

Clark County Extension Office, 1400 Fortune Drive, Winchester KY 40391
Phone: 859-744-4682 Website: clark.ca.uky.edu

Family & Consumer Sciences Newsletter

A Word from the Agent...

Oh, October, how the Halloween wind howls and the spooky season is upon us. It is one of my most favorite months of the year! We have lots of things happening this month and would love to have you join us! Check out the details included in this newsletter. Also, don't forget to check our website, clark.ca.uky.edu as well as our Facebook page, facebook.com/clarkcountyextension, regularly to keep up with all the happenings here at the Clark County Extension Office. As always, please contact me if I can be of any assistance.



Shonda Johnston

Shonda Johnston, Agent
Family & Consumer Sciences
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Did You Know...

Pumpkins are actually fruit made of 95% water.

The most celebrated pumpkin of all time was in the mind of Charles M. Schulz. Luckily, he shared his imagination with us when "It's the Great Pumpkin, Charlie Brown" debuted in 1966. Kids and adults alike still enjoy this beloved classic.



PARENT

HEALTH BULLETIN



OCTOBER 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
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THIS MONTH'S TOPIC

SETTING BOUNDARIES AROUND TECHNOLOGY



We live in a world that is seemingly connected by screens — and today's kids are growing up in it. It is essential to discuss technology as a family and teach children and teens how to use it safely and responsibly. As children age and have more opportunities to interact online and in virtual settings, we want them to be able to navigate it well.

Children need to know that once something is shared online — like a message, photo, or video — it might stay there forever. This means we need to think carefully before posting or sending anything. Set clear rules together about what is OK to share and what isn't. For example, you can say, "We don't

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Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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 Disabilities
accommodated
with prior notification.

Setting time limits on screens helps children find balance and protects their mental and physical health.

➔ Continued from the previous page

send pictures of ourselves in pajamas or swimsuits,” or “Never share your name, address, or school online.”

It’s also key to help kids know who they can turn to when something doesn’t feel right. Help them identify trusted adults — such as parents, grandparents, teachers, or other grown-ups — who they feel safe talking to. Encourage them to speak up if they see something upsetting or confusing online. Let them know it’s always OK to say, “This made me feel weird,” or “Can we talk about this?” Tell kids that they will not get in trouble for reporting a person, video, or website that they see online. Instead, you want them to come to you or another adult if they see something bad or inappropriate.



Tips for setting screen time limits

Setting time limits on screens helps children find balance and protects their mental and physical health. Try these tips:

- Set a daily screen time rule, like “No more than one hour of tablet time on school nights.”
- Keep screens out of bedrooms at night. Try charging phones and tablets in the kitchen or another shared space.
- Use a timer or device settings to help kids know when screen time is over.
- Schedule screen-free times, like during family meals or one hour before bed.
- Encourage other fun activities — like playing outside, drawing, or reading a book.

Make sure the screen time rules apply to everyone in the family. Children are more likely to follow the rules if they see adults following them as well.

Create a family tech agreement

One great way to set boundaries is to create a family technology agreement. This is a list of rules everyone agrees to follow when using phones, tablets, computers, or TVs. You can write it together and even have everyone sign it.

Some ideas to include:

- I will always ask a parent before downloading a new app or game.
- I will never talk to strangers online or in a game.
- I will ask permission before posting pictures of others.
- I will not share my passwords with anyone except my parents.
- I will take breaks when asked and stop using screens when it’s time.
- I will come to a trusted adult if something online makes me feel scared or confused.

Place the agreement in a visible location, such as on the fridge or near the charging station. Review it every few months as your child grows and develops.

SOURCE:

https://www.dhs.gov/sites/default/files/2025-05/25_0527_K2P_Have-the-Talk.pdf

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



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



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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Social Security: Got Questions?

Seminar is Free!

Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options and the impact your decisions have on your retirement.

Join local financial advisor Mollye Raney as she answers questions such as:

- How does Social Security fit into my retirement income plan?
 - When should I start taking benefits?
 - What about taxes?

Light dinner will be served



Mollye H Raney, AAMS*
Financial Advisor

When:

Thursday, October 30, 2025
6:00–7:00pm

Where:

Clark County Extension Office
1400 Fortune Drive
Winchester, KY 40391

Call 859-744-4682 or email shonda.johnston@uky.edu to register

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HALLOWEEN SAFETY TIPS!!!

Courtesy of Centers for Disease Control and Prevention



Boo!

Hold a flashlight while trick-or-treating to help you see and others see you.
Always **WALK** and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Plate it up!



Fall Spiced Pumpkin Bread

½ cup all-purpose flour
1¼ cup whole-wheat flour
1½ teaspoons baking powder
1 teaspoon baking soda

2 teaspoons pumpkin pie spice
½ teaspoon salt
½ cup melted margarine
½ cup sugar

½ cup honey
2 cups pumpkin puree
⅓ cup olive oil
2 eggs
⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

2025-2026 LAUGH & LEARN

GET READY FOR LAUGH AND LEARN PLAYDATES! THESE MONTHLY EVENTS ARE PACKED WITH FUN ACTIVITIES DESIGNED TO HELP YOUR LITTLE ONES WITH SCHOOL READINESS. THE CLARK COUNTY EXTENSION OFFICE WILL LEAD LAUGH AND LEARN, WHICH INCLUDES STORY TIME, SONGS, CRAFTS, GAMES, DINNER, AND DOOR PRIZES. THE WHOLE FAMILY IS WELCOME! THE CLARK COUNTY PUBLIC LIBRARY WILL BE THERE WITH SPECIAL ACTIVITIES FOR SIBLINGS AGED 6 AND ABOVE. IT'S A FANTASTIC OPPORTUNITY FOR LEARNING AND LAUGHTER FOR EVERYONE!

SEPTEMBER 8TH SHEARER 5:30-7:00	OCTOBER 6TH PRESCHOOL 5:30-7:00
NOVEMBER 10TH JUSTICE 5:30-7:00	JANUARY 12TH CONKWRIGHT 5:30-7:00
FEBRUARY 9TH BAKER 5:30-7:00	MARCH 9TH STRODE 5:30-7:00

<https://forms.gle/EwLG4MhZ2tLUcWUe8>

Cooperative Extension Service




SCAN HERE TO SIGN UP



FOR AGES
BIRTH TO 5

Embrace the JOY of parenting.



An Active Parenting group is starting soon!

Active parenting is a positive approach that helps you build strong relationships with your kids ages 5-12. It's about setting clear expectations, using effective communication, and fostering your child's social and emotional development. Please join our sessions for a light breakfast and door prizes.

September 26th Shearer Elementary 244 E. Broadway Street 9:30 AM	October 31st Shearer Elementary 244 E. Broadway Street 9:30 AM
December 5th Shearer Elementary 244 E. Broadway Street 9:30 AM	January 23rd Shearer Elementary 244 E. Broadway Street 9:30 AM
February 27th Shearer Elementary 244 E. Broadway Street 9:30 AM	March 27th Shearer Elementary 244 E. Broadway Street 9:30 AM

Cooperative Extension Service



Scan here to register



Bluegrass Heritage Museum presents



REVOLUTIONARY THREADS:



OCTOBER 9 - 30, 2025 MONDAY - SATURDAY 12 - 4

The Bluegrass Heritage Museum
217 South Main St.
Winchester, KY 40391
859-745-1358




Revolutionary Threads was organized by the Transylvania Chapter NSDAR to honor America250, the multi-year National Commemoration of the 250th Anniversary of American Independence 1776.



A DECEMBER TO REMEMBER

A Clark County Community Christmas

Presented by
Family Resource Youth Services Centers (FRYSC)

Help make Christmas merry and bright for Clark County children. The program is designed to meet the needs and wants of children.

IF YOU WOULD LIKE TO SPONSOR CHILDREN, PLEASE USE THIS LINK OR SCAN THE QR CODE BELOW.

[Click to sponsor](#)



Scan me

Drop off
December 11th
More information will be provided



Christmas at the Museum

November 10 - December 11, 2025

Visit the Bluegrass Heritage Museum, stroll through history, and enjoy the beautiful Christmas trees and holiday wreaths decorated by various community members.

Vote for your favorite tree and/or wreath and help raise much needed funds for the museum.

Winners are determined by the amount money raised for each tree and wreath.

1st Place Tree = \$100.00

2nd Tree = \$50.00

1st Place Wreath = \$50.00

2nd Place Wreath = \$25.00



**The
Bluegrass Heritage
Museum**

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