



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

**Cooperative Extension  
Service**

Daviess County  
4800A New Hartford Road  
Owensboro KY 42303  
270-685-8480  
daviess.ca.uky.edu

# June 2024

## DATES

**June 11-14**

4-H Camp

**June 16**

Happy Father's Day

**June 19**

Juneteenth Holiday - Office Closed

**June 30**

Homemaker end of year forms due

**July 4**

Independence Day - Office Closed

**July 13**

Food+Art+Health Day at the  
Farmers' Market

**July 16**

Fair Entries Accepted

**July 17-20**

Daviess County Fair

**July 21**

Fair Entry Pick up

## FARMERS' MARKET

Be sure to stop by the Owensboro

Regional Farmers' Market this

summer and support our local

producers. Sharayha and Katie will

be there with POP Club. Stop by and say hi!

The market is open every Saturday 8am to noon and

beginning in June it will be open Tuesdays 8am to

noon and Thursdays from 4-7pm.



## DAVIESS COUNTY FAIR

Check out the fair catalog for adult and 4-H

categories. Catalogs of entry categories are available

at the Daviess County Extension Office and online at

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

The Kentucky State Fair is August 15-25. For more

information, check out [www.kystatefair.org](http://www.kystatefair.org).

## IN THIS ISSUE

**UPCOMING DATES AND EVENTS 1**

**CPR CLASS**

**HOMEMAKER HAPPENINGS**

**LOCAL TRAILS**

**SMOOTHING MAKING PRO**

## CANNING SEASON IS HERE

Have you had your Pressure Canner tested??? Call or

stop by the Daviess County Extension Office to get

your canner tested for FREE. (It must be a dial gauge

canner, and you only need to bring the lid.)

*Katie Alexander*

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

**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 40546



Disabilities  
accommodated  
with prior notification.

**CPR TRAINING SESSION**

**SIGN UP BY: JULY 12TH**

**LEARN A LIFE SAVING TECHNIQUE**

**CPR**

**DATE: JULY 17TH 2024**  
**TIME: 5:30**  
**LOCATION: MCLEAN COUNTY EXT. OFFICE**  
**FEE: \$15.00**  
**CALL 270-273-3690 TO REGISTER**

**UK Cooperative Extension Service**  
**AN EQUAL OPPORTUNITY ORGANIZATION**

Thank you to everyone who stopped by and supported the Daviess County Extension Open House! We all enjoyed seeing everyone. Congratulations to our door prize winners! Special thanks to Daviess County Cattleman’s Association for grilling the burgers and to WBKR for being there to broadcast live. We truly appreciate our community’s support!





# HOMEMAKER HAPPENINGS

## Lesson for the Month

*Clubs plan their own programs, educational tours, etc.*

## Roll Call

In June we celebrate fathers. Share a favorite memory with your father.

## Thought of the Month

*"A father is the one friend upon whom we can always rely."* —Emile Gaboriau

## Foyer Decorations

**Maceo celebrated graduates in May. The extension office will decorate for June and July.**



Homemakers will be delivering pillow cases to the Center For Courageous Kids on **June 12, 2024.**

We will be leaving from the Extension Office at **9am.**

Please call the Extension Office to let us know you'll be joining us:  
(270)685-8480

**Save the date!** Green River Area Homemaker Meeting (see below)

## Green River Area Homemakers Annual Day



Tuesday, September 24, 2024  
Registration begins at 10:00 am

Hartford Christian Church  
122 W. Walnut Street  
Hartford, KY 42347

RSVP Shelia Decker, Ohio County Homemaker President  
(270)256-2650 by August 27, 2024

## Save the Date

**Daviess County Homemaker Annual Meeting  
August 6, 2024**

**More info to come in later newsletters**

# There is no cure for ovarian cancer, but there are ways to potentially prevent it.



**KNOW YOUR FAMILY HISTORY**  
A family history of breast, ovarian, uterine and/or colorectal cancer increases your risk for ovarian cancer.



**GET GENETIC TESTING**  
20% of ovarian cancer cases are caused by a genetic mutation; one of the highest percentages among any cancer.



**DISCUSS RISK-REDUCTION OPTIONS WITH YOUR DOCTOR**  
70% of ovarian cancer, the most common and lethal form, begins in the fallopian tubes. For those at average risk, removing the fallopian tubes at the same time as another planned pelvic surgery can prevent ovarian cancer. Individuals at increased risk may want to take additional steps.

Learn more about risk reduction @ [ocrahope.org/preventovca](https://ocrahope.org/preventovca)



OCRA is the world's leader in fighting ovarian cancer from all fronts—in the lab, on Capitol Hill, and by the side of patients and their families. Learn more about our commitment to finding a cure and the support services we offer at [ocrahope.org](https://ocrahope.org)

## Important information about ovarian cancer

### RISK FACTORS

↑ INCREASES RISK ↑



Family history of breast, ovarian, uterine and/or colorectal cancer



Inherited genetic mutation



Postmenopausal



Increased age

↓ DECREASES RISK ↓



Pregnancy



Breastfeeding



Use of oral contraceptives

### SYMPTOMS



Bloating



Pelvic or abdominal pain



Difficulty eating/feeling full quickly



Frequent and/or urgent urination



If these symptoms are new, unusual, and persist for two weeks, see your doctor. If ovarian cancer is suspected, see a gynecologic oncologist.

Get further information and support @ [ocrahope.org](https://ocrahope.org)

212-268-1002

Since 1977, one of KEHA's main health objectives has been to assist in funding ovarian cancer screening and research at the University of Kentucky Markey Cancer Center. When this program began, members were asked to donate \$1 each per year. This year over \$47,000 was donated by Kentucky Homemakers.

KEHA had an increase of 69 members this past year. Along with increasing cancer donations, they gave back over 1 Million dollars in volunteer hours to the state of Kentucky.



Daviess County represents at KEHA.



## Use Local Trails

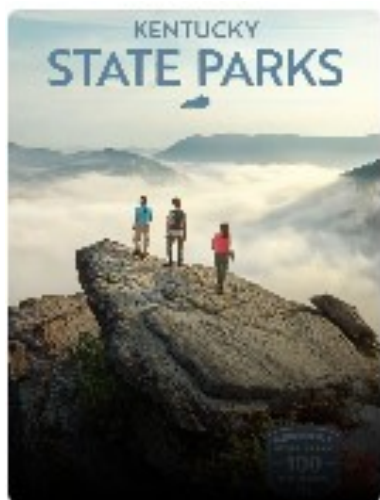
Source: Katherine Jury, Extension specialist for family health

Are you looking for ways to be active while also enjoying nature? Consider visiting a local, state, or national park, and explore one of the many walking and hiking trails your city, county, and state has to offer. You can stay close to home or look for a park that you haven't visited before. Whether you prefer the thrill of navigating a rocky incline or walking on a winding dirt path, hiking is the perfect opportunity to get a workout! There are many health benefits to exploring trails as well.

In terms of physical benefits, hiking is a great whole-body workout — from head to toe and everything in between. You can build stronger muscles and bones, improve your sense of balance, improve your heart health, and decrease the risk of certain respiratory problems. Also, being in nature can boost your mood and improve mental health. Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression.

Would you like to take on a trail but are unsure about local options? Contact your local city or county parks department, or look for a state park near you by using the Kentucky State Parks park-finder at <https://parks.ky.gov/parks/find-a-park>.

Reference: <https://www.nps.gov/subjects/trails/benefits-of-hiking.htm>



## Smoothie Making Pro

Source: Anna McDonald, Senior Extension Associate and Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition

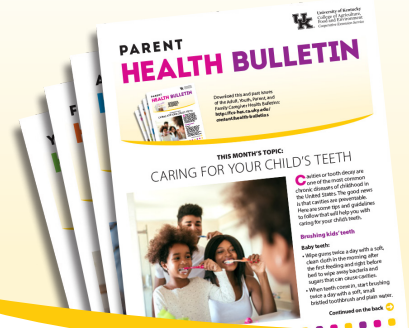
Smoothies are a convenient way to add more nutrients to your diet. Consider smoothies as another way to add variety to what and how you eat. Smoothies are simple because you add all the ingredients into one spot, blend, and enjoy. With a little practice and with the tips listed below, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables you may not want to eat whole to a smoothie. Over time, this can be a way to reduce food waste and save food dollars in your home.
- There are single-serving blenders on the market that are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, and they typically are discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Smoothies are best if enjoyed right after you prepare them. If you have leftovers, you can drink smoothies within 24 hours as long as you stored them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or in a popsicle tray to freeze and enjoy later as a treat.
- Smoothies are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or taking away one you may not have liked.
- There are store-bought smoothie options that may seem more convenient. These options are typically more expensive, high in added sugar, and less nutritious than homemade. At home, you can add what you want and save food dollars at the same time.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you are removing fiber and most micronutrients with it. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants, and phytochemicals that you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach, and oats provides nutrients from the dairy, fruit, vegetable, and grain food groups.
- To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend.

For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Extension office.

Reference: Utah State University. (2023). Smoothies—Helpful or Harmful? Retrieved 12 September 2023, from <https://extension.usu.edu/nutrition/research/smoothies-helpful-or-harmful>

# PARENT 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>

## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



**S**chool is ending, and many family's schedules are finally slowing down from the seemingly never-ending barrage of concerts, ball games, plays, and awards ceremonies that occur at the close of the school year. As you and your kids begin to find gaps in your schedule and down time during longer summer days, lean into the opportunity to spend time outside together.

The warm weather and extra hours of sunshine during the summer provide time and motivation to enjoy the great outdoors. Being outside is important for kids, for their health and well-being, as well as providing opportunities to be creative, explore, and engage their senses. Kids need to be physically active to grow and develop strong muscles and bones.

Continued on the next page 



# *Kids need to be physically active to grow and develop strong muscles and bones. Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!*

## ➔ Continued from the previous page

Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!

Kids have lots of energy, and playing outside is the perfect outlet for using up energy in healthy ways. Also, when kids spend time outside being active, they are then better able to pay attention, stay focused on tasks, and follow directions. Active play outdoors can also help with impulse control and curb disruptive behaviors. Consider how you can build regular time outdoors into your daily and weekly routines as a family, and specifically for your kids.

As you think about outdoor opportunities in your area, whether urban or rural, consider reaching out to your local parks and recreation department. Many communities have walking trails, group hikes, parks, pools, and nature reserves within close proximity. You may be surprised by the offerings available!

Here are some additional ideas of ways to spend time as a family outside this summer:

- **Organize a nature scavenger hunt:** Look for certain kinds of plants, trees, animals, and birds. See how many items children can find on a list, or that match a certain description. There are many templates available online to give you ideas.
- **Start a nature collection:** Is your child particularly interested in a certain item in nature? Encourage them to look for different or unique kinds of rocks, acorns, leaves, or pinecones to collect and display.
- **Have a ball:** Kicking a soccer ball, throwing a frisbee, jumping rope, or playing any sports you all enjoy can keep the outdoors fun as children get older. Invite neighbors or friends to join in and organize a full-fledged game of kickball or volleyball.
- **Pack a picnic or plan a barbeque outside.** Share a meal, take a walk, or play a game together



while you enjoy the outdoors. It does not have to be fancy to be enjoyable. A simple salad or sandwiches, or even leftovers can be more enjoyable when you eat them in a new atmosphere.

While being outside has many benefits, it is important to protect yourself and your kids from too much sun exposure. Remember things like protective clothing and sunscreen, sunglasses, a hat, and insect repellent. It may be helpful to keep a basket with these items by your door, to make it easy to grab before heading outside to play, hike, bike, or swim this summer!

#### REFERENCE:

<https://www.healthychildren.org/English/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>

ADULT  
**HEALTH BULLETIN**

**Written by:**  
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**Stock images:**  
Adobe Stock





# ADULT HEALTH BULLETIN



JUNE 2024

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## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



As 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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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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.***

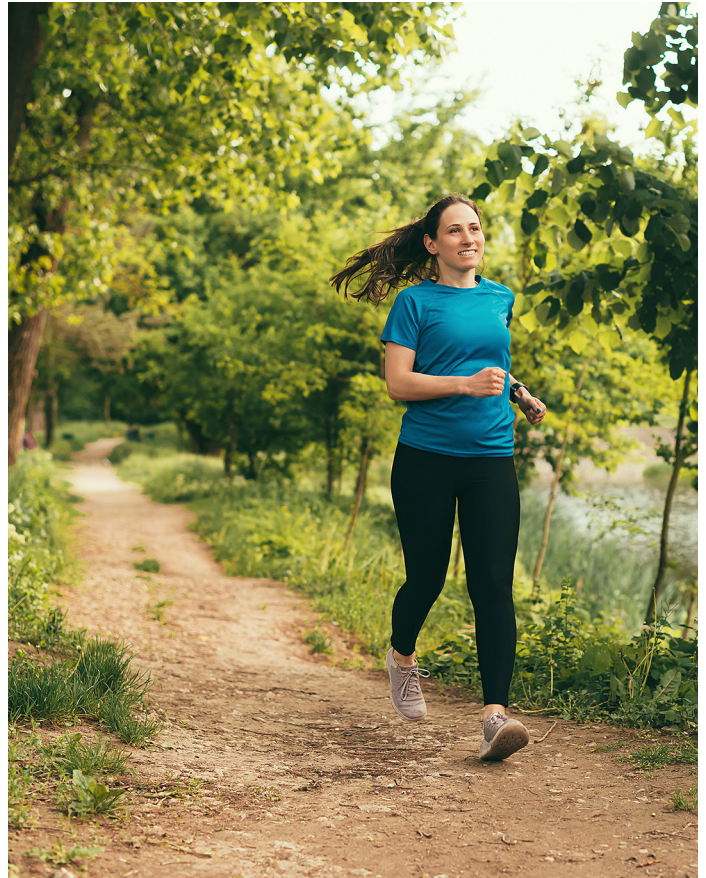
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors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

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**Edited by:** Alyssa Simms

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**Stock images:**

Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

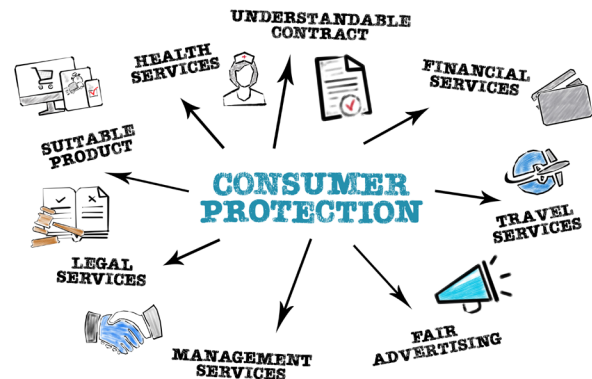
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

### FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

### CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



## **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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