

Family & Consumer Sciences

WELCOME AUGUST!

Named for Augustus Caesar (Julius Caesar named July (Julius) for himself, so Augustus followed suit), August is usually the hottest month of the year in the United States. In history, August started as a 30-day month, but Augustus borrowed a day from February so his month would have the same number of days as July.

I'm **excited** to announce a couple of programs scheduled for youngsters ages 3 to 5 and their adults. **"Laugh and Learn" sessions** will be held at our Florence Office, 7111 Dixie Highway, Florence. See the flyer with this newsletter and register as requested if you have little ones who might enjoy or benefit from the program. We also have a **12-week walking challenge** starting at the end of August at our Florence office. Sign up to join others in this activity. It is a great way to stay motivated to get (or keep) moving.

Since 1991, National Mustard Day has been sponsored by the Mustard Museum, currently located in Middleton, Wisconsin. Do you have a favorite type of mustard or a favorite use for this condiment? Mustard is made from the seeds of the mustard plant. The characteristics of the mustard will depend on the method of preparation and the type of seed.



Source: <https://mustardmuseum.org/mustard-day/>

Thanks to President Ronald Reagan signing a proclamation in 1988, August 21st is designated "Senior Citizen's Day."

Take some time to visit with family, friends, and neighbors who might fit into this category to hear a story, give them a hug, or just let them know you care.



Source: <https://agesafeamerica.com/august-21-national-senior-citizens-day/>

National Picnic Month is also celebrated in August. Whether you enjoy a picnic in your backyard or visit a local park or attraction, don't forget your food safety rules of keeping hot food hot and cold food cold. Picnics are a great time to enjoy the outdoors, play a game, drop a line in a local lake, or just take a walk in nature.

Above all, be aware that our local schools open in August for another year. Youngsters will be waiting on curbs for transport, greeting friends and making new ones. Review the rules for cars and buses and be aware of young ones who may dart out into streets when you least expect it.

Grab some locally grown peaches or watermelon this month (it is National Peach Month and National Watermelon Day is on the 3rd) and make the most of August! We'll say a hearty thanks to Augustus for giving us an "extra day" to enjoy this month!

Wishing you all the best,
Diane Mason, County Extension Agent for Family and Consumer Sciences

WATERMELON TOMATO SALAD

Yield: 6, 1½ cup servings

Ingredients

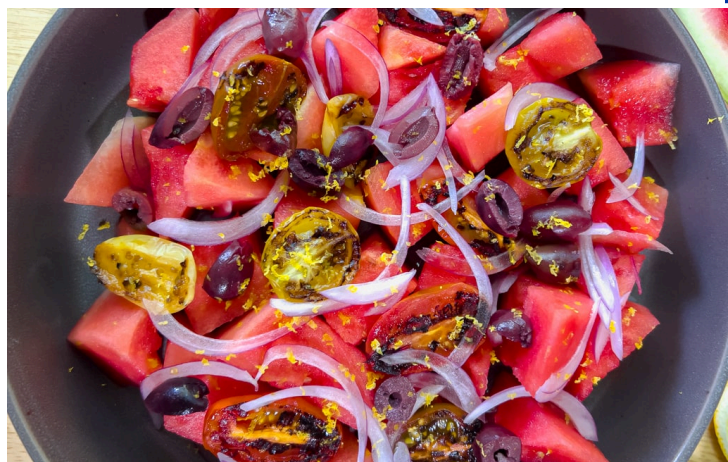
5 cups seeded watermelon cubes (¾ inch)
3 cups of cubed tomatoes (¾ inch)
¼ teaspoon salt
1 small red onion, quartered and thinly sliced
¼ cup red wine vinegar
2 tablespoons extra virgin olive oil
1 teaspoon black pepper
6 lettuce leaves

Directions

- 1. Combine** watermelon and tomatoes in a large bowl.
- 2. Sprinkle** with salt; toss to coat. Let stand 15 minutes.
- 3. Stir** in onion, vinegar, and oil.
- 4. Cover** and chill 2 hours.
- 5. Serve** chilled on lettuce leaves, if desired.
- 6. Sprinkle** with cracked black pepper to taste.

Nutritional Analysis: 100 calories; 5 g fat; 2 g protein; 18 g carbohydrate; 0 mg cholesterol; 105 mg sodium

Source: Plate it up! Kentucky Proud Project.



AUGUST IS NATIONAL IMMUNIZATION MONTH

Vaccines, also called shots, are important because they help protect us from serious diseases. When we get vaccinated, our bodies learn to fight off illnesses without us getting sick first. This keeps us healthy and stops diseases from spreading to others. Getting vaccinated on time is important. Vaccines work best when we get them at certain ages. By following the recommended schedule, we stay protected from diseases like measles, whooping cough, and chickenpox. If we miss a shot, we might not be fully protected.

Vaccines are safe. Before a vaccine is given to people, scientists test it carefully to make sure it's safe and works well. Sometimes, after getting a shot, we might feel a little sore or have a mild fever, but these side effects usually go away quickly. By getting vaccinated, we're not just protecting ourselves but also those around us. Some people can't get certain vaccines because of their health, so when we're vaccinated, it helps stop the spread of diseases and keeps everyone safer.

Remember, vaccines are a simple and effective way to stay healthy and help others stay healthy too.

Reference: Summer days are upon us, bringing sunshine, longer daylight, and plenty of outdoor fun! As you enjoy all the season has to offer, don't forget the Boone County Fair is happening June 23–28, 2025. Mark your calendars and visit boonecountyfair.org for details! Whether you're just soaking up the summer vibes or headed to the fair, be sure to stay hydrated and take care in the heat.

Source: Monica Mundy, Extension Specialist for Community and Family Health

Laugh and Learn



August 4 & September 2, 2025

10:00-11:00 am

AGES 3 TO 5

(Adult must stay with child)

**Boone County Extension Florence
7111 Dixie Hwy. Florence Ky 41092**

**Monthly family time for
preschoolers (ages 3-5) and
caregivers. Join us for storytime,
activity, and a light snack!**

Registration required

Call (859) 586-6101 or visit boone.ca.uky.edu to register

Email Molly.bonnett@uky.edu

**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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Summer Ice Cream Fun!

All are welcome!

Friday, August 8, 2025

Anytime between 11:30 a.m. and 1:00 p.m.

Stop by to make and enjoy your own dairy-based ice cream! Visit our facility, meet our great employees, and learn something about what we do to improve lives! No cost, no registration, no expectations. Just come out for a little ice cream fun.

BOONE COUNTY EXTENSION FLORENCE
7111 DIXIE HIGHWAY, FLORENCE



859-586-6101



boone.ca.uky.edu

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FOREST BATHING

Have you heard of forest bathing, also known as forest therapy?

Forest bathing is a growing practice of spending time in nature among trees. It can benefit your mind and body. Walking through the woods is not a new thing. Humans have been doing that for most of our existence but in modern times, the opportunity to be in the woods and away from stressors can be a great way to refuel and refocus your mind and body.

Originating in the early 1980s, the Japanese concept of shinrin-yoku, which often translates to “forest bathing” has three components to it:

1. Being aware of the natural beauty of the world around you that you cannot always put into words. This is known as yugen.
2. Komorebi refers to the interplay of the sun coming through the leaves of trees.
3. Wabi sabi refers to acknowledging the impermanence and imperfection of nature.

The objective is to focus on the present moment while taking in the natural world around you. Don't plan for what needs to be done tomorrow or review the past day's events. Don't check your cell phone, don't take photos. Take in all the sights, sounds, and movements in the forest. Just try to be there and breathe.

If you are not able to get out into nature on a regular basis, you can nature indoors by having indoor plants, opening your windows to allow fresh air in, playing recordings of nature sounds, and burning woody smelling candles. You can also visit your nearest city park or walking trail to experience the touch of nature in an urban setting.

Walk among the trees for your mental and physical health.

Reference: <https://health.clevelandclinic.org/why-forest-therapy-can-be-good-for-your-body-and-mind>, Accessed 8/30/24

Source: Hardin Stevens, Senior Extension Associate, University of Kentucky, College of Agriculture, Food and Environment, September 2024



UPCOMING EVENTS

Register for any or all programs by calling 859.586.6101 or visiting boone.ca.uky.edu

LAUGH AND LEARN PLAY DATE (AGES 3 -5 AND THEIR ADULT)

Monday, August 4 | 10-11 AM

Boone County Extension Florence

Monthly family time for preschoolers (ages 3-5) and caregivers. Join us for storytime, activity, and a light snack!

SUMMER ICE CREAM FUN

Friday, August 8 | Anytime from 11:30 AM - 1 PM

Boone County Extension Florence

Stop by to make and enjoy your own dairy-based ice cream! Visit our facility, meet our great employees, and learn something about what we do to improve lives! No cost, no registration, no expectations. Just come out for a little ice cream fun.

HANDS-ON WATER BATH CANNING

Tuesday, August 12 | 12 - 3:30 PM

Boone County Extension Florence

This class will cover the same water bath canning information as the sessions on 8/6 or 8/9. The registration deadline is 8/6/2025.

UNDERSTANDING AI

Tuesday, August 19 | 10 AM - 12 PM

Boone County Extension Office

Please join us for a discussion on the origins of Artificial Intelligence (AI), what artificial intelligence means for us in every day life today, and where individuals are ushering it forward into the future.

EXPLORE BELIZE! CULTURE, COFFEE, CHOCOLATE

Tuesday, August 26 | 6 - 9 PM

Boone County Extension Enrichment Center, Lower Level

Learn about Mayan culture, coffee bean production, and chocolate processing in Belize.

BOONE COUNTY WILDCAT WALKERS (ADULTS)

*Wednesdays, August 27, September 3, 10, 17, 24, October 8, 15, 22, 29, November 5, 12, and 19
10 - 11 AM*

Boone County Extension Florence

Get moving together and build healthy habits in this 12-week walking challenge. Outdoor and indoor walking options will be available. Plan to attend all 12 sessions.

LAUGH AND LEARN PLAY DATE (AGES 3 -5 AND THEIR ADULT)

Tuesday, September 2 | 10-11 AM

Boone County Extension Florence

Monthly family time for preschoolers (ages 3-5) and caregivers. Join us for storytime, activity, and a light snack!

KEYS TO EMBRACING AGING (6 SESSIONS) – (ADULTS)

*Mondays, 9/8, 9/22, 10/6, 10/20, 11/3 and 11/17
2 - 3:15 PM*


Boone County Extension Florence

From diet to sleep, we'll explore 12 keys aimed at helping you to grow old gracefully and successfully in this interactive program.

For more information or if you have questions, please reach out!

Diane Mason, Boone County Extension Agent for Family & Consumer Sciences

 boone.ca.uky.edu


 859-586-6101

 diane.mason@uky.edu

 BooneKYFCS

 BOONE COUNTY EXTENSION OFFICE
6028 Camp Ernst Road, Burlington, KY 41005

 BOONE COUNTY EXTENSION ENRICHMENT CENTER
1824 Patrick Drive, Burlington, KY 41005

 BOONE COUNTY EXTENSION FLORENCE
7111 Dixie Highway, Florence, KY 41042

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