

# Family & Consumer Sciences

## HAPPY JULY!

Another Boone County Fair is in the books and summer marches on.

We are excited to welcome, our new Family and Consumer Sciences Extension Assistant, Molly Bonnett as of June 30, 2025.

Molly will be working in, and from, our Florence facility to provide educational programming and information. Watch our website and class enrollment system for programs that might be of interest.



Molly Bonnett, Family and Consumer Sciences Extension Assistant.

Additionally, please mark your calendars to join us for Summer Ice Cream Fun at our Florence facility, 7111 Dixie Highway, Florence. On Friday, August 8, 2025, we'll be helping our visitors make and enjoy their own dairy ice cream! Stop by, say hi, and shake up some ice cream anytime between 11:30 a.m. and 1:00 p.m. All ages are welcome. I know I'm looking forward to the fun and hope to meet you there!

We've been pulling together our program offerings for the fall. Watch your mailbox (if you live in Boone County) for our full list of offerings. The current FCS list is included with this newsletter – with plans to offer more programs that did not meet the deadline. Please know that family and consumer sciences is only one part of our Extension family. There are many, many programs offered throughout the year that may be of interest to you, your family, or your friends.

It may seem odd to find an article about "back to school" in this edition of our newsletter. However, schools will reopen in August and preplanning may just make the transition a little easier.

I hope you have a wonderful July. If possible, consider visiting some of our local tourist destinations. Sometimes we forget just how lucky we are to live in such a vibrant area.

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



Spectators enjoying a variety of exhibits at the Boone County 4-H and Utopia Fair



Working on projects at the Boone County 4-H and Utopia Fair



Flower Show Exhibits at the Boone County 4-H and Utopia Fair

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# FAMILY & CONSUMER SCIENCES | FALL 2025

Please visit [boone.ca.uky.edu](https://boone.ca.uky.edu) for complete event details, registration, and more great programs!

## BEGINNING AND INTERMEDIATE SEWING, STITCHING, QUILTING, AND HANDWORK (ADULTS)

Weekly, generally starting at 9:30 AM, contact our office for complete details

Work on your own projects or one being taught. Get answers to questions you might have.

## 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.

## INTRO TO PICKLEBALL (ADULTS)

Thursday, September 4 | 1:30 - 3 PM

Boone County Extension Florence

From equipment to rules, we'll "bounce" around the basics of pickleball. Registration required, space limited.

## 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.

## BEGINNING SEWING FOR ADULTS

6 - 8 PM | Dates listed below

Boone County Extension Enrichment Center, Upper Level

Tuesday, September 9: Wallet with Cork and Button

Thursday, September 25: Luggage Tag with Button & Acrylic

Tuesday, October 7: Nylon Flag with Machine Applique

Discover the joy of sewing by creating practical projects with guidance from our Master Clothing Volunteers. Supply list will be provided.

## FCS ADVICE NIGHT

Wednesday, September 10 | 5 - 6:30 PM

Boone County Extension Florence

Share ideas for family and consumer sciences focused programs and outreach. Light meal provided.

## CULTIVATING JOY: TOOLS FOR TOUGH DAYS (ADULTS)

Tuesday, September 16 | 9 AM - NOON

Boone County Extension Florence

Discover ways to help yourself and others navigate life, manage stress and anxiety, and create a plan. Snacks provided. Registration requested.

## HOME ENERGY EFFICIENCY TIPS (ADULTS)

Monday, September 22 | 6:30 - 8 PM

Boone County Extension Florence

Energy guru, Jude Canchola, with Owen Electric Cooperative will share tips for improving home energy efficiency.

## WOODEN SHOE HOLLOW: EXPLORE CINCY HISTORY

Tuesday, September 23 | 6:30 - 8:30 PM

Boone County Extension Enrichment Center, Upper Level

They came from Westphalia, Germany, over a century ago, but these "Inwanderers" did not go "Over the Rhine." Explore local history with the Cincinnati Museum Center.

## FRIDAY FOOD FUN (ADULTS)

Fridays, dates below | 10 AM - NOON

Boone County Extension Enrichment Center, Upper Level

September 26: Sugars: How Sweet they Are

October 24: Foods of Autumn

November 14: Soups and Crackers

## ALZHEIMER'S UPDATE: PLANNING FOR THE FUTURE

Friday, October 10 | 8:30 AM - 3 PM

Boone County Extension Florence

The Greater Cincinnati Alzheimer's Association and partners will share information on biomarker testing and treatments, tips for "the talk" about driving, transferring untitled property, and community care and support. Lunch provided for those registered by October 3, 2025.

## WHAT YOU SHOULD KNOW ABOUT MICROPLASTICS

Thursday, October 23 | 6:30 - 8:30 PM

Boone County Extension Florence

What are microplastics, their cause for concern, and what can be done. Dr. Maia McGuire will lead this virtual webinar and share information about plastic food containers, personal care products, common clothing items, and more.

## STITCH BY STITCH: BEGINNING MACHINE QUILTING FOR ADULTS

Dates Below | 6 - 8:30 PM

Boone County Extension Enrichment Center, Upper Level

Thursday, October 23: Mug Rugs

Tuesday, November 11: Two Placemats

Thursday, November 20: Table Runner with Options

In this three-part series, learn the basics of cutting, stitching, and quilting a personal creation with our Master Clothing Volunteers. Supply list provided.



## PREPARING KIDS TO GO BACK TO SCHOOL

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.

**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.

**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 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>*

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

## FRESH CORN SALAD

*Yield: 10, ½ cup servings*

### Ingredients

5 ears of fresh corn  
1/2 cup diced red onion  
3 tablespoons cider vinegar  
3 tablespoons olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 cup freshly chopped basil

### Directions

**1. Shuck** and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain; place in ice water. When corn has cooled, cut the kernels off the cob.

**2. Toss** the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

**3. Chill** to allow flavors to blend. Just before serving, add fresh basil.

*Nutritional Analysis: 70 calories; 5 g fat; 101 mg sodium; 10 g carbohydrate; 2 g protein; 1 g fiber*



## UPCOMING EVENTS

See the enclosed family and consumer sciences class listing for fall 2025.

Other activities or Extension programs that might be of interest this summer:


- A trip to the Boone County Farmers Market. Locally grown produce are a highlight of the market. You can also find local meats along with baked goods and spices from the variety of vendors. Support local producers and businesses.
- Growing Fall Vegetables, July 15, 2025, 1:00 PM, call the office for details
- Hidden Patterns: Batik-style Watercolor, July 21, 2025, 1PM
- Draw your own Greek Krater, July 17, 2025, 1:00 p.m.


Call the office for details and to register

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

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

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

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