

# Family & Consumer Sciences August Newsletter

## MESSAGE FROM YOUR AGENT

*Hello, everyone!*

I hope you all have enjoyed your summer, even though it does not officially end for another month, I know for most it is winding down. As always, we have been busy here at the extension office, with so many fun programs such as Kids ART Day Camp, Power of Produce, County Fair, plus so much more! We also hosted our first annual Farm to Table Dinner, we are so thankful for the our pouring of support for that!

I hope you enjoy this months newsletter that includes our upcoming programs.

*What is inside?*

- Monthly Calendar
- Homemaker News
- Program Flyers
- Health Bulletin Newsletter



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# AUGUST 2025

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1 Power of Produce



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5 Project Linus



6 Paper Hugs



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8 Power of Produce



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# BATH COUNTY HOMEMAKERS



## What we have been up to

- At the annual meeting our new County President and County secretary were sworn in
- 2025 Cultural Arts: 38 entries, 25 Blue Ribbon Winners

## What's New

### NEW COUNTY OFFICERS

I would like to welcome our new county officers:

County President: Jackie Watson  
County Secretary: Debbie Highley



## Reminders

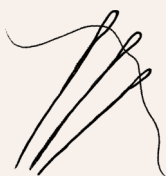


- Need Volunteers to help with Veterans Day of Valor: Call Sassia for details
- Cultural Arts Blue Ribbon Winners need to be brought to my office September 1st- 12th

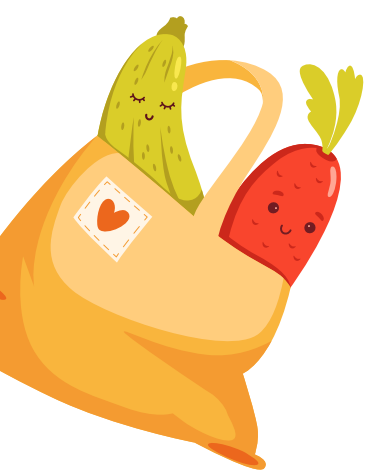
## Upcoming



- Licking River Area Leader Lesson Day: August 26<sup>th</sup> 10 AM at Montgomery County Extension Office
- Veterans Day of Valor: September 24<sup>th</sup>
- Homemaker Annual Meeting: October 26<sup>th</sup> at Bath County







# POP Club

Join us!

**FREE Activities, Tastings  
and Prizes for Kids!**

The Power of Produce (POP) Club provides a fun opportunity for children to engage with their local food system. They will get to talk directly with farmers while partaking in educational games and demonstrations. Kids can earn up to \$6 in vouchers to spend at the market.

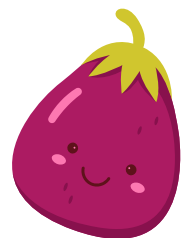
**Dates: ~~July 18<sup>th</sup>~~, ~~July 25<sup>th</sup>~~, August 1<sup>st</sup>, &  
August 8<sup>th</sup>**

**10 AM - 12 PM**

**Kentucky Market Pavilion**

**2914 E HWY 60**

**Owingsville, KY 40360**





**COOKING THROUGH THE**  
*Calendar*

Date: August 18th

Time: 3:30 PM

Location: Bath County  
Extension Office

Recipe: Slow Cooker Asian Pork Tacos

For more information on how you can attend  
these **FREE** cooking classes, please contact  
your local Cooperative Extension office:

Bath County Cooperative  
Extension Office  
2914 E. HWY 60 40360  
606-674-6121



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



# YOUTH SPORTS DAY CAMP

**LUNCH  
PROVIDED!**

**AUGUST 21<sup>ST</sup>, 2025**

**10:00AM - 2:00PM  
BATH COUNTY AG CENTER**

**GET MOVING WITH BATH COUNTY 4-H  
AND FAMILY AND CONSUMER  
SCIENCES!**

**FOOTBALL PICKLEBALL  
VOLLEYBALL WATER GAMES**

**NO COST  
TO ATTEND!**

REGISTER HERE:



*and more!*

**AGES 11  
& UP**

**[HTTPS://UKY.AZ1.QUALTRICS.COM/JFE/Form/SV\\_6F3OJ6P  
1ZCGJF66](https://uky.az1.qualtrics.com/JFE/Form/SV_6F3OJ6P1ZCGJF66)**

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# 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)

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000 Street Road  
City, KY  
Zip  
(000) 000-0000

## 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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506







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.

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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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**Stock images:** Adobe Stock

