

HIKE ROCK TOUR 2025

PENCO HIKERS

Date	Trail
JUNE 6	LOCKEGEE ROCK - MOREHEAD
JULY 11	COURTHOUSE ROCK - RRG
SEPT 26-27	CHAINED ROCK - CUMBERLAND GAP
MAR 19-21	ROCK CITY - LOOKOUT MOUNTAIN

TRAIL GUIDES
LINDIE & KENNA
EXTENSION AGENTS


MORE INFO:
PENDLETON.CA.UKY.EDU

EXPLORE NATURE WITH PENCO HIKERS! JOIN OUR CLUB FOR THRILLING OUTDOOR ADVENTURES, FOSTERING CAMARADERIE AND FITNESS. WHETHER YOU'RE A SEASONED TREKKER OR NEW TO HIKING, COME DISCOVER THE JOY OF EXPLORATION WITH US! IT'S NOT YOUR AVERAGE WALK IN THE WOODS, WE'RE COVERING MODERATE TO DIFFICULT LEVEL TRAILS.


Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Martin-Gatton
College of Agriculture,
Food and Environment

NEWSPLETTER

Pendleton County Extension Homemaker July 2025

Cooperative Extension Service
Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Hydration and Electrolytes: What You Need to Know

Staying hydrated is essential for energy, body temperature regulation, and key functions like digestion and muscle movement. Since water makes up about 60% of our body weight, it's no surprise that every system benefits when we're well-hydrated.

Electrolytes—minerals like sodium, potassium, calcium, and magnesium—work with water to maintain balance, support nerves, and keep your heart and muscles functioning. We get most of these from foods and drinks. Our bodies lose electrolytes through sweat and urine, which is why it's important to drink fluids regularly, especially in hot weather or during physical activity.

Those who work or exercise outside may benefit from electrolyte products, but most people can meet their needs through water and a balanced diet. Overdoing it with electrolyte supplements or sports drinks, however, can lead to too much sodium—raising the risk of high blood pressure and heart disease. The American Heart Association recommends no more than 2,300 mg of sodium daily (ideally 1,500 mg or less).

Aim for 9–11 cups of water a day for women and 11–15 for men, with about 20% coming from food. Too much water can dilute electrolytes, so it's all about balance. If you're unsure about hydration products or experiencing signs of dehydration—like dizziness, headaches, or muscle cramps—check with your healthcare provider.

Bottom line: Drink water regularly, eat a varied diet, and stay hydrated—especially in the heat!

Sources: Heather Norman-Burgdolf and Anna Cason, Dietetics and Human Nutrition



Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



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Fitness for produce

Cooperative Extension Service

Join Us!

\$50 TOTAL VALUE

Earn \$5 in Tokens at each event!

Tokens are redeemable exclusively at the Pendleton County Farmers Market!

For more information, or to register call: 859-654-3395

Highlighted activities requires RSVP

DATE	TIME	HIKE/ACTIVITY	LOCATION	✓
July 8	9 AM	Pickleball 101	Kincaid Lake State Park	
July 11	TBA	HIKE	Courthouse Rock Red River Gorge	
July 14	10 AM	Frisbee Golf	Kincaid Lake State Park	
July 23	6:30 PM	HIKE	Morning View Heritage Trail - Kenton County	
July 26	5 PM - 11 PM	BALLOONS & TUNES	KY Wool Festival Grounds	
July 28	6:30 PM	Get Healthy with Kenna	PC Extension Office	
July 31	12 PM	Forest Bathing	Earth Joy - Brooksville, KY	
ANYTIME	ANYTIME	Story Walk Trail	PC Extension Office	
ANYTIME	ANYTIME	IronwoodTrail	Kincaid Lake State Park	
AUG 2	10 AM	StoryWalk	TURN IN ACTIVITY FORM	

SUBMIT > : Aug 2 at StoryWalk or by Aug 6 at the office

Cooperative Extension Service

Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development

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Cooperative Extension Service

Hands-On

Water Bath and Pressure Canning

Pendleton County Extension Office

August 6th

9:00 AM - 3:30 PM

**must register by July 29th*

With FCS Agents

Kenna Knight & Diane Mason

Call to register [at] 859-654-3395

*This class will also be offered in-person at Boone County Extension Enrichment Center on August 9th. Call 859-586-6101 to register by August 1st.

Class Size Limited

No Cost - Bring your own apron, snacks & lunch (if desired)

For Adults Only

Receive up-to-date, research-based recipes & info

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Blackberry and Cucumber Salad

2 tablespoons extra-virgin olive oil	Kosher salt, to taste	2 cucumbers , peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
2 tablespoons apple cider vinegar	Black pepper, to taste	1 cup mint, chopped
1 teaspoon honey	4 cups spring mix	¼ cup chopped pecans
	3 heaping cups blackberries	

In a small bowl, **whisk** together oil, vinegar, honey and salt and pepper. **Combine** spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl. **Toss** with dressing.

Serves: 4-6, 4 ounce servings
Nutritional Analysis:
 180 calories, 12 g fat, 1.5 g saturated fat, 0 mg cholesterol, 160 mg sodium, 18 g carbohydrate, 8 g fiber, 8 g sugar, 4 g protein

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES
Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
February 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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University of Kentucky
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JOIN US for a StoryWalk[®] featuring...

Take a bite out of adventure at our StoryWalk[®]—featuring **We Don't Eat Our Classmates** and a special guest... our dinosaur friend, Beaux!

we don't eat our **CLASSMATES**
 #1 NEW YORK TIMES BEST SELLER
 RYAN T. HIGGINS

Just don't get too close!

Aug 2nd - 10 am - 12 pm
Athletic Park & Farmer's Market



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 Lexington, KY 40506



EXPLORE

Belize with us!



CULTURE COFFEE CHOCOLATE



Date: August 26, 2025



Time: 6:00 PM - 9:00 PM



Location:

Boone County Enrichment Center
1824 Patrick Drive, Burlington, KY



RSVP!  Cooperative Extension Service

Please call Boone County Extension Office [at] 859-586-6101 to register.

Please join us for an evening of exploration as we enjoy a presentation and discussion on Mayan culture, coffee bean production, and chocolate processing in Belize.

Cooperative Extension Service

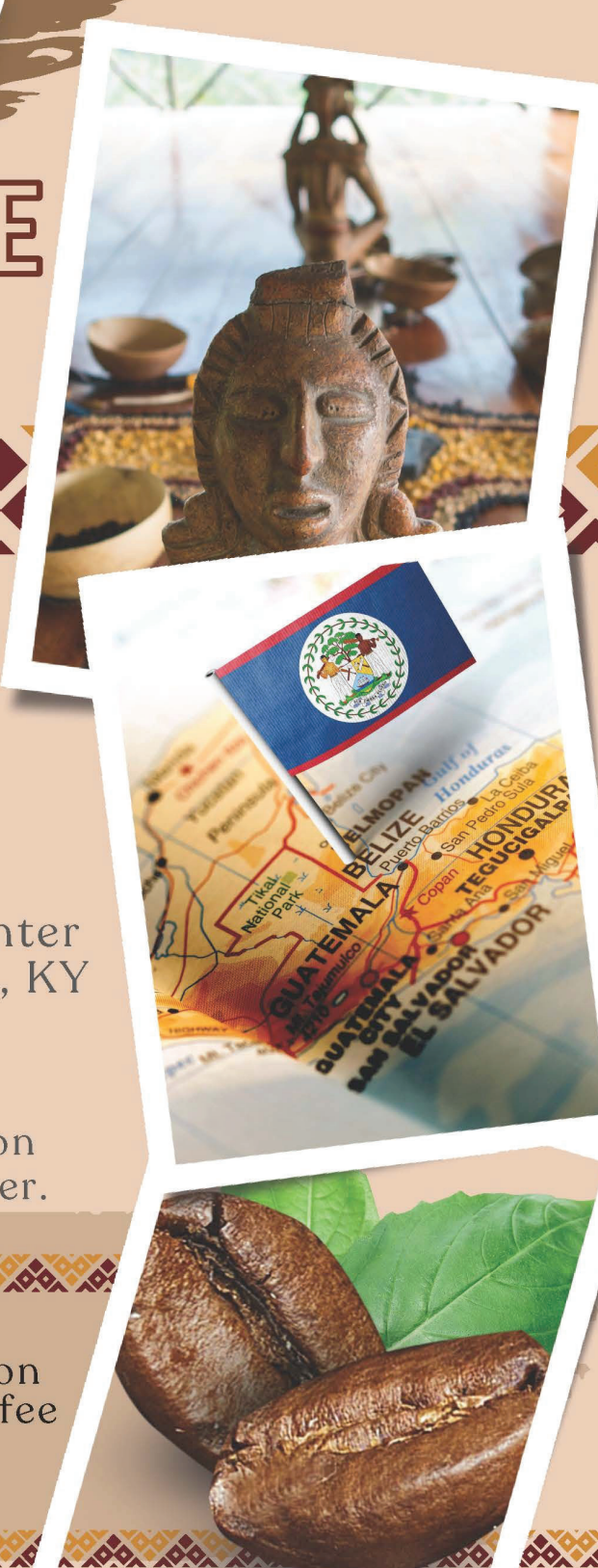
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Cooperative Extension Service
Multi-County Discussion w/
Kenna Knight, Joan Bowling,
& Kate Thompson



Why are today's kids more anxious, depressed, and fragile than ever before?

Psychologist Jonathan Haidt explores how the rise of smartphones and social media has reshaped childhood - and what we can do to fix it.

*"We have overprotected our children in the real world while underprotecting them in the virtual one."
~Jonathan Haidt~*

ZOOM BOOK DISCUSSION

Cooperative Extension Service

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THE FIRST 20 PEOPLE TO REGISTER WILL RECEIVE A FREE COPY!

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

Wednesdays | 7 PM
Two-Part Virtual Discussion
September 10th & 24th

Join via Zoom
Call PCEO to register
859-654-3395