

# FAMILY & CONSUMER SCIENCES NEWSLETTER

 Cooperative  
Extension Service

LaRue County  
P.O. Box 210 - 807 Old Elizabethtown Rd.  
Hodgenville, KY 42748-0210  
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*Marla Stillwell*

Marla Stillwell

County Extension Agent for Family &  
Consumer Sciences Education

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Website: <http://larue.ca.uky.edu/>

FamilyConsumerSciences

## Fire Up the 4<sup>th</sup> with these grill safety tips and nutrition reminders

The scent of charcoal and delicious meats and marinades cooking on the grill are sure signs of summertime. As we spend more time cooking outdoors, it is important that we also remember food safety and nutrition.

Food safety ensures that food is prepared and cooked in a way that kills harmful bacteria that cause food-borne illness. Many grilling food safety practices are the same as with indoor food preparation.

Wash your hands for at least 20 seconds with soap and warm water before and after handling all food. Do not cross-contaminate raw and cooked foods. Wash cutting boards, utensils and dishes before preparing each new item and always use a clean platter when removing foods from the grill.

Safely defrost frozen foods in the refrigerator, microwave or in cold water. Never thaw food at room temperature. If your recipe requires you to marinate your food, do so in the refrigerator. Make enough marinade to divide between raw meats and the sauce. Do not reuse marinade that was placed on raw meats as a sauce on cooked foods. Juices from raw meats can contaminate cooked food.

When grilling, use a meat thermometer to make sure the meat is cooked to a high enough temperature to kill any bacteria. Cook ground meats, including beef, pork, lamb and veal, to an internal temperature of 160 degrees F. Other cuts of these meats, including steaks, roasts and chops, need to reach 145 degrees F after a 3-minute rest period. Grill all chicken and poultry to an internal temperature of 165 degrees F. Without using a meat thermometer, you may be tricked into thinking a meat is cooked before it actually reaches a safe temperature, because the outside of meat browns quickly on the grill. All grilled meats need to maintain a temperature of 140 degrees F before serving. Accomplish this by keeping meat on the side of the grill away from direct heat or placing it in an oven warmed to 200 degrees F.

While meats are the first foods that often come to mind when we talk about grilling, they are not the only foods that are tasty when cooked on the grill. You can grill a lot of fruits and vegetables. Peaches, pears, pineapples, bananas, apples and melons grill well. Select firm fruit that is not too ripe. Over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.

Place firm vegetables like corn on the cob, asparagus and eggplant directly on your grill's cooking grid. Brush with olive oil and season with fresh herbs. Frequently turn vegetables to keep them from burning. Wrap smaller or chopped vegetables, along with a little oil and seasoning, in aluminum foil before grilling.

Cooked food should not sit outside for more than two hours. If it is warmer than 90 degrees F, then food should not set out for more than one hour.

**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.

## Homemakers News & Notes

- **Floral Hall Project Update** – Donations are still being accepted for continued improvements to the Floral Hall Building at the Fairgrounds. Lots of work has been completed including a new roof, new windows and doors!
- Mother of the Year Applications DUE – **July 12**
- LaRue County Homemaker Council Meeting – **July 16** at 11am  
*All Officers and Educational Chairmen are encouraged to attend.*
- LaRue County Fair – **Aug 1-3** – Floral Hall Exhibit Entry – **Aug 1 from 10-1**  
Will need homemaker volunteers on Aug 1 from 10-2, contact Marla if you can help
- **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!
- Mobile Mammography Unit at Extension Office – **September 3**
- County Cultural Arts Contest – **September 26** – Contest entries due to Extension Office by 4:30pm
- Lincoln Days – **Oct 5-6** – Will need homemaker volunteers for Quilt Show; contact Marla if you can help
- Lincoln Trail Area Annual Homemakers Meeting – **October 25** at Marion County Extension Office hosted by Marion County Homemakers

*Join LaRue County Extension Homemakers on Facebook!* 

## Annual Meeting and International Luncheon



## Floral Hall Improvements





## 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. 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.

UK 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

## Floral Hall Project Catalogs

County Fair Project Catalogs are available at the Extension Office and online at, <https://larue.ca.uky.edu/county-fair>. Entries will be accepted at the LaRue County Fairgrounds on August 1 from 10 am - 1 pm.



# 2024 LaRue County Fair SCHEDULE

PRESENTED BY THE LARUE COUNTY 4-H COUNCIL

## FLORAL HALL ENTRY

10 AM - 1 PM

Enter to win

## GOAT SHOW 4:30 PM

**SHEEP SHOW** (SHOWS TO RUN CONCURRENTLY)

## WANT TO SHOW A GOAT?

You can do it!



Come learn how! - Open to LC youth

Thursday

8/1

## DAIRY SHOW 10 AM

## SENIOR CITIZEN'S DAY

12:30 - 3:30 PM (LUNCH, ENTERTAINMENT, DOOR PRIZES)

Welcome

Friday

8/2

## DOG SHOW 8:30 AM

## POULTRY SHOW 9 AM

## BEEF SHOW 10 AM

## KIDS DAY 1-3 PM

## FLORAL HALL 3-4 PM

## ENTRY PICK UP



Saturday

8/3

**LARUE COUNTY FAIRGROUNDS**  
375 S. GREENSBURG ST., HODGENVILLE  
270-358-3401 OR LARUE.EXT@UKY.EDU



Cooperative Extension Service

## PAGEANTS

TINY MISS & MISTER - LITTLE MISS & MISTER - PRETEEN - TEEN - MISS

## LARUE COUNTY HIGH SCHOOL AUDITORIUM

925 S. LINCOLN BLVD., HODGENVILLE - FRONT ENTRANCE  
BEGINS AT 9 AM

CONTACT: (270)763-2308 OR (270) 537-4951  
FACEBOOK: LARUE COUNTY FAIR PAGEANTS



Saturday

7/13

## ABE'S BABES - BABY SHOW

HODGENVILLE CHRISTIAN CHURCH ANNEX - 6:30 PM

100 W MAIN ST., HODGENVILLE

CONTACT: ABE 93.7 - (270) 491-5937

Friday

8/2

# upcoming events *events* ~~~~~

- **July 3** – Healthy Choices for Every Body – Class series begins and held weekly on Wednesdays at 11am at the Extension Office – Call Susan to register at 270-358-3401
- **July 10** – Quilt Club at 10am at the Extension Office
- **July 12** at 12:00 – Cooking Through the Calendar “Quick Couscous Salad”
- **July 22** at 10am – Open Sewing at the Extension Office
- **Aug 1-3** – LaRue County Fair – Floral Hall Exhibit Entry – Aug 1 from 10am - 1pm



## Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program NOW on the 2<sup>nd</sup> 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.

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

- Happening in September -



## Food Preservation Series

Our Jams and Jellies class and Water Bath Canning class participants learned the importance of safely canning using the Boiling Water Bath method and resulted in 8 jars of strawberry jam, 9 jars of cherry jelly, and 16 pints of bread and butter pickles! Stay tuned for more food preservation classes and always contact your local Extension Office for the most up to date canning resources and research-based recipes.



**DID YOU KNOW?**

### FREE Dial-Gauge Pressure Canner Testing

Did you know that its recommended to have your dial-gauge pressure canner tested every year for accuracy? The Extension Office offers this service for FREE! Just bring your dial-gauge pressure canner **LID ONLY** to the Extension Office. *Call us for more information 270-358-3401.*

## LaRue County Farmers Market



The market is located at LaRue County High School Back Parking Lot, 925 S. Lincoln Blvd., Hodgenville. Hours are 9 am - 1 pm or sell out.



UK Cooperative Extension Service

### 20/24 Market 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



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

807 Old Elizabethtown Rd., Hodgenville

# POP Club at the Farmers Market



**Youth 17 & under:** *Join Us*  
 9am-1pm  
 Find us at the LaRue County Farmers Market this summer! Participate anytime during market hours to get POP bucks to spend at the market!

**POP-POWER OF PRODUCE Club** **Cooperative Extension Service**  
 LC Farmers Market - LC High School Parking Lot - 925 S. Lincoln Blvd., Hodgenville - (270) 358-3401

**July 4** 9am-1pm **July 20** 9am-1pm

**FARMERS MARKET**

## 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!



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 [susanriggs@uky.edu](mailto:susanriggs@uky.edu)

#### DATES

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

LaRue County Extension Office

AT 11:00 A.M. EDT

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



# ADULT

# HEALTH BULLETIN



**JULY 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  
Hodgenville, KY 42784  
(270) 358-3401

## THIS MONTH'S TOPIC

# 5 TIPS TO MANAGE ARTHRITIS



**M**ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

**1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

Continued on the next page 





# Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

→ Continued from the previous page

**2. Be active.** It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

**3. Watch your weight.** Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

**4. Protect your joints.** Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

**5. Take an arthritis management class.** Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

#### REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

ADULT  
**HEALTH BULLETIN**

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Adobe Stock





## **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/>

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## WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

### HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.
- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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# KIDS KÖRNER

*family*

## OLYMPIC GAME IDEAS



The Olympics are an important international event featuring summer and winter sports. The five interlocking Olympic rings represent the five continents of the world linked together in friendship: Australia, Asia, Africa, Europe, and the Americas. The Olympics are for everyone with 28 sports, nearly 300 events, and 204 countries participating.

Using the Olympics as a theme, take time this summer to throw your own family Olympics! You may want to choose five events to represent the five sports that have been a part of every Olympics — track and field, gymnastics, cycling, fencing, and swimming. Or you might research different countries and choose an activity from around the world. Maybe you will be inspired to try a new sport or activity. It can also be fun to let your creativity flow and make up your own silly games or search the internet for a variety of family activities. The No. 1 rule in Family Olympics is to have fun and be safe. While preparing to host your own Family Olympics, it is important to plan games, sports, and activities that are appropriate for the ages and abilities of your players. The following activities can help you get you started.

### OUTDOOR/DAYTIME ACTIVITIES

- Frisbee
- Cornhole
- Ladder balls
- Frisbee toss (try to land the Frisbee disc in a bucket or hula hoop or other marked space)
- Water/squirt guns to shoot out a candle flame
- Mini golf
- Hula-hoop contest (hula-thon)
- Cherry-pit/watermelon-seed spitting contest
- Racquet race (balance ball on racquet and run/speed walk a prescribed distance)
- Water balloon steeplechase
- Pantyhose bowling

### RAINY DAY/EVENING ACTIVITIES

- Bowling (indoors)
- Glow-in-the-dark bowling  
(glow sticks in water bottles)
- Foosball
- Pool
- Darts
- Pin-the-tail-on-the-donkey
- Pictionary, charades (or other game)
- “Chopped” in the kitchen



*enjoy!*

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

RETURN SERVICE REQUESTED



## Easy Summer Salad

### Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- 1/4 cup lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

### Directions:

1. Mix cucumber, onions, tomato, and garlic in a large bowl.
2. Stir in lemon juice, oil, salt and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.



45 calories; 2.5 total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 6g total carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 0% Daily Value iron; 2% Daily Value potassium.

**Source:** United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)