

**August 2025**

# FCS NEWS & NOTES

Todd County Extension Office  
240 Pond River Road  
Elkton, KY 42220  
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**Todd County Family & Consumer Sciences Extension**

## Hand Wipes Versus Surface Wipes

You may have wondered if it is safe to use a disinfecting or sanitizing wipe on your hands. After all, you touch them with your hands when wiping down surfaces. Disinfecting and sanitizing wipes are safe for touching. But only when you use them properly as stated on the container. You should not use them as a hand wipe.

Disinfecting and sanitizing wipes are designed for wiping down hard surfaces including countertops, tables, doorknobs, glass, and other nonporous areas. They are made with harsh ingredients to kill germs. These ingredients can cause skin irritation. The Environmental Protection Agency regulates disinfecting and sanitizing wipes. Some are suitable for use on food contact surfaces. Some are not. You should use neither on the hands or any part of the body.

Hand wipes are specifically designed for use on hands. They are made with anti-microbial ingredients that are suitable for use on skin. These ingredients include alcohols, peroxides, and mild antiseptics.

They can reduce the number of germs but are gentle on the skin. The Food and Drug Administration regulates hand wipes. They are safe for hands.

Remember to read product labels carefully and use only as directed. Disinfecting wipes and hand wipes come in similar containers. Both are also available in single use packets. Always check the instructions on the package to see if you can apply the product to the skin. If not, don't use it as a hand wipe or any other application on the body.

### References:

<https://npic.orst.edu/outreach/amicroinfographic.png>

<https://www.poison.org/articles/are-cleaning-wipes-safe-192>

**Source:** Annhall Norris, Food Preservation and Food Safety Extension Specialist



# Breaking Free from Negative Thoughts

We are all guilty of having moments of thinking negatively toward ourselves. But have you ever considered how this negative self-talk can be impacting you?

## Negative self-talk can negatively affect your mental and physical health

Negative self-talk can be detrimental to your mental health and overall well-being. It can lead to depression, anxiety, and poor self-esteem. Negative self-talk can also increase your stress levels which can lead to poorer mental and physical health. Additionally, talking to yourself negatively can spill over into your relationships. It might negatively impact your relationships with others. It might even negatively impact your ability to function in your daily life.

Sometimes, your inner critic, or that little voice in the back of your mind takes over. This is normal, we all experience it. But there are ways to minimize this voice.

## Ways to reduce your negative self-talk:

- **Challenge your negative thoughts.** It is important to remember that thoughts are not facts. You can challenge your negative thoughts by putting your thoughts on trial. *Think to yourself:* Is there any evidence that this thought is true? Will this thought matter a year from now? Will this thought even matter one hour from now?
- **Imagine you are talking to a friend.** When it comes to negative self-talk, we tend to be so stuck in our head that we cannot see how mean we are to ourselves. Imagine you're saying these cruel things to a friend. How would you feel saying these things to a friend? Most likely not great. For the most part, we do not like hurting other people's feelings. So, why hurt our own?

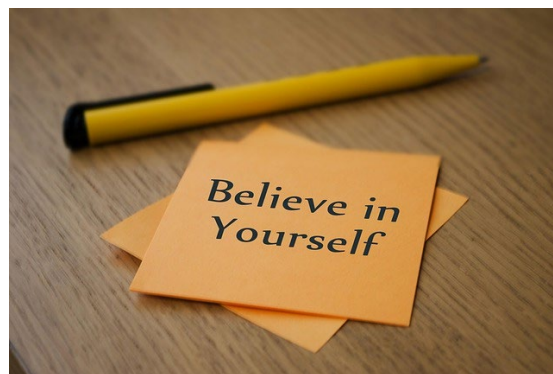
- **Change your thinking.** When you find yourself thinking negatively, combat it with affirmations. For example, if you find yourself not doing your best, change how you think about it. Don't say something like, "I am so stupid, I am a failure." Try something like, "I accept my mistakes as learning opportunities."

Negative self-talk is a normal part of the human experience. What you do to reduce this negative self-talk is what is important. That's what will help reduce stress and improve your overall well-being. So, the next time you find yourself talking negatively to yourself, try out one of these tips.

## References

Kim, J., Kwon, J.H., Kim, J. *et al.* The effects of positive or negative self-talk on the alteration of brain functional connectivity by performing cognitive tasks. *Sci Rep* 11, 14873 (2021). <https://doi.org/10.1038/s41598-021-94328-9>  
<https://www.psychologytoday.com/us/blog/understand-other-people/202002/the-destructive-nature-negative-self-talk>  
<https://www.verywellmind.com/negative-self-talk-and-how-it-affects-us-4161304>

**Source:** Dr. Natese Dockery, Assistant Clinical Professor and Extension specialist, mental health and well-being



Sincerely,

*Jill B. Harris*

Jill B. Harris

Extension Agent for

Family & Consumer Sciences



# UPCOMING ACTIVITIES

## Cooking Thru the Calendar

The next Cooking through the Calendar Facebook Live will be **Thursday, September 4, 11:30** on

<https://www.facebook.com/ToddCountyExtensionFCS>. We will be demonstrating Lasagna Soup and talking about sorghum. If you would like to be in the audience to watch the demonstration and taste test, please be at the Extension Office no later than 11:20 a.m.

## Homemaker Leader Trainings

*Telling Your KEHA Story* will be taught by interactive Zoom on **Tuesday, September 2, 10:00 a.m.**, at the Todd County Extension Office. It will also taught on Zoom only at 5:30 p.m. If you are interested in watching the Zooms on your own, please contact the Extension Office for the link.

*Sorghum: Spilling the Syrup on this Sweet Kentucky Proud Product* will be taught on **Tuesday, September 30, 5:30 p.m.** at the Extension Office. We will watch the Zoom and taste test recipes. Since we will be preparing food, please let us know if you plan to attend.

## Pearls of Wisdom Leadership Training

Pennyriple Area Homemakers are sponsoring a leadership training, Pearls of Wisdom, on **August 21, 10:00 a.m. to 2:00 p.m.**, at the Christian County Extension Office. The registration fee of \$20.00 for any Todd County Homemaker Member who would like to attend will be paid. **Register before August 1.**



COME AND COLLECT

# Pearls of Wisdom

All Pennyriple Area Homemakers are welcome/encouraged to attend!

FOR YOUR KEHA TREASURE BOX!

10 a.m. to 2 p.m. ~ Aug. 21  
Christian County Extension Office

\*Games  
\*Hands-On Activities  
\*Door Prizes

\*Leadership  
\*Emotional Intelligence  
\*Roberts Rules Refresh

Lunch will be provided with registration fee of \$20!

Call or visit your local Extension Office to pay the registration fee and hold your spot!

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

Admission programs of Kentucky Cooperative Extension Service are provided at no charge to all persons regardless of race, sex, age, or ability. Persons with disabilities are encouraged to attend all programs. Persons with disabilities who need special accommodations should contact the local Extension Office at least 30 days prior to the program. Program information may be made available in large print or Braille. Kentucky Cooperative Extension Service is an Equal Opportunity Institution. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.

LEADERSHIP TRAINING

Cooperative Extension Service

Family & Consumer Sciences

4-H Youth Development

Community and Economic Development

## Junior Homemakers

Todd County Homemakers will be starting the Junior Homemaker Meetings in September. **For the first year, they will be offered four times per year at 9:00 a.m. and 3:15 p.m. (after school)**, for students in 4th-5th grades, middle and high school. If you are interested in helping with the meetings, or have a class you would like to teach, please contact Donna Coffman or the Extension Office at 270-265-5659.



Cooperative Extension Service

FAMILY & CONSUMER SCIENCES

TODD COUNTY HOMEMAKERS PRESENT

# JUNIOR HOMEMAKER MEETINGS

Join us to learn basic skills in Family & Consumer Sciences.

**FREE**

September 18 - Card Making  
November 13 - Gifts in a Jar  
January 15 - Table Setting/Etiquette  
March 19 - Tea Party

**AGES:**  
Middle & High School

**Times:** 9:00 AM or 3:15 PM (after school)

**LOCATION:**  
Todd County Extension Office  
240 Pond River Road  
Elkton, KY  
270-265-5659

To sign up or for more information, call the Todd County Extension Office 270-265-5659



## Barn Quilt Paint Party

Reminder, if you signed up for the Barn Quilt Paint Party, it is **Tuesday, August 19, 9:00 a.m. to 3:00 p.m.** Please bring your own drink, hair dryer, and .94" Frog Tape. Paint colors can be decided day of event. Sorry, no refunds on missed event—alternate arrangements will be available.

## Pennyrile Area Homemakers Annual Meeting

Save the date for the Pennyrile Area Homemaker meeting on **Friday, October 17**, at the new Hopkins County Extension Office.



## Todd County Homemakers Council Meeting

Todd County Homemakers Council will meet **Monday, August 25, 5:00 p.m.**, at the Todd County Extension Office.

## Wits Workout

Work out your brain by playing games! Join me for 6 more Wits Workout sessions. The topics are different than the sessions we have had previously. They will be on **September 29, October 6, 13, 27, November 3, and 10, at 10:00 a.m.** at the Todd County Extension Office. If you plan to attend, please give us a call at 270-265-5659, so we know how many copies to have ready.



## WITS WORKOUT

Join the Todd County Extension Office for Wits Workout, where you will engage in interactive puzzles and games to exercise your brain! Learn things you can do in your daily life to keep your brain healthy while making social connections.

**FUN!**



**September 29  
October 6, 13, 27  
November 3, 10  
10:00 a.m.**

**Todd County Extension Office  
240 Pond River Road  
Elkton, KY**


**FREE** Call 270-265-5659 to register

An Equal Opportunity Organization

## Quick Breads: Making Muffins

Learn how to make muffins at this class on **Tuesday, October 7, at 1:30 p.m. and 5:00 p.m.** Class fee is \$5.00 to cover supplies. Pre-register by October 1 by calling the Todd County Extension Office.


## T-Shirt Quilt Top Class



## T-SHIRT QUILT TOP CLASS

**NOVEMBER 6 & 7, 2025  
9:00 AM TO 4:00 PM**

**Location:  
Todd County Extension Office  
240 Pond River Road  
Elkton, KY 42220**



No Fee. Bring your own sewing machine, t-shirts, sewing supplies, sack lunch, and drinks. Sign up by calling the Extension Office, 270-265-5659, by October 24. Spots limited.

*An equal opportunity organization.*