KUDOS TO YOU  Kudos and a great big THANK YOU to Don Green and Joshua Onstott for rearranging the computer equipment on my desk!! Now I have more space to work!!
What a GREAT HELP!

-Mary Dowdy

WISHING HAPPY RETIREMENT TO DIRECTOR DEBBIE FILLMAN!

Thanks to everyone who took some time to stop by the retirement party. It was a big success with lots of visitors and great conversation.
Bowling for Babies a Success!

On Thursday, July 20th, the Green River District Health Department March of Dimes, along with 40 GRDHD employees and their families participated in the first annual Bowling for Babies event.

A HUGE thanks to those who participated! We were able to raise over $400 that will go directly to March of Dimes. This was our BEST fundraiser yet!!! For information on how your donations help please see the flyer on the next page.
Staying Cool!

Last issue we asked staff members to share what they do to stay cool and healthy during the HOT and HUMID Kentucky summers. Here are some great ideas and COOL tips to help you stay chill.

- Drink a cup of refreshing ice cold lemonade!
- Keep lots of cold watermelon on hand
- Drink plenty of water and avoid drinks with sugar. Hydration is important!
- Freeze your breeze: Place a bowl or tray of ice in front of a blowing fan — your room will become cooler as the ice melts!
- Lots of pool time, but don’t forget the sunscreen!
- Stay cool with lots of ICEES (not necessarily healthy, but definitely good for cooling off!)
- Wear light colored clothing
- Peach Fuzz Smoothies! Made with lemonade, peaches, ice and a pinch of nutmeg, they are very refreshing and definitely help you get your serving of fruit in.

Lemonade for Sale!

Molly and Jude Onstott (children of Joshua Onstott—District Maintenance) were recently pictured on the cover of the Messenger-Inquirer Region section. The picture also made national headlines after being featured in an article in USA Today. Pictured from left: Molly Anne Marie Onstott, 5, Kacie Horn, 7, Jude Onstott, 7, Weston Horn, 5, and Lyvienne Bickett, 7, all cousins, were helping passerby’s beat the heat by selling lemonade at their grandparents house in Owensboro.

Adelyn Claire Shocklee, daughter of Evon Shocklee won Little Miss McLean County! Congratulations to Miss Addy!