

ADAIR COUNTY EXTENSION HOMEMAKERS

August 2025

KENTUCKY STATE FAIR STARTS AUGUST 14TH

🎉 August is packed with fun and learning with the Adair County Extension Homemakers! 🌻

Join us for the Versatile Vanity Basket Class on August 28 at 1:00 pm—create a beautiful handmade basket in black, red, or aquamarine for just \$40 (all supplies included!).

🎨 Don't miss the rescheduled Patriotic Cat Painting Party with local artist Bridgett Powell on August 21 at 10 AM—\$15 gets you in, no experience needed, limited to 12 spots! 🐱

Learn how to keep your home safe with our FREE Intro to Radon class on August 19 at noon—attendees get a free radon test kit! 🏠📺

Congrats to our many Floral Hall winners, and thank you to all the volunteers who made it possible! 🌸

Mark your calendars—the Kentucky State Fair kicks off August 14! 🎪

Homemaker signups will begin September 1st.



Congratulations to our many
Floral Hall winners

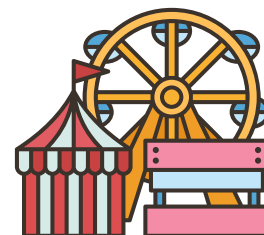


Volunteers make the
Floral Hall possible

Calendar of Events

New Basket Class - August 28
Joyful Hearts Quilt Guild - August 11
Bliss Club - August 14
Radon in KY Lesson - August 19
County Council Meeting - August 19

See you soon!
Dylan Gentry
Dylan Gentry
County Extension Agent
for Family & Consumer Sciences



Adair County
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Extension Service



Adairces



adair.ca.uky.edu



Disabilities
accommodated
with prior notification.

Rescheduled Paint Party

When? Thursday, August 21st at 10AM CST

Where? Adair County Extension Office

Who? Open to everyone

Cost? \$15

Payment will only
be accepted the
day of class.

Description: Local artist Bridgett Powell will host a painting party open to the public. The topic of the painting will be a patriotic cat. No painting skill or experience is required. RSVP is Required (Call the Extension Office at (270) 384-2317 to register), limited to the first 12 to register.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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Radon in Kentucky

AUGUST 19TH AT NOON

Where? Extension Office

Who? Open to everyone

Cost? FREE

Teacher: Dylan Gentry, Adair County FCS

Description: Intro to Radon: What It Is & How to Test for It

Learn the basics of radon, a naturally occurring gas that can pose serious health risks in your home. This introductory class will cover what radon is, why it matters, and how to test for it effectively. All participants will receive a free radon test kit to use in their own home. Don't miss this opportunity to protect your family and gain peace of mind.

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Rn

Radon

(222)

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | 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/>



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EVOLVING LEADERS FORUM

SEPTEMBER 25, 2025

Taylor County Extension Office

1143 S Columbia Ave, Campbellsville

EASTERN TIME

9:30-10:00 a.m. Registration

10:00 a.m. Program Begins

1:30 p.m. Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

**Register with your local Extension Office
by September 10th**



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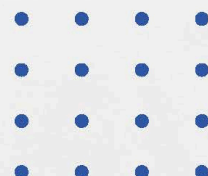
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Adair County
409 Fairground Street
Columbia, KY 42728
Official Business Only



Glazed Cantaloupe Bread

3 eggs
1 cup unsweetened applesauce
1 cup sugar
1 tablespoon vanilla extract
2 cups pureed cantaloupe
(about one 5-inch round melon)
1½ cups whole wheat flour

1½ cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
¾ teaspoon baking powder
2 teaspoons ground cinnamon

½ teaspoon ground ginger

Glaze:

½ cup butter
⅔ cup brown sugar
½ cup chopped pecans

Preheat oven to 325 degrees F. Lightly **grease** and **flour** two, 9 x 5-inch loaf pans. In a large mixing bowl **beat** together eggs, applesauce, sugar, vanilla and pureed cantaloupe. In a separate bowl, **sift** together flours, salt, baking soda, baking powder, cinnamon and ginger. **Add** flour mixture to cantaloupe mixture; **mix** just until combined, then **pour** batter into prepared pans. **Bake** in the center of a preheated oven for 60 to 70 minutes, until a toothpick inserted into center of loaf comes out clean and top of loaf springs back when pressed. Let loaves **cool** in pans for 10 minutes, run a knife around edge

then **turn out** of pans to a cooling rack.

For Glaze: Combine butter and brown sugar in a microwave safe bowl. Microwave on high 3 minutes, stirring well at 1 minute intervals, until smooth and sugar is melted; add pecans to the glaze. Pour glaze over warm loaves. Allow glazed loaves to cool one hour before serving.

Yield: 20 slices

Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 45 mg cholesterol, 20 mg sodium, 32 g carbohydrate, 2 g fiber, 17 g sugars, 4 g protein.



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

Versatile Vanity Basket Class

August 28, 2025

1:00 – 5:30 p.m. CST

Adair County Extension Office

Payment will
only be accepted
the day of class.

Cost: \$40

All tools & supplies are included, and participants will leave with a completed basket. Colors available are black, red, or aquamarine (shown). Bring a drink and a snack. To sign up, contact the Adair County Extension Office at (270) 384 -2317 or click the link to sign up <https://form.jotform.com/241514176809156>