

Newsletter

McLean County Extension August 2025



WHAT'S GOING ON

August

- Aug 5th 10:00: Cooking with the Calendar
- Aug 20th, CAIP Qualifying Class 11:30 (McLean County Extension Office)

September

- 20th: Indoor plant swap! 9-Noon (Myer Creek Park)

We are thrilled for back-to-school season! Our agents will be attending the back-to-school events, so be sure to stop by and say hello!

WHAT IS NEXT?

Over the next few months, we are thrilled to unveil new programs, clubs, and classes. We are also excited to welcome two new friendly faces to the Extension office:

****Morgan Steinman****: Our newest FCS/4-H Agent hails straight from college and is eager to create engaging classes and clubs while offering assistance wherever needed. Her interests include ****plants, sewing, cooking****, and even ****kayaking****! Be sure to watch for her upcoming contributions.

****Ben Hayden****: A lifelong resident of McLean County, Ben has joined us as the new Ag/4-H Agent. His extensive knowledge of farming will be a asset to our community!

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

WINNER WINNER

THESE CHICKENS ARE NOT FOR DINNER!

From chickens to cows, the Ag Fair showcased an impressive array of livestock. We want to express our heartfelt gratitude to everyone who attended, assisted with setup and cleanup, served as judges, and, of course, brought their animals.

Ag and Livestock Shows!



1st Place Livestock Winners

Market Hogs

- Class 7: Evan Cotton
- Class 8: Liam Kingery
- Class 9: Liam Kingery
- Class 10: Daniel Laurent
- Class 11: Daniel Laurent
- Class 12: Mollee Decker
- Class 13: Evan Cotton
- Class 14: Miles Sayne
- Class 15: Jillian Young
- Class 16: Miles Sayne
- Class 17: Miles Sayne
- Class 18: Jackson Young
- Grand Champion Market Swine: Jillian Young
- Reserve Grand Champion Market Swine: Evan Cotton

Lamb Show Winners

- Breeding Lambs: Reecy Adair
- Market Lambs (Novice): Madalyn Trammel
- White Faced Cross: Beth Fraim
- Black Faced Cross: Beth Fraim
- Natural: Madalyn Trammel
- Hamp: Madalyn Trammel
- Grand Champion Lamb: Madalyn Trammel
- Reserve Grand Champion Lamb: Beth Fraim

Swine Show Winners

Breeding Gilts

- All Other Breeds:
 - Class 1: Jillian Young
 - Class 2: Mollee Decker
 - Class 3: Evan Cotton
 - Class 4: Liam Kingery
 - Class 5: Savannah Kuegel
 - Class 6: Eli Sayne
- Grand Champion Breeding Swine: Jillian Young
- Reserve Grand Champion Breeding Swine: Mollee Decker

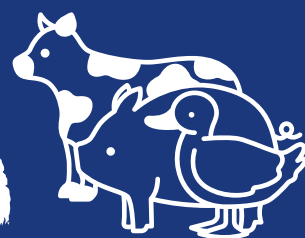
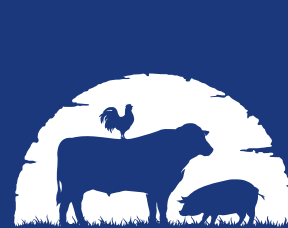
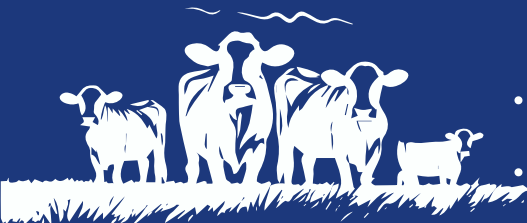
Cattle Show Winners

Steers

- Class 1: Sam Moore
- Class 2: Collins Tate
- Grand Champion Steer: Collins Tate
- Reserve Grand Champion Steer: Easton Fugua

Heifers

- Angus: Kaden Brown, Jennie Watts, Kaden Brown
- Red Angus: Halle Washer (all classes)
- Gelbvieh: Mary Katherine Henderson
- Hereford: Abby Scuggs, Savanna Kuegel
- All Other Breeds: Jennie Watts, Mia Shelton, McKenzie Washer
- Grand Champion Heifer: Mia Shelton
- Reserve Grand Champion Heifer: Jennie Watts



Hello McLean County! I'm excited to take the role of your new Extension Agent! Thank you for a great turnout for fair. We're open to suggestions for programs to add value to your operations this winter. Immense rainfall and high humidity are perfect conditions for disease in crops. I'm making farm visits to assist in identifying these diseases and help with fungicide topics.

Ag/4H Agent McLean County



4-H Projects at the Fair!

1ST PLACE WINNERS

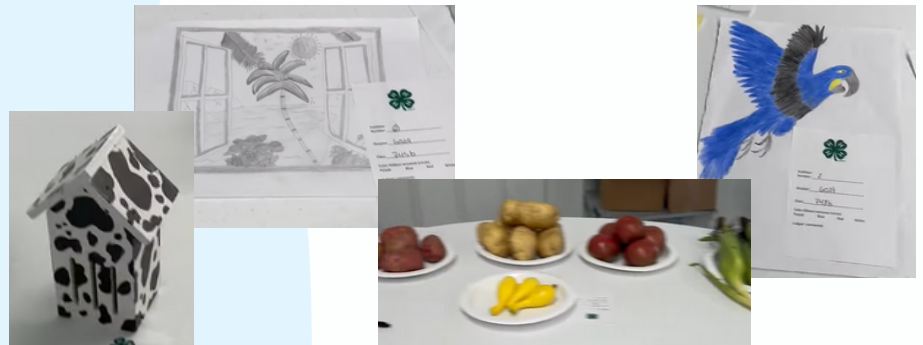
Alfalfa Hay 1st: Zach Albin
Jr Acrylic 1st: London Browder
Watercolor 1st: Elena Baldwin
Abstract Art 1st: Shelby Fulkerson
Self Portrait 1st: Addison Marshall
Digital Art 1st: Shelby Fulkerson
Pencil Drawing Jr 1st: Elana Baldwin
Pencil Drawing Sr 1st: Bailey Marshall
Circle Drawing 1st: Chance Marshall
Color Pencil Jr 1st: Molly Hayden
Color Pencil Sr 1st: Addison Marshall
Pen and Ink Jr 1st: Elena Baldwin
Ink Sketch 1st: Addison Marshall
Brownies 1st: Elena Baldwin
Waste Basket 1st: Elna Baldwin
Upcycling 1st: Elizabeth Toor
Tomatos 1st: Lucy Hayden
Potatoes 1st: Molly Hayden
Squash 1st: Lucy Hayden
Sweet Corn 1st: Molly Hayden
Needlework 1st: Elena Baldwin
Woodworking 1st: John Mark Toor
Nail Art 1st: John Mark Toor
Home Environment 1st: Nora Bell
Glass Decor 1st: Elizabeth Toor
Sewing 1st: John Mark Toor



ANOTHER GREAT FAIR YEAR!

4-H Entries went over great!

What an epic year for our 4-H crew! McLean County was buzzing with excitement over the amazing projects our kiddos whipped up! We showcased everything from ginormous potatoes and butterfly mansions to dazzling drawings and sewing marvels! Did you know 4-H has a smorgasbord of classes and some brand-new clubs rolling out this year?



We can hardly wait to see what creative masterpieces pop up next year and to welcome all the new recruits! Got questions about hopping on the 4-H train? Give us a ring at 270-273-3690 and ask for Morgan or Ben!

Interested in joining 4-H? Feel free to give us a call or visit our office!



mclean.ca.uky.edu

335 W 7th Street Calhoun KY



270-273-3690

Homemakers/FCS

MCLEAN COUNTY HOMEMAKERS SHOW UP AND SHOW OUT!

McLean County Homemakers had another great show this year, all their hard work was greatly appreciated.

From quilts, to pies, to painted crafts they showcased their many talents. The vibrant display of creativity and dedication was a testament to their passion and skill. Each entry, meticulously crafted, told a unique story and highlighted the rich traditions of the community. The fair not only celebrated the achievements of these talented homemakers but also fostered a sense of camaraderie and pride among all participants. It was a joyful gathering that brought the community together, creating memories that would be cherished for years to come.



DIVISION WINNERS!

OVERALL WINNER:

QUILTING SUE BERRY

Youth Art & Craft: Ella
Crisp

Mens: Steve Ruby

Fine Arts: Emily Baggett

Veg/Canning: Vicki
Ventura

Baked Goods: Katrina
Miller

Quilting Small: Sheila
Pence

Garden/Tomatoes: Robin
Long

Flowers: Sherry Ruby

Needlework: Katrina
Miller

Youth Holiday: Addison
Marshall

Photo: Holly Johnson

Home Furnishing: Sue
Berry

Holiday Corner: Brenda
Pinkston

Textile: Brenda Pinkston

Hello August, Hello McLean County! 🌻

While August may be a little on the quieter side, we're just getting started—and trust us, there's plenty more to come.

We're kicking things off with Cooking Through the Calendar, our monthly cooking session held on the first Tuesday of every month. This month's session is happening on August 5th at 10 AM, so come hungry for a great recipe and even better company!

We're also thrilled to announce two new partnerships that will bring even more opportunities your way: we're teaming up with the McLean County Public Library and the McLean County Senior Center to bring fresh, fun, and meaningful events to the community in the coming months.

So, stay tuned, mark your calendars, and get ready—this is just the beginning of something great. We're excited to grow and connect with you every step of the way.

Morgan Sturman

FCS/4-H Agent

FCS Events!

INDOOR PLANT SWAP

Discover Extraordinary and Unique Plants to Elevate Your Collection and Captivate Every Plant Enthusiast

Sept. 20th 9-Noon

KENTUCKY COOPERATIVE EXTENSION



SCAN TO FOLLOW US ON FACEBOOK FOR UPDATES!



Want to set up? Give us a call at the McLean County Extension Office 270-273-3690!
Keep any eye out for more info!

McLean County Extension is an equally opportunity organization.

McLean County Extension Office

335 West 7th Street
Calhoun KY

August 5th @ 10:00

Cooking with the Calendar

KENTUCKY COOPERATIVE EXTENSION

McLean County Extension is an equal opportunity organization.

Want to see a class?
Have an idea for a fun event?
Contact Morgan!
270-273-3690
morgan.steinman@uky.edu

4-H Events

MEET THE AGENTS

AT

BACK TO SCHOOL BASHES

We're Back and Ready to Grow!

With two new agents on board and our amazing Program Assistant, Lana, the McLean County Extension team is excited to dive back into the swing of things with 4-H! We now have a dedicated FCS/4-H Agent and an Ag/4-H Agent, and together with Lana's experience, this team is ready to bring fresh energy, new ideas, and even stronger programs to our community. Get ready for great opportunities, fun events, and more ways to learn and grow with 4-H!

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:

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Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

FAMILY CAREGIVER

HEALTH BULLETIN



AUGUST 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>

THIS MONTH'S TOPIC

CREATING A LONGEVITY PORTFOLIO



Simply put, longevity refers to a long life. Genetics, environment, and lifestyle all play a part in how long we live. Research shows that taking care of your body plays a vital role in living longer and staying healthy. When asked if you want to live to 100, many people say yes ... if they can be 100 and healthy and of sound mind. To nurture health and well-being over time, Ramsey Alwin, the president and CEO of the National Council on Aging, stresses that people need to create a longevity portfolio. A longevity portfolio is a survey of assets that are critical to aging well.

According to Ramsey, a longevity portfolio should include information about "health, skills and work options, relationships and social connections, community resources and finances." Alwin believes that starting and supporting these assets is vital to longevity and personal resilience.

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Health

- **Nutrition and hydration.** Doctors from Harvard Health say plant-based, Mediterranean diets that include vegetables, fruits, nuts, whole grains, legumes, and fish support overall cell health and longevity. Staying hydrated is needed for the body to function efficiently. Hydration supports longevity by aiding brain health, muscle and joint function, energy levels, skin health, digestion, nutrient absorption, and circulation.
- **Physical activity.** Moving more and sitting less supports overall health and well-being. Being active also decreases your risk of chronic disease and conditions. According to the CDC, the physical activity guideline for adults is to get at least 150 minutes a week of moderate activity or 75 minutes a week of vigorous movement or an equivalent combination of both. Adults should also try to strength train at least two days a week.
- **Don't smoke and limit alcohol.** Smoking shortens lifespans. Too much alcohol increases risks of disease and serious accidents.
- **Sleep.** People who get quality sleep tend to live longer than those who do not. According to Harvard Health, poor sleep can raise the risk of chronic health problems. Sleep experts advise adults to sleep between seven to nine hours a night.

Skills and work options

- **Think positively.** The right outlook helps longevity.
- **Learn new skills.** Cycling in and out of jobs, careers, and the workforce will continually require new skills, which also contribute to job satisfaction and a sense of purpose.

Relationships, social connections, and community resources

- **Socialization.** Meaningful social connections and active social lives are linked to longer and healthier lives, according to Harvard Health. When life happens — job transitions, loss, grief, health issues, celebrations, etc. — it is the love and support of friends and family who help get you through the good and bad times. Such social support has positive effects on overall physical and mental health.
- **Community involvement.** Being a part of a community is a social activity that supports a

sense of belonging, purpose, and accountability. It can provide cognitive stimulation. Being a part of a community can motivate you to embrace a healthy lifestyle. A strong community can also provide emotional and physical support during life transitions. A network of resources from the community can help you navigate life's ups and downs with greater resilience and improved outcomes.

Finances

- **Financial well-being.** Maintaining financial well-being for a long life is essential for preserving dignity and ensuring quality of life. When doing the math, be sure to build income that can grow over time and factor in inflation, taxes, fluctuation in investments, and rising health-care costs. Be sure to have a financial strategy that supports your desired lifestyle over time. Keep in mind that what worked in previous stages of life may not apply in old age because of fixed income and health-care needs.

Go over your longevity portfolio and change it when and as needed. Like going to a doctor to make sure you are taking the right steps to be healthy or a financial planner to be sure you are making proper savings or investments, Alwin stresses regular checkups to your longevity portfolio. Make sure you are also paying proper attention to your control over longevity.

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