



# TAYLOR COUNTY FCS EXTENSION NEWSLETTER

June/July 2024



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Patrick L. Hardesty  
Taylor County Contact Agent  
for Family & Consumer Science



**Cooperative Extension Service**  
Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511  
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## Sun Protection Clothing

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin. Sunscreen, when properly applied, can protect our skin from these rays for a certain amount of time based on its SPF (Sun Protection Factor). In addition to sunscreen, our clothing can provide significant protection — and this rating is called the UPF (Ultraviolet Protection Factor). Clothing's UPF is based on how the fabric is made or if it is treated with a special finish that deflects UV rays.

UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- **50+ UPF** = Excellent protection (less than 2% of UV rays can pass through clothing)
- **30 UPF** = Good protection (about 3% of UV rays can pass through clothing)
- **15 UPF** = Minimum protection (about 7% of UV rays can pass through clothing)

In addition to the UPF rating, consider these other clothing characteristics:

- **Color:** Believe it or not, darker clothing and vivid-colored clothing offers more protection than light or white clothing because darker colors absorb more UV rays, preventing them from passing through to the wearer. Put in perspective, a white t-shirt has a 5 UPF (about 20% of UV rays can pass through clothing).
- **Fabric Construction:** Look for denser, or more tightly woven or knit, fabrics that limit the amount of light that can pass through.
- **Fiber Content:** Garments made with synthetic fibers such as polyester or nylon are referred to because they are more likely to reflect UV rays, whereas untreated natural fibers — such as cotton — absorb UV rays.
- **Fit:** Avoid clothing that is too tight or that stretches, as the gaps in the fabric may allow the UV rays to pass through.

Wet clothing offers less protection, therefore it is beneficial to have a change of clothes. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing. Follow the care label's laundering instructions for best results. If the care label is illegible, try these basic tips:

- Rinse UPF bathing suits after each use.
- Wash in cool water, by hand, or on a delicate machine cycle.
- Use mild detergent.
- Dry on low or air dry (avoid direct sunlight).

**Source: Jeanne Badgett, Senior Extension Associate Clothing, Textiles, and Household Equipment**

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

# T-Shirt Quilt

Kris Fixari will be helping those who wish to create a t-shirt quilt. All are welcome to come, but you will need to bring with you some washed t-shirts and 3-4 yards of lightweight iron-on interfacing! There is no fee!

Tuesday, June 4 10:00 a.m. **OR** Tuesday, July 2 10:00 a.m.

No sign up required.  
For questions, call the Extension Office at (270) 465-4511



## LOW IMPACT FITNESS

Thursday's at 1:30 p.m.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

For questions, please contact the Taylor County Extension Office at (270) 465-4511.

Martin-Gatton College of Agriculture, Food and Environment  
Cooperative Extension Service  
Agriculture and Natural Resources  
Health and Consumer Services  
4-H Youth Development

# Sharpening Day

We are pleased to announce Snippy Jim will be coming the Taylor County Extension Office on **June 4, 2:00 p.m. - 4:00 p.m.** to provide sharpening services. Cost is \$5 per implement.

He sharpens:

- Scissors
- Loopers
- Pinking Shears
- Manual Hedge Trimmers
- Snips
- Knives
- Garden Tools



Jim Stohr 812-539-4948  
jimstohr@comcast.net

# Fun With Kitchen Towels

**\$5 Class Fee required**

June's Kitchen Towel Class we will be sewing a beautiful lady bug! We will be focusing on appliquéing the images!

**THURSDAY, JUNE 13 3:00 PM**

Stop by the Extension Office at 1143 South Columbia Avenue to pay the class fee to reserve your spot!



Home-makers  
Cooperative Extension Service  
Agriculture and Natural Resources  
Health and Consumer Services  
4-H Youth Development

# Fun With Kitchen Towels

July's Kitchen Towel Class we will be sewing a beautiful butterfly! We will be focusing on appliquéing the images!

**TUESDAY, JULY 9 3:00 PM**

Stop by the Extension Office at 1143 South Columbia Avenue to pay the class fee to reserve your spot!

**\$5 Class Fee required**



Home-makers  
Cooperative Extension Service  
Agriculture and Natural Resources  
Health and Consumer Services  
4-H Youth Development

# Painting Class

**\$35 CLASS FEE**

Join us for good time while painting a "Welcome" sign for all the seasons. There are a total of 15 pieces in the kit.

**July 18 at 1:00 p.m.**

SPACE IS LIMITED!  
Please call the Extension Office at 270-465-4511 to RSVP!



Home-makers  
Cooperative Extension Service  
Agriculture and Natural Resources  
Health and Consumer Services  
4-H Youth Development

**All classes or trips that require a fee must be paid before signing up for the class!  
You may stop by the Extension Office to make your payment.**

# Security in a Digital World

**Speaker: Tim Carpenter,**

Taylor Regional Hospital Director of Information  
Technology & Information Security Officer

**Topic: How to Safely Navigate in Today's  
Electronic Society?**

Protecting ourselves from social engineering,  
wireless devices attacks, and email scams.



**June 17 at 6:00 p.m.**

Call the Extension Office at  
270-465-4511 to RSVP!

# Blankets of Love



**Tuesday,  
June 18  
1:00 p.m.**

Join the Taylor County Extension Homemakers in  
making tied fleece blankets to donate to the  
Taylor Regional Cancer Center and Dialysis  
Centers in Taylor County!

No sewing required!  
Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY



For questions, please call (270) 465-4511.

**In observance of Juneteenth,  
the Taylor County  
Extension Office  
will be closed on  
Wednesday, June 19, 2024.**

Taylor County Homemakers are in need of fleece  
material to make more no-sew blankets. If you would  
like to donate fleece material, please drop it off at the  
Extension Office. Each side of the blanket takes 2  
yards.

**Let's Do Lunch!**  
June 24 at 12:30 p.m. EST



**Grab A Hook Catfish  
Pay Lake & Grill  
in Greensburg, KY**

Spots are limited!  
Call the Extension Office at  
270-465-4511 to RSVP!

**In observance of  
Independence Day, the  
Taylor County  
Extension Office  
will be closed on  
Thursday, July 4, 2024.**

# Blankets of Love



**Tuesday,  
July 16  
1:00 p.m.**

Join the Taylor County Extension Homemakers in  
making tied fleece blankets to donate to the  
Taylor Regional Cancer Center and Dialysis  
Centers in Taylor County!

No sewing required!

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

For questions, please call (270) 465-4511.

**Western KY Trip  
October 28-30, 2024**

We will be staying at The Moors on Kentucky  
Lake in Gilbertsville, KY.

We will be visiting the Quilt Museum, Hancock Fabrics,  
and Patti's in Paducah. As well as many other places  
that are to be announced at a later date.

**Cost will be \$250**

Please stop by the Extension Office to pay for the trip.  
For more information call the Extension Office at 270-465-4511.

**All classes or trips that require a fee must be paid before signing up for the class!  
You may stop by the Extension Office to make your payment.**

**AN INVITATION TO FAMILY & FRIENDS AFTER**

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**12 YEARS**

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**OF DEDICATION**

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**GERALD GRIBBINS  
IS NOW RETIRING**

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**THURSDAY,  
JUNE 20**

*4:00 p.m. – 6:00 p.m.*

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**TAYLOR  
COUNTY  
EXTENSION  
OFFICE**

*1143 South Columbia Avenue  
Campbellsville, KY 42718*

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**DONATE BLOOD. HELP SAVE LIVES.**

**Blood Drive**  
**Taylor County Homemakers**

Extension Office Meeting Room  
1143 South Columbia Ave  
Campbellsville, KY 42718

**Thursday, June 27, 2024**  
**1:00 p.m. to 6:00 p.m.**

Go to [RedCrossBlood.org](https://RedCrossBlood.org) and enter sponsor code: TaylorCoHomemakers or call 1-800-RED CROSS to schedule an appointment today.



Scan to be directed to RapidPass®

**Do Good Things! Come to give blood June 10 through 30 for a \$15 e-gift card! See [rcblood.org/DoGood](https://rcblood.org/DoGood)**



Scan to schedule an appointment.


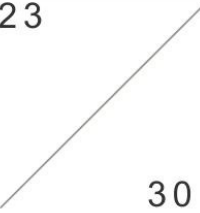
1-800-RED CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

# 2024 JUNE Events

## KENTUCKY NEAFCS Extension Association of Family and Consumer Sciences



SUN MON TUE WED THU FRI SAT

						1
2	3	4 Quilting Group 9:00 AM T-Shirt Quilt Class 10:00 AM Snippy Jim 2:00 PM - 4:00 PM	5	6 Homemaker Council Meeting 10:00 AM  Low Impact Fitness 1:30 PM	7	8
9	10	11	12	13 Low Impact Fitness 1:30 PM Kitchen Towel Sewing 3:00 PM \$5 Fee	14	15
16	17 Security in a Digital World 6:00 PM	18 Blankets of Love 1:00 PM	19  Extension Office Closed	20 Low Impact Fitness 1:30 PM Gerald's Retirement 4:00 PM - 6:00 PM	21	22
23 	24 Let's Do Lunch 12:30 PM	25	26	27 Blood Drive 1:00 PM - 6:00 PM  Low Impact Fitness 1:30 PM	28	29
30						

<u>Circle of Friends:</u> Second Tuesday Monthly, 6:30 pm	<u>Harmony Club:</u> Second Tuesday Monthly, 12:30 pm	<u>Mannsville:</u> Second Thursday Monthly, 6:00 pm	<u>Mastering Skills:</u> Second Monday Monthly, 12:30 pm
<u>Modern Day Homemakers:</u> Second Monday Monthly, 6:30 pm	<u>Saloma Road:</u> Second Thursday Monthly, 10:00 am	<u>Quilters Group:</u> First Tuesday Monthly, 9:00 am	<u>Quilts of Honor:</u> Fourth Wednesday Monthly, 10:00 am
	<u>Sidetracked Homemakers</u> Second Tuesday Monthly, 6:00 pm	<u>Bunco Club:</u> Third Tuesday Monthly, 6:00 pm	



# KENTUCKY NEAFCS

## Extension Association of Family and Consumer Sciences



SUN MON TUE WED THU FRI SAT

	1	2 Quilting Group 9:00 AM T-Shirt Quilt Class 10:00 AM	3 Homemaker Council Meeting 10:00 AM	4 <b>HAPPY 4th of July</b> Extension Office Closed	5	6
7	8	9 Kitchen Towel Sewing 3:00 PM \$5 Fee	10	11 Low Impact Fitness 1:30 PM	12	13
14	15	16 Blankets of Love 1:00 PM	17	18 Painting Class 1:00 PM \$35 Fee Low Impact Fitness 1:30 PM	19	20
21	22	23	24	25 Low Impact Fitness 1:30 PM	26	27
28	29	30	31			

**Circle of Friends:** Second Tuesday Monthly, 6:30 pm  
**Harmony Club:** Second Tuesday Monthly, 12:30 pm  
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**Mastering Skills:** Second Monday Monthly, 12:30 pm  
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**Quilters Group:** First Tuesday Monthly, 9:00 am  
**Quilts of Honor:** Fourth Wednesday Monthly, 10:00 am  
**Sidetracked Homemakers:** Second Tuesday Monthly, 6:00 pm  
**Bunco Club:** Third Tuesday Monthly, 6:00 pm

# ADULT

# 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>

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511

## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



**A**s 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**



**Cooperative Extension Service**

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.



***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.***

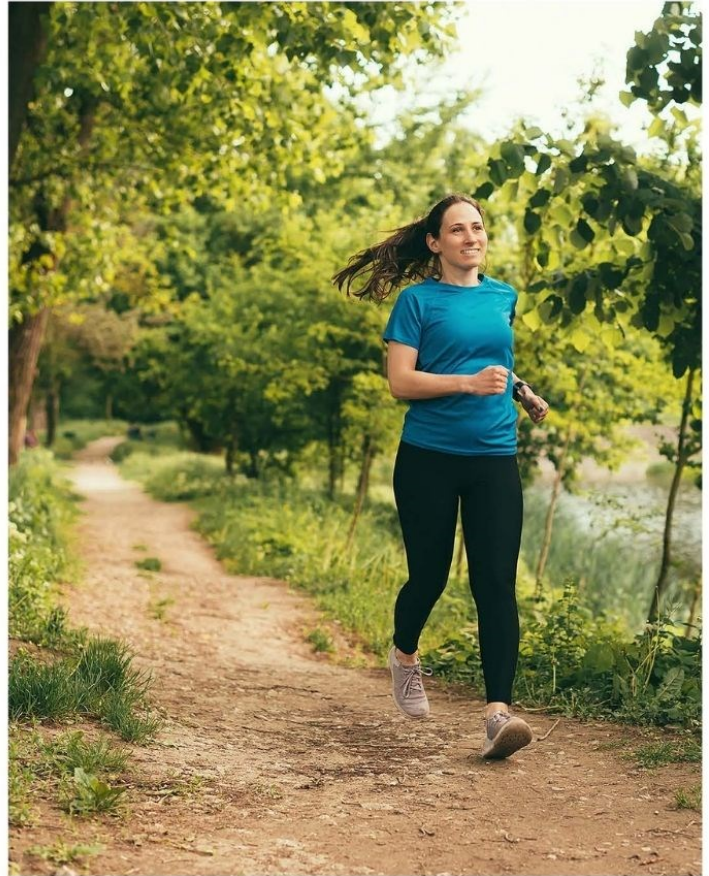
**→ Continued from the previous page**

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:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock





## 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