



Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service
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LEWIS COUNTY

JULY 2023

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From Your FCS Agent

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Important Dates

Aug. 8th Leadership Day
Montgomery Co.

Sept. 5th Sign/Door Hanger Class
Sept.18th MCV- Mason Co.
Sept. 19th Charcuterie Class
Sept.30th Harvest Fest

A big hello to summertime and canning season!

I'm sure those of you who have gardens were so excited to get the rain we were recently blessed with. Those plants are growing and some big changes to harvest time which in turn, bring us to another line of work...canning season. Please be mindful to be extremely cautious as you do your canning...use proper jars, lids, and rings. Be sure to check your gasket for any damage and that it properly seals to create the right amount of steam. High pressure needs to be handled with much care. You are welcome to call the extension office (796-2732) and schedule a time to bring in your pressure canner gauge and we can check it to endure proper readings.

Please check out the various projects we have coming up that you are invited to attend. We're going to have some great things going on!



Christa O'Cull

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Lewis County FCS Agent

Cooperative Extension Service

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



Disabilities accommodated with prior notification.

Summer Intern 2023

WE WOULD LIKE TO INTRODUCE OUR 2023 SUMMER INTERN SONIA COOPER. SONIA IS FROM TOLLESBORO, KY, AND A GRADUATE OF LEWIS COUNTY HIGHSCHOOL CLASS OF 2020. SHE HAS COMPLETED HER ASSOCIATE'S DEGREE IN APPLIED SCIENCE/ AG EDUCATION AT HENDERSON COMMUNITY COLLEGE. SHE IS CURRENTLY ENROLLED AT MURRAY STATE UNIVERSITY WHERE SHE IS WORKING ON HER BACHELOR'S DEGREE IN AGRICULTURAL SCIENCE/ AGRIBUSINESS. SONIA IS ALSO A MEMBER OF THE FFA ASSOCIATION AND SHOWS SWINE AND CATTLE COMPETITIVELY ON COUNTY AND STATE LEVELS. HER CAREER GOAL IS TO BECOME A UK EXTENSION AGENT. SHE IS WITH US THIS SUMMER TO GAIN EXPERIENCE IN ALL EXTENSION AGENT FIELDS AND SEE EXACTLY HOW DAY-TO-DAY OPERATIONS WORK HERE AT THE LEWIS COUNTY EXTENSION OFFICE. SONIA IS EXCITED TO SEE WHERE THIS JOURNEY WILL TAKE HER THIS SUMMER!



Wally Cat Recipe

CAN OPENER SALSA

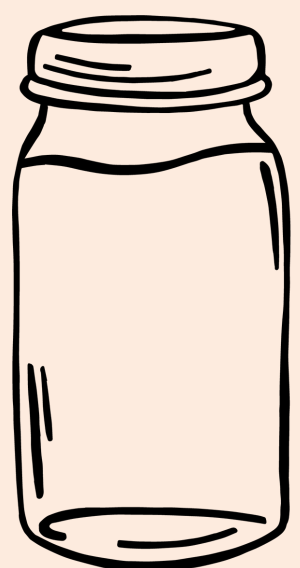
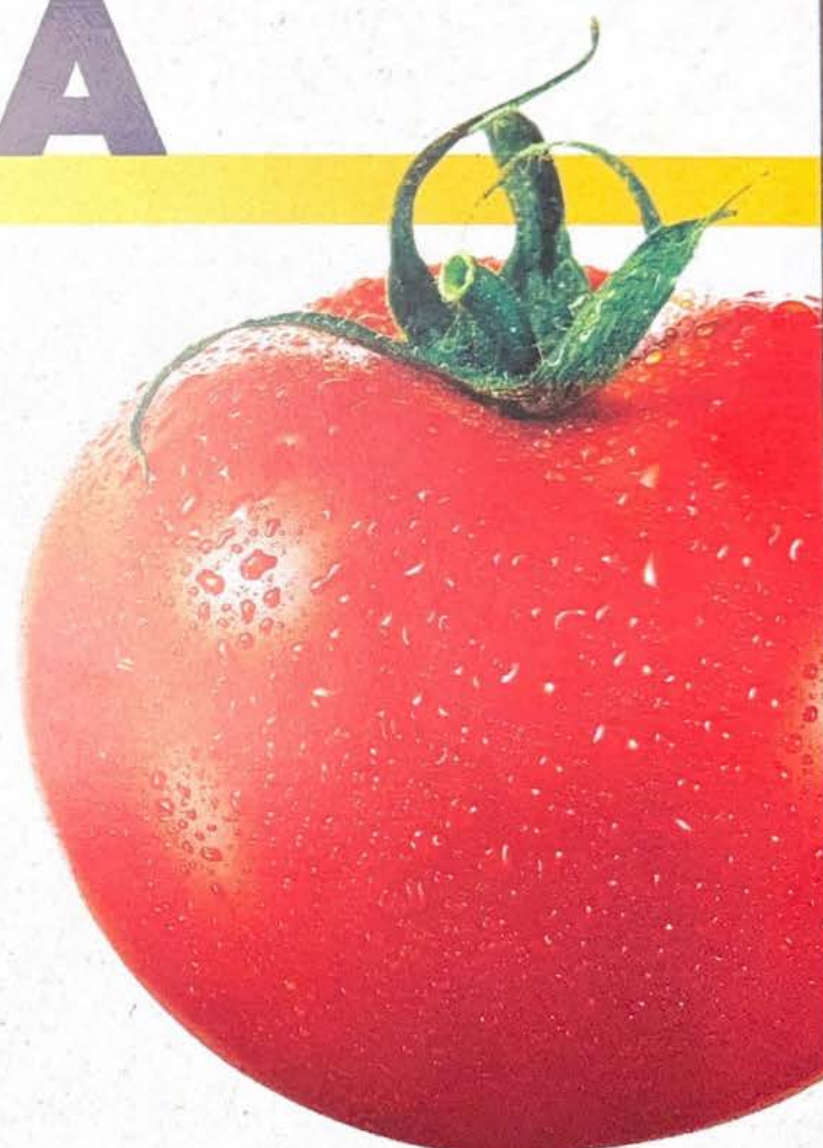
- 1 small onion, diced
 - 1 (10 oz) can diced tomatoes with green chilis
 - 1 (15 oz) can diced tomatoes
 - 1 (8 oz) can tomato sauce
 - 1/2 teaspoon garlic powder
 - 1-5 drops hot sauce (to taste)
- Note: You can substitute fresh tomatoes if available*

1. In a bowl or a quart-sized jar, combine all ingredients and stir (if in a bowl) or shake (if in a jar with a lid).

2. Refrigerate overnight for best flavor.
3. Top with cilantro (to taste)
4. Serve with baked tortilla chips or celery sticks.

Makes 28 servings
Serving size: 2 tablespoons

Nutrition facts per serving:
10 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 115mg sodium; 2g carbohydrate; 1g fiber; 1g sugar; 0g protein; 2% Daily Value of potassium.



**TUESDAY SEPTEMBER 5TH,
2023 @6PM
LEWIS CO
EXTENSION OFFICE
PAINTING CLASS**

**JOIN US! ALL SUPPLIES & IN-PERSON INSTRUCTION
ARE INCLUDED IN THE COST OF \$25 PER DESIGN!
FOR ANY QUESTIONS CALL 606-796-2732 OR STOP BY!**



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LEWIS COUNTY EXTENSION
OFFICE

Charcuterie Class

9/19/23 @ 5:30



One Name can be lasered on the board! The price of a Board is \$15. Name must be turned in BY JULY 14th

FOR ANY QUESTIONS CALL
606-796-2732

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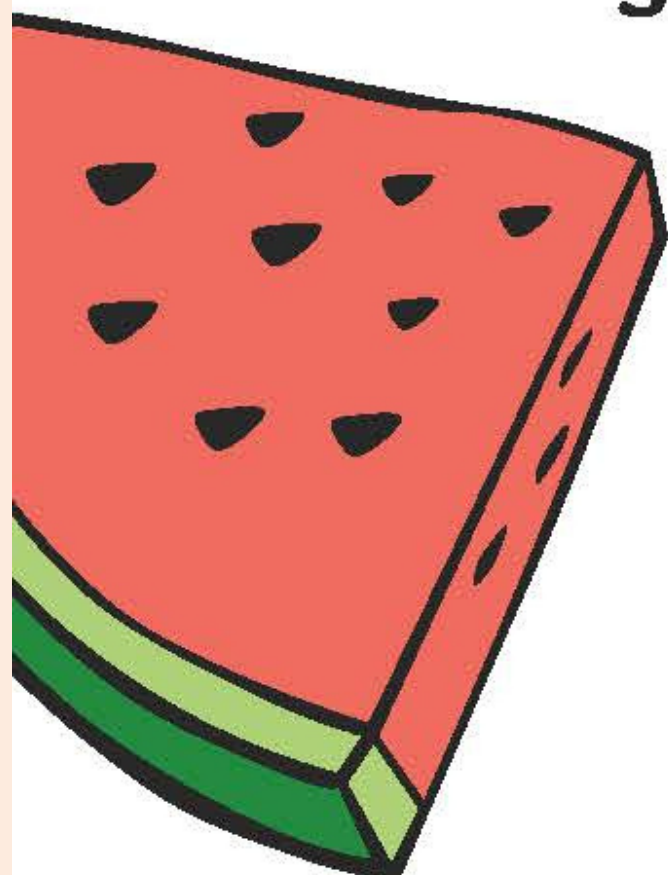


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2023

KIDS BUCKS

SPONSORED BY THE LEWIS COUNTY FARM BUREAU
& VEGETABLE PRODUCERS



THURSDAY, JULY 13

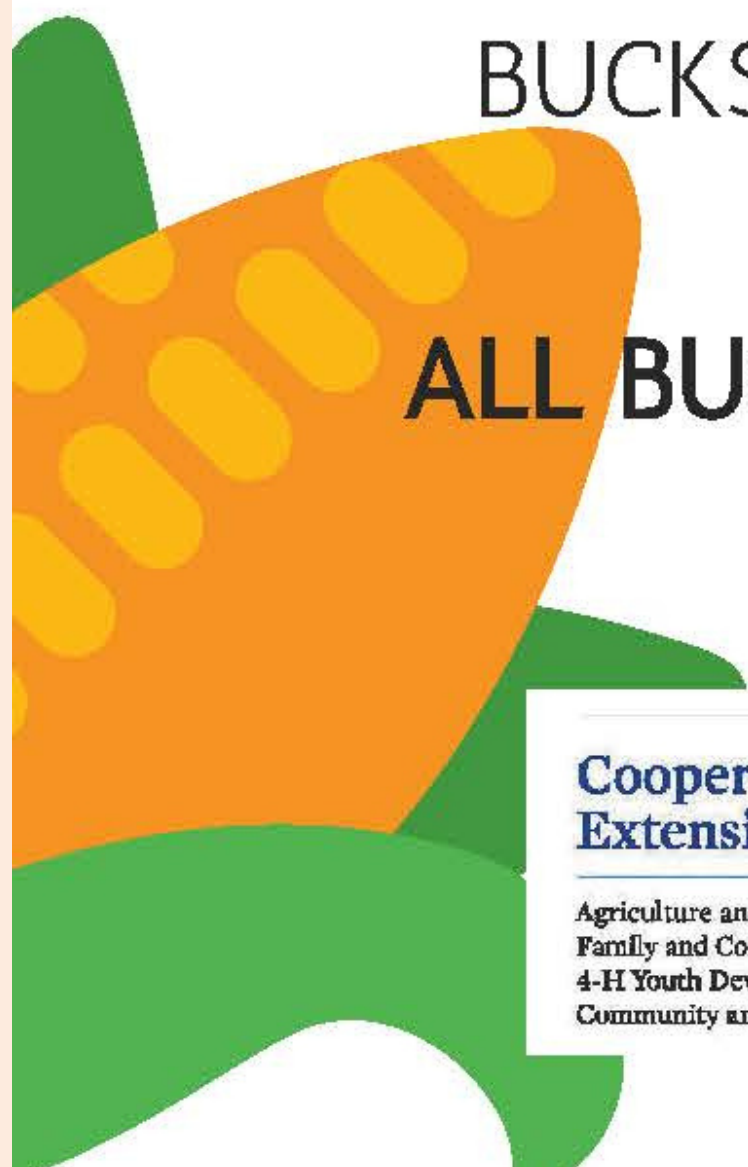
TUESDAY, JULY 25

SATURDAY, JULY 29

9:00 A.M. - 11:00 A.M.

ALL CHILDREN AGES 4-17 THAT COME WITH A PARENT TO THE FARMERS MARKET WILL RECEIVE \$5.00 IN KIDS BUCKS TO SPEND ON PRODUCE FROM THE FARMERS MARKET ON THAT DAY.

ALL BUCKS MUST BE SPENT ON THE SAME DAY OF THE PROGRAM



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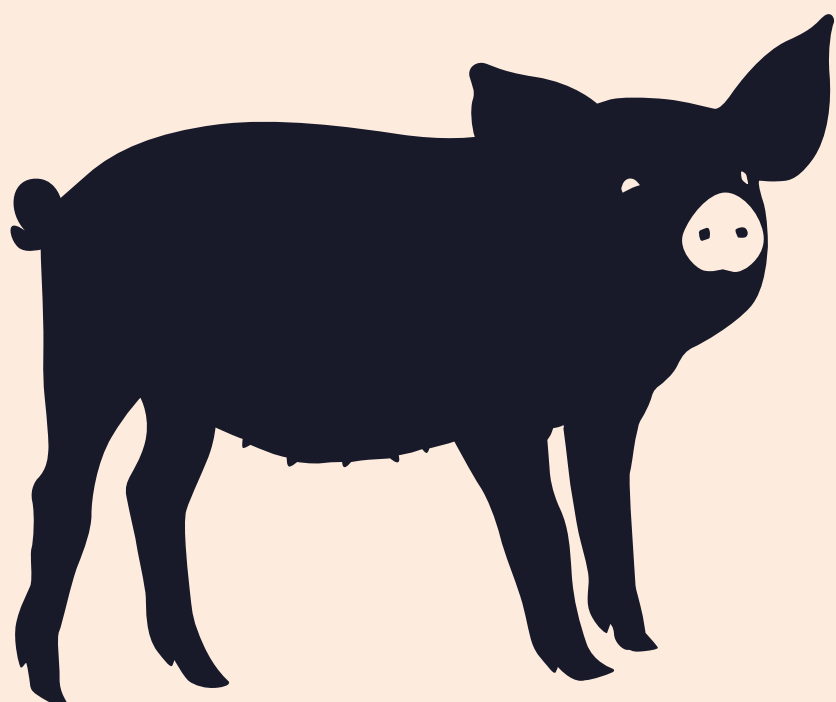
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66th ANNUAL TOLLESBORO LIONS FAIR SCHEDULE
JULY 14TH THRU JULY 22ND, 2023

DAY/DATE/TIME	PROGRAM	CHAIRPERSON/PHONE
FRIDAY, JULY 14, 2023		
7:00 p.m.	Tug Tractor Pull (weigh-in 5:30 p.m.)	Tanner Hord (806) 584-5206
7:30 p.m.	Rocky Mountain Home Show	Paul Hampton (806) 541-9991
SATURDAY, JULY 15, 2023		
8:00 a.m. Reg 8:30 Walk	Fun/Walk David Iery Foundation	Carol Cunningham (806) 202-1683
7:00 p.m.	Tug Tractor Pull (weigh-in 5:30 p.m.)	Tanner Hord (806) 584-5206
7:00 p.m.	Horse Pull	Craig Stanfield (806) 301-3350
7:00 p.m.	Mud Truck Drag Race	Zach Truesdell (806) 306-3425
7:30 p.m.	Walking Horse Show	Paul Hampton (806) 541-9991
SUNDAY JULY 16, 2023		
2:00 p.m.	Parade/Bicycle Parade	Steven Pedersen (806) 301-1904
MONDAY, JULY 17, 2023		
6:00 p.m.	3D Archery	Josh Hawkins (806) 748-3771
7:00 p.m.	ATV/SXS Racing	Lee Thomas (806) 584-3327
7:00 p.m.	Youth Sheep & Goat Show (Weigh in 6:00 p.m.)	Mary Shoemaker (806) 798-4113
8:00 p.m.	Mechanical Bull Challenge	Lee Thomas (806) 584-3327
TUESDAY, JULY 18, 2023		
12 noon-5:00 p.m.	Floral Hall (entries)	Nickie Applegate (806) 584-5173
6:00 p.m.	Baby Show - birth to 18 months	Carol Cunningham (806) 202-1683
6:30 p.m.	ATV/Dir Bike/SXS Drag Racing	Terrell McCall (806) 202-3658
7:00 p.m.	Hog Show (weigh in @6:00 p.m.)	Mary Shoemaker (806) 798-4113
7:30 p.m.	Cutie Pie - 18-36 months	Kennedy Wellman (806) 541-6109
8:00 p.m.	Mechanical Bull Challenge	Lee Thomas (806) 584-3327
WEDNESDAY, JULY 19, 2023 (Farm Bureau Night - \$10 per car load-including Rides)		
5:00 p.m.	Dairy Show	Travis Applegate (806) 702-1595
6:00 p.m.	Boys 3 on 3 Basketball	Phil Cropper (806) 798-2320
6:30 p.m.	Garden Tractor Pull	Timmy Shoemaker (806) 584-4023
7:00 p.m.	ATV/Dir Bike Racing	Lee Thomas (806) 584-3327
7:00 p.m.	Toddler Show - 3-4 years	Sarah Hamra (806) 798-6344
8:00 p.m.	Little Miss & Mr. (couples only) 5-7 yrs	Missy Henderson (806) 541-1002
THURSDAY, JULY 20, 2023		
11:00-1:00	Special Needs (SN) Day (SNG Ride free 11:00 - 12:00) Lions Club providing lunch 12:00-1:00	Steven Pedersen (806) 301-1904
6:00 p.m.	Steer Show (weigh-in 5:00 p.m.)	Mary Shoemaker (806) 798-4113
7:00 p.m.	Semi-Truck/Truck/Car Dirt Drag Racing	Lee Thomas (806) 584-3327
7:00 p.m.	Bluegrass Music	Craig Stanfield (806) 301-3350
7:30 p.m.	Lions Queen Pageant - 10-21 years	Betty Hampton (806) 798-6247
8:00 p.m.	Beef Show	Mary Shoemaker (806) 798-4113
FRIDAY, JULY 21, 2023		
7:00 p.m.	Battle of the Bluegrass Pull	Matthew Meadows (806) 762-2373
7:00 p.m.	Demolition Derby	Philip Bussell (806) 740-4828
7:00 p.m.	Cow Bingo	Craig Stanfield (806) 301-3350
7:00 p.m.	Miss Teen Pageant - 13-15 years	Beverly Pedersen (806) 202-1982
8:00 p.m.	Miss Pre-Teen Pageant - 8-12 years	Crystal Thayer (806) 541-0652
SATURDAY, JULY 22, 2023		
7:00 p.m.	Mud Sling	Zach Truesdell (806) 306-3425
7:00 p.m.	Lucas Pro Pulling League Silver Series	Matthew Meadows (806) 762-2373
7:00 p.m.	Honoring American's Warriors at the Tractor Pull	

GATE Admission \$5 Friday, July 14th & Saturday, July 15th
Gate Admission \$10 Starting Monday July 17th through Saturday, July 22nd RIDES INCLUDED
FARM BUREAU NIGHT Wednesday, July 19th
\$10 Per Car Load-Rides Included FREE Admission for children 3 & under
Bracelets for rides for children 3 & under - \$5 - FREE PARKING!!!!!!!



MCV Activities



4-H Camp Sewing Class



MCV Winners

Master Clothing Volunteers



Homemaker's International Night Switzerland

Guest Speaker: Gayle Massie



THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A staycation, which joins the words stay and vacation, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully

KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around — whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

Written by: Miranda Bejda and Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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



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