

Family & Consumer Sciences Newsletter

A Word from the Agent...

August has typically signified the start of that transition from summer to fall. School starts back, the days are supposedly cooling off (though that trend has yet to begin!), and those pretty summer flowers begin to fade. The fall will bring its own beauty, and I do love the season shifts. Check out some pretty cool classes we've got coming up at the Extension office and make sure to save the date for our annual Fall Fest coming up in October. Make sure to check the deadlines for registration for the classes, as some are VERY soon! As always, reach out if you have questions or class suggestions!

Shonda Johnston



SHONDA JOHNSTON
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Family & Consumer Sciences
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Barn Quilt Painting Class

by Liz's Barn Quilts

SEPTEMBER 17, 2025 9:00-3:00

Clark County Extension Office- Annex

1400 Fortune Drive
Winchester, KY 40391

Outdoor 2'x2' = \$130 or 3'x3' = \$190

Lunch and Supplies provided

Space is LIMITED!

Must be registered and paid by August 15th
*bring hairdryer if you can

Scan to register or call 859-744-4682

Choose from these patterns

A

B

C

D

E

F

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Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development

Community and Economic Development

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 40504

Did You Know...

August is National Dog Month?

August is dedicated to our lovely canine companions across the world. Since dogs are the most common pets in the world, it is no wonder we have countless holidays celebrating their existence and their impact on human lives. These lovely creatures make our days better and show us unconditional love. Here are a few ways to celebrate with your furry friend: schedule their annual check up; get some extra special treats or toys; love on some other pups by donating time or money to your local shelter.



PARENT

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)

Clark County Extension Office
1400 Fortune Drive
Winchester KY 40391
(859)744-4682

THIS MONTH'S TOPIC

HELPING YOUR CHILD FORM MEANINGFUL FRIENDSHIPS



Research shows that friendships are very important for your health, both your body and your mind. When you have good friends, you feel happier and less stressed. Friends give you someone to talk to, laugh with, and share problems with. This can help lower feelings of sadness, worry, or loneliness. Being around friends can also make your brain feel safe and supported, which is good for your mental health. Friendships are also good for your body. Studies show that people with strong friendships often have lower blood pressure, get sick less often, and even live longer. That's because having people who care about you helps your body stay calm and healthy.

Making friends is an important part of growing up. You likely fondly remember some

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Encourage your child to join clubs, sports, or group activities where they can meet kids with similar interests.

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of your childhood friends and the memories that you made with them. When children have good friends, they feel happier and more confident. Friends give kids someone to talk to, play with, and share ideas and feelings with. Friendships also help children learn important life skills, such as how to listen, take turns, solve problems, and work in a team. These skills help them in school and life.

Parents play a big role in helping their children make and keep friends. One way to help is by teaching your child how to be kind and respectful. You can also talk to them about how to handle disagreements in a peaceful way. Invite other children over to your home so your child has chances to play and get to know others better. Encourage them to join clubs, sports, or group activities where they can meet kids with similar interests.

Sometimes, children feel shy or unsure about making friends. That's OK. Parents can help by listening, giving advice, and showing support. Let your child know it's normal to feel nervous and that making friends takes time. Praise their efforts, even small ones, such as saying hello or sharing toys, and inviting new kids to play. Over time, these little steps can grow into strong, healthy friendships.

It is also important for parents to prioritize friendship. Many activities require time and investment, such as jobs, school, sports, and community involvement. It is also important, though, for kids to have time to spend with their friends. Consider how allowing your kids to spend time with their friends can be beneficial for everyone's schedules. For instance, you could trade carpool duties with a parent of your child's friends so that they can ride together to events, or you could organize neighborhood playdates where parents can take turns supervising.

Friendships help children feel like they belong. They teach kindness, trust, and how to care for others. With your help and support, your child can build the kind of friendships that will help them grow into a caring and confident person.

REFERENCE:

<https://www.apa.org/monitor/2023/06/cover-story-science-friendship>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



Shade Perennials



Thursday, August 21

6:30 pm

Clark County Extension Service

1400 Fortune Drive; Winchester, Kentucky

Do you have a shady area in your lawn that is looking drab and boring? While hostas and ferns are valid choices, there are so many more options that can bring in lots of color and fun textures. Join us as we cover some great perennial plant choices, along with tips and tricks to keep the plants happy!

TO REGISTER: 859-744-4682 or cynthia.carr@uky.edu

FREE!

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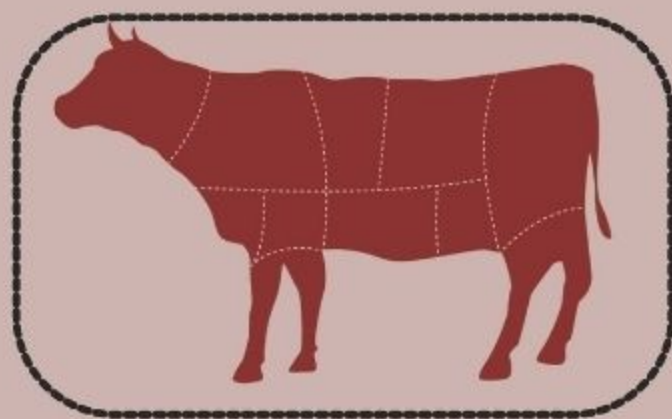
Disabilities
accommodated
with prior notification.

Basics of Beef: Cuts, Cost, and Cooking



Join us as we discover the different cuts of beef, learn how to choose the most cost-effective options, and explore various cooking methods. Enjoy tastings of select cuts prepared using a variety of techniques - come hungry and leave informed!

September 3rd, 2025
6:00pm
Clark County Extension Office
1400 Fortune Drive
Winchester KY 40391



Get moo-ving and register today by calling 859-744-4682
or emailing cynthia.carr@uky.edu

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Disabilities
accommodated
with prior notification.

Clark County Extension

Fall Festival

October 4, 2025 • 5PM - 7PM

Pumpkins - Photo Booth - Food
Crafts - Games - Give Aways

Free Fun for Everyone!



Clark County Extension Office
1400 Fortune Drive, Winchester, KY

Watch our Facebook for updates and sneak peeks!

 Clark County Cooperative Extension, KY

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Clark County Homemakers'



Soup Bean Supper

October 10, 2025

5:00 - 7:00 PM



**Clark County
Extension Office**

**1400 Fortune Drive
Winchester KY**

**Cost
\$10.00 per
person
Dine in or to-go**

**Includes:
Soup Beans/
Hot Dog
Cornbread
Dessert
Drink**

**Tickets can be pre-purchased at the Extension
office or they will be available at the door!**

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BIG BLUE BOOK CLUB



Cooperative
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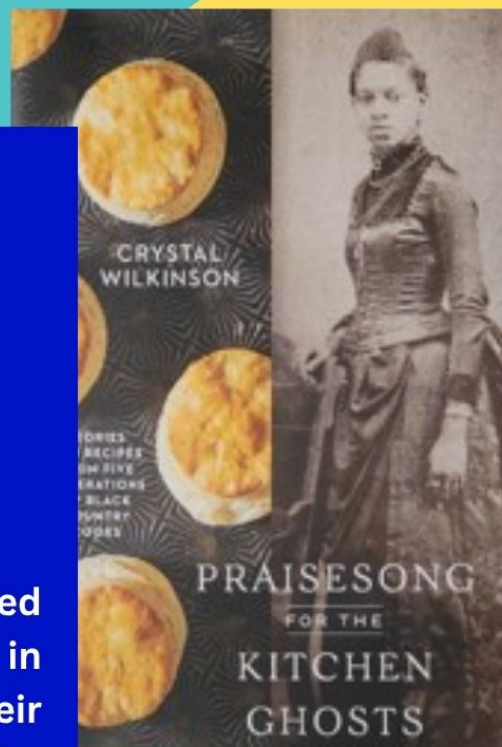
PRAISESONG FOR THE KITCHEN GHOSTS

By Crystal Wilkinson

“A keeper of her family’s stories and treasured dishes, Crystal Wilinon shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves together those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century.”

Big Blue Book Club is back in its original format via Zoom! Mark your calendars for MONDAYS, beginning October 27 through November 17, as we read *Praisesong for the Kitchen Ghosts* by Crystal Wilkinson.

Registration for this series opens September 2, 2025 on the website, ukfcs.net/BigBlueBookClub. As always, the first 200 registered participants will receive a FREE copy of the book.



Save
the Date!