



WHAT'S IN THIS  
MONTH'S ISSUE:

- Homemaker News
- Farmers Market and Senior Vouchers
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- Hike and Learn
- Playdates
- Book Giveaway
- Health Bulletin

Family and  
Consumer Sciences  
News

From your FCS Agent

Hello! On June 1st I officially began my position as Carter County's FCS Agent, again! A little over three years ago I made the very difficult decision to stay at home with my children. I hoped that one day I would get the opportunity to return to Extension, but I never dreamed the position would remain open for three years and I would get to come back so soon! It can't even begin to express my gratitude for this opportunity!

I'm so excited about upcoming programs that we have planned, and I look forward to catching up with many of you very soon! If you are a Homemaker member, please let me know your club's meeting plans. I want to come to as many club meetings as possible this next program year, so please let me know when and where you will be meeting so I can go ahead and put the dates on the calendar.

As many of you know, I have also lost my dad recently. The last four months have been very difficult for my family and I appreciate all of the kind words, cards, and prayers. The Carter County Homemakers sent me a beautiful lantern in his honor and many of you came to the church for visitation to pay your respects. I have never been more grateful to live and work in Carter County. I love this community and most of all I love these people.

It's an honor and a blessing to get to serve you once again as your Agent. We can partner together to make a difference in our communities one family at a time! Feel free to contact me at [whitney.morrow@uky.edu](mailto:whitney.morrow@uky.edu) or 474-6686 with any program ideas, suggestions, or questions or stop by my office for a visit!

Cooperative  
Extension Service  
Carter County  
94 Fairground Dr  
Grayson, KY 41143-9520  
(606) 474-6686  
Fax: (606) 474-8542  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



Whitney Morrow

Whitney Morrow  
CEA for Family and  
Consumer Sciences  
Carter County





# Homemaker News

## Upcoming Events

Erichment Camp is September 20, 21, and 22 at Camp Caleb in Flat Gap. If you are interested, call the office and we will mail you the registration

## Congrats! to our newly elected officers

**President-** Starlene Harris  
**VP-** Carol Ann Fraley  
**Treasurer-** Shirley Carra  
**Secretary -**Sue Tacket

## Annual Meeting

We had around 30 members gather at Carter Caves for our annual meeting!  
Congratulations to our Cultural Arts winners! Ronda Vaughn, Janice Prezioso, Clotten Henderson, Marcy Franks, and Rosemary Fannin all received blue ribbons!

## Note from Treasurer

I would like to personally thank everyone for all of their hard work this homemaker year. I appreciate everyone getting their dues in on time, hard work selling pecans, and all of the time and effort that went in to the annual meeting. We are looking forward to an even better year next year, with hopefully an increase in membership! Keep up the good work.

Sincerely,  
Shirley Carra

# Upcoming Events

## Senior Farmer's Market Voucher Distribution

**Northeast Community Action Agency in Olive Hill – Monday, June 27th from 12:30-3:30**  
**Grayson Farmer's Market Shed (behind Extension Office) – Tuesday, June 28th from 12:30-3:30**

Seniors will need to stay in their cars and staff will come to them to complete the sign-up process. Participants must be at least 60 years old and have proof of age with them. Seniors must also have an income less than or equal to 185% of the poverty level to qualify for the vouchers.

Vouchers will NOT be distributed prior to the dates listed above. Forms that were received in the commodity boxes can be returned to the distribution sites on the dates listed above but should NOT be returned to the Extension Office prior to June 28th. Participants may only sign up for vouchers once each summer. Vouchers will be distributed on a first come-first served basis. The purpose of the Kentucky Farmers' Market Nutrition Program (FMNP) is to gain market access for farmers as well as improving nutrition of low-income families by providing them better access to fresh fruits and vegetables. Funding for Kentucky's program comes from federal and state resources. The Kentucky Department of Agriculture (KDA) serves as the lead agency for Sr FMNP. This year, the seniors will be provided with a \$48 debit card that can be used to purchase fresh, unprocessed, locally grown fruits, vegetables, and herbs at State-approved farmers' markets.

The Grayson Farmer's Market will open on July 2nd and will be open on Saturdays from 9:00 AM until sell out. The Olive Hill Farmer's Market will open on July 9th and will be open on Mondays from 3:00 PM until sell out and on Wednesdays and Saturdays from 8:00 AM until sell out.





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## 3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!



**DATE: June 28-30 or July 25-27**

**TIME: 10am-2pm**

**LOCATION: Carter County Extension Education Center. 94 Fairground Drive, Grayson, KY**

**TO SIGN UP, CONTACT 474-6686 or whitney.morrow@uky.edu**

**Spots are limited!**



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

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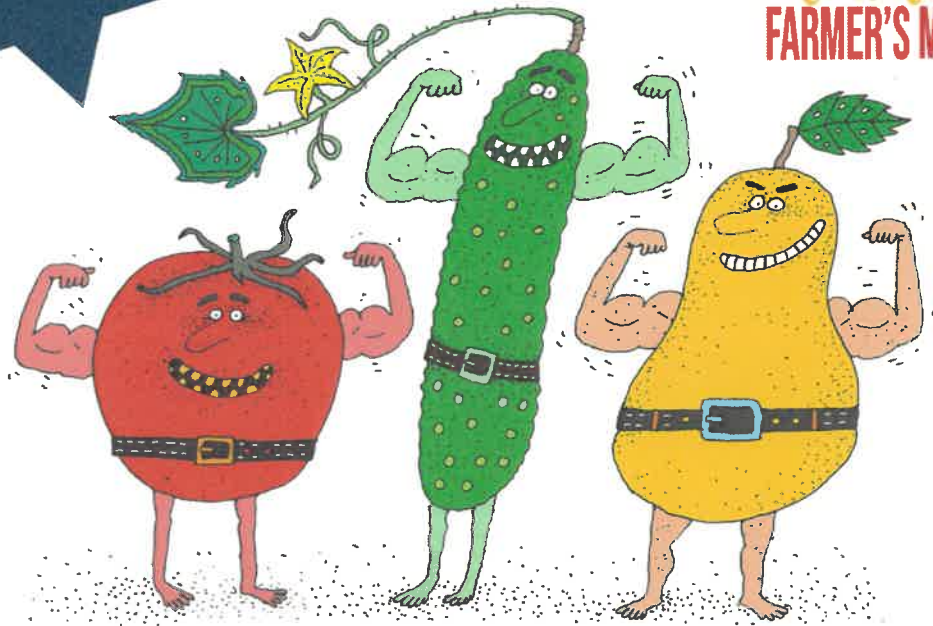
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# KID'S DAY



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Sponsored by



This Summer at the Carter County Farmer's Market, we will have 2 Kid's Day events at both locations! You will have a chance to earn bucks to be spent at the market for the whole season! (Till Oct. 31st)  
Join us for some fun activities!

## OLIVE HILL

Wed. July 13th 8:30a-11:00a  
Mon. Aug. 1st 3:00p-4:30p

## GRAYSON

Sat. July 23rd 9:30a-11:00a  
Sat. July 30th 9:30a-11:00a

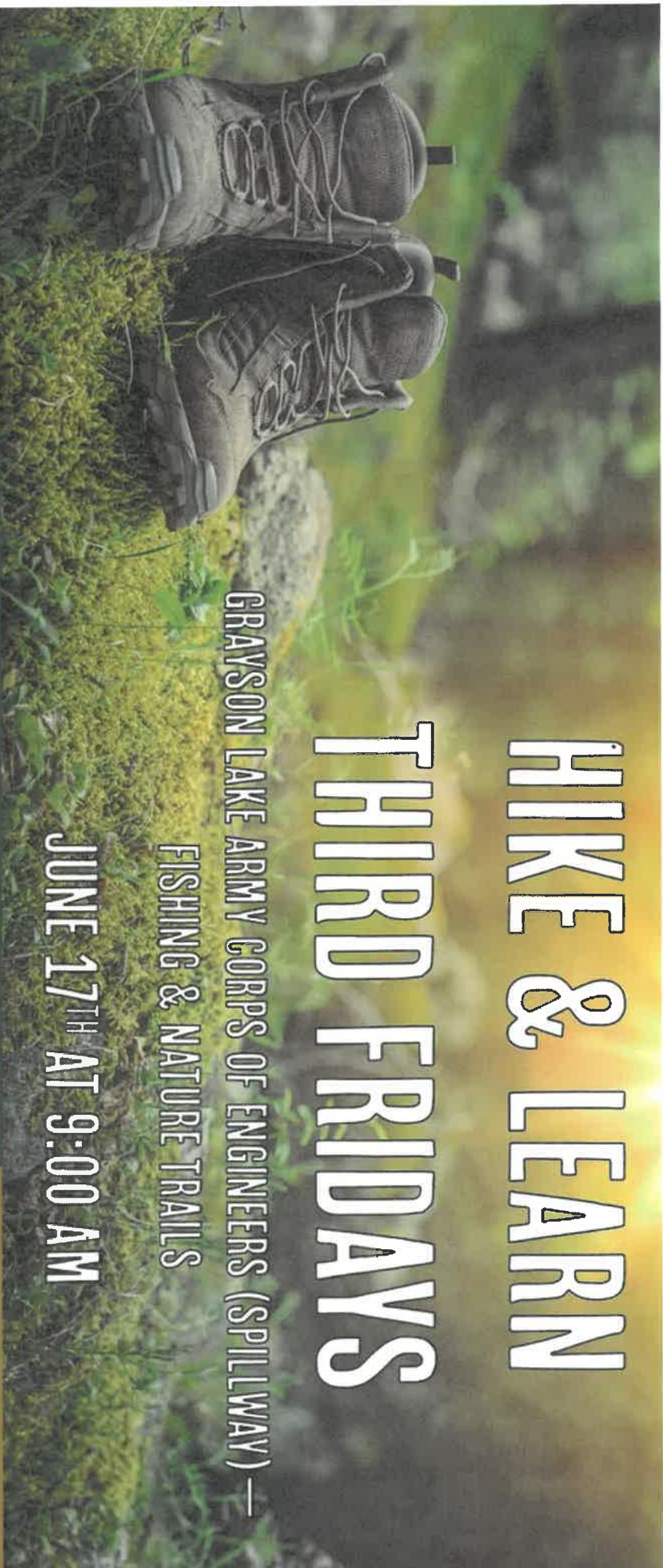
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# HIKE & LEARN THIRD FRIDAYS

## GRAYSON LAKE ARMY CORPS OF ENGINEERS (SPILLWAY) — FISHING & NATURE TRAILS JUNE 17<sup>TH</sup> AT 9:00 AM

### Upcoming Dates & Locations:

- July 15<sup>th</sup> @ 9:00 — Carter Caves Natural Bridge Trail & Tomahawk Throwing
- August 19<sup>th</sup> @ 9:00 — Greenbo Lake State Resort Park— Fern Valley Trail
- September 16<sup>th</sup> @ 1:00 — Grayson Lake US Army Corp of Engineers— Primitive Trail
- October 21<sup>st</sup> @ 1:00 — Laurel Gorge Cultural Heritage Center

### The Details for this Month:

Fishing & Nature Trails @  
 Grayson Lake US Army Corps of Engineers (Spillway)  
 June 17<sup>th</sup> @ 9:00 AM

WALKING DISTANCE: 1.5 miles  
 DIFFICULTY: Moderate  
 Meet in the small parking lot on the right before you get to the picnic shelter.  
 Closed-toe shoes are required. Bring your own snacks & drinks.  
 All ages welcome! Youth participating in this month's Hike & Learn will earn Kid's Bucks to spend at the Farmer's Market.  
 This hike will be pet friendly. All dogs must be leashed.

Hikes may be cancelled due to bad weather or trail conditions.

Cancelled hikes will not be rescheduled. Sign up to receive Hike & Learn reminders, updates, and cancellation notifications by scanning this code.  
 All activities are FREE!



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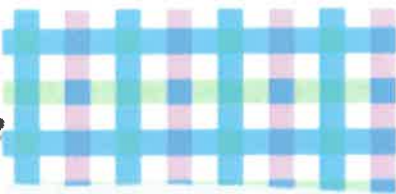


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# LAUGH AND LEARN PLAYDATES

10AM- NOON  
KIDS AGES 1-6

July 20

Water Play (bring towel and change of clothes/swimsuit)

August 3

August 17th

Call 474-6686 or email  
[whitney.morrow@uky.edu](mailto:whitney.morrow@uky.edu) to register

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# DISCOVER THE MAGIC IN READING!

## FREE BOOK GIVEAWAY

CARTER COUNTY EXTENSION EDUCATION  
CENTER

94 FAIRGROUND DR.  
GRAYSON, KY

**SATURDAY JUNE 18 10AM-UNTIL GONE**  
DOORS WILL NOT OPEN UNTIL 10:00

COME GET FREE BOOKS FOR ALL AGES PRESCHOOL  
TO ADULTS!







## Honey Raisin Muffins

<b>½ cup + 2 tablespoons</b> all purpose flour	<b>¼ teaspoon</b> baking soda	<b>1 cup</b> skim milk
<b>½ cup + 2 tablespoons</b> whole wheat flour	<b>1 teaspoon</b> ground cinnamon	<b>½ cup</b> honey
<b>¾ teaspoon</b> baking powder	<b>¼ teaspoon</b> salt	<b>2</b> egg whites
	<b>2 cups</b> bran flake cereal with raisins	<b>3 tablespoons</b> unsweetened applesauce
		<b>2 tablespoons</b> canola oil

- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce

- and oil; **mix** well.
- 3. Add** dry ingredients and stir until moistened.
  - 4. Fill** a greased or paper-lined muffin pan  $\frac{2}{3}$  full.
  - 5. Bake** at 400°F for 15-18 minutes.
  - 6. Cool** 10 minutes before removing from pan.

**Yield:** 12 muffins.

**Nutrition Analysis:**  
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



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

## Kentucky Honey

**SEASON:** Honey is harvested in July and August.

**NUTRITION FACTS:** 1 tablespoon of honey has 60 calories, 0 g fat, 17 g carbohydrate, 0 g protein.

**SELECTION:** Bees prepare honey from nectar collected from the flowers and blossoms of trees. Color and flavor is determined by the blooms.

**STORAGE:** Store honey at room temperature, in an air-tight container for up to 2 years.

**PREPARATION:** Honey can be used in cooking in place of sugar. For baking with honey, substitute honey for up to  $\frac{1}{2}$  the sugar in recipes. Reduce

**Source:** [www.honey.com](http://www.honey.com)

the liquid in the recipe by  $\frac{1}{4}$  cup for each cup of honey used. Add  $\frac{1}{2}$  teaspoon baking soda for each cup of honey and reduce the oven temperature by 25° to prevent over-browning. Honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.



### HONEY

#### Plate It Up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students

**March 2012**

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ADULT

# HEALTH BULLETIN



JULY 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

**THIS MONTH'S TOPIC:**

## SUNSCREEN SAFETY



**E**xtended time outside, whether you are walking, gardening, or reading a book, puts you at risk of sun damage, which in turn can cause sunburn, skin cancer, and premature aging. One of the best ways to protect yourself from sun damage is by wearing sunscreen anytime you spend time outdoors.

Sunscreen is important for protection from sunburn, early aging, and skin cancer. It works by protecting you from the ultraviolet rays that come from the sun. Specifically, it protects the skin from two different types of radiation: UVA and UVB. UVA, or Ultraviolet A, is the type of ray that causes the skin to age and creates lasting skin damage. UVB, or Ultraviolet B rays, cause sunburns. They both can cause skin cancer. When you see a sunscreen that is labeled "Broad Spectrum," it means that the sunscreen protects from both UVA and UVB rays.

Continued on the back →



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## *Put on broad spectrum sunscreen that has an SPF of 30 or higher before you go outside. Reapply every 2 hours.*

### ➔ Continued from page 1

When selecting a sunscreen, the Skin Cancer Foundation and the American Cancer Society recommend an SPF of 30 or higher. The SPF, or Sun Protection Factor, is a measure of how long the skin can be in the sun before it starts to burn. The higher the number, the greater the protection. For example, an SPF of 45 means that you can stay outside in the sun 45 times longer without getting burned. However, sunscreens lose their effectiveness over time and as you sweat, so you need to reapply every two hours.

Now that it is getting warmer outside, you may start thinking about wearing sunscreen. However, we should be wearing sunscreen every time we step outside. That includes even in the middle of winter. The sun and its accompanying UVA and UVB rays are working all year, not just in the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Protecting yourself from the sun should be done from head to toe, including your face, lips, or any exposed skin. Follow these tips on how to enjoy time in the sun safely.

### How to protect your skin from the sun

- **Wear sunscreen.** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Reapply every 2 hours.
- **UV protective clothing.** When possible, wear UV protective clothing. This can include shirts, long sleeves, arm sleeves, shorts, leg sleeves, and pants. If you do not have UV protective clothing, you can wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- **Rock a hat.** Try to wear a hat that has a wide brim to shade your face, ears, and the back of your neck. A darker hat may offer more UV protection. If you wear a typical baseball-style cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas or applying sunscreen to exposed skin.



- **Use sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

#### REFERENCES:

- [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
- <https://www.hhs.gov/surgeongeneral/reports-and-publications/skin-cancer/consumer-booklet>

ADULT  
**HEALTH BULLETIN**

**Written by:**  
Dr. Natalie Jones, MPH, DrPH  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com, Adobe Stock





**Cooperative Extension Service**  
University of Kentucky  
Carter County  
94 Fairground Drive  
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