

Todd County Extension

Family & Consumer Sciences

Newsletter

Wearing Seasonal Colors

Often with the change of seasons, comes a change in our wardrobes. Of course, there is nothing wrong with wearing the same thing year-round, but we usually need to adapt our clothing choices to help us feel cooler or warmer, depending on the weather. When autumn arrives, we may reach for sweaters or add layers of clothing to keep us warm. Our fall wardrobe might consist of cozy clothing that usually has some texture or weight. But what about the colors? Have you noticed that clothing worn in fall often resembles the colors of the changing leaves?

Wearing clothing in colors like what we observe in nature is common. And research has established a connection between color preference and the seasons. This explains why, in general, we consider colors of the changing leaves (red, orange, yellow, etc.) to be fall wardrobe colors. Whereas we often associate colors like blue, green, or pink with spring and summer clothing. Seasons are also a way to describe our personal coloring characterized by our skin tone, eye color, and hair color. Through color analysis we determine which colors look best with our skin, eyes, and hair – or rather which colors make our skin, eyes, and hair look their best. To figure out which colors help you look your best, look at your inner arm (in natural light):

If your inner arm has blue or pink “cool” undertones, that means summer and winter colors.

If your inner arm has green or yellow “warm” undertones, that means spring and autumn colors.

Most people can wear almost any color; however, it is the tint, tone, or shade of a particular color that makes a difference.

Wearing our best colors can increase our confidence. Wearing unflattering colors can make us look like we feel ill.

Not sure which seasonal colors are your colors? Take a look in the mirror while wearing the color(s) in question. How do you feel or look? Happy with what you see? You are probably wearing “your” colors!

References

Schloss, K., and Heck, I. Seasonal Changes in Color Preference are Linked to Variations in Environmental Colors: A Longitudinal Study of Fall. <https://journals.sagepub.com/doi/full/10.1177/2041669517742177>

Jackson, C. (1984). *Color me beautiful*. Ballantine Books.

Source: Jeanne Badgett, senior Extension associate for Clothing, Textiles, and Household Equipment



Upcoming Classes & Activities

Charcuterie Boards – Leader Training


There has been a recent surge in popularity of serving portions of meals, or even whole meals, using charcuterie boards. But how much do you really know about charcuterie boards? During this class, we will explore the history of charcuterie, food safety issues and how to avoid them, and some creative presentation ideas for charcuterie boards. We will make our own Charcuterie Box to take home. Join us for the Charcuterie Boards leader training on **Thursday, September 1, 2:00 p.m.** at the POPs Building, 201 East Main Street, Elkton. There is a fee of \$10/person—please pre-register by August 23 by calling the Todd County Extension Office at 270-265-5659 or emailing jill.harris@uky.edu. The class is not limited to homemaker members—bring a friend!

Todd County Homemakers Council


Todd County Homemakers Council will meet **Monday, August 22, 5:00 p.m.**, at the Todd County Extension Office Meeting Room. Officer training materials will be handed out at the meeting.

Knife Skills Class

Would you like to improve your knife skills? If so, join us for a class where you will learn how to slice, dice, mince, and more. During the class, you will learn how to hold a knife, perform basic knife cuts, understand safety and more. The classes will be held **Tuesday, August 30** at Petrie Memorial United Methodist Church in Elkton. Times are **2:00 or 5:00**. Sign up by calling the Todd County Extension Office at 270-265-5659. You will be given a list of supplies to bring with you.



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Charcuterie Boards 101

September
Homemaker Lesson
Taught by
Cecelia Hostilo,
Trigg County FCS Agent

Lesson Date and Time:
Thursday
September 1, 2022
2:00 PM
POP's Building
201 East Main Street
Elkton, KY 42220

Pre-register by contacting the Todd County Extension Office by 08/23/2022 270-265-5659

**This is a Hands-on Class
Cost: \$10.00 to cover supplies**

Knife Skills

August 30
2:00 p.m. & 5:00 p.m.
Petrie Memorial UMC - Elkton
Fellowship Hall



Limit 20

Learn how to slice, dice, mince, and more at this basic knife skills class. During the class, we will learn how to properly hold a knife, perform basic knife cuts, understand knife safety, and more.

There is no charge for the class but you must bring your own supplies and pre-register by calling the Todd County Extension Office at 270-265-5659 or email jill.harris@uky.edu.

Hometown Food & Fashion Show

Cooking School is back...but it's new and improved. Join Todd County Homemakers for a "Hometown Food & Fashion Show" on **Thursday, September 22, 2022, at 6:00 p.m.** We will have on-stage cooking demonstrations, fashions from local businesses, taste testing, and door prizes. Tickets cost \$5.00/person and are available for purchase at the Todd County Extension Office, 202 E Washington Street, Elkton, KY. Our hours are Monday-Friday, 8 a.m. to Noon, and 1:00 p.m. to 4:30 p.m. For more information, call us at 270-265-5659.



Please check with your club president to see what your club has volunteered to do. Clubs may also check out tickets from the Extension Office to sell at their meetings.

Area Homemaker Meeting

Christian County will be hosting the Area Homemaker Meeting on **Friday, October 28, 10:00 a.m.** at the Christian County Extension Office in Hopkinsville. The theme is "Our Kentucky Roadmap." The featured speaker is Blair Thomas-Hess, entertainment will be provided by Tab Brockman; and lunch will be catered by Four Seasons. The registration fee is \$15.00/person and is due to the Todd County Extension Office by **October 14.**



Emergency Preparedness October Leader Training –

Since there is no way of knowing when a disaster may strike, it is best to prepare and plan now. Being prepared makes situations easier. Learn steps related to food and finances that can be made now by attending the class on Emergency Preparedness at the Christian County Extension Office on **Thursday, September 29, 10:00 a.m.** or you may watch it by Zoom at the Todd County Extension Office on **Wednesday, September 28, 10:00 a.m.** Please RSVP to the Todd County Extension Office and let us know which location you will be attending.

Bingocize – by Zoom

A new Bingocize (Bingo plus Exercise) class will start **September 1 at 9:00 a.m.** It will be twice a week (most weeks) by Zoom or you may attend in-person at the Todd County Extension Meeting Room.

If you are interested in participating, contact the Todd County Extension Office at 270-265-5659. Let us know if you would like to participate by Zoom or in-person. If you choose the Zoom option, we will loan you a Bingo Card, stretchy band, and ball. When you bingo, you will earn points and collect prizes on the final day. We need 10 participants for the class.



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BINGOCIZE

Join us for:
BingoCize!
(Bingo & Exercise)

Location:
Zoom or Todd County Extension Office Meeting Room, Elkton, KY

2 Times per Week, 9:00 AM

Week 1: Sept. 1 (Thursday only)
Week 2: Sept. 6 (Tues) & Sept. 8 (Thurs)
Week 3: Sept. 16 (Friday only)
Week 4: Sept. 19 (Mon) & Sept. 22 (Thurs)
Week 5: Sept. 26 (Mon) & Sept. 29 (Thurs)
Week 6: Oct. 3 (Mon) & Oct. 6 (Thurs)
Week 7: Oct. 10 (Mon) & Oct. 13 (Thurs)
Week 8: Oct. 17 (Mon) & Oct. 20 (Thurs)
Week 9: Oct. 24 (Mon) & Oct. 27 (Fri)
Week 10: Nov. 7 (Mon) & Nov. 10 (Thurs)

PRIZES!

Requirements:
Men or women at least 60 years old who do NOT participate in more than 150 minutes of physical activity per week; no neurological impairment; not wheelchair bound able to walk 30 feet; normal/corrected-normal vision; no dementia.

For more information, contact:
Jill Harris
Todd County Extension Office, 270-265-5659

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LEAKINGTON, KY 40546

Disabilities
accommodated
with your notification.

Harvest Festival

There are a lot of new people who have moved into Todd County. If homemakers set up a booth at the Harvest Festival in Elkton on **September 24**, would you be willing to work a

shift? This would be a great opportunity to reach people in our community. Think about it and let me know.

Community Baby Shower

The Todd County Community Baby Shower will be held **Tuesday, September 20**, at Elkton Baptist Church CLC. Exhibits and refreshments will be from **5:00 p.m. to 6:00 p.m.** and the speakers begin at **6:00**. The baby shower is for new or expectant mothers. If you know someone who would benefit, see flyer for how to register.

Would you or your club be willing to donate a door prize? If so, please let me know. The committee really appreciates the support you have given in the past.



New & Expectant Mothers Are Invited To The
Todd County COMMUNITY BABY SHOWER

- Exhibits (5:00 to 6:00 p.m.)
- Refreshments (5:00 to 6:00 p.m.)
- Prenatal & newborn care tips
- Guest speakers
- Mothers may bring one guest
- No child care provided

FREE! **FUN!**

Door Prizes!

Tuesday, September 20, 2022
Elkton Baptist Church Gym
301 East Main Street, Elkton, KY
5:00 to 7:45 p.m.
Doors Open at 5:00
Exhibits & Refreshments 5:00 to 6:00 p.m.

To register, scan the QR code or call the Todd County Extension Office at 270-265-5659

Sponsored by:
Todd County Health Department
Todd County Extension Service
Todd County Family Resource & Youth Service Centers

Sincerely,

Jill B. Harris

Jill Harris, Extension Agent for
Family & Consumer Sciences