities accommodated with prior notification.



**OWEN COUNTY**  
Kentucky Proud  
**FARM & CRAFT MARKET**  
Kentucky Proud Since 2003

**2024**

**GET FRESH WITH A FARMERS MARKET**

**MARKET**

430 ROLAND AVENUE, OWENTON, KY 40359

**FRIDAYS, 10AM - 1PM**  
**MAY 10 - OCTOBER 5**

LOCAL FARMERS, CRAFTERS, AND ARTISANS

Senior farmers' Market Nutrition Program and WIC Farmers' Market Nutrition Program accepted by participating vendors.



# Kids Days



May 31, June 28, July 26, October 4

**FAST LANE FOODS**

430 ROLAND AVENUE



**OFFICIAL LUNCH PROVIDER FOR THE**



# EXTENSION EQUIPMENT RENTALS

**Presto 23 Quart Pressure Canner with Induction Compatible Base, Presto 7 Function Canning Kit**

Available for 1 Week  
\$100 Refundable Deposit

**2 SETS AVAILABLE**



**Electric 4-8 Comb, Honey Extractor, Electric Knife, & Bucket**

Available for 1 Week  
\$150 Refundable Deposit



**Don't Forget To Test Your Soil**

# DAILY, HEALTHY LIFESTYLE TIPS TO PREVENT HIGH BLOOD PRESSURE

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:



Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.



Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.



Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.

Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.




If these lifestyle choices seem overwhelming, choose one area to begin.

Your local Owen County Extension Office has many resources to help you make healthy choices one small step at a time!

Source: Katherine Jury, Extension specialist for family health



# NAPKIN BASKET WORKSHOP

 Cooperative  
Extension Service



This workshop is to learn the technique of setting up the base and start/stop weaving.

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Thursday, June 20, 2024  
6:00pm-9:00pm

**\$20 per person -supplies included**

*Cash or Check payable to Kathy Watts  
(This will be collected at the door)*

Spots are limited- registration **REQUIRED**

**Call (502) 484-5703 to register**

**Cooperative  
Extension Service**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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# 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>

Owen County Cooperative Extension Office  
 265 Ellis Road  
 Owenton, KY 40359  
 (502) 484-5703

## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



**A**s 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** →



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***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.***

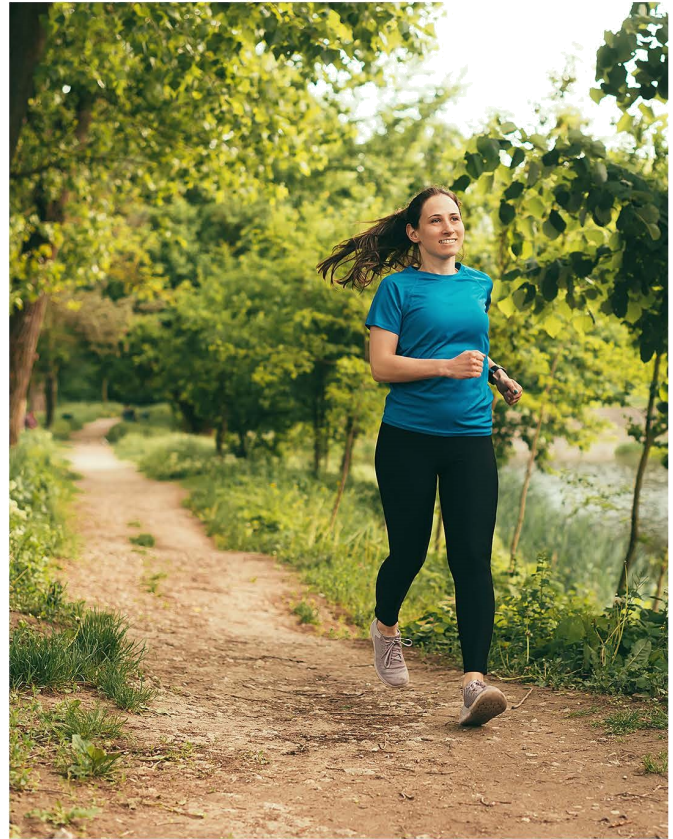
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors 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>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



SPACE IS LIMITED!!

Ages 3-5

# SUMMER PRESCHOOL DAY

Friday, July 12th  
10am-Noon

MUST CALL TO REGISTER  
502.484.5703

Owen County Extension  
265 Ellis Road  
Owenton, KY



Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, UK, and Friends of Agriculture and Kentucky Counties, Cooperating.



Disability accommodations with prior notification.

# JUNE 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

9

16

**HAPPY  
FATHERS  
DAY**

23

30

3

10

Sew & Go  
12 PM-3 PM  
Extension Office

17

4

11

18

Cotton Club  
6 PM  
Extension Office

25

5

Pleasant Home  
11 AM  
Extension Office

12

Sew All Day  
9 AM-4 PM  
Extension Office

19

OFFICE CLOSED  
*Juneteenth*

26

Crochet &  
Fellowship  
9 AM  
Extension Office

6

13

20 **SUMMER**  
Basket Class  
6 PM  
Extension Office

27

7

14

Sweet Owen  
11 AM  
Sweet Owen Store  
Flag Day

21

Memory Makers  
Extension Office

28

1

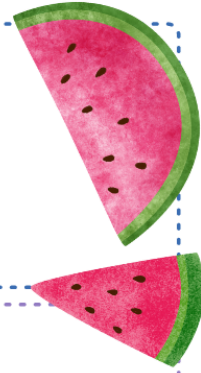
8

15

22

Memory Makers  
Extension Office

29





## NUTRITION FACTS PER SERVING:

120 calories; 5g total fat; 2g saturated fat; 0g trans fat; 170mg cholesterol; 400mg sodium; 9g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 12g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

**SERVINGS: 8**

**SERVING SIZE: 3-by-3 inch piece**

## INGREDIENTS:

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup skim milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ⅓ teaspoon pepper

## DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a 7-by-11-inch or 9-by-9-inch pan, layer bread cubes and shredded cheddar.
3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.

Bake for approximately one hour (check