

# GREEN COUNTY FCS EXTENSION NEWSLETTER

## SEPTEMBER 2025



### *Greetings from your FCS Agent*

Hello everyone! We got a little sneak peak of cooler weather towards the end of August which means fall is almost here! This fall we have some very exciting programs and events that are going to happen at the extension office.

The Lake Cumberland Area FCS Agents will be hosting an “Evolving Leaders Forum” on September 25<sup>th</sup> in Taylor County with registration starting at 9:30am EDT. This Forum will replace the monthly homemakers lesson leader trainings; we would like at least one representative from each club to attend so they can get the materials. This is free of charge and lunch will be provided.

Holiday Bazaar Applications are still available! If you know anyone that would like to set up, have them contact the extension office!

Green County Extension Office is hosting a Family Fall Festival on October 18<sup>th</sup>. If you know of any organizations, businesses, churches, etc. that would like to participate in carnival style games have them contact Katelyn or Sue Ann at the extension office!



***Katelyn Squires***  
***Family and Consumer***  
***Sciences Extension Agent***  
***Green County***  
***298 Happyville Rd***  
***Greensburg KY 42743***  
***270-932-5311***  
***[green.ca.uky.edu](http://green.ca.uky.edu)***



Follow Green County  
FCS on Facebook. Scan  
the QR code above!





## ● ● ● *What did Katelyn do in August?* ● ● ●

- Just Family Adult Day
- FCS Staff Meetings
- Cooking from the Calendar
- Holiday Bazaar Prep
- Back to School Bashes
- Homemaker Kickoff
- State Fair Assignments
- LEAP at Green County Head Start
- Meetings & Reports!!



**Summersville Club**



**Town & Country Club**



**Circle of Friends Club**



**Young Mom's Club**



***Back to School Bashes***



***Cooking from the Calendar: Slow Cooker Asian Pork Tacos***





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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 10<sup>th</sup>



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4-H Youth Development  
Community and Economic Development

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## Passport Trip:

Heartland of Kentucky Quilt Show



**September 19th 2025**

Leaving Green County office at 9:30am CDT

Vehicle space is limited so its FCFS

Please RSVP by September 17th

**\$6 admission fee that you will pay day of at the location**

Any questions call 270-932-5311 or visit Katelyn the extension office.

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## HOLIDAY BAZAAR

AT GREEN COUNTY  
EXTENSION OFFICE

VENDOR APPLICATIONS ARE AVAILABLE

TYPES OF VENDORS:

- BOUTIQUES
- JEWELRY
- HANDMADE CRAFT ITEMS

- BAKED GOODS
- PHOTOGRAPHY (1)
- CANDY
- AND SO MUCH MORE

APPLICATIONS ARE ON A FIRST  
COME, FIRST SERVE BASIS!



APPLICATIONS CAN BE FOUND  
AT THE QR CODE OR AT THE  
GREEN COUNTY EXTENSION  
OFFICE

Katelyn Squires - FCS Agent  
Website: Green.ca.uky.edu  
Email: Katelyn.squires@uky.edu  
Phone: 270-932-5311  
Address: 298 Happyville Rd  
Greensburg KY 42743

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## COOKING FROM THE CALENDAR

Grits, Green & Eggs Bowl

Banana Pancakes



September 18<sup>th</sup> 2025 at 12pm CDT

Call Green Co Extension Office  
at 270-932-5311 to register

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## COOKING FROM THE CALENDAR

Cheesy Pumpkin Pasta Bake



October 9th 2025 at 12pm CDT

Call Green Co Extension Office  
at 270-932-5311 to register





# Green County Extension **FAMILY FALL FESTIVAL**



Saturday, October 18<sup>th</sup> 2025 1PM-4PM CDT

FACE PAINTING, PUMPKIN DECORATING, CARNIVAL

**UK** Cooperative  
Extension Service

GAMES, & MORE



  
**GREEN COUNTY**  
PUBLIC LIBRARY

  
**kynect**  
health coverage

**We are still accepting organizations  
to set up carnival style booths!**

Arts  
Council

GREEN COUNTY  
KENTUCKY

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
6-11 Youth Development  
Community and Economic Development

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# SEPTEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Homemaker Council 10a	2 Summersville 5:30	3	4 Help Hope & Hands 9am	5 Young Mom's 5p (Subject to Change)	6
7	8	9	10	11 Help Hope & Hands 9am	12	13
14	15 Town & Country- Brenda C 2pm	16	17	18 Help Hope & Hands 9am Cooking from the Calendar 12p	19 Passport Trip	20
21	22	23	24	25 Help Hope & Hands 9am Evolving Leaders Forum (see flyer)	26	27
28	29 <b>VACATION</b>	30 <b>VACATION</b> Circle of Friends 4:30				





# ADULT HEALTH BULLETIN



**SEPTEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC

# LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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During QPR training,  
you'll learn how to see  
warning signs of suicide,  
how to start talking  
with someone who might  
be struggling, and how  
to connect them  
to life-saving help.

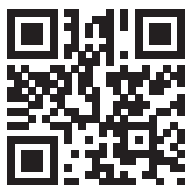
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someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyqpr.ukhc.org](https://kyqpr.ukhc.org).



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

**REFERENCES:**

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

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**Stock images:** Adobe Stock





UK CES Green County  
298 Happyville Road  
Greensburg KY 42743-9498

RETURN SERVICE REQUESTED



## Easy Peach Cobbler


$\frac{1}{2}$ cup whole wheat flour	$1\frac{1}{2}$ cups sugar (divided)	1 tablespoon lemon juice
$\frac{1}{2}$ cup all purpose flour	1 cup skim milk	1 teaspoon ground nutmeg or cinnamon
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup unsalted butter	
1 pinch salt	4 cups fresh peeled peaches, sliced	

- 1. Preheat** the oven to 375° F. **Combine** the flour, baking powder, salt and  $\frac{3}{4}$  cup sugar in a large mixing bowl. **Add** the milk and mix only until the dry ingredients are wet.
- 2. Melt** the butter and **pour** into a 13 x 9 inch baking dish or pan. **Add** the flour mixture on top of the butter. Do not stir.
- 3. In** a saucepan, **heat** the peaches,  $\frac{3}{4}$  cup sugar and lemon juice until the sugar is dissolved and the peaches are coated. **Pour** evenly over the flour mixture. Do not stir. **Sprinkle** with nutmeg or cinnamon.
- 4. Bake** for 40 minutes or until crust is golden brown. **Remove** from oven and serve warm.

**Yield:** 12 servings.

**Nutritional Analysis:** : 190 calories, 8g fat, 5g saturated fat, 80 mg sodium, 20mg cholesterol, 32g carbohydrate, 1g fiber, 24g sugar, 2g protein.

**Plate it up!**



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