

Nicholas County Family & Consumer Sciences Newsletter

The summer months are winding down and with that begins a new program year. In this newsletter, you will find the information for upcoming leader lessons for this year, and tentative dates for Homemakers Council Meetings. Please work with your club to designate the leader that will attend the monthly leader lesson trainings at the office and return that form to me at the office. Our first leader lesson training will be on August 28th and will focus on laughter in marriage. Shonda Johnston, Clark County FCS agent will lead this one and I know it will be a phenomenal lesson to take back to your groups. The information she will provide will be able to be applied to not only marriages, but all relationships and friendships you have. Be prepared for lots of laughs!

Also in this newsletter we will be kicking Quilting Club back off now that the 2025 quilt is complete. Please join us to make a fun and simple project for yourself to take home.

Lastly, due to us not taking field trip to the Kentucky State Fair this year, I wanted to offer another option for a day trip to Hardin County who is hosting the Heartland of Kentucky Quilt Show. I am gauging interest to see who would like to make the trip so please call the office if you would like to attend.

September will begin our new program year with club meetings and new programs. Be on the lookout on our social media and website for NEW programs that I would love for you to participate in.



Ashley H. Vice
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COMMUNITY MENTAL HEALTH FAIR

You're invited to meet mental health professionals, explore available resources for you and your loved ones, and receive private screenings conducted by licensed experts.

SCREENINGS WILL INCLUDE:
- ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) FOR BOTH ADULTS AND CHILDREN
- DEPRESSION
- MOOD DISORDER
- ANXIETY
- SUBSTANCE AND ALCOHOL

Children's activities, such as face painting and games, will be provided free of charge. Local organizations will be on hand to offer resources as well. A light dinner will be offered, as well as the opportunity to win some great door prizes.

DATE:
THURSDAY, AUG. 21, 2025

TIME:
5:00 PM TO 7:00 PM

LOCATION:
HARRISON COUNTY
HEALTH DEPARTMENT
COMMUNITY ROOM
364 ODDVILLE AVENUE
CYNTHIANA, KY

SPONSORED BY:



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Connect with state-wide experts on a range of topics surrounding dementia care



bit.ly/UKdementiacaregiver

Thursday, Aug. 28, 2025 | 12:15 p.m.



Senior Health Insurance Program

HOW CARE PARTNERS CAN HELP MAKE INFORMED CHOICES ON HEALTH CARE

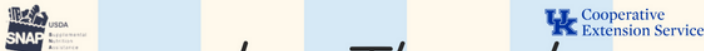


Scan the QR code or visit the website below to register.
bit.ly/SHIPsession
or contact us at 859-323-5550

For more information contact Sarah Hatch, MSW
seha280@uky.edu



UK Sanders-Brown
Center on Aging



Cooking Through



the Calendar



Slow Cooker Asian Tacos

August 19th at 11 a.m.

Nicholas County Extension Office

Try tasty Nutrition Education Calendar Recipes and discover strategies to eat and cook healthier at home.

Quilting Club

August 26th at 10 a.m. at
the Office

Let's kick off the new program year with a
fun easy project!

Quilted Casserole Carrier

Sewing machines will be setup, fabric,
and purchased pattern.

HEARTLAND OF KENTUCKY QUILT SHOW

Hardin County Extension Office
Elizabethtown, KY

Quilts,
Refreshments,
Door Prizes

September 19, 2025 9:00 to 4:00
September 20, 2025 9:00 to 4:00
Admission: \$6.00

For Info:
Deb Hancock
276-206-5199

Heartland of Kentucky Quilt Show Presented by the Stitchers Quilt Guild

Hardin County Extension office
111 Opportunity Way
Elizabethtown, KY 42701

For Info email
Deb Hancock at [htonamie@gmail.com](mailto:honamie@gmail.com)

If you are interested in a road trip to attend the Heartland of Kentucky Quilt Show on September 19th, please contact the office. If there is enough interest I will drive the van for us to visit this event.

NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKER COUNCIL

MEETINGS

Save the Date



AUGUST 28TH
OCTOBER 16TH
DECEMBER 11TH
FEBRUARY 25TH
APRIL 21ST

MAY 14TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING



PLEASE REVIEW AND SIGN UP FOR 2025-2026 EXTENSION HOMEMAKERS LESSONS

Return to the Extension Office by August 1, 2025 and remember to keep one copy for your club records.

September Lesson	"Laughter is a Must in Marriage" Shonda Johnston	August 28 ,2025 – 10:00 am
Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.		
1.	Name	Phone #
2.		
October Lesson	"Blackstone Grilling" Maranda Brooks	September 25, 2025 – 10:00 am
This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!		
1.	Name	Phone #
2.		
November Lesson	"Stretching Your Dollar" Ashley Vice	October 16, 2025 – 10:00 am
"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.		
1.	Name	Phone #
2.		
January Lesson	"Yoga Try This" Shelley Meyer	November 18, 2025 – 10:00 am
Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga - what it is, why you might be interested in trying it, and some poses.		
1.	Name	Phone #
2.		

PLEASE REVIEW AND SIGN UP FOR 2025-2026 EXTENSION HOMEMAKERS LESSONS

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February Lesson	"Mastering Mindfulness" Alivia Stephens	January 22, 2025 – 10:00 am
Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.		
1.	Name	Phone #
2.		
March Lesson	"Building a Better Bowl" Caroline McMahan	February 25, 2025 – 10:00 am
Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.		
1.	Name	Phone #
2.		
April Lesson	"Mental Health Matters" Jessica Hunley	March 10, 2025 – 10:00 am
Mental health is important for overall health at every life stage-from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.		
1.	Name	Phone #
2.		
May Lesson	"The Big Freeze" Shelley Meyer	April 21, 2025 – 10:00 am
Freezing is the easiest, most convenient and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.		
1.	Name	Phone #

CLEANING YOUR GRILL



Clean Grill 101

Source: Sarah Hanks, senior extension associate

Many of us enjoy the wonderful taste of food cooked on a grill, but cleaning the grill — not so much. Regular grill cleaning is important to help extend the grill's life and for food safety purposes. Plus, it makes your food taste better.

The easiest way to remember to clean your grill is to do so immediately after using it. This way, you don't forget about it, and you are not faced with a greasy, caked-on mess the next time you go to grill.

You must have the right tools to properly clean your grill. These include a wire grill brush or other type of scraper, a 5-gallon bucket, durable gloves and disposable sponges and rags. You will also need warm water and dish soap, and/or a paste comprised of 1 cup of baking soda and 2 cups of vinegar. If you have a grill with exterior stainless-steel features, you'll want to add a stainless-steel cleaner or vinegar to your material list.

After cooking, remove the food and allow the grill to continue to burn to remove residue.

Once the residue has burned off, turn off the grill. When the grill cools but is still slightly warm, use your wire brush to remove any remaining debris on the grates unless your grates have a nonstick coating. If they do, use either a wood or heat-resistant plastic scraper to clean your grates.

If your grill still has a lot of residue, you may want to soak the grates and other removable parts in either warm water and dish detergent or a mixture of 2 cups vinegar to 1 cup baking soda. If the grill components fit in your sink, they can soak there. If not, use a five-gallon bucket. You can use your wire brush again after the grates have soaked. Allow grill parts to air dry before putting them back on your grill. Remember to wash your brush after each use.

Use a disinfectant to clean surfaces like the grill's side table that may have had exposure to uncooked meat. Keep raw and cooked food separate by using different plates and utensils for each.

Depending on the type of grill you have, you may have additional cleaning considerations. Consult your owner's manual for more information.

More information related to grilling is available at the Nicholas Extension office.

HEALTH BULLETIN



AUGUST 2025

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)

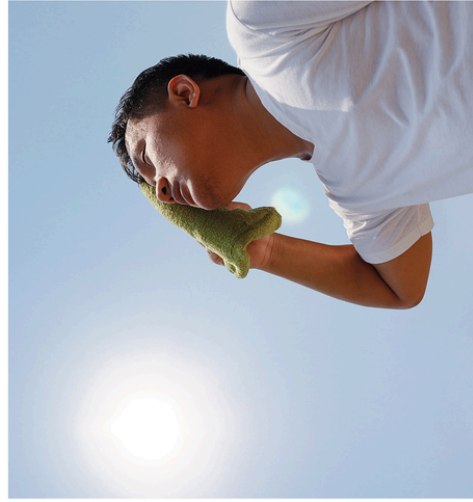
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368 East Main Street
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THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER

The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too



Continued on the next page →



- One of the best things you can do is drink plenty of water, even if you don't feel thirsty.
- Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun.

Continued from the previous page →

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word "stroke" in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:
<https://www.cdc.gov/heat-health/about>

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Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

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

THIS MONTH'S TOPIC:

COMMUNICATION TIPS FOR TALKING ABOUT MONEY

Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful.

If you share expenses with someone (like a partner, kids, or aging parents), having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's **financial well-being**, which means having financial security and financial freedom of choice in the present and the future (CFPB, 2025).

DON'T SKIP MONEY TALKS

How and when to bring up money conversations may seem tricky. *Will it cause tension? Will it start a fight?* These fears can make it tempting to avoid money topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness (APA, 2022). Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.



ASK CURIOUS QUESTIONS

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

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Lexington, KY 40506

DON'T TACKLE EVERYTHING AT ONCE. TAKE ONE STEP AT A TIME.



The University of Wisconsin Extension series, Money Matters, offers other communication tips for talking about money. Visit <https://ukfcs.net/UWMoneyMatters> to learn more.

As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

COMMUNICATING THROUGH CONFLICT

It is normal to have different opinions about money — from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt.

Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page. Read more in the University of Kentucky Extension publication, *How Can We Communicate Without Conflict?* (<https://ukfcs.net/FCS5482>).

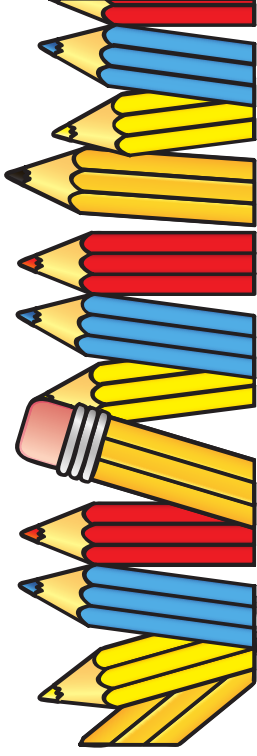
REFERENCES:

- American Psychological Association. (APA, 2022). <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>
- Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

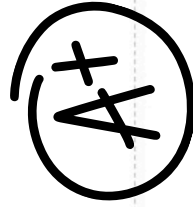
MONEY CONVERSATIONS TIPS

- **Pick a Good Time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
- **Be Kind and Clear.** Use "I" statements like, "I feel worried about our credit card bill." Don't blame or generalize.
- **Work Toward a Goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
- **Use Tools to Help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
- **Don't Tackle Everything at Once.** Take one step at a time. Start with topics that will move you closer to a financial goal.

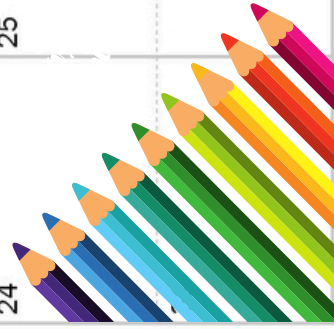
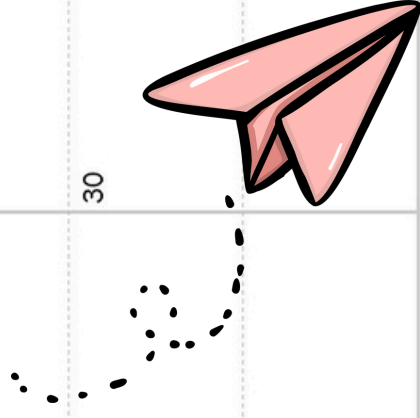
August 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Senior Citizens Visit	7	8	9
10	11	12	13	14	15	16
17	18	19 Cooking Through the Calendar	20 Senior Citizens Visit	21	22	23
24	25	26 Quilting Club 10 a.m.	27	28 Leader Lesson Homemaker Council 10 a.m.	29	30



Ashley gone working Kentucky State Fair





Cucumber, Corn, and Bean Salsa

2-3 large cucumbers

2 tomatoes

1 yellow bell pepper

1 small red onion

¼ cup chopped fresh cilantro

½ cup black beans

½ cup fresh whole kernel corn,
cooked

1 ounce package dry ranch
dressing mix

⅛ cup cider vinegar

2 tablespoons sugar, optional

Wash all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro.

Drain and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

In a small bowl, mix together ranch

dressing packet, vinegar, and sugar.

Pour dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: Makes 20, ½ cup servings.

Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

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



University of Kentucky
College of Agriculture,
Food and Environment,
Cooperative Extension Service



Nicholas County

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Return Service Requested