

## OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



AUGUST 2025

## LETTER FROM YOUR AGENT

As the days begin to slow down in Owsley County and the Daniel Boone Days Festival wraps up another successful year, we turn our focus to the abundance of summer and the preparations that come with it. Produce is coming in by the basketful, and now is the time to think about preserving those harvests for the colder months ahead.

Here at the Owsley County Extension Office, we're ready to connect you with the resources and tools you need to fill your pantry, prepare for back-to-school routines, and strengthen your home life. Whether it's canning, freezing, organizing your household, or making healthy transitions into fall, we're here to help.

Let's make the most of August—growing, preserving, and preparing for a healthy, happy season ahead.

To stay up to date on everything we're offering, visit our county website at [owsley.ca.uky.edu](http://owsley.ca.uky.edu) or follow us on Facebook! We hope to see you at the office soon.

Warmly,  
Rosa Smith  
Owsley County FCS Agent

*Rosa Smith*

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Lexington, KY 40506



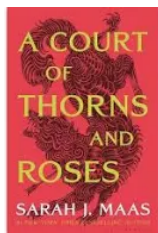
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# FCS Focus

## Owsley County Book Club

3:30pm

August 21  
September 25<sup>th</sup>



*Rosa Smith*

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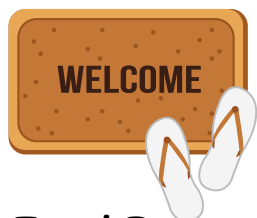


## Owsley County Homemakers

August 5<sup>th</sup>- Lunch-N-Learn "Yoga-ta Try This!"  
September 9<sup>th</sup>- Lunch-N-Learn "  
September 9<sup>th</sup>- Homemaker Council Meeting @ 1pm

## Junior Homemakers

August 28<sup>th</sup> 3:30-4:30  
September 30<sup>th</sup> 3:30



## Rug Painting Workshop

September 30<sup>th</sup> @ 4pm



## Cooking Through the Calendar

All sessions held at 4:00pm  
August 11<sup>th</sup>- Slow Cooker Asian  
Pork Tacos

## Bingocize

Held at 10am

August	September
25th	2nd 18th
28th	4th 23rd
	8th 25th
	11th 30th
	15th

## Food Preservation Workshop

2 day Workshop @ Robinson Center  
August 4<sup>th</sup> & August 8th  
10am-2pm



## Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley Co. Public Library at 3:30pm

August 26th-Camping



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# Tex-Mex Fajitas

**Servings: 4**

**Serving Size: 2 fajitas**

**Recipe Cost: \$6.50**

**Cost per Serving: \$1.63**

## Ingredients:

- 12 ounces boneless, skinless chicken
- 2 tablespoons all-purpose saltfree seasoning mix (divided)
- 1 8-ounces fresh mushrooms, sliced
- 1 16-ounce package bell pepper and onion mix, frozen
- 1 tablespoon olive oil
- 8 6-inch whole-wheat tortillas
- \*1 medium tomato, diced
- \* 2 cups iceberg lettuce, shredded
- \* 1/4 cup cheddar cheese, shredded

## Directions:

1. Slice chicken into 1/4-inch strips. Place in a zipper bag with 1 tablespoon all-purpose seasoning mix; toss to coat.
2. Place mushrooms, peppers and onion and remaining all-purpose seasoning mix in another zipper bag; toss to coat.
3. Heat oil in large, non-stick skillet. Add chicken strips; cook about 3- 4 minutes or until the juices run clear and the chicken reaches an internal temperature of 165°. Remove from skillet.
4. Place coated vegetables in skillet and saute until vegetables are slightly tender, 5-8 minutes. Return cooked chicken to skillet and saute mixture 1-2 more minutes.
5. Assemble fajitas by dividing chicken and vegetable mixture evenly on each tortilla, top with desired optional ingredients\* and roll up.

340 calories; 10g total fat; 1g saturated fat; 0g trans fat; 60mg cholesterol; 540mg sodium; 33g total carbohydrate; 1g fiber; 6g sugar; 0g added sugar; 28g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 6% Daily Value iron; 10% Daily Value potassium.

Make it a Meal  
Pair these fajitas with pineapple slices and milk

Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.

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# Cleaning Your Grill

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 Owsley Extension office.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto: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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## ***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.

### **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.
- **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/>

# ADULT 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)

## THIS MONTH'S TOPIC

# PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



**T**he "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

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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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**Written by:** Katherine Jury,  
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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



# August

## Owsley County Extension Service

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Area Food Pres. Workshop 10-2 Robinson Center	5 Lunch-n-Learn Yoga-ta Try This! 12pm Farmers Market 2-5	6	7	8 Area Food Pres. Workshop 10-2 Robinson Center	9 Farmers Market 9-12
10	11 Cooking Through the Calendar @ 4pm	12 Farmers Market 2-5	13	14	15 Stitch & Chat @9am	16 Farmers Market 9-12
17	18	19 Head Start Parent Workshop @ 10am Farmers Market 2-5	20 4H Dog Club @ 5pm	21 Book Club @ 3:30pm	22	23 Farmers Market 9-12
24	25 Bingocize @ 10am	26 Laugh & Learn @ 3:30 Public Library Farmers Market 2-5	27	28 Bingocize @ 10am Junior Homemakers 3:30-4:30	29	30 Farmers Market 9-12
31						



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