

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
JUNE/JULY 2025 NEWSLETTER

 **Martin-Gatton**
College of Agriculture,
Food and Environment

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Use these simple clothing tips for sun protection

Source: Jeanne Badgett, senior extension associate for clothing, textiles and household equipment

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.

When properly applied, sunscreen 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 also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether 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)

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- 30 UPF = Good protection (about 3% of UV rays can pass through)

15 UPF = Minimum protection (about 7% of UV rays can pass through)

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

- **Darker, vivid-colored clothing offers more protection.** Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- **Look for denser or more tightly woven or knit fabrics.** These fabrics limit the amount of light that can pass through.

- **Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays.** Untreated natural fibers – such as cotton – absorb UV rays.
- **Avoid clothing that is too tight or that stretches.** Gaps in the fabric may allow UV rays to pass through.
- **Wet clothing offers less protection.** Changing clothing for activities that involve water may be beneficial. 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 optimal 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; and dry on low or air dry while avoiding direct sunlight.



ADULT HEALTH BULLETIN



JUNE 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>

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THIS MONTH'S TOPIC

WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

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Cooperative Extension Service

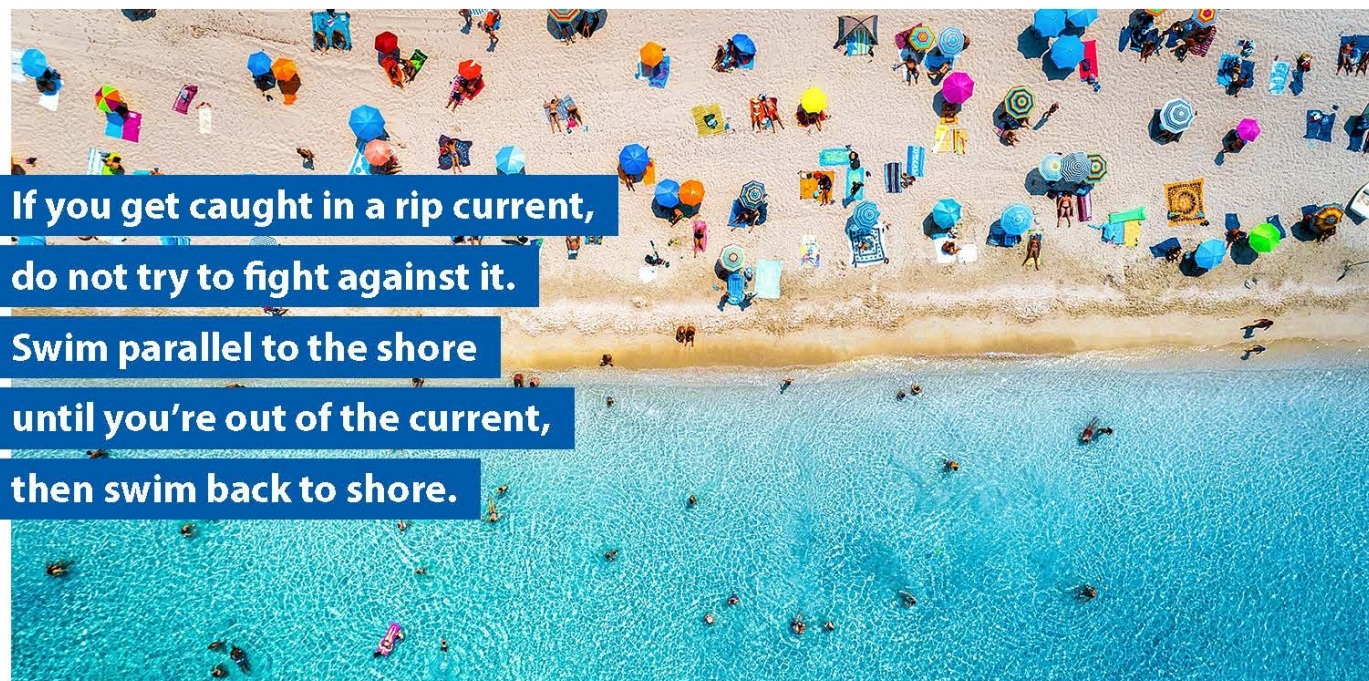
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



→ Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.
- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

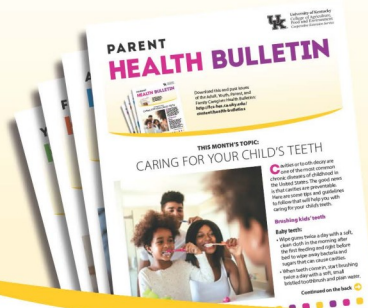
Designed by: Rusty Manseau

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PARENT

HEALTH BULLETIN



JULY 2025

Download this and past issues
of the Adult, Youth, Parent, and
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content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC

KEEP KIDS HYDRATED



With water bottles and giant cups being all the rage, it may come as a surprise that dehydration remains a risk for many children and teens. However, it is true! Dehydration, which occurs when a person's body does not receive enough water to function properly, is a common cause of illness in children, particularly during the summer. Mild dehydration can cause a person to feel tired, nauseous, and lightheaded. If it is not addressed, severe dehydration can lead to major organ damage and can even be fatal.

The most common cause of dehydration in children is not drinking enough water. Children 8 years and older should drink at least 8 cups of water per day. Being active, spending time outside in the heat, and illness all increase the need for

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Children 8 years and older should drink at least 8 cups of water per day.

→ Continued from the previous page

more water. The more a person sweats, the more water they need to replace what was lost.

If your child is sick, they may not want to drink much, but that does not mean their body does not need water. Water is an essential part of the body's immune system, which fights disease. Fever increases the body's need for water by causing sweat. Vomiting and diarrhea also drain the body of needed water. If your sick child cannot stomach plain water, try coconut water or add an electrolyte mix.

Here are some other tips to help encourage your kids to drink enough water:

- **Make the container appealing:** Let kids choose their own water bottles or cup with fun designs or characters or decorate one you already have with stickers or permanent markers.
- **Add some flavor:** Add slices of fruit and vegetables, like citrus, berries, or cucumber, or mint to water for a fun flavor. Experiment with single flavors or mix flavors to create a unique combination.
- **Keep it cool:** Add ice to water to make it more refreshing or use shaped ice cube trays to add interest.
- **Silly straws:** Some people can drink more water from a straw than out of a cup or glass. Offer kids a straw to drink out of if they struggle to drink from a cup. There are so many types to choose from — bendable, colorful, and even swirly!
- **Water station:** Set up a designated place where kids can easily refill their bottles or cups. Sometimes, just the visual cue of a place to put their water bottle, or a pitcher of water on the counter, is enough to remind them to drink.
- **Replace sugary drinks:** Avoid sugary drinks, such as juice, soda, and sports drinks, and opt for water instead. If this is a problem, start small with transitioning one “point of contact” at a time. For example, only carry water to drink while out and about, or only offer water with snacks or meals. Gradually make the shift to drinking all or mostly water.
- **Eat hydrating foods:** Encourage kids to eat fruits and vegetables high in water content, like watermelon, cucumbers, and celery.
- **Remind them:** Remind kids to drink water before, during, and after physical activity, or when spending time outside in warm or hot weather.
- **Drink water yourself:** Be a good role model by drinking water yourself throughout the day.



REFERENCE:

<https://headstart.gov/publication/encouraging-your-child-drink-water>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2025

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

THIS MONTH'S TOPIC: INVESTING FOR EVERYONE

Benjamin Franklin is credited with saying, "A penny saved is a penny earned." But is this principle true? In today's economy, not necessarily. If we put a penny (or dollar) under a mattress, it may be worth less than a penny (or dollar) tomorrow or next year. Because of inflation, goods and services usually cost more in the future than they do today. This is why even people who are good at "saving" can fall behind financially. Investing your money is one way to battle inflation.



GROW YOUR MONEY

Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your "risk tolerance" will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as *"an investor's ability and willingness to lose some or all of an investment in exchange for greater potential returns."* There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.

COMPOUNDING INTEREST

Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100, you could pay back more than \$100 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest, sometimes daily! This illustrates the principle of **compounding interest**, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster. Learn more at ukfcs.net/MoneyWise2-23

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Spellapalooza is coming up on August 1st. This is a fundraiser for Thorn Hill Education Center. For several years now we have donated individually wrapped baked goods for them to sell during their event. Everyone is invited to stay and enjoy the spelling bee also. They have a Cookout at 5:30, which cost whatever you want to donate. The Spelling Bee starts at 6:00. It is held in the Thorn Hill Education Center. Any baked goods can be dropped off at the office before 4:00 p.m. on August 1st. We can take them over to the Center. If you want to bring them to the Center please have them there between 4 and 5.

Our **Annual Meeting** this year will be held at the same time as our **Kickoff**. The date for this is August 25th. Registration starts at 5:30. There will not be a charge this year because we are going to have a potluck instead. The County Council will provide fried chicken, paper products, utensils and beverages. We will still have our raffle, so each club is asked to bring something for the raffle. We do need everyone to contact the office and let them know if you are planning to attend so we will know how many to expect. We will have a planning meeting in July. I will let you know when that date is later.

Starting in September we will start having quarterly **County Council Meetings**. Two will be in the evening and two will occur in the afternoon. Everyone is invited to attend. We will be discussing upcoming events, budget, elections, etc.

Below is a list of Important Dates:

August 1, 2025 - Spellapalooza - 5:30 p.m. - Thorn Hill Education Center.

August 25, 2025 - Homemakers' Kickoff/Annual Meeting - Registration starts at 5:30 p.m. Please call the office to let us know if you are attending.

September 16, 2025 - Homemakers' Council Meeting - 5:00 p.m.

October 12 - 18, 2025 - Homemakers' Week - Upcoming Events will be announced at a later time .

November 22, 2025 - Children's Holiday Store

November 24, 2025 - Homemakers' Dues must be turned in to the County Council. Please drop them off at the office.

December 16, 2025 - Homemakers' Council Meeting - 1:00 p.m.

March 17, 2026 - County Cultural Arts - 9:00 a.m.

March 17, 2026 - Homemakers' Council Meeting - 5:00 p.m.

May 12 - 14, 2026 - KEHA State Meeting in Lexington.

May 19, 2026 - Annual Meeting - Registration starts at 5:30 p.m.

June 16, 2026 - Homemakers' Council Meeting - 1:00 p.m.

I hope that having these dates in advance will be helpful to everyone. If you have any questions, please do not hesitate to contact me. Thanks!

Elizabeth Collins

Franklin County Homemakers' President

UPCOMING events

FRANKLIN CO. 4-H WEEKEND MINI CAMP Kentucky Cooperative Extension Service

June 27-29, 2025

Registration Open!

One campfire wasn't enough for Summer 2025!

Cost: \$175 Ages 9 +  **J.M. Feltner 4-H Camp**
London, KY

4-H Summer Camp fun packed into ONE weekend!

Questions? **502-695-9035**  **Registration Link:**
<https://franklin.ca.uky.edu/4-h-mini-camp-weekend-2025> 

Yes Card Accepted!

65th Annual Farm City Field Day KENTUCKY COOPERATIVE EXTENSION

KSU Harold R. Benson Research Farm

07.10.25

5PM- FREE MEAL
6-8PM FARM TOURS

 For more details visit
<https://franklin.ca.uky.edu/field-day>

FIRST BAPTIST CHURCH

SATURDAY JUNE 21 10a-4p

Dr. Rosby L. Glover

UNITY in the COMMUNITY

UK Health Fair, Food, Contests, Entertainment, Kids Activities & Community Partner

100 CLINTON STREET FRANKFORT, KY 40601 | BISHOP TIANGELLO HILL | SENIOR PASTOR

For more information on upcoming events visit our website at <https://franklin.ca.uky.edu/events>.

If you missed the Pink Floyd Open, in May, be sure to contact Julio Mendoza-Medina for information on the next event at julioamendoza@yahoo.com.



UK Cooperative
Extension Service

Preserving Summertime



Whether it is your first time, or you are a pro, come learn the fun and benefits of food preservation!

Kinds of Canners: May 12, 2pm-3pm

Fruit Leathers: May 16, 1:30pm-4pm

Carrots Canning Class: May 27, 1:30pm-4pm

Peaches Canning Class: June 5, 1:30pm-4pm

Jelly and Jam-Packed Weekend: June 13, 2pm-4pm and June 14, 10am-12pm

Pickles Canning Class: June 17, 1:30pm-4pm

Tomato Canning Class: June 24, 1:30pm-4pm

Salsa Canning Class: June 27, 1:30-4pm

Green Bean Canning Class: July 3, 1:30pm-4pm

Green Bean Canning Class: July 8, 5pm-7:30pm



Registration is required and space is limited. Please call the Woodford County Office to sign-up. (859)-873-4601

Capital City Activity Center Senior Citizen



Let's stay
well together

Vaccination Clinic

Capital City Activity Center is partnering with Capital Pharmacy of Frankfort to offer Tetanus, Flu, Pneumonia, Covid, RSV, Shingles vaccinations

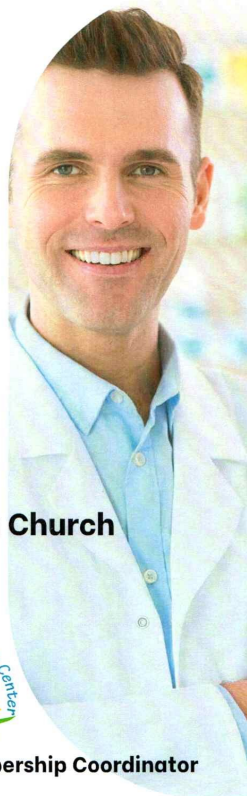
Date: August 12, 2025

Time: 9:00am-11:00am

**Location: Peaks Mill Christian Church
7534 Peaks Mill Road
Frankfort, Kentucky 40601**

Capital City Activity Center
202 Medical Heights Drive
Frankfort, Kentucky
502-223-5794

Ask for Robin, Grant Administrator/Membership Coordinator



FREE SUMMER MEALS FOR KIDS

**SUN
MEALS TO-GO**

GET A WEEK OF BREAKFAST & LUNCH!

ALL KIDS AGE 0 - 18 WELCOME

Choose the location that works best for you!

FRANKFORT INDEPENDENT SCHOOLS

Pick Up at FRANKFORT HIGH SCHOOL

WEDNESDAYS, 3:15 PM - 5:15PM

June 11, 18 & 25; July 2, 9 & 16

Sign up at bit.ly/3H5i3Ty

Contact amy.stosberg@frankfort.kyschools.us for info.



OR

FRANKLIN COUNTY SCHOOLS

Pick Up at HEARN ELEMENTARY

or COLLINS LANE SCHOOL

WEDNESDAYS, 11 AM - 1 PM

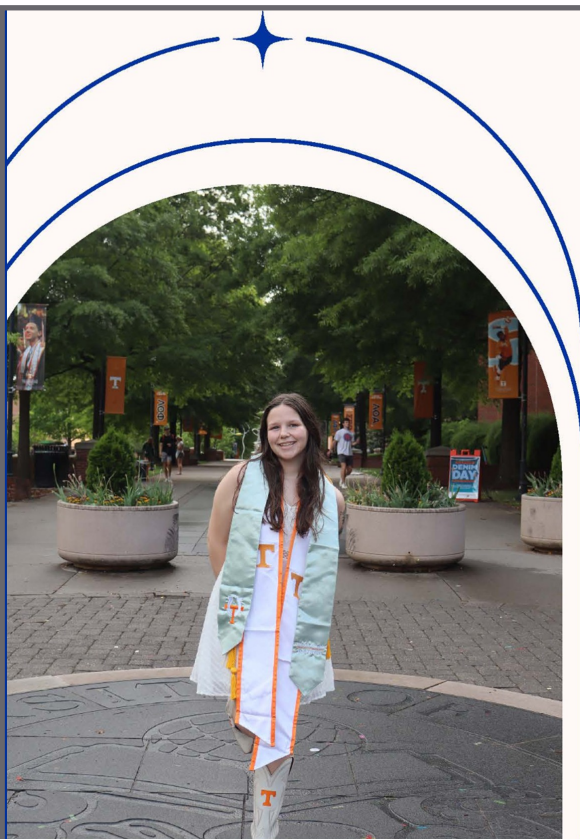
May 28; June 4, 11, 18, 25; July 2, 9, 16, 23, 30

Sign up at bit.ly/fcsletseat

Contact Christy at 502-695-6700 for info.



Have Summer EBT or SNAP? Shop at the Farmers Market or Locals Food Hub and get extra SSS every time you shop



meet OUR SUMMER INTERN

Hello everyone! My name is Danielle Rinker, and I'm excited to be serving as one of the Extension interns this summer at the Franklin County Extension Office. I'm originally from the small town of Toms Brook, Virginia, where I grew up deeply rooted in the Extension community. From a young age, I was heavily involved in 4-H, with a strong focus on showing horses and competing in public speaking and communication contests. My 4-H journey took me from the local club level all the way to state, regional, and national competitions.

I recently graduated from the University of Tennessee, Knoxville with a degree in Agricultural Leadership, Education, and Communications. I'm passionate about youth development, horses, and agricultural policy, and I'm working on some exciting programs and workshops for this summer.

I look forward to meeting many of you and being a part of the incredible work happening here in Franklin County. See you soon!

Welcome!

Beck Armstrong 4-H Program Assistant

Beck is excited to be a member of the Franklin County Extension Team as the new 4-H Program Assistant. He earned his bachelor's degree in History and Fine Arts at Georgetown College, with a focus on Appalachian History and Broque Art. Away from the office, you can find Beck hiking, gardening, or finding other ways to spend time with his dog, Rodeo.





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- Learn how to handle and store food safely
- Save money with meal planning and grocery shopping tips
- Find your local Farmers' Market or Food Pantry
- Learn what Free classes are at your local Extension office

Super Crunchy Salad

<p>¾ cup pepitas (raw pumpkin seed kernels) Cooking spray ¼ teaspoon ground cayenne pepper Salt and ground black pepper to taste</p>	<p>1 pound Brussels sprouts, trimmed and thinly sliced ½ pound curly kale, stems removed and thinly sliced ½ pound Napa cabbage, thinly sliced 1½ cups dried cranberries 1 (15-ounce) can Mandarin oranges, drained</p>	<p>4 green onions, thinly sliced 8 strawberries, trimmed and thinly sliced 1 (16-ounce) bottle creamy poppy seed dressing 1 tablespoon orange zest Juice from 1 orange</p>
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Place pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat. **Place** in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

Note: Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

Yield: 10, 1½ cup servings

Nutritional Analysis: 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.

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for all the up-to-date
information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service

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