

TAYLOR COUNTY EXTENSION NEWSLETTER

August 2025

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Preventing Heatstroke in the “Dog Days” of Summer

By: Katherine Jury, Extension Specialist for Family Health

The “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 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° F (40° 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.

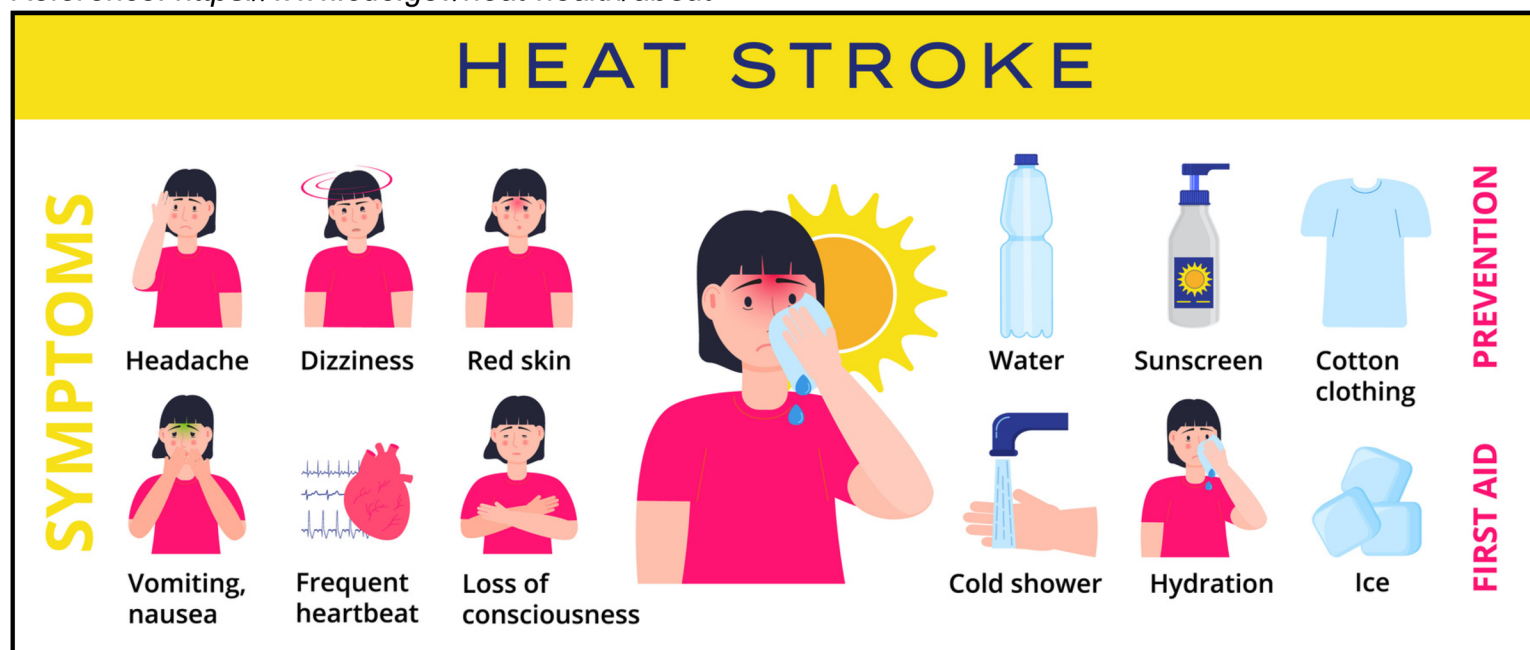


A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain related emergency. On the other hand, heatstroke happens 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>



August Book Review

A Gentleman in Moscow

By: Amor Towles

In this novel a Russian Count, Alexander Ilyich Rostov, is sentenced to a lifelong house arrest in one of the most wonderful hotels in all of Moscow, Hotel Metropol in central Moscow. He has been deemed an unrepentant aristocrat by a committee of Russia's Bolshevik government. We follow him as he adapts to this new life by forging new friendships, and finding a new purpose in his life. Life is a journey, and the path we take is not always chosen by us. Just as Count Alexander Rostov's does on his new path that he did not chose, but he does make the best of it. We must find the wonders that make us awestruck. We must always find a way through the difficult times in our own lives.

This month's book review is by Rebecca Despain, Taylor County Homemaker Mailbox member.



TAYLOR COUNTY FAMILY & CONSUMER SCIENCES UPCOMING EVENTS



Tuesday Treks

Date: Weekly on Tuesdays

Time: 8:30 AM

Cost: FREE

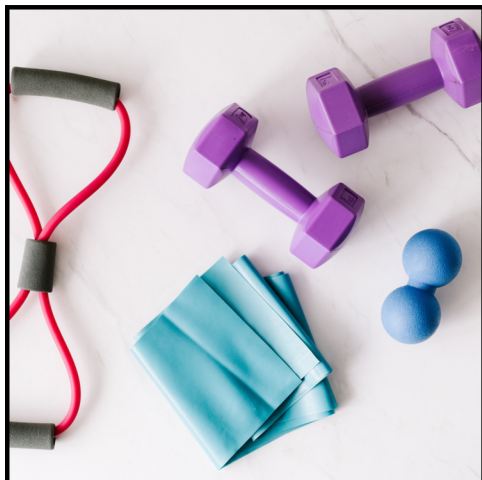
Instructor: Kimberly Thomas

With only three weeks left get out and join us on the following dates and locations.

August 5 - Trace-Pittman Greenway

August 12 - Miller Park Walking Track

August 19 - Stride at the State Fair



Low Impact Fitness

Date: Weekly on Thursdays

Time: 1:00 PM

Cost: FREE

Instructor: Group Led

Join us for our weekly Low Impact Fitness class.



Reception for New Ag Agent

Kelsey Marcum

Date: Tuesday, August 5

Time: 4:00 - 6:00 PM

Cost: FREE

Join us in welcoming our new Agriculture and Natural Resources Agent, Kelsey Marcum.



Children's Mental Health Awareness

Date: Thursday, August 7

Time: 5:30 - 7:30 PM

Cost: FREE

Instructor: Michelle Stuart

Focused on keeping children safe both online and offline and how you can support potential victims. Free school supplies will be available. A meal will be provided.

To register call (606) 678-4761 ext. 1166.



Canning Tomatoes

Date: Friday, August 8

Time: 10:00 AM & 2:00 PM

Cost: FREE

Instructor: Megan Gullet, Russell County FCS Agent

Join Kimberly Thomas, FCS Agent for Taylor County and Megan Gullett, FCS Agent for Russell County for this hands-on class on canning tomatoes. Spots are limited! Register by calling the Taylor County Extension Office at (270) 465-4511.



Sourdough for Beginners

Date: Monday, August 11

Time: 11:00 AM & 6:00 PM

Cost: FREE

Instructor: Kimberly Thomas, FCS Agent

Join us for this demonstration workshop sourdough bread. To RSVP call the Taylor County Extension Office at (270) 465-4511. Spots are limited!



Lunch with the Doctor

Date: Tuesday, August 12

Time: 12:00 PM

Cost: FREE

Instructor: Dr. Klark Turpen

Come eat and learn with us! Dr. Klark Turpen will be discussing obstructive sleep apnea and associated health issues. RSVP by calling the Taylor County Extension Office at (270) 465-4511.



Mailbox Barn Quilt

Date: Wednesday, August 13 or Tuesday, August 26

Time: 1:00 - 4:00 PM or 9:00 AM - 12:00 PM

Cost: \$15

Instructor: Kimberly Thomas, FCS Agent

We will be learning to draw your own barn quilt from selected designs. The barn quilts will be 12 in. x 12 in. with one design. Wednesday, August 13 will be 1:00 - 4:00 PM and Tuesday, August 26 will be 9:00 AM - 12:00 PM. Patterns available are as follows: Nine Patch, Sawtooth, Annie's Choice, and Cardinal. Class fee must be paid to register for class. Cash or check only.



State Fair Passport Trip

Date: Tuesday, August 19

Time: Leave Extension Office at 8:00 AM

Cost: Money for Lunch and Vendors

Taylor County Homemakers will be taking a trip to the Kentucky State Fair. We hope to enjoy all the wonderful things the state fair offers. Call the Taylor County Extension Office at (270) 465-4511 to RSVP!



Blankets of Love

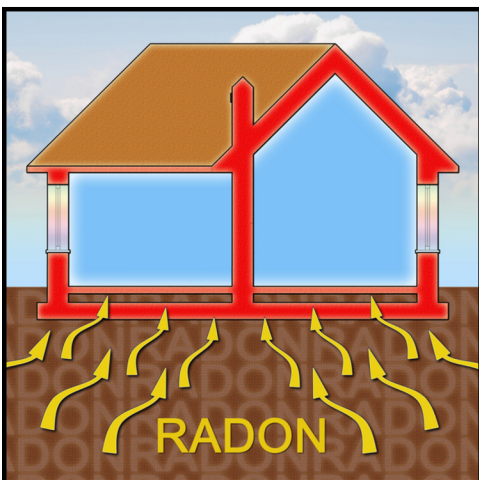
Date: Tuesday, August 19

Time: 1:00 PM

Cost: FREE

Leader: Debbie Holt

Taylor County Homemakers donated 9 blankets in June to the Taylor Regional Cancer Center. Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Donations can be made at the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.



Homemaker Leader Lesson

Date: Thursday, August 28

Time: 10:00 AM

Cost: FREE

Instructor: Dylan Gentry, Adair County FCS Agent

We will be learning about radon this month and why it is so important to have radon detectors in your home. Call the Taylor County Extension Office at (270) 465-4511 to RSVP!



Homemaker Annual Meeting

Date: Thursday, August 28

Time: 6:00 PM

Cost: \$15

Join us for our Homemaker Annual Meeting. The menu is as follows: Fish or Chicken, Mashed Potatoes, Green Beans, Glazed Carrots, Rolls and Dessert. The cost is \$15.00. We can't wait to see you there! Pay your fee at the Taylor County Extension Office at (270) 465-4511 to RSVP! Cash or Check only!



Cross Stitch Retreat

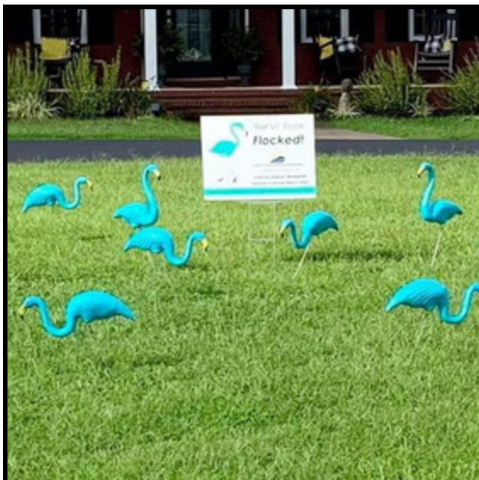
Date: Saturday, August 30

Time: 10:00 AM

Cost: FREE

Leader: Vanessa Nunn

Join us for our monthly Cross Stitch Retreat on Saturday, August 30. Bring your projects and enjoy the fellowship with other stitchers! Patterns, kits, and materials will be available for purchase. Also, check out the share table and the brag table.



Flock for a Cure

Date: September 1-30, 2025

Cost: Various Prices

We will be "Flocking for a Cure" again in the coming month of September. All donations benefit the funding of the ovarian cancer screening and research program at the University of Kentucky. Stop by the Taylor County Extension Office to pick up your order form.



Evolving Leaders Forum

Date: Thursday, September 25

Time: 9:30 AM - 2:00 PM

Cost: FREE

Instructor: Area FCS Agents

Join us for the Evolving Leaders Forum at the Taylor County Extension Office. We will be enhancing your leadership skills and completing the KEHA Leader Lesson Training. Registration deadline is Wednesday, September 10. Call the Taylor County Extension Office at (270) 465-4511 to RSVP!

TAYLOR COUNTY FAMILY & CONSUMER SCIENCES REMINDERS



Pressure Canner Gauges

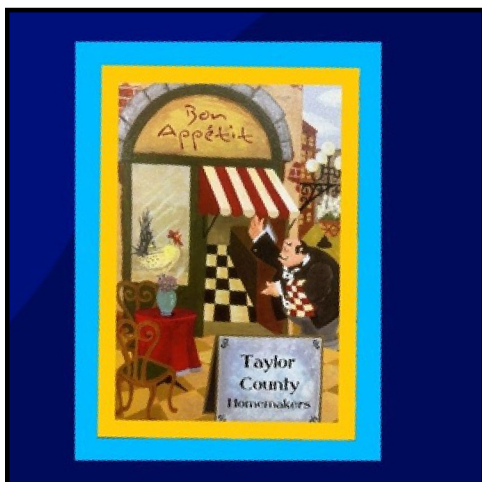
Date: Monday - Friday

Time: 8:00 AM - 4:30 PM

Cost: FREE

Instructor: FCS Agent Kimberly Thomas

Just a friendly reminder to stop by the Taylor County Extension Office to get your pressure canner gauges checked.



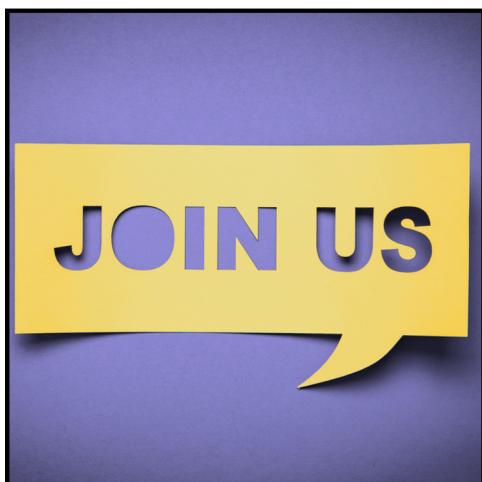
Homemaker Cookbook Sale

Date: Monday - Friday

Time: 8:00 AM - 4:30 PM

Cost: \$5.00

Stop by the Taylor County Extension Office to pick up a cookbook for only \$5. These would make a wonderful Christmas gift for a family member. Cash or check only.



Taylor County Homemaker Membership

Date: Monday - Friday

Time: 8:00 AM - 4:30 PM

Cost: \$10.00

Just a reminder that the new year for the Taylor County Homemakers started in July. We are now accepting payment for your 2025-26 membership dues. Stop by the Taylor County Extension Office today. Cash or check only.

TAYLOR COUNTY FARMERS' MARKET

UPCOMING EVENTS



National Farmers' Market Week Celebration

Date: Saturday, August 2

Time: 8:00 AM - 2:00 PM

Farmers' Market of Taylor County will be celebrating National Farmers' Market Week on Saturday, August 2. Come out and enjoy the market and support local farmers.



Early Learning Bus & Kid's Buck at the Farmers' Market

Date: Saturday, August 16

Time: 8:00 AM - 2:00 PM

Farmers' Market of Taylor County will be hosting the Early Learning Bus from 9:00 AM - 12:00 PM. The market will be open 8:00 AM - 2:00 PM. Kid's Bucks will be available for youth to purchase their own produce.



Food Truck Festival at Farmers' Market

Date: Saturday, August 30

Time: 8:00 AM - 5:00 PM

Farmers' Market of Taylor County will be having a Food Truck Festival. Come enjoy various eats from the local farmers and the food trucks.



August 2025

Calendar of Events



SUN

MON

TUE

WED

THU

FRI

SAT

Low Impact Fitness will continue to
meet weekly on Thursdays at 1:00 PM

Tuesday Treks will meet August 5 at 8:30 AM, August 12 at 8:30 AM,
and August 19 at 8:30 AM.

1
Passport Trip
Glasgow, KY

2
National
Farmers' Market
Week
Celebration
9:00 AM -
12:00 PM

3
4
5
Taylormade
Quilters
9:00 AM
.....
ANR Agent
Reception
4:00 - 6:00 PM

6
7
Homemaker
Council
Meeting
10:00 AM
.....
Children's
Mental Health
Awareness
5:30 PM

8
Canning
Tomatoes
10:00 AM &
2:00 PM

9
Early Learning
Bus & Kid's
Bucks at the
Farmers' Market
9:00 AM -
12:00 PM

10
11
Sourdough for
Beginners
11:00 AM &
6:00 PM

12
Lunch with
the Doctor
12:00 PM

13
Mailbox Barn
Quilt
1:00 - 4:00 PM

14
KY State Fair

17
18
19
Passport Trip to
the KY State
Fair
.....
Blankets of Love
1:00 PM

20
Blankets of Love
1:00 PM

21
Ovarian Cancer
Screening Trip

KY State Fair

24
KY State Fair

25

26
Mailbox Barn
Quilt
9:00 AM -
12:00 PM

27
28
Homemaker
Leader Lesson
10:00 AM
.....
Homemaker
Annual Meeting
6:00 PM

29

30
Food Truck
Festival at
Farmers' Market
8:00 AM -
5:00 PM
.....
Cross Stitch
Retreat
10:00 AM

31

Bunco Club
No longer
meeting at this
time.

Circle of Friends
2nd Tuesday
6:30 p.m.

**Cross Stitch
Retreat**
Last Saturday
10:00 a.m.

Harmony
2nd Tuesday
12:30 p.m.

Mannsville
2nd Thursday
6:00 p.m.

Mastering Skills
2nd Monday
12:30 p.m.

Modern Day
No meeting
this month.

Quilts of Freedom
4th Wednesday
10:00 a.m.

Saloma Road
2nd Thursday
10:00 a.m.

Sidetracked
2nd Tuesday
6:00 p.m.

**Taylor Made
Quilters**
1st Tuesday
9:00 a.m.



Tomato Corn Pesto Pizza

3 plum or Roma tomatoes
¼ teaspoon onion powder
½ teaspoon freshly ground
or seasoned pepper
½ cup basil pesto
1 (14-16 ounce) whole

wheat or regular
packaged pre-baked
pizza crust, thin crust
¾ cup fresh corn kernels
½ cup grated Parmesan
cheese

1 teaspoon honey
4 ounces shredded
mozzarella cheese
3 tablespoons fresh
whole or torn basil
leaves, (optional)

Preheat oven to 450 degrees F. **Slice** tomatoes into ¼ inch slices; **place** tomato slices on paper towels; **sprinkle** with onion powder and pepper; let stand 20 minutes. **Spread** pizza crust with pesto. **Stir** together corn kernels, Parmesan cheese and honey. **Top** pizza with corn mixture, tomato slices and mozzarella cheese. **Place** pizza directly on middle oven rack; **bake**

approximately 12-14 minutes or until cheese is melted and golden. **Remove** from oven and **top** with fresh basil leaves, if desired. Cut into 8 slices.

Yield: 8 servings, 1 slice each

Nutritional Analysis: 290 calories, 13 g fat, 4.5 g saturated fat, 15 mg cholesterol, 590 mg sodium, 29 g carbohydrate, 2 g fiber, 3 g sugar, 14 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>