

Logan County Homemakers

Cooperative Extension Service

August 2025

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Family & Consumer Sciences Agent for Logan County



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Cooperative Extension Service

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

Mark Your Calendars!

- The Logan County Extension Office will be closed September 1, 2025 for the Labor Day holiday.
- Logan County Homemaker Cultural Arts Contest August 26, 2025
- Logan County Homemaker Annual meeting August 28, 2025
- Mammoth Cave Area Homemaker Annual Day October 16, 2025

Cultural Arts Contest

The county cultural arts contest is scheduled for August 26, 2025 at the Logan County Extension Office. You may bring your entries to the Extension Office on August 25 or before noon on August 26. You may pick your items up after 3 PM on August 26 or if you would like your items to be on display for our county annual meeting you may leave them until after August 28. I look forward to seeing some great work from wonderful, talented ladies!

FRYSC Clothing Drive

If you would be interested in helping with the FRYSC Clothing Drive on July 31, 2025 from 9 - 11 AM at the Logan County Extension Office please let me know. I am needing several volunteers to help check people out that day.

Mammoth Cave Area Annual Day

The Mammoth Cave Area Annual Day is scheduled for October 16, 2025 at the Logan County Extension Office in Russellville, KY. Cost will be \$20 per person and deadline to register will be September 26. A registration form and more information will be included in the September newsletter. I hope you will make plans to attend.

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Homemaker Club Meetings

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

South Union

Meets 2nd Wednesday @ NOON

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

If your club has participated
in an outing, event or activity
that you would like to
highlight in our monthly
newsletter please feel free to
send me information and
pictures!



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

*Any changes in leader
trainings
will be announced!*

Homemaker Leader Trainings

No August Leader Training.

Picnic Month - Plan a fun activity with
your club members!

September Leader Training.

“Yoga or Chair Yoga”

September 3, 2025 @ 10 AM

October Leader Training.

“Christmas Decorations from Natural
Resources” Multi-County Lesson
See flyer included in this newsletter

November Leader Training.

“Decorative Gift Wrapping”

Multi-County Lesson

See flyer included in this newsletter

No December Leader Training.

No leader training

**ATTENTION ALL MEMBERS
AT LARGE AND ALL NEW
MEMBERS:**

**OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.**

Homemaker Highlights



The Sew Fun Homemakers Club participated in a quilting retreat in July. These quilts are some of the ones that were finished during the retreat.

Homemaker Highlights



Neighbors Club and Sew Fun club joined together in July for an outing to tour the Kanbol Industry in Auburn for a tour of their facility and to learn about their business. The group then went to Father's of Mercy at South Union. The ladies were able to see the beautiful chapel and learn something of its history. Following the visit, everyone went to Cheddar's in Bowling Green for lunch. It was an interesting and fun day for all!

National Immunization Month

Vaccines, also called shots, are important because they help protect us from serious diseases. When we get vaccinated, our bodies learn to fight off illnesses without us getting sick first. This keeps us healthy and stops diseases from spreading to others.

Getting vaccinated on time is important. Vaccines work best when we get them at certain ages. By following the recommended schedule, we stay protected from diseases like measles, whooping cough, and chickenpox. If we miss a shot, we might not be fully protected.

Vaccines are safe. Before a vaccine is given to people, scientists test it carefully to make sure it's safe and works well. Sometimes, after getting a shot, we might feel a little sore or have a mild fever, but these side effects usually go away quickly.

By getting vaccinated, we're not just protecting ourselves but also those around us. Some people can't get certain vaccines because of their health, so when we're vaccinated, it helps stop the spread of diseases and keeps everyone safer.

Remember, vaccines are a simple and effective way to stay healthy and help others stay healthy too.

Reference - <https://odphp.health.gov/myhealthfinder/doctor-visits/vaccines-shots>

Source: Monica Mundy, Extension Specialist for Community and Family Health



Step Into Wellness This August

August is National Wellness Month. But what does “wellness” really mean? Wellness is about taking care of your whole self, not just your physical body. Wellness is made up of various dimensions. Some people say there are six, others say eight, and some even say there are more than that. Today, we will focus on the eight dimensions. Those dimensions are emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. These dimensions, both together and separately, have the ability to impact your overall health and well-being.

You may be wondering “how can I focus on my wellness this month?”

Focusing on your wellness does not have to be hard. If you are able to set aside just a few minutes in your day, you will be able to improve your wellness and overall health. Below are just a few ideas for how you can focus on your wellness this month!

- Take care of your body. This can be as simple as aiming to move your body more or focusing on drinking more water throughout the day.
- Take care of your mental health. This can be as simple as journaling at the beginning and/or end of your day.
- Set realistic goals. It might not always be easy, but if you begin with goals that are easier to reach, you can slowly work your way up to bigger ones. This can help you accomplish more over time.

So, this August (and even after August), let’s really take a step back and focus on our overall wellness!

References

<https://globalwellnessinstitute.org/what-is-wellness/>

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

<https://shcs.ucdavis.edu/health-and-wellness/eight-dimensions-wellness>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being





Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours(depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves mashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings Serving Size: 1 taco (1/3 cup pork on tortilla with 1/3 cup slaw) Cost per recipe: \$10.44 Cost per serving: \$0.87



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

Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

DATE

Avoid Heat-Related Illness

Even if you think you're getting used to the triple-digit temperatures, you need to watch out for signs of heat-related illness. Forms of heat-related illness include heat cramps, heat exhaustion and heat stroke, according to Tammy Roberts, University of Missouri Extension nutrition and health education specialist.

Heat cramps usually occur as a result of heavy sweating, sometimes several hours after a person has been out of the heat, Roberts said. The cramps can be very painful and usually affect the arms, legs or abdomen. To help prevent heat cramps, drink a fluid that has electrolytes during and after long periods of heavy sweating.

Heat exhaustion happens when the body loses the ability to cool itself. This can occur when a person has been sweating heavily and not replacing fluids and electrolytes. Symptoms of heat exhaustion include headache, dizziness, loss of coordination, impaired judgment, anxiety, clammy skin and a weak, rapid pulse. Someone with these symptoms needs to be cooled down and slowly drink fluids. Have them checked by a doctor.

Heat stroke, the most serious heat-related illness, is life-threatening. It occurs when the body has lost too much water and salt. That loss, along with the body's inability to cool itself, makes body heat rise to dangerous levels. Symptoms of heat stroke include a high body temperature with no sweating; any of the above symptoms of heat exhaustion; nausea and vomiting; seizures; difficulty breathing; and high blood pressure. If you suspect someone has heat stroke, call 911 and try to cool the person as quickly as possible.

Anyone can suffer from a heat-related illness, but the people at greatest risk are infants and young children, senior citizens, people who are obese and those who are already physically ill.

Roberts urges people to drink plenty of fluids during times of extreme heat. Water is a great choice. Fluids with electrolytes are recommended for long periods of heavy sweating.

Digesting food actually creates heat in your body, so if the heat is bothering you, Roberts suggests eating smaller but more frequent meals.



Heat-related illness can be very serious but is avoidable. Remember, shade and water are your friends.

When beating the heat indoors, use these tips to get the most out of your air conditioner:

- Install window air conditioners snugly. Insulate spaces around air conditioners for a tighter fit.
- Plug up all cracks and spaces around room air conditioners to keep out the hot, humid air. Caulk and weatherstrip your home — heat goes where it's cooler and that's inside your house.
- If you have central air, set your thermostat no lower than 78 degrees F.
- If you want to set your thermostat above 78 degrees F, you will adjust more easily to a gradual change; move it up one degree a week until it is at 82 degrees F.
- Change or clean your air-conditioning filter once a month.

If you do not have an air conditioner, try these tips:

Open all your windows early in the morning to get rid of heat and help cool the home. When the temperature begins to rise, close the house. Reflect the sun away with aluminum foil or roller shades. Keep the house closed during the hottest time of day. Check your indoor and outdoor thermometers to make sure that the indoor temperature is still cooler than outside. Later, open up your house so the cool nighttime air can lower inside temperatures. Use floor and ceiling fans as much as possible to circulate a cooling breeze. Also use window fans if not using air conditioning. Sleep in a cooler part of the house, such as the basement. Use appliances and equipment that give off heat (iron, TV sets, light bulbs, clothes dryer, hair dryer, etc.) only as needed and limit use to the early morning or at night, not during the middle of the day. Serve your family cool meals such as sandwiches, salads or fruit dishes. Try not to use your stove, if possible, to keep from heating up the kitchen. Drink plenty of cool fluids (but not alcohol or caffeinated liquids, which can dehydrate) to replace sweat loss. Dress comfortably in light, loose clothing and cover your head if outside. If your house becomes too warm, try to be in a cooler place during the hottest part of the day – a friend's or neighbor's home, a senior center, a shopping mall, a library or even outside in the shade of a tree.

Source: University of Missouri Extension

References: <https://extension.missouri.edu/news/avoid-heat-related-illness>
<https://extension.missouri.edu/publications/emw1013>

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LOGAN COUNTY HOMEMAKERS ANNUAL MEETING



Fiesta!
August 28, 2025



11 AM

Taco Bar:

Corinth - Shredded Cheese and Queso Cheese

Getaway Girls - Tortilla Chips

Neighbors - Seasoned Taco Ground Beef

O&H - Salsa or Taco Sauce and Sour Cream

Sew Fun - Refried Beans and Mexican Rice

South Union - Lettuce and Tomato



**JOIN US FOR FOOD, FELLOWSHIP AND
LOTS OF FUN!**



Mammoth Cave Area

Multi-County Homemakers Leader Lessons (for October & November)

Barren County Extension Office: September 30

OR

Warren County Extension Office: October 2

Decorative Gift
Wrapping
9:30 AM

Christmas
Decorations from
Natural Resources
11 AM

Times are the same for both days!

Please send 1 leader from each county club

Must sign up with your agent by
Tuesday, September 9