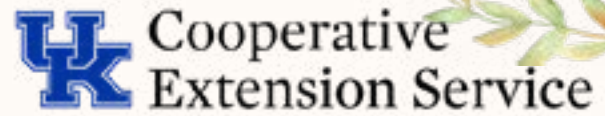




# Trimble County Extension August 2025 ~ Newsletter

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



Cooperative  
Extension Service

Trimble County Cooperative Extension  
43 High Country Lane  
Bedford, KY 40006 ph 502.255.7188  
webpage: [trimble.ca.uky.edu](http://trimble.ca.uky.edu)

## COMMUNITY QUILT SHOW

*Sponsored by Trimble Thimbles*

**Saturday of Apple Festival:**

**September 6, 2025**

**9:00 - 5:00 p.m.**

**New Life Assembly of God**

Courthouse Square, Bedford Kentucky



### Prizes awarded

- Adult 1<sup>st</sup> - 3<sup>rd</sup> place
- Youth 18 & under 1<sup>st</sup> - 3<sup>rd</sup> place
- Community Choice winner

Open to Trimble residents, no cost to enter.  
Call to register your entry! (1 per person)  
(502) 255-7188

Entry drop off Friday 9/5/25 ~ 4:00 - 7:00 p.m.  
or Saturday 9/6/25 ~ 8:00 a.m.



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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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with prior notification.



# 2025 4-H Ag Club Members



Congratulations to our 4-H Livestock club on a successful year, show and auction!

## Thank you to our 2025 Livestock Auction Buyers:

Auxier Gas	Kunkel Farms	Trackside Butcher Shoppe
Trimble County Farm Bureau	Charlie Kelton	Bedford Hardware Plus
Farmers Bank of Milton	Dicky's Dog House	Turners Heating & Cooling
Triple R Livestock, Walton KY	Double J & H Farms	Farm Credit Mid-America
Rutz Flower Field	Congleton Livestock Co	Greg & Jill Clifford
Bear Branch Feed Mill	Bedford Loan & Deposit	Mullins Excavating
John Ogburn	Horine Gelbvieh	J Long Plumbing
JD Jones	Morgan & Nay Funeral Home	Lonnie & Michelle Gullion
Chris Liter	Trimble Co Cattlemen Assoc	Rock Creek Tax Service
Susan Maderic	Countryside Builders	RL Lanham Builders
Crystal Whitice	United Producers Inc	Platinum Homes
Carrollton Federal Bank	Pharm Roadside Market	Kalmbach Feeds
Alanna Doll	Andersons Sales and Service	Barry Joyce Farms
Ellie Troutman	Rand Real Estate	B & R Construction
Snelling Tax Service	Dudley & Tricia Lush	Henry County Animal Clinic
Third Day Farms of Campbellsburg	Jays Sunflower & Sage Studio	Our Best Restaurant
Family of Laura Whitaker		

~We appreciate you!~

*Thank  
YOU*

A big thank you to our 4-H Livestock Club leaders: Cody & Taylor Heveline and Clint & April Craig



The 4-H Ag club meets the third Tuesday of each month at the Trimble County Extension Service  
New program year begins September 16, 6:30 p.m. - Come join us!





## Family and Consumer Sciences

### Trimble Thimbles Sewing Group

Trimble County Extension Service  
9:00 a.m. ~ 2nd & 4th Saturday of each month  
August dates: 8/9 & 8/23  
New or experienced - All are welcome!



### Simply Sharing Homemakers Scones Made Simple

August 20, 2025 10:30 a.m.

### Trimble County Extension Service

*A pitch in lunch will follow the lesson.  
Please call to rsvp (502) 255-7188*



### Hands On - Pressure Canning August 7, 2025 ~ 1:00 p.m.

### Trimble County Extension Service

*Class size is limited - must rsvp  
by 8/6 (502) 255-7188*

### FCS Upcoming Dates at a glance . .

- 8/4 Homemaker Council mtg
- 8/7 Hands on Pressure Canning
- 8/9 Trimble Thimbles
- 8/20 Simply Sharing Homemakers
- 8/23 Trimble Thimbles
- 9/6 Community Quilt Show



## TRIMBLE COUNTY FARMERS MARKET

Every Thursday! Through October

3:00 - 7:00 pm

Courthouse Square ~ Bedford, KY



## Let's Celebrate! National Farmers Market Week is August 3-9, 2025

The event is a great opportunity to support your local producers. With fun events, specials, drawings, and activities, the week helps to boost market attendance and visibility – while at the same time being loads of fun!

**Thursday, August 7: Back to School**  
**Goodie bags for youth, Drawing for a Teacher Supply Basket, Food Trucks!**

### ATTENTION CATTLE PRODUCERS!

We are launching a new survey for beef cattle producers in Kentucky and Tennessee, and we'd greatly appreciate your help! This survey focuses on the adoption of management practices across the beef industry, along with producers' motivations for and against adopting certain practices. It is open to all types of beef operations, and responses are completely confidential.

[https://uky.az1.qualtrics.com/jfe/form/SV\\_cHizXSfCRZqDNI](https://uky.az1.qualtrics.com/jfe/form/SV_cHizXSfCRZqDNI)

SCAN HERE!



Kentucky Beef Network

### Save the Date!

2025  
Regional Beef Field Day  
**October 7, 2025**

Foxhollow Farm  
Crestwood, KY

*Celebrating 20 years of  
RBFD for our area!*





# HEALTHY CHOICES FOR HEALTHY FAMILIES

**UK** Cooperative  
Extension Service



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Nutrition as we age

**G**ood eating habits across the lifespan help prevent long-term health issues. It is never too late to support healthy eating. Older adults face higher risks of health issues like heart disease, cancer, and weak bones. These risks are due to changes in metabolism and loss of muscle and bone mass. The good news is these risks can be reduced by eating healthy foods and staying active.

While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of meds. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

### Key points for older adults

- **Eat a balanced diet.** Older adults should eat more fruits, vegetables, whole grains, and dairy while



cutting down on added sugars, saturated fat, and salt.

- **Eat enough protein.** Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right amount of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add

calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain meds. Older adults should eat foods high in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.

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Lexington, KY 40506



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**HEALTHY CHOICES**  
FOR HEALTHY FAMILIES

### BASIC BUDGET BITES

## Shopping tips when cooking for 1 or 2

**B**uying food in bulk or large packages might be cheaper, but if you throw out half of the food, it can be more costly than buying a smaller amount. Plus, buying smaller portions will allow you to enjoy more types of food. If you choose to buy in bulk, try to buy when the food is on sale for the most savings. Be sure to plan how to safely store foods to keep them fresh and cut food waste. Buy single packaged servings of items when it makes sense. Try wrapped cheese slices, single containers of low-sodium soup, or small bowls of fruit in 100% juice. Read the label on canned foods to choose ones lower in sodium, saturated fat, and added sugar. Compare prices to see if food items fit in your budget. Reach out to your local Extension office for more tips to make healthy meals for one or two people.



### PARENT CORNER

## Tips for kids' sleep health

**P**arents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

### Here's how you can help your child sleep better:

- Try not to have too many after-school events.
- Set a routine bedtime and stick to it.

- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

### Follow this guide for the amount of sleep needed:

- **Babies (0-2 months):** 14 to 17 hours a day (along with naps)
- **Infants (4-12 months):** 12 to 16 hours a day (along with naps)
- **Toddlers (1-2 years):** 11-14 hours a day (along with naps)
- **Preschoolers (3-5 years):** 10-13 hours a day (along with naps)
- **School-age children:** (6-12 years) 9 to 12 hours a day
- **Teens (13-18 years):** 8 to 10 hours a day

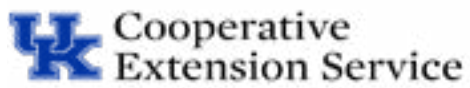
Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too.

Source: Adapted from <https://www.eatright.org/health/wellness/healthful-habits/how-sleep-habits-affect-healthy-weight>

### CONTINUED FROM PAGE 1

- **Choose healthy drinks:** Sometimes it's hard for older adults to drink enough fluids to stay hydrated. The sense of thirst declines with age. Drinking enough water is a great way to prevent fluid loss and help with digestion. And water doesn't add any calories! Unsweetened fruit juices, low-fat or fat-free milk or fortified soy drinks can help meet fluid and nutrient needs. Older adults who choose to drink alcohol should limit the amount they drink. Men should not drink more than two drinks and women should not drink more than one per day. This group of people may feel the results of alcohol more quickly than they did when they were younger. This can add to the risk of falls and other mishaps.

Sources: Adapted from <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>



Trimble County  
PO Box 244  
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