

July 2023

**Cooperative Extension
Service**

Daviess County
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Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu



DATES

July 4

Independence Day - Office Closed

July 7

Homemakers to Center For Courageous Kids

July 8

Farmers' Market

July 18

Check in entries for County Fair 4-7pm

July 19-22

Daviess County Lion's Club Fair

July 23

Pick up entries from fair 2-4pm

July 28

Boiling Water Bath Canning Class

August 5

Farmers' Market

August 9

School Begins in Daviess County

August 17-27

Kentucky State Fair

August 22

Homemaker Lesson Leader Training

August 22

Casserole Class

August 23

Homemaker Lesson Leader Training

The Diabetes Education and Support Group that meets at the Extension Office will not be meeting until further notice.



The Owensboro Regional Farmers Market is in full swing!

The market is now open, Tuesday mornings (8am-12 noon), Thursday evenings (4pm-7pm), and Saturday mornings (8am-12 noon).

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Katie Alexander

**Daviess County Extension Agent
for Family & Consumer Sciences
Education**





Come visit the Owensboro Regional Farmers Market on Saturday, July 8th from 8am to 12pm and stop by the Daviess County Extension Booth! We will be sampling and discussing salsa.
On August 5th, we will be making trail mix!

Basic Boiling Water Bath Canning Class

Friday, July 28th
9:00am to 12:00pm
at the Daviess County
Extension Office



This class will be hands on, so it will be limited in size. You must call 270-685-8480 to reserve your spot. The deadline to sign up is July 20th.

School starting back means a busier schedule for most!

What's for dinner is a question that never stops... so come join us for a **Make, Take, and Bake Casserole Class!**

Tuesday, August 22nd at 5:00pm
at the Daviess County Extension Office

This class will be limited, so be sure to call and sign up, 270-685-8480.

Check in entries:
July 18, 4-7pm
Pick up entries:
July 22, 2-4pm

Daviess County
Lion's Club Fair
July 19-22

Open class Fair
books are available
for pick
up at the Extension
Office

Information on all exhibits can be found on the Extension Office website:

<https://daviess.ca.uky.edu/dc-fair>

Extreme Heat during the Summer Months

June, July, and August bring long summer days with plenty of sunshine but also heat and humidity, with some days being dangerously hot. The Federal Emergency Management Agency (FEMA) states, “Did you know around the world extremely hot days have become more frequent and intense since the 1950s?” These extreme temperatures bring potential dangers to us all but especially to those who work outside, the very old, the very young, and pets or animals who are outdoors.

FEMA recommends the following list of ways to stay cool during hot summer months.

1. Check the forecast. Before making plans, check your local forecast to see if there’s an excessive heat advisory. An excessive heat warning is issued up to a day before extremely dangerous heat conditions start. An excessive heat watch is issued when conditions are favorable for excessive heat in the next 24 to 72 hours. A heat advisory is issued within 12 hours before dangerous heat conditions are expected.
2. Never leave pets or people in a car. Did you know when it’s only 80 degrees, your car’s interior can reach 118 degrees in just 20 minutes? Leaving anyone in a parked car on warm days is dangerous. Infants and children are especially in danger of getting heat stroke or dying.
3. Drink water. Keep yourself and your pets hydrated. Drink more fluids, regardless of how active you are. Don’t wait until you’re thirsty to drink.
4. Find air conditioning. If your home does not have air conditioning, go to a shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. While electric fans may provide comfort, when the temperature is in the high 90s, they will not prevent heat-related illness.
5. Keep your house cool. You can keep your house cooler by insulating it and covering your windows with drapes or shades. Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
6. Dress appropriately and wear sunscreen. Sunburn affects your body’s ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing loose, lightweight, light-colored clothes, a wide-brimmed hat, and sunglasses. Put on a broad-spectrum sunscreen of SPF 15 or higher 30 minutes before going outside during the day. Sunscreen wears off, so reapply every two hours and after swimming, sweating, or toweling off.
7. Avoid strenuous activities. High heat and outdoor activities don’t always mix well. Try to limit your outdoor activity to when it’s coolest: morning and evening hours. Take frequent breaks in shady areas so your body has a chance to recover.
8. Check on your family and friends. Older adults, children, and people with chronic medical conditions are at high risk from heat-related injury and death.
9. Eat light. Hot, heavy meals add heat to your body.

If you do notice any heat-related illnesses, such as heat stroke, heat cramps, and heat exhaustion, seek a cool place and immediate medical attention (as needed).

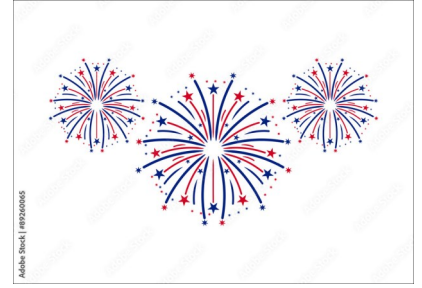
As our climate patterns become more unpredictable, take steps to be more aware of the weather to keep you and your community safe and healthy.

References <https://www.fema.gov/blog/9-ways-stay-cool-extreme-heat> <https://www.ready.gov/heat>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023



HOMEMAKER HAPPENINGS



Homemaker lesson leader trainings will start back **August 22** (Davie County) and **August 23** (Henderson County)! The trainings will be at **10:00am** and **11:00am**.

10:00am - September lesson: All About Paw Paws

11:00am – October lesson: Planning Thrifty and Healthy Holiday Meals

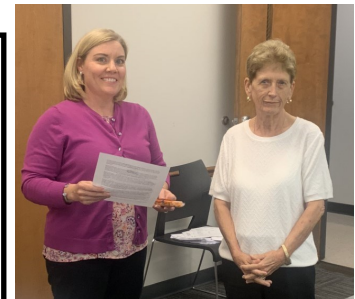
Refer to the June newsletter for a full lesson schedule.

Annual Meeting



All officers are returning for one more term:

- Anita Bruner, President
- Edna McCrady, Treasurer
- Cathie Varble, Secretary



Brenda Payne was installed as Vice-President.

Scholarship winners:

Rylee Tanner (L) and Annie Powers





Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.

7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:
Brooke Jenkins,
Extension Specialist,
University of Kentucky
Cooperative
Extension Service



Deer Camp Breakfast Sausage

Servings: 16 Serving Size: 1 patty



Ingredients:

- 2 pounds ground venison
- 1 pound ground pork
- 1 teaspoon dried marjoram or oregano
- 1 tablespoon dried sage
- 1 tablespoon dried basil
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 egg, beaten
- ¼ cup bread crumbs
- ¼ cup cooking oil

Directions:

Combine meat and seasonings. Add egg and bread crumbs. Stir well. Shape into 16 patties. Fry in oil until golden brown on each side and internal temperature reaches 165 degrees Fahrenheit.

Source: Adapted from “Wild Game: From Field to Table,” Sandra Bastin, PhD, RD, Extension Food and Nutrition Specialist. Revised July 2007

Nutrition facts per serving: 190 calories; 12g total fat; 4.5g saturated fat; 0g trans fat; 75mg cholesterol; 220mg sodium; 1g carbohydrate; 0g fiber; 0g total sugars; 0g added sugars; 18g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium



ADULT HEALTH BULLETIN



JULY 2023

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: INFANT CORD BLOOD BANKING



Expecting a baby can be an exciting time for soon-to-be-parents. It can also be overwhelming, with many decisions to make. One such decision parents today face is whether to donate, bank, or discard their baby's umbilical cord blood. Parents need to decide by the time of arrival or registration at the hospital or birth center where the child is to be born. Here are some things to consider when deciding what to do with your child's cord blood:

Cord blood is the blood contained in the placental blood vessels and umbilical cord, which connects an unborn baby to the mother's womb. Cord blood has hematopoietic progenitor cells (HPCs). At birth, cord blood is collected or "recovered" from the umbilical cord, if desired.

Continued on the next page



If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth.



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HPCs are blood-forming stem cells. HPCs are found in bone marrow, peripheral blood, and cord blood. These types of stem cells are routinely used to treat patients with cancers such as leukemia or lymphoma and other disorders of the blood and immune systems.

You can donate cord blood to a public cord blood bank, which will store it for potential future use by anyone who may need it. Alternatively, parents may arrange to store the cord blood in a private cord bank. That way the child from whom it was recovered can use it later if needed. First- or second-degree relatives can also use it.

Donating cord blood to a public bank adds to the supply and can potentially help others. Donating to a public bank is especially important for ethnic minorities, who are not well represented in cord blood banks. Public cord blood donation increases the chance of all groups finding a match. Only certain hospitals collect cord blood for storage in public banks, so ask your local hospital or birthing facility if this is a possibility for you.

If you decide to store cord blood in a private bank for personal or familial use later, you should

find out the total cost, including charges for collecting and processing cord blood and the annual storage fees. Prices for these services vary greatly.

If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth. They can help you to ensure your wishes are followed and answer any questions you may have about cord blood banking.

More information on donating cord blood to a public cord blood bank, as well as banking cord blood with a private cord blood bank for personal or family use, is available on the Health Resources and Services Administration (HRSA) website: <https://bloodstemcell.hrsa.gov>.

REFERENCES:

- <https://www.fda.gov/vaccines-blood-biologics/consumers-biologics/cord-blood-banking-information-consumers>
- <https://www.acog.org/womens-health/faqs/cord-blood-banking>

**ADULT
HEALTH BULLETIN**

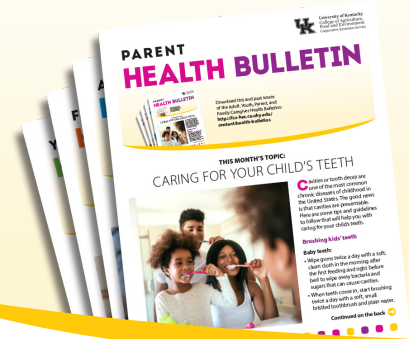
Written by:
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Stock images:
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PARENT

HEALTH BULLETIN



JULY 2023

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

THIS MONTH'S TOPIC:

PREVENT SUNBURNS THIS SUMMER



Spending time outside is good for kids and adults alike! There are many fun outdoor activities to do in the summer and many of these activities promote exercise and spending quality time together.

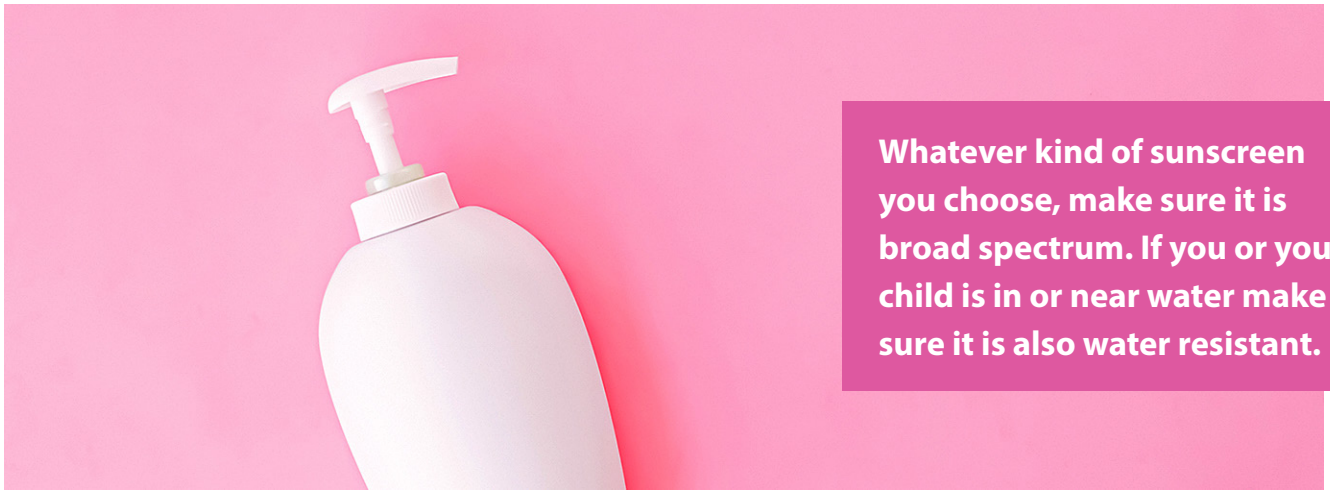
When planning summer fun outdoors, it is important to remember to include sun protection, to prevent overexposure to the sun and sunburns. Over time, too much exposure to the sun's ultraviolet rays (UV rays) can lead to skin cancer, skin damage and aging, and eye injury.

Sunburns occur when UV rays react with a chemical called melanin (MEL-eh-nun) in the skin. The lighter a person's natural skin color, the less melanin it has to absorb UV rays and protect itself. People with darker skin generally have

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Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher.



Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant.

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more melanin. Regardless of skin tone though, everyone needs protection from UV rays because they cause damage over time to all skin types.

A sunburn happens when the amount of UV exposure is greater than the protection of the skin's melanin. The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage. A tan is itself a sign of skin damage and does not help protect the skin.

Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher. Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant. Apply a generous amount and reapply often.

One of the best ways to protect skin is to cover it up. Some clothes have an ultraviolet protection factor (UPF) against the sun, so check the labels on swimwear and rash guards. To see if shirts and cover-ups offer enough protection, put your hand inside the clothes to make sure you cannot see it through them.

Babies' skin burns more easily, so keep them out of the sun whenever possible. If your baby must be in the sun, dress them in lightweight clothing that covers the body, including hats with wide brims to shade the face.

Try to stay in the shade when the sun is at its strongest, usually from 11 a.m. to 3 p.m. in the northern hemisphere. If kids are in the sun during this time, apply and reapply sunscreen — even if they are just playing in the backyard. Most sun damage happens during day-to-day activities because it is easy to overlook using sunscreen then. Encourage kids to rest in the shade when taking breaks from summer fun.

The sun's rays can damage your eyes too. Sun exposure over time can cause cataracts (clouding of the eye, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection. Let kids pick their own pair. There are many fun options with colored frames, shapes, and characters.

Do not avoid outside fun this summer because of the sun. Plan ahead to protect your and your family's skin and enjoy being active and making memories outdoors together!

REFERENCE:

<https://kidshealth.org/en/parents/sun-safety.html>

**ADULT
HEALTH BULLETIN**

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Stock images:

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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