



## Preparing Kids to Go Back to School

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

As summer winds down, the transition from carefree days to school routines can be a big shift for both kids and parents. Preparing children to return to school goes beyond shopping for supplies. It's about getting them mentally, emotionally, and physically ready for a successful year. A little planning and support can make this transition smooth and even exciting.



**Start building or reinforcing good habits.** Organizing school materials, packing lunches, and checking homework are just three examples of good habits that lead to success. You might set up a designated homework area and begin talking about after-school routines. These habits help children feel more secure and prepared.

**Stay positive.** Kids take their emotional cues from

**Reestablishing routines.** During summer, kids often stay up late and sleep in, so it's helpful to gradually shift bedtimes and wake-up times back to school hours at least a week or two before the first day. This helps reset their internal clocks and makes the first week of school less jarring.

**Open conversations about the upcoming year.** Talk about what your child is looking forward to and any concerns they may have. Maybe it's a new teacher, different classmates, or just getting back into homework. Listen to their thoughts, validate their feelings, and reassure them. A calm, supportive atmosphere at home can ease back-to-school jitters.

**Getting supplies.** Shopping for supplies and new clothes can be turned into a fun, confidence-building experience. Letting your child pick out a new backpack or notebook can help them feel more involved and excited about the year ahead. Don't forget to review the school's supply list and prepare items in advance so you're not scrambling at the last minute.

**New start.** If your child is starting at a new school, or even a new grade level that comes with big changes—like middle or high school—it can be helpful to visit the school ahead of time. Walking the halls, seeing their classroom, or even meeting their teacher if possible can ease first-day anxiety.

adults, so show enthusiasm about the new year. Remind them that it is a fresh start full of opportunities—to learn, grow, make new friends, and explore new interests.

With thoughtful preparation and encouragement, the back-to-school season can be a time of anticipation and excitement, not stress.

### References

- American Academy of Pediatrics. (2022). Back-to-school tips. <https://www.healthychildren.org>
- Centers for Disease Control and Prevention. (2023). Healthy schools, healthy habits. <https://www.cdc.gov>
- Child Mind Institute. (2023). Helping kids handle back-to-school anxiety. <https://www.childmind.org>
- National Association of School Psychologists. (2021). Helping children transition back to school. <https://www.nasponline.org>



## A Note from the president...

### **MORE bunnies delivered to residents at the following care centers in Campbell County:**

- Carmel Manor
- Cold Spring Transitional Care Center
- Highland Spring Care Center

"THANK YOU" to those who made bunnies. The residents were so pleased that they were being remembered and provided a handmade gift of encouragement. A special shout out to sisters Barbara Gilb and Annabelle Trapp who made 75 bunnies—some with a crocheted flower as decoration on the neck ribbon! This, in addition to still making the dresses, purses, and shorts to send to needy children in foreign countries! Way to go, ladies! You are such an inspiration and role model!

### **HOMEMAKERS, SAVE THE DATE**

Our county Cultural Arts competition will be Thursday, September 18th. You still have time to finish those UFOs (unfinished objects) projects or even to begin new ones to enter. There are a myriad of categories of items to enter—all types of crafts, photography, sewing, and many more. Look for the exhaustive list in this newsletter. The Miscellaneous category gives you the opportunity to enter many types of things. Be proud of your work and let others enjoy it with you! So, please take part in this event: bring your item(s) at 9 a.m. and come out to enjoy the display of workmanship other Homemaker members have made.

Hope to see YOU there with some of YOUR entries this year!

*Pam Fields, Campbell County  
Homemaker President*



**Pam Fields with Mary Fetick, Activity Director at Carmel Manor.**



**Octavia Dales and Pam Fields with employees who assisted with bunny deliveries at Cold Spring Transitional Care Center.**

## LUNCH BUNCH



## TIME FOR LUNCH

**Off for August**

**September 2th  
11:00**

**Golden Lamb  
27 S Broadway St,  
Lebanon, OH 45036**

**Must register  
by August 15th.  
Call/text Marcia,  
if you want to carpool  
859-816-8707**



Campbell County Cooperative Extension



The Homemaker's Maker Club celebrated Christmas in July by creating tiny masterpieces to bring a little early holiday joy. Check out our creations! Maker Club meets again on August 11, 6PM, to try our hand at faux tie dying. Club member are asked to register by August 1.

**To join the Maker Club or for any questions, contact Debbie Hyson at 859-512-6400.**



## Dignity

### Help her stay in school

Little Dresses for Africa has identified a need among the young women in 3rd world countries and we are addressing it with our "Sani-Pani" sewing project. The distribution of these simple, washable pads and the discussion surrounding the good hygiene enables young girls to not only manage their periods more easily, but maintain their dignity in the community. Please join us in the important project. Also needed are adult sized women panties. Thank You!

## Sani-Pani Pattern

Thank you for your interest in helping the girls in developing countries through our Dignity Program

### Materials

- Prewashed flannel
- 100% cotton quilt batting
- Two 2" sturdy safety pins

### Assembling the Pads

Between two pieces of flannel, with right sides of materials cut, place 3 batting (lining) pieces. Zigzag or serge around the edge, making sure you catch both sides together. Sew a straight line or two lengthwise through the middle to "quilt" all the pieces together. Attach two of the 2" safety pins to the backside. You are finished!

When cutting the flannel and batting, it may help to use a Sharpie pen to trace around the pattern, positioning them side-by-side. Don't forget to pre-wash the flannel for the best result. When assembling, any decent size left over scraps of flannel or batting can be placed in the middle for extra absorbency. The 2" large safety pins, which can be found on Amazon or at your local sewing store are a great addition if you can include them.

E-mail any questions to: mealgravy@gmail.com

### Drop them off at the front desk of the Extension Office.

Campbell County Cooperative Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076

Thank you,  
Octavia Dales, International Chairperson  
Campbell Count Extension Homemakers



*Kate Vaughn Thompson*

**Kate Vaughn Thompson**  
Campbell County Extension Agent for  
Family and Consumer Sciences

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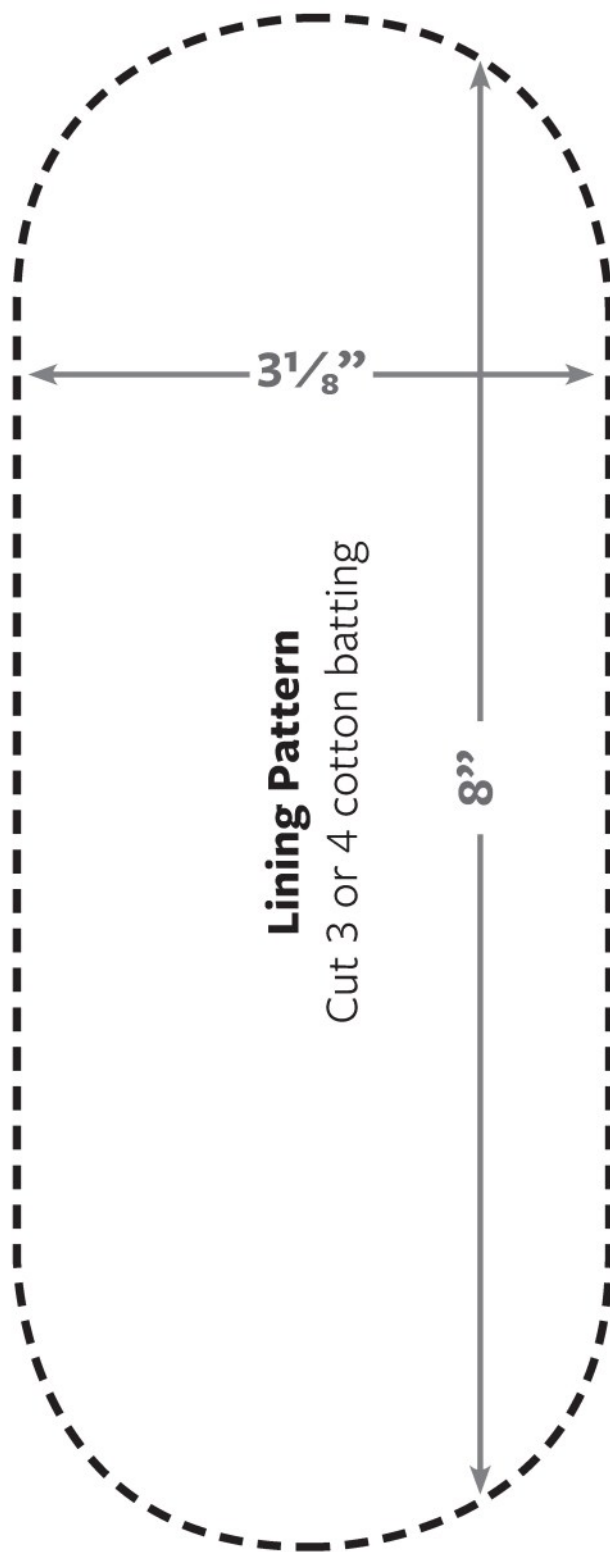
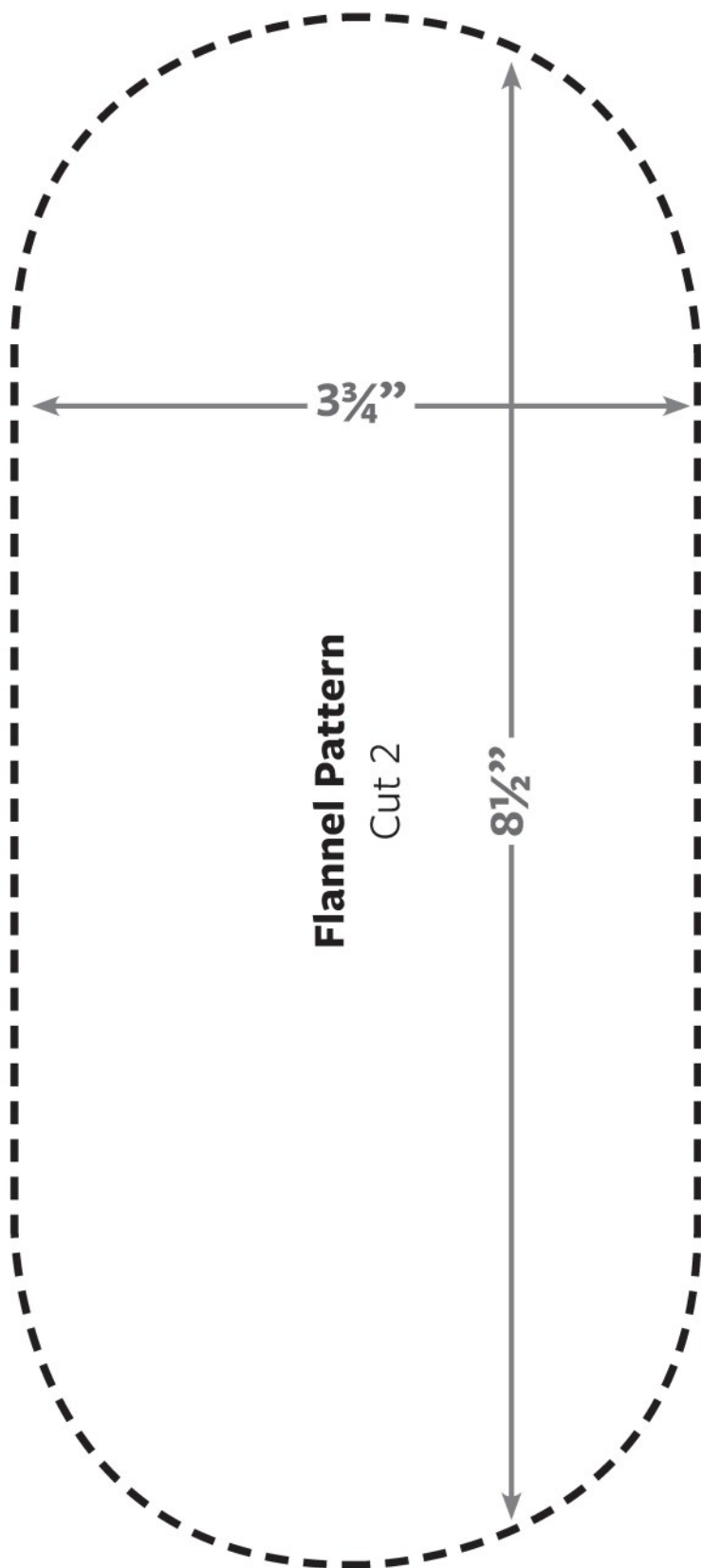
*Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.*

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*-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,*

*-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or*

*-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*





## Valley Homemakers

Valley Homemakers will meet at Alexandria Community Park on August 12th at 10:00 am. We will meet at the play area Pavilion. Take Grandview Road to 3965 Alexandria Drive and follow back to Pavilion. Hot dogs and buns will be provided and everyone is asked to bring a covered dish and what you wish to drink. We will have a short meeting. Please bring ideas for making crafts for future months to discuss in the meeting. August is Wellness Month - we will be reminded about Mindfulness, Box Breathing and Chair Yoga. I am hoping everyone can come and enjoy our fellowship.

*Marietta Knuehl, Valley Homemakers President*



## What to do if your email is spoofed

*Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management*

Have you ever had someone tell you they received an email from "you" that you didn't send? Or have you received an unusual-looking email from someone that made requests you know that person wouldn't usually make? These are signs that an email could have been spoofed or hacked.

"Spoofing" is when someone pretends to be you in an email. "Hacking" is when someone has gained control of your email account and can make changes to it, including your password. If your email is hacked, you will see the messages in your sent folder as having genuinely come from your email account. If it has been spoofed, your account is untouched, and the email has come from somewhere else.

If either of these things happen to you, here are steps you can take: Report it to IC3.gov (FBI Internet Crimes Complaint Center) and FTC.gov/Complaint (Federal Trade Commission Complaints). It won't "fix"



anything for you, but it alerts the agencies and can help with prevention for others.

If you have antivirus software, run it. Install any updates to your system and your browser and/or apps. Do this for all your devices (laptop, tablet, phones).

Consider changing your email account password. If you have used that same password for any other service, change those too. (It is better if your passwords for accounts are all different

so someone cannot try the same password on other services.) Using two-factor authentication is even stronger protection.

Check your bank account statements (checking, savings, credit cards, etc.) for identity theft, such as purchases you did not make.

Check your credit reports from all three bureaus for anything that does not look right. [https://](https://www.annualcreditreport.com/)

[www.annualcreditreport.com/](https://www.annualcreditreport.com/)

If you suspect Identity Theft, get information on what to do here: <https://www.identitytheft.gov/>.

### References

Federal Trade Commission. Business Email Imposters. Retrieved Dec. 10, 2024, from <https://www.ftc.gov/business-guidance/small-businesses/cybersecurity/business>.

FBI. Spoofing and Phishing. Retrieved Dec. 10, 2024, from <https://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-frauds-and-scams/spoofing-and-phishing>.

2025

# Flower Buds



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).  
Older children are also  
welcome to join with prior notification.

Space is limited to 15 children  
plus 1 parent or relative.

Registration for each class is required  
**859-572-2600** or online at  
[campbell.ca.uky.edu](http://campbell.ca.uky.edu)



Location:  
Campbell County Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076

### 2025 Flower Buds Schedule:

10:00 a.m.-11:30 a.m

- ☐ Thursday, August 7
- ☐ Thursday, September 4
- ☐ Thursday, October 2
- ☐ Thursday, November 6
- ☐ Thursday, December 4

*If you have questions, please contact Kate Thompson or Terri Turner.*

#### Cooperative Extension Service

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4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



# Campbell County Extension Cultural Arts

# Thursday, September 18

**Items need to be at the  
Extension Office  
by 9:30 a.m.**

Judging starts at 10:00 a.m.

**Lunch will be served.**

**PLEASE  
NOTE...**



*Campbell County Homemakers*



# LUNCH BUNCH CLUB

Join us to meet new friends  
and enjoy great lunches.

**Campbell County Homemakers  
will visit various local  
restaurants each month.**

**WE MEET THE 1ST TUESDAY  
OF EACH MONTH**



**TIME OF MEETING:** 11am (CHECK NEWSLETTER)  
**MEETING LOCATION:** various restaurants  
**CONTACT:** Marcia Kerby 859-816-8707  
**EMAIL:** JOTANDTITTLE51@HOTMAIL.COM

**Cooperative  
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Agriculture and Natural Resources  
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# Crazy Quilters

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other.

Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

**MEET THE 3RD MONDAY  
OF EACH MONTH**

**Time:** 10am (check newsletter)

**Meeting Location:** Campbell County Extension Office.

**Contact:** Linda Booth (859)620-0262

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## 2025 – 2026 • Cultural Arts Exhibit – CATEGORIES

Please refer to the CLARIFICATIONS pages for more information.

### 01. SEWING (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

### 02. ART, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

### 03. ART, Natural

- 3a. Wood
- 3b. Other

### 04. REPURPOSED & UPCYCLED (MUST include a "before" photo)

- 4a. Clothing (end product)
- 4b. Household (end product)
- 4c. Other

### 05. BASKETRY

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

### 06. BEADING

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

### 07. CERAMICS

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-made

### 08. COUNTED CROSS STITCH

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens, etc.)

### 09. CROCHET

- 9a. Accessories
- 9b. Garment
- 9c. Home Decor & Afghans
- 9d. Thread
- 9e. Figurine

### 10. DOLL/TOY MAKING

- 10a. Cloth
- 10b. Handmade Toy other than  
Porcelain/China or Cloth
- 10c. Porcelain/China

### 11. DRAWING

- 11a. Pastels
- 11b. Pen and Ink
- 11c. Pen and Ink with Oil Roughing
- 11d. Pencil or Charcoal- Black
- 11e. Pencil- Color

### 12. EMBROIDERY

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Punch Needle (under 60" perimeter)
- 12k. Miscellaneous

## **2025 – 2026 • Cultural Arts Exhibit – CATEGORIES (continued)**

Please refer to the CLARIFICATIONS pages for more information.

### **13. FELTING**

- 13a. Needle Method
- 13b. Wet Method

### **14. HOLIDAY DECORATIONS**

- 14a. Autumn
- 14b. Spring
- 14c. Summer
- 14d. Winter

### **15. JEWELRY**

- 15a. Beaded
- 15b. Mixed Media  
(wire, chain maille, mixed with beads)
- 15c. Original Design

### **16. KNITTING (HAND - with knitting needles)**

- 16a. Accessories
- 16b. Garment
- 16c. Home Decor and Afghans
- 16d. Figurine

### **17. KNITTING (OTHER - machine/loom)**

- 17a. Other

### **18. NEEDLEPOINT**

- 18a. Cloth or Canvas
- 18b. Plastic

### **19. PAINTING, ART**

- 19a. Acrylic
- 19b. Oil
- 19c. Watercolor

### **20. PAINTING, DECORATIVE**

- 20a. Metal
- 20b. Wood
- 20c. Other

### **21. PHOTOGRAPHY (mounted or framed)**

- 21a. Black & White
- 21b. Color

### **22. QUILTS**

- 22a. Baby-size or Lap-size (hand quilted)
- 22b. Baby-size or Lap-size (machine quilted)
- 22c. Hand Applique (hand quilted)
- 22d. Hand Pieced (hand quilted)
- 22e. Machine Applique (machine quilted)
- 22f. Machine Pieced (hand quilted)
- 22g. Machine Pieced (machine quilted)
- 22h. Novelty (hand quilted)  
(stenciled, embroidered, miniature, etc.)
- 22i. Novelty (machine quilted)  
(stenciled, embroidered, miniature, etc.)
- 22j. Technology Based (hand or machine quilted)
- 22k. Miscellaneous (hand or machine quilted)

### **23. PAPER CRAFTING**

- 23a. Card Making
- 23b. Origami
- 23c. Quilling
- 23d. Scrapbooking

### **24. RUG MAKING**

- 24a. Braided
- 24b. Hooked
- 24c. Punch Needle, rug (over 60" perimeter)
- 24d. Woven

### **25. WALL or DOOR HANGING**

- 25a. Fabric
- 25b. Other
- 25c. Diamond Art Mosaic

### **26. WEAVING**

- 26a. Hand (macrame, caning)
- 26b. Loom (includes pin weaving)

### **27. MISCELLANEOUS**

- 27a. Miscellaneous



## **CULTURAL ARTS and HERITAGE**

### **Cultural Arts Exhibit – JUDGING CRITERIA**

- A. **Three-dimensional art, decorative painting, drawing, art painting, and ceramics:**
- 1) Originality
  - 2) Artistic promise
  - 3) Technique
  - 4) Composition
- B. **Apparel, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous:**
- 1) Originality
  - 2) Workmanship
  - 3) General appearance
- C. **Baskets:**
- 1) Made with natural materials (e.g., reed, cane, NO FABRIC / NO ROPE)
  - 2) Level of difficulty
  - 3) Uniform shape
  - 4) Proper finishing: tight rim lashing, trimmed lashing, excessive splinters are clipped or singed
  - 5) Start / stop rows hidden
  - 6) Packed weave (no gaps)
  - 7) *For wooden base baskets:* Hole in the center of base is plugged and sealed
- D. **Photography:**
- 1) Originality
  - 2) Content (Subject matter)
  - 3) Clarity (Is it in focus? Good use of lighting?)
  - 4) Technical competence (When appropriate, demonstrates awareness of aperture and shutter speed)
  - 5) Composition
- E. **Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.**
- 1) Balance and symmetry
  - 2) Color coordination
  - 3) Quality of photography
  - 4) Use of space
  - 5) Neatness
  - 6) Lettering
  - 7) Journaling
  - 8) Use of embellishment
  - 9) Does it tell a story

## CULTURAL ARTS and HERITAGE

### Exhibit Category / Sub-Category CLARIFICATIONS

Please refer to this section to assist with sub-category placement of entries.  
As time and resources permit, this list will grow to expand upon and clarify most Categories.

PLEASE contact the State Cultural Arts Chairperson with any questions.

#### 1. SEWING (Apparel & Home Décor)

- Items are constructed by SEWING

##### Sewing Sub-Category definitions:

- a. **Basic Garment APPAREL** = features more basic sewing techniques
- b. **Specialty Garment APPAREL** = features tailoring techniques, more structure; includes appliqued and quilted apparel
- c. **Accessory APPAREL** = tote bags / purses / hats
- d. **Basic HOME DÉCOR** = ex: simple pillows / pillowcases
- e. **Specialty HOME DÉCOR** = ex: rope bowls; includes appliqued or quilted pillows, runners

#### 4. REPURPOSED & UPCYCLED

- Exhibits **must be accompanied by a “before” picture** that depicts items in their original form before they were “repurposed or recycled” into the final exhibit item
- Subcategories describe the resulting (end) project, for example, if a CLOTHING ITEM is “upcycled” into something for the HOUSEHOLD, then the exhibit should be entered in “b. Household”

#### 5. BASKETS

- Baskets should be woven with natural materials (e.g., reed, cane, x, or x); no rope baskets (rope baskets may be entered in 1. SEWING e. Specialty Home Décor)
- Dyed materials should be placed in the same sub-category as undyed materials
- Baskets with a wooden base that has a hole where it was attached to the mold during weaving, should have the hole closed with a wooden plug and sealed
- Chairs and stools with woven seats should be entered in 26. WEAVING a. Hand
- Where size is concerned, handles are not included in this measurement

##### Basket Sub-Category definitions:

- a. **Cane** = includes Nantucket baskets; ribbed, woven with cane (cut from rattan plant, has a hard, smooth, shiny side and a dull, fibrous side); any shape or size allowed in which a wooden mold has been used for shaping; staves/stakes or hardwood, cane, or flat oval reed are inserted/attached to a wooden base; rim is hardwood, cane, or flat oval reed; if wooden base has a hole where it was attached to the mold during weaving, the hole should be closed with a wooden plug and sealed



- b. **Wooden Base** = any size reed basket (ribbed or non-ribbed) made with a wooden base (excludes Nantucket baskets)
- c. **Miniature** = 4" maximum in any direction (handles not included in measurement); includes Nantucket baskets, but other wooden base baskets of "miniature size" should be placed in the "wooden base" sub-category
- d. **Novelty** = any WOVEN item used for something other than a traditional basket (decorations, wall hanging, gourds, leather , etc.); COILED baskets made from natural materials (not rope or fabric)
- e. **Non-Ribbed, Traditional** = Any non-ribbed traditional reed basket larger than 4" in diameter that does not have a wooden base
- f. **Ribbed, Traditional** = Traditional Appalachian, no less than 4" in any direction, woven on an oak frame with a series of ribs emerging from the lashing, binding parts of the frame together

### 13. FELTING

- All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

### 21. PHOTOGRAPHY

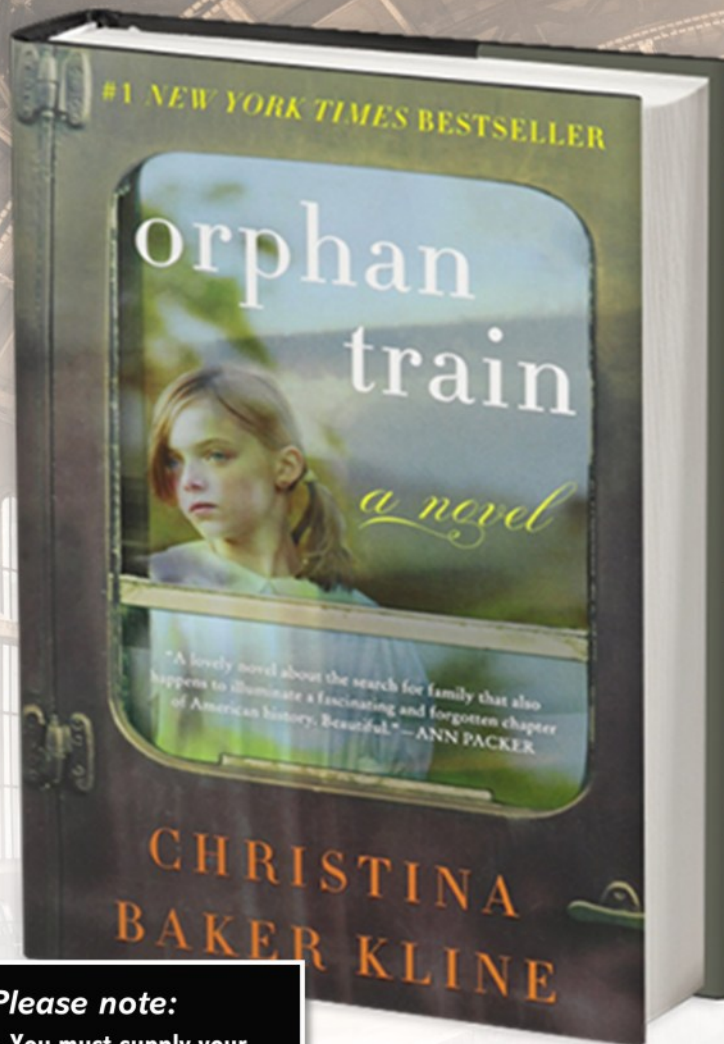
- Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

### 22. QUILTS

- Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

### 23. PAPERCRAFTING

- 23d. Scrapbooking entries are limited to 1 or 2 pages; If the entire scrapbook is sent, please designate pages to be judged.



**Join us for the  
August Book Club,  
for discussion,  
snacks and a craft.**

*A captivating story of two very different women who build an unexpected friendship: a 91-year-old woman with a hidden past as an orphan-train rider and the teenage girl whose own troubled adolescence leads her to seek answers to questions no one has ever thought to ask.*

*by Christina Baker Kline*

**Please note:**

- You must supply your own book.
- Read the book before the gathering.
- Must be 18 years or older to register.

**Tuesday, August 26, 2025**

**6:00pm - 7:30pm**

**Campbell County Cooperative Extension**

3500 Alexandria Pike | Highland Heights, KY 41076

**Registration Required: 859-572-2600**

**CAMPBELL COUNTY COOPERATIVE EXTENSION BOOK CLUB**

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Disabilities  
accommodated  
with prior notification.



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

Campbell County Cooperative  
Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600  
<https://campbell.ca.uky.edu/>

## THIS MONTH'S TOPIC

# PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



**T**he "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

**Continued on the next page** ➔

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Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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One of the best things

you can do is drink

plenty of water,

even if you don't feel thirsty.

Wear light-colored,

loose-fitting

clothes and a hat

to protect yourself

from the sun.

## → Continued from the previous page

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word “stroke” in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

### REFERENCE:

<https://www.cdc.gov/heat-health/about>

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**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





# EXPLORE

## Belize with US!

### CULTURE COFFEE CHOCOLATE



*Date:* August 26, 2025



*Time:* 6:00 PM - 9:00 PM



*Location:*

Boone County Enrichment Center  
1824 Patrick Drive, Burlington



**RSVP!**  Cooperative Extension Service

Please call Boone County Extension Office [at] 859-586-6101 to register.

Please join us for an evening of exploration as we enjoy a presentation and discussion on Mayan culture, coffee bean production, and chocolate processing in Belize.



#### Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



# Cultivating Joy

## Tools for Tough Days

*Discover ways to help yourself and others navigate life, manage stress and anxiety, and build strategies.*



**Anchor in the Chaos** - Learn tools and strategies to effectively manage stress, anxiety, and overwhelming situations.

*Kate Thompson, Campbell County Agent for Family and Consumer Sciences*

**The Rhythm of Resilience** – Explore creative ways to help you through life's ups and downs.

*Susan Miller, Boone County Agent for Community Arts*

**The Architecture of Joy**—Discover five pillars of personal happiness.

*Diane Mason, Boone County Agent for Family and Consumer Sciences*

**TUES, 9/16/25, 9:00 a.m. – Noon**

**Boone County Extension Florence | 7111 Dixie Highway, Florence**

**Registration requested: 859-586-6101 or [boone.ca.uky.edu/on-line](https://boone.ca.uky.edu/on-line) registration**

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accommodated  
with prior notification.



**UK Cooperative  
Extension Service**  
Multi-County Discussion w/  
Kenna Knight, Joan Bowling,  
& Kate Thompson

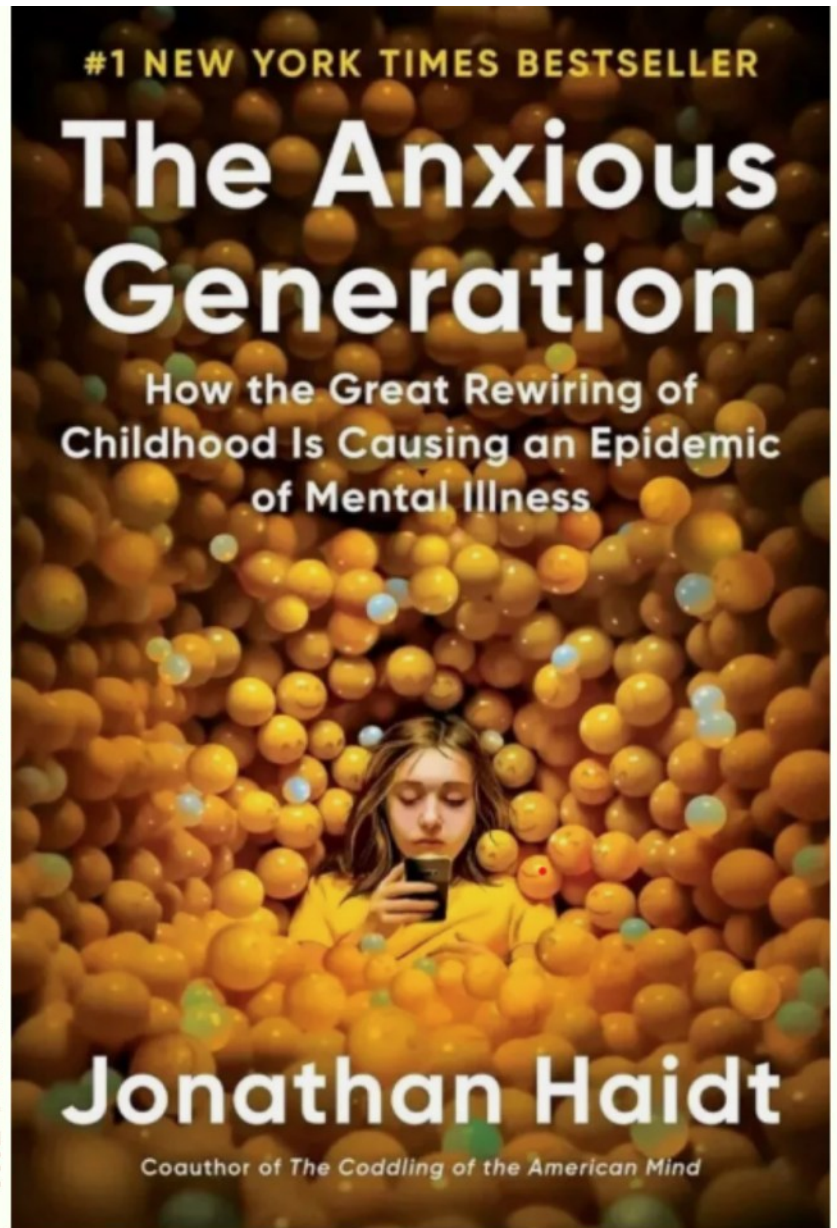


**Why are today's  
kids more anxious,  
depressed, and  
fragile than ever  
before?**

Psychologist Jonathan Haidt  
explores how the rise of  
smartphones and social media  
has reshaped childhood - and  
what we can do to fix it.

*"We have overprotected our  
children in the real world  
while underprotecting them  
in the virtual one."  
~Jonathan Haidt~*

THE FIRST 20 PEOPLE TO REGISTER WILL RECEIVE A FREE COPY!



# ZOOM BOOK DISCUSSION

**Wednesdays | 7 PM**  
**Two-Part Virtual Discussion**  
**September 10<sup>th</sup> & 24th**

**Join via Zoom**  
**Call PCEO to register**  
**859-654-3395**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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# SLOW COOKER ASIAN PORK TACOS

**Servings:**12

**Serving Size:**1 taco

**Recipe Cost:**\$10.44

**Cost per Serving:**\$0.87



## Ingredients:

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving
- Asian Peanut Slaw:
  - \*1/4 cup vegetable oil
  - \*2 tablespoons white vinegar
  - \*1 tablespoon honey
  - \*1 tablespoon low-sodium soy sauce
  - \*1 bag (12 ounces) coleslaw or broccoli slaw
  - \*1/2 cup dry roasted unsalted peanuts, chopped (optional)
  - \*2 green onions, chopped
  - \*1 cup cilantro, chopped

**Note:** If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

## Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.
4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the Asian Peanut Slaw\*. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

**Source:** Rosie Allen, NEP Special Projects, University of Kentucky Cooperative Extension