



Family &  
Consumer  
Sciences

**UK** Cooperative  
Extension Service

# August 2025

**Cooperative Extension  
Service**

Daviess County  
4800A New Hartford Road  
Owensboro KY 42303  
270-685-8480  
daviess.ca.uky.edu

## DATES

**August 7**

OPS - 1st Day of School

**August 8**

Jam Class

**August 12**

DCPS - 1st Day of School

**August 14-24**

Kentucky State Fair

**August 18**

Tune into WBKR

**August 19**

Homemaker Lesson training

**August 19**

County Homemaker Council

**August 26**

Adult International Cooking Class

**August 28**

Basics of Sourdough Class

**September 1**

Labor Day

**September 16**

Green River Area Homemaker

Annual Day - Union County

**September 22**

Tune into WBKR

**September 20**

Lifesaver Walk at Moreland Park

**September 23**

Basics of Sourdough



Travel around the world  
with Extension!

Our first stop will be  
**Poland.**

**August 26th - 5:30 p.m.** - Learn how to make pierogis,  
sample a savory version, then practice filling and  
sealing some to take home.

**Registration deadline is August 19.**

**Class size is limited.**

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**Daviess County Extension Agent  
for Family & Consumer Sciences Education**

**Cooperative  
Extension Service**

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

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Disabilities  
accommodated  
with prior notification.

Check out [www.kystatefair.org](http://www.kystatefair.org) for more information on this year's State Fair. Also, be sure to plan your visit and include Cloverville to see all the 4-H exhibits from around the state!



Special thanks to Angie Swihart, Hancock County FCS Agent, and Paula Mason, Master Clothing Volunteer, for teaching this hands-on Basics of Sewing class. Everyone's pot holders turned out great!!



The Daviess County Cooperative Extension Office is sponsoring the Wits Workout Series at both the Senior Community Center and the Daviess County Public Library in September. For more information including dates, times, and how to sign up, visit their websites.



<https://seniorcenterodc.com/senior-class-education-series/>



<https://daviesscounty.librarycalendar.com/events/month>

Tune into WBKR, August 18, to hear about the recipe of the month, Slow Cooker Asian Pork Tacos, with our Nutrition Education Program Assistant, Quincy Swanagan.



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# Everything SOURDOUGH

For Beginners



Receive  
Sourdough starter  
to take home!

Bring a 16-32 oz jar

**August 28: 1-3 pm  
or  
September 23: 5-7 pm**

## TOPICS FOR CLASS

- WHAT IS SOURDOUGH
- HOW TO MAINTAIN SOURDOUGH
- HOW TO MAKE ARTISAN BREAD LOAF
- HOW TO USE SOURDOUGH DISCARD FOR COOKIE RECIPE
- HEALTH BENEFITS OF SOURDOUGH

Recipes provided!

**Class Hosted by Angie Swihart  
(Hancock Co. FCS Agent)  
at the  
Daviness County Extension Office**

Registration begins Monday, August 4  
Call 270-685-8480  
Class size is limited

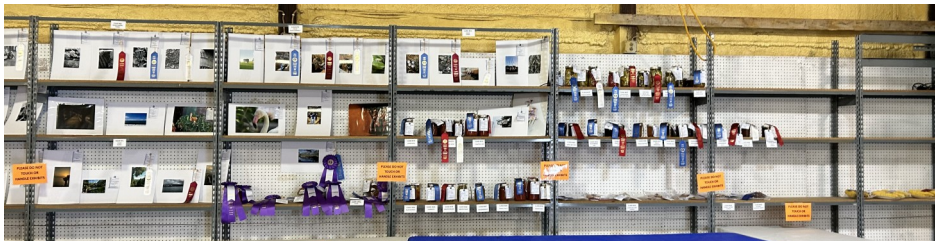
**KENTUCKY**  **COOPERATIVE EXTENSION**

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KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

An Equal Opportunity Organization



Thanks to everyone who entered in the County Fair FCS open division! Congratulations to all the winners!



## CANNING

Our canning class did a great job canning green beans!



You can join us for a basics of jams class on **August 8th at 10 a.m.** at the Daviess County Extension Office. You must register by August 5th by calling: 270-685-8480. Class size is limited.



Martin-Gatton  
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## Extension at the Market

Join the  
**DAVISS COUNTY EXTENSION OFFICE**  
this Fall at the  
**OWENSBORO REGIONAL FARMERS' MARKET**

Owensboro Regional Farmers' Market  
1205 Triplett St.  
Owensboro, KY 42303



**Tuesday, August 5**  
**Tuesday, August 12**  
**Saturday, August 16**  
**Tuesday, August 19**  
**Tuesday, August 26**

**Saturday, September 6**  
**Saturday, September 20**  
**Saturday, October 4**

Try Recipe Samples Using In-Season Produce  
Budget Friendly and Nutrition Focused





## Homemaker Lesson Training

Homemaker Lesson Trainings will start back up on **August 19th** at the **Daviess County Extension Office** only for in-person training. We will have training for two lessons:

**10 am** - September lesson: *The Big Freeze*  
this is a Food, Nutrition, and Health lesson

**11 am** - October lesson - *Indoor Air Quality*  
this is an Environment Housing, and Energy lesson

The lessons will be recorded and uploaded to Green River Area Homemaker YouTube channel.

## FOYER DECORATIONS

The office shared Daviess County Fair information in July and celebrated summer with a luau.



Trinity will decorate for September.

## COUNCIL MEETING

The Homemaker Council will be meeting

**Tuesday, August 19, 2025**

**12:30 p.m. - following the lessons**

at the Daviess County Extension Office

Please have a representative from your club if possible.

2025-2026 club packets will be available for pick-up at this meeting.

## AREA MEETING

See the flyer on the back of this page for information on the Green River Area Homemaker's Annual Day, **September 16, 2025**.

\$15 tickets are available at the Daviess County Extension Office. Registration deadline is September 8.

Please know your entrée choice when purchasing tickets.



# Green River Area Homemaker's Annual Day

“Volunteers Make A Difference One Piece At A Time”

September 16, 2025

St. Ann Parish Hall- 304 S. Church Street  
Morganfield, Union County-KY

Doors will open at 9:00 for Cultural Arts Exhibits  
Coffee, & muffins will be available.

Registration and Raffle Ticket Sales Start at 10:00 A.M.  
Greetings at 11:00 followed by lunch.  
Cost is \$15.00

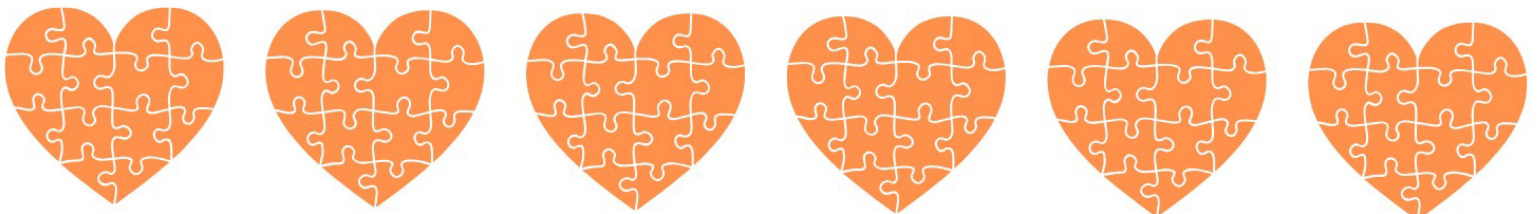
## Guest Motivational Speaker

Jason Koger, the first bilateral  
upper arm amputee in the world  
to be fitted with two multi-  
articulating bionic hands

## **Menu choices are:**

Cranberry Pork Loin or Parmesan  
Chicken with Green Beans,  
Roasted Baby Potatoes, House  
Salad, Dessert.

***(Request your choice of entrée  
when making reservations)***



Registration deadline is September 8th to the Union County Extension Office at 270-389-1400.

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto: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/>