

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service
August, 2025



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension
Service**

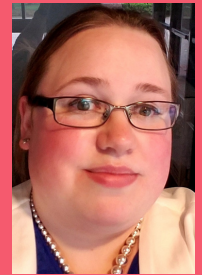
Boyd County
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Happy August!

I swear, I blinked and we are already in August, pretty soon we will be getting prepared for Fall activities, Halloween, and soup season! I hope everyone has had a wonderful summer, has had a chance to get out of town and enjoy a summer trip, or at the very least, a few days at a local pool.

We have an exciting August because it is Fair time! The Boyd County Fair is August 12th-16th, and I encourage everyone to come and enjoy some fair food and fun. Please stop by the Frank's Building and visit the Exhibit Hall. I'll be there, so come say hi! Please stop by my office if you have any questions or would like to chat!



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Jacqueline Doucet

Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences

**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

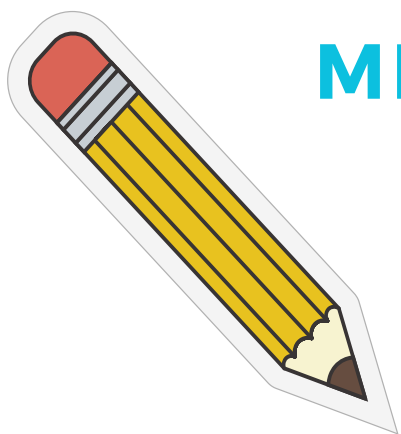
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



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MESSAGE FROM THE PRESIDENT



Calling All Homemakers!

Time to regroup, prepare for the upcoming year, and the summer months are almost over. Time just keeps marching by. So get out there and make the most of your time. Read a book, learn a new skill, invite someone over for lunch. Finish an UFO (unfinished object), ask friends to join Homemakers, volunteer. Step up, help out, make a difference, laugh more, and enjoy each moment as it comes. Embrace every opportunity to do something new, helpful, or different. You don't have to be perfect, you just have to try. Hang in there, you've got this.

Love and prayers,

Kathy



Homemaker Upcoming Events & Announcements

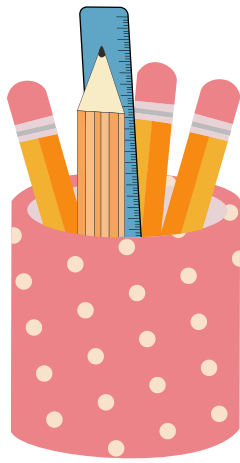


August

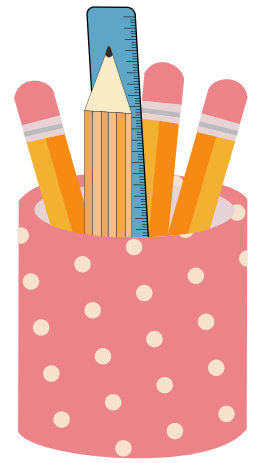


- *Cooking with the Calendar: Sunshine, August 7th at 10 a.m., Boyd County Extension Office. **August's Recipe: Slow Cooker Asian Pork Tacos***
- *Homemaker Council Meeting, August 6th at 10 a.m., Boyd County Extension Office.*
- *Longaberger Basket Bingo, August 7th at 10 a.m., Boyd County Extension Office.*
- *Boyd Co. Fair Take-In, August 11th at 9 a.m.-6 p.m., Frank's Building.*
- *Boyd County Fair, August 12th-16th, Boyd County Extension Education Center (Former Fairgrounds).*
- *Fall Homemaker Leader Lesson Training, August 20th at 10 a.m.-2 p.m., Greenup County Extension Office.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m., Boyd County Extension Office.***
- *Mats for the Homeless: **Every Thursday at 10 a.m., Boyd County Extension Office.***





KEHA Upcoming Events & Announcements



- Aug. 15 – Due date for county reports. County VSU reports are due via paper forms, and educational chair reports must be entered online.
- Sept. 15 – Due date for area VSU reports via paper forms.
- Oct. 12-18-KEHA Week 2025



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4-H Youth Development
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Boyd County Extension Homemakers

Longaberger Basket Bingo

August 7th, 2025

Boyd County Cooperative Extension Office

2420 Center St., Catlettsburg

DOORS OPEN AT 5:30 ~ GAMES BEGIN AT 6:00

\$20 for 20 games, Money collected at the door

****DOOR PRIZES**RAFFLE BASKETS**50/50****

Refreshments available for purchase

For more information please call (606) 739-5184

*The vintage Longaberger Basket Bingo is a fundraiser for
the Boyd County Homemakers Community Projects.*

A great time for a worthwhile cause.





Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences



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Fall 2025

HOMEMAKER LEADER LESSON TRAINING

August 20, 2025

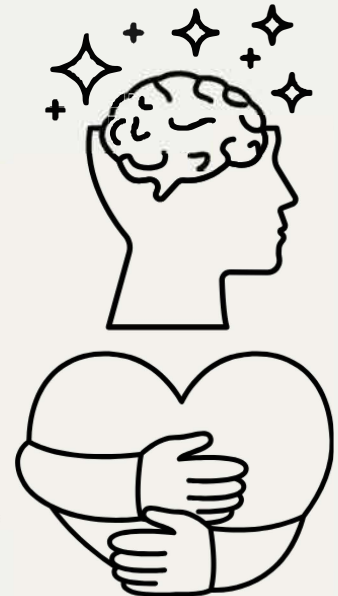
10am-2pm

Greenup County Extension Office

**Self-Care: Strengthening Family and Community
Mental Health Matters
Yoga-ta Try This!**

For Boyd, Carter, and Greenup
Homemaker Members.
Transportation is provided for Boyd
and Carter County.

Call your County Extension Office
to register by August 13th
Transportation is provided



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LEXINGTON, KY 40546



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2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is **FREE**

Limited to 20 participants

~~July 18th~~

~~Saving Water At Home~~

October 17th

Reducing the Risk of Identity Theft

August 8th

Scam Red Flags & Avoiding Fraud

November 14th

Talking Turkey

September 19th

What's That Date Mean?

December 19th

Sweet Enough Without All That
Sugar

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SCHEDULE OF EVENTS

August 12-16

Prefair Events August 8 & 9

ADMISSION

*****Wednesday-Carload night \$20/car**
(up to 7 per car everyone must be in seat belt)

Tuesday, Thursday, Friday, Saturday \$15

\$1/car parking

Children under 36" free

Due to manufacturers guidelines they cannot ride

Pre Fair Events Friday, August 8th

- 7:00 pm Quarter Auction (Fair Expo Building)
\$5 admission plus quarter for bidding
- 7:00 pm **Dash for Cash Speed Show –**
Admission \$5 (under 5 free)
- Saturday, August 9th**
- 10:00 am Open Livestock Show
- 1:00 pm Children's Pageant birth—7 years
Admission \$5
- 3:00 pm BC Fair Open Horse Show-Admission \$5
- 7:00 pm Miss, Teen, & Preteen Pageants
Admission \$5
- 6:00 pm Tristate MX Motocross (Admission \$15)

Boyd County Fair Begins Tuesday, August 12th

- 5:00 pm Gates & Rides Open
- 6:00 pm Small Breeds Livestock Show
- 6:00 pm Guyan River Cloggers
- 7:30 pm Sound by Ruck Karaoke
- 7:30 pm KOI Drag Race **NEW THIS YEAR*
- 7:00 pm Alumni Horse Show

Wednesday, August 13th

Family Car Load Night \$20/ Car
(everyone must be in seatbelt 7 max)

- 5:00pm Gates & Rides Open
- 6:00pm Clover Bud Livestock Show
- 6:30 pm Mullett Contest
- 6:30 pm Chicken Barrel Racing (register in main building inflatable costume provided)
- 7:00 pm Giggles & Games with Lee & Haley
- 7:00 pm Fun Horse Show
- 7:00 pm Alumni Livestock Show
- 8:30 pm Glow Dance Party
- 8:30 pm Movie– Harold & the Purple Crayon
movie in the goat barn

All Rides, Entertainment, Events, & Exhibits included in Admission Price

**Concerts, pageants, & entertainment will be in the
Fair Expo Building*

Thursday, August 14th

- 5:00 pm Gates & Rides Open
- 6:00 pm **Bluegrass Night**
Lonesome Express
- 7:00 pm **Hammertowne**
- 7:00 pm Jump & Journey Horse Show
- 7:00 pm BC Fair Auto Cross

Friday, August 15th

- 5:00 pm Gates & Rides Open
Queen City Stunt Circus 2 shows
- 6:00 pm Large Breed Animal Show
- 6:30 pm **Gospel Music**
Gospel Tide, Brandon Depriest
- 7:15 pm **The Perry Sisters**
- 8:00 pm **Hominy Valley Legacy**
- 7:00 pm Farm Hands Competition
- 8:00 pm **Demolition Derby**

Saturday, August 16th

- 3:00 pm Gates & Rides Open
Queen City Stunt Circus 3 shows
- 5:00 pm Lee Dean – Swinging with Elvis*
- 6:00 pm Worship Team Expo
- 6:00 pm Tristate MX Motocross
- 7:00 pm Lee Dean – Johnny Cash
(Rodeo preshow)
- 8:00 pm King Brother's Rodeo

COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

JANUARY 16TH

**FCS:
SPLIT PEA
SOUP**

FEBRUARY 6TH

**CATLETTSBURG:
CAULIFLOWER
BITES**

MARCH 6TH

**HILLTOP:
CRUNCHY AIR
FRYER FISH**

APRIL 3RD

**TRACE:
LEMON
BROCCOLI
PASTA**

MAY 1ST

**HILLENDALE:
BANANA
PANCAKES**

JUNE 5TH

**HILLENDALE:
RICE AND BEAN
SALAD**

JULY 10TH

**TRACE:
CHICKEN
BURGERS**

AUGUST 7TH

**SUNSHINE:
SLOW COOKER
ASIAN PORK
TACOS**

SEPTEMBER 4TH

**HILLTOP:
GRITS, GREENS
AND EGG BOWL**

OCTOBER 2ND

**CATLETTSBURG:
CHEESY
PUMPKIN PASTA
BAKE**

NOVEMBER 6TH

**SUNSHINE:
PARMESAN
CARROT CHIPS**

DECEMBER 4TH

**FCS:
LASAGNA SOUP**

Recipes from the 2025 Food and Nutrition Recipe Calendar



August's Recipe: Slow Cooker Asian Pork Tacos

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

August 7th
at 10 a.m., Boyd County
Extension Office.



Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours (depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- 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
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 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.

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.

Makes 12 servings

Serving Size: 1 taco

(1/3 cup pork on tortilla with 1/3 cup slaw)

Cost per recipe: \$10.44

Cost per serving: \$0.87



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

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

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension



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)

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "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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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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Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

