



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



ADAIR COUNTY EXTENSION HOMEMAKERS

August 2023



Dylan, Lesley, and friends at the Parthenon in Nashville.



Dylan and Lesley threw axe's at Jack's Axes in Somerset

With Summer coming to a close, the hot, muggy days will soon yield to cool nights and Fall leaves. School will be starting back soon, which only means one thing: the start of a new Homemaker's year. This may be my most jampacked newsletter yet. There are lots of exciting things happening in August, not to mention the start of the State Fair. Please look through the newsletter closely and call the Extension Office with any questions.

Now is the time to start thinking about joining a Homemaker's club if you are not already a member. Clubs will begin to meet again in September. We are fortunate to have five very active clubs in Adair County. Club meet at different times; some at night and some during the day. They meet throughout the county, and each has a unique identity. While joining a club is not a requirement to be an Extension Homemaker member, club membership offers the opportunity to fellowship, eat good food, and learn each month about exciting relevant topics. Details for each club can be found in this newsletter. Call the Extension Office for specific information about joining each club. All of our clubs are extraordinarily welcoming to guests and new members.

Regularly, I hear on the news or through a testimonial about a new way scammers are ripping off honest people. Join us for a class on scam prevention on August 25th at 12:00 Noon CST here at the Extension Office. The class will be led by Megan Gullet, Russell County FCS Agent.

On Tuesday, August 22nd, at 10:00 a.m. CST, we will host a fruit and veggie dehydrating class here at the Extension Office. Learn how to dehydrate garden-fresh produce for sweet and healthy snacks. The class is free, but please RSVP so that we have ample samples.

A huge program Adair County will host in October is Kickstart the Holidays. It is a Lake Cumberland Area-wide project that we expect to attract 100+ participants. A wide selection of classes will be offered to help prepare you for the soon-approaching holidays. Please mark your calendars. More information is to come.

Bingocize Part 2 will begin in late September. Bingocize was very popular during our first session. Note the new time: 11 a.m. instead of 12, and now on Mondays and Wednesdays.

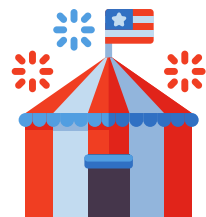
Congratulations to Shirley Reliford, 50 Year Bliss Club Member! The Bliss Club celebrated her in July.

Floral Hall welcomed 140 entries from 28 competitors, 11 more competitors than the year before.

August

See you soon!
Dylan Gentry
 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences

KY
 State
 Fair



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Join a Club!



BLISS

Meeting Day: Second Thursday of the month
Meeting Time: 11:30 AM CST
Meeting location: alternate locations
Activities: Holiday Bazaar, yard sale, nursing home visits, Man's Best Friend Project & others.
Trips: Bread of Life Cafe
Officers: President Diane Campbell, Vice-President Betty Hawthorne, and Secretary/Treasurer Rhonda Froedge

SANO STARS

Meeting Day: Second Tuesday of the month
Meeting Time: 5:30 PM CST
Meeting location: Sharon Harris' House
Activities: Holiday Bazaar, Holiday party, Valentine's Day party, and others.
Trips: Gondoliers in Glasgow
Officers: President Pat Coomer, Vice-President Elaine Preisinger, and Secretary/Treasurer Sharon Harris

TOWN & COUNTRY

Meeting Day: First Monday of the month
Meeting Time: 6:00 PM CST
Meeting location: alternate locations
Activities: Downtown days, Holiday Bazaar, holiday party, and others.
Trips: Creelsboro Country Store
Officers: President Diane Campbell, Vice-President Missy Harvey, and Secretary/Treasurer Mary Knight

HAPPY

Meeting Day: Second Thursday of the month
Meeting Time: 5:00 PM CST
Meeting location: Extension Office
Activities: Holiday Bazaar, Holiday party, TJ Sampson scarf drive, and others.
Trips: Barn Lot Theater Edmonton
Officers: President Sandra Watts, Vice-President Anna Burton, Secretary Sharon Irvin, and Treasurer Tammy Feese

GREEN RIVER

Meeting Day: Second Wednesday of the month
Meeting Time: 11:30 AM CST
Meeting location: Shirley Matney's House
Officers: President Shirley Matney and Vice-President Jessica Brumm



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Bingocize Session #2

STARTS SEPTEMBER 25TH AT 11:00 AM CST

Bingocize part two is starting soon! Bingocize is a low-impact exercise program that offers real prizes, potential health benefits, and increased knowledge of health-related topics. Participants will play bingo, do short, low-resistance exercises, answer trivia, and repeat. The winner of bingo will receive a small prize. There will be two sessions per week on Mondays and Wednesdays. Each session will be held at the Extension Office at no charge.

Worried you will miss a day? No worries; just join again at the next session. See you soon!

Sessions will be on the following days at 11:00 AM CST:

September 25th and 27th

October 2nd, 4th, 9th, 11th, 16th, and 18th

A Bad Deal In Disguise: Types of Scams

**Can you spot common
scams?**

**Join us for this free
workshop to learn about
scammers and how to avoid
their tricks!**



August 15th - 12:00 Noon

Adair County Extension Office

409 Fairground Street

Columbia, KY 42728

RSVP at (270) 384-2317

Class is FREE!

August HM Leader Lesson

Led by Megan Gullett

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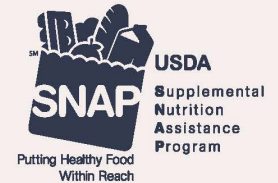


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Skillet Pork Chops with Peaches



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

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving Size: 1 pork chop
Cost per recipe: \$7.78
Cost per serving: \$1.95

Nutrition facts per serving:
280 calories;
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

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





Shirley Reliford Celebration



The Bliss Homemaker's Club celebrated Shirley Reliford's 50 years of continuous membership and perfect attendance. Adair County Judge Executive, Larry Bryant and Mayor of Columbia, Pam Hoots signed a proclamation declaring July 13th, 2023, as Shirley Reliford Day.

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Floral Hall 2023



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HOMEMAKERS



Always want



S'more fun

All Area County Officers, Chairmen, & FCS Agents
are invited to celebrate

LAKE CUMBERLAND AREA HOMEMAKERS'



Leadership Day



Special Guests: JENNIFER BRIDGE, FCS AGENT, MEADE COUNTY EXTENSION
SHARON WOOD, TAYLOR COUNTY EXTENSION HOMEMAKERS

August 30

10:30 a.m.-2:30 p.m. ET

Adair County Extension Office

Counties **R.S.V.P.** by August 23

with total to 571-216-3186 or

humblec@msn.com



A day of S'more...

- ◇ Fun
- ◇ Games
- ◇ Prizes
- ◇ Laughter
- ◇ Ideas
- ◇ Training
- ◇ Lunch
- ◇ Surprises



Kickstart

THE HOLIDAYS



Friday, October 27th

Adair County Extension Office
409 Fairground Street, Columbia

Registration begins at 9:00 am CST
Program begins at 9:30 am CST

Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Self-Contained Herb Gardens
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to the
Adair County Extension Office
by October 11th

Make Checks Payable to: Adair County Extension Office

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No Fee!



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BASIC DEHYDRATING



Come learn about dehydrators and the basics of dehydrating fruits and vegetables.

TUESDAY,
AUGUST 22

10:00AM CST - 11:30 AM CST
ADAIR COUNTY EXTENSION OFFICE
409 FAIRGROUND STREET
COLUMBIA, KY 42728

RSVP by calling 270-384-2317

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

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

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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