



JUNE - 2022

## Reduce Stress through Mindfulness

Source: Kerri Ashurst, Senior Extension Specialist  
and Janet Mullins, Extension Professor



your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions

Many stressful factors plague us on a constant basis. COVID-19, social media, 24/7 news alerts and demands from work and home help to create a world full of noise and chaos. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly tense encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.

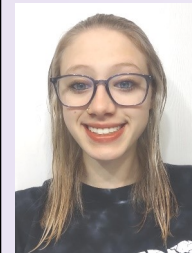
Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on deep breathing and clearing your mind of thoughts. You can also focus on your physical self,

and allows you to evaluate yourself and your reactions to life's stressors.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown it is effective to reduce stress and may offer other positive benefits including decreased anxiety and depression. Some studies have shown mindful eating can also be a great tool for weight management.

You can practice mindfulness any time or any place, as long as you turn your focus inward and allow distractions to fade away. For more information on mindfulness, contact the Campbell County Extension office at 859-572-2600.

## Elizabeth A. Porter/ Gladys M. Lickert Scholarship Winners



**Mackenzie Tiemeyer**, 17 years old, from Bellevue High School, will be attending Northern Kentucky

University for a degree in nursing and healthcare. Besides excelling in academics, she has been involved in various extracurricular activities. Mackenzie has been involved in National Honor Society, winter guard, and Bellevue Beyond the Bell Tutoring.



**Anthony Florimonte**, 18 years old, from Campbell County High School, will be attending the University of

Kentucky to major in kinesiology. Throughout high school, he has achieved good grades and been active in community and extracurricular activities. He has volunteered his time with Reiley Elementary and been involved in baseball, basketball, and National Honor Society.

## Kentucky Extension Homemakers Association Holds 88th Annual Meeting

The Kentucky Extension Homemakers Association (KEHA) held the organization's 88th annual State Meeting at the Owensboro Convention Center May 10-12, 2022. More than 430 attendees from across the state, including 73 first-time participants, took part in the three-day meeting celebrating the covered bridge-related theme "KEHA, We've Got You Covered."

KEHA President Karen Hill shared, "I am so excited that we had so many first-time attendees. Hopefully, they will go back and tell their friends what a great event it is, and they will want to come next year. I think an

underlying theme is about the friendships that are formed through homemakers, and hopefully, that is a reason to join."

The opening banquet on May 10 featured a keynote from Jason Koger of Owensboro, who shared an inspiring story of leaning on his faith to overcome insurmountable obstacles. KEHA also celebrated 45 years of support for the UK Ovarian Cancer Research and Screening Program with the presentation of awards during the opening banquet. Dr. Edward Pavlik, Ovarian Cancer Screening Research Director, was presented with a check for

\$33,269.91.

KEHA's lifetime contribution to the program is more than \$1.58 million.

During the May 11 general session, the KEHA Choir performed seven songs, one of which had lyrics written specifically for this homemaker event. The 32-member choir includes KEHA members from 25 counties and is under the direction of Wendy Hood, current Fort Harrod Area President. The general session also featured a



presentation by Allen Blair with the Kentucky Transportation Cabinet, District 9, who shared the history and highlights of Kentucky's covered bridges in a virtual photo tour.

Three fundraising activities conducted as part of the meeting yielded more than \$6,700 to support designated projects. A raffle generated \$2,129 to add to the contributions to the UK Ovarian Cancer Research and Screening Program. A silent auction raised \$2,614 to aid in hosting the next KEHA Leadership Academy upcoming in 2023. More than 280 handmade quilt squares were displayed and auctioned, providing \$2,035 to support the meeting program.

This was the first full meeting since the pandemic. Out of an abundance of caution, the 2020 meeting was canceled and the 2021 meeting had limited registration. Kentucky's homemakers were excited to be back in-person to learn and network and bring ideas home to their counties and clubs. This year also marked the return of the popular Cultural Arts and Heritage contest viewing.

"The highlight of the event was seeing homemakers meet new people and make new friends and learn new things," said KEHA 1st Vice President Henrietta Sheffel. "I hope to see everyone at the Crowne Plaza in Louisville next year."

We had 5 homemakers represented by Campbell County. The following

# Lunch Bunch



**Tuesday, June 7, 2022**  
**Carrabba's in Crestview Hills**  
**11:00 a.m.**

2899 Dixie Hwy, Crestview Hills, KY 41017

**Tuesday, July 5, 2022**  
**Bru Burger**  
**11:00 a.m.**

279 Buttermilk Pike, Ft. Mitchell, KY 41017

Voicemail or Text **Marsha Kerby** at

**859-816-8707**

if you would like to attend or carpool.

# LOOKING AHEAD...

Date	Event
June 7 11:00 a.m.	<b>Lunch Bunch</b> Carrabba's — 2899 Dixie Hwy, Crestview Hills, KY — Call or Text Marsha Kerby - 859-816-8707
June 8	<b>Registration Deadline for Annual Meeting</b>
June 14 9:30 a.m.	<b>Valley Homemakers Meeting</b> First Baptist Church in Cold Spring
June 15 9:30 a.m.	<b>Annual Meeting — Campbell County Homemakers</b> Campbell County Extension Office
July 5 11:00 a.m.	<b>Lunch Bunch</b> Bru Burger — 279 Buttermilk Pike, Ft. Mitchell, KY — Call or Text Marsha Kerby - 859-816-8707



and fundraising. A series of concurrent workshops provided training in each of KEHA's eight educational program areas of emphasis. The KEHA State Meeting

## Valley Homemakers

Valley Club will meet Tuesday June 14, 2022 at 10:00 am. At the First Baptist Church in Cold Spring. Events of the KEHA State Meeting will be shared with the club along with the crafts learned. Everyone is welcome to come.

homemakers received blue ribbons on their cultural arts items: **Marcia Kerby**-baby-size or lap-size (machine quilted) quilt, **Juanita Mitchell**- embroidery, **Juanita Mitchell**-baby-size or lap-size (hand quilted) quilt, **Anne Scheve**-painting art, and **Judy Yeager**-paper crafting. Congratulations to the winners! Judy Yeager also taught a learning session on paper quilting.

The annual state meeting provides a time for training, networking, recognition, and celebration. Attendees participated in educational seminars addressing topics ranging from healthy cooking to history, and from utilizing technology to volunteering

concluded with an awards luncheon and the installation of newly elected officers.

KEHA is a non-profit membership organization dedicated to education, leadership, and volunteer service. To learn more,

like and follow the organization's Facebook page at [www.facebook.com/officialKEHA](https://www.facebook.com/officialKEHA) or visit [www.keha.org](http://www.keha.org).

**See next page for Cultural Arts winning projects.**



## 2022 Cultural Arts Awards



Marcia Kerby



Juanita Mitchell



Anne Scheve



Judy Yeager



Juanita Mitchell

## Outdoor Cooking - Smoking Foods

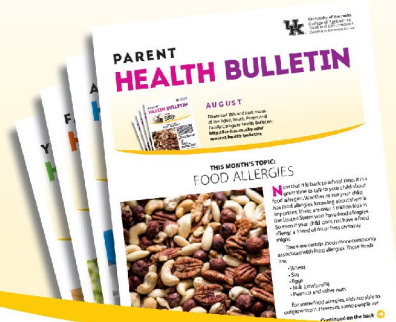
*Source: Janet Mullins, Extension Specialist for*

Smoky flavors are popular and have even found their way into cold foods like ice cream and craft cocktail ice cubes. Smoking meats is a centuries old practice that adds flavor, but also preserves the meat. Smoking vegetables, and even fruits, adds an unexpected flavor surprise. You can use a large outdoor smoker, grill, or small oven appliance to add smoked flavors. Large smokers can be quite expensive and are large, heavy appliances that require outdoor storage. The essential elements of the smoking process are wood chips soaked in a liquid and heated until smoking. The food is placed in the enclosed smoking space where it cooks and absorbs flavor. The heat source can be charcoal, gas, or electric.

There are ways to achieve a smoky flavor that don't involve a laborious smoking process. A liquid form of smoke flavoring has been available since the late 19th century. This "short cut" ingredient of condensed smoke is sometimes scorned and often used too liberally. There are "smoking gun" and other small appliances to infuse flavorful smoke into small batches of ingredients. Smoker bags, foil envelopes with wood chips, are available in hickory, mesquite, or even bourbon barrel varieties. The type of wood chips and liquid (like water or cider) help build the flavor profile.

Adding smoky flavors is a calorie free, but labor-intensive effort so you'll probably want to smoke in large quantities and then preserve your smoky treasure to use as an ingredient. Try smoked beets on a salad or smoky tomato juice in a soup to create a complex flavor combination. Make it a family affair with an outdoor gathering that feeds a crowd. Getting outside in warmer weather to cook, eat, and play is one of the joys of spring.

# PARENT HEALTH BULLETIN



**JUNE 2022**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Campbell County  
Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

## THIS MONTH'S TOPIC: FAMILY HEALTH AND FITNESS



**C**elebrated the second Saturday of June each year, Family Health and Fitness Day is an opportunity to get out and discover all the health benefits of physical activity together. As a family, you can walk, workout, play, or explore a local park. When it comes to physical activity and sports, make fun the name of the game.

You know kids need physical activity to grow up strong and healthy. But did you know it can help them feel better right away? Being active consistently helps improve kids' sleep, mood, and even grades. Plus, when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

**Continued on the back** →



# Hiking, off-road cycling, camping, and snorkeling are ways to explore new places and teach your kids to appreciate nature.

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## As part of their daily 60 minutes, kids and teens ages 6 to 17 need:

- Moderate-intensity aerobic activity. Anything that gets their heart beating faster counts. This can be the majority of their activity.
- At least three days a week, encourage your kids to step it up to vigorous-intensity aerobic activity.
- Encourage muscle-strengthening activity at least three days a week. Anything that makes their muscles work harder counts, such as climbing or swinging on the monkey bars.
- Add bone-strengthening activity at least three days a week. Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

## If your child is younger than 6:

- Aim to keep them moving 3 hours a day. More is better.
- Limit time when they are just sitting around (like screen time).

## Adults need a mix of physical activity to stay healthy, especially to keep up with your kiddos.

- Get at least 150 minutes a week of moderate-intensity aerobic activity. Anything that gets your heart beating faster counts, such as cycling, swimming, walking, dancing, etc.
- At least 2 days a week, add muscle-strengthening activities. Do activities that make your muscles work harder than usual like lifting weights, using resistance bands, or heavy yard work.

## Ideas to celebrate Family Health and Fitness Day:

- Get out and explore. Think hiking, visiting the zoo, mini-golf, off-road cycling, kayaking, camping, or snorkeling. You will get to explore new places and teach your kids to appreciate nature.
- Give gifts that promote physical activity.



Rollerblades, bicycles, ice skates, soccer balls, and even active-play video games make great gifts that promote physical activity.

- Keep it simple. Take a family walk in the morning around the block or have a dance party before dinner.

When kids run, jump, climb, skate, swim, and play, they get the mix of activities they need to be healthy. The good news is that it all adds up and so do the benefits. There is a sport or activity out there for everyone. Help your kids find fun ways to move. Help them get active now, and they will build healthy habits for life. So get your kids active and move with them!

### REFERENCES:

- <https://www.nrpa.org/events/family-fitness-day>
- <https://kidshealth.org/en/parents/active-kids.html>
- <https://www.cdc.gov/physicalactivity/basics/adults>
- <https://www.cdc.gov/physicalactivity/basics/children>

PARENT  
**HEALTH BULLETIN**

Written by: Natalie Jones  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Stock images: 123RF.com



NKY Homemakers



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

# Triennial Meeting

*Homemakers have you covered...*

**October 12, 2022**

Cultural Arts: 8:30-10am ♦ Program begins: 10am

**Registration deadline:  
September 23rd**

**\$20.00—Check Payable to:**  
Campbell County Extension  
Homemakers Association

**Mail to:**  
Mary Lou Vogel  
P.O. Box 6  
Silver Grove, KY 41085

**Event Location:  
Receptions Event Center**

1379 Donaldson Hwy  
Erlanger, KY 41018

**Questions?**  
Kathy Byrnes: 859-356-3155  
kathy.byrnes@uky.edu

**Menu:**

Chicken Parmesan with Mostaccioli  
Southern Style Green Beans

Roasted Red Skin Potatoes  
Tossed Salad with Dressing

Dinner Rolls and Dessert  
Coffee, Iced Tea, Sodas

**Guest Speaker: Rebekka Seigel**  
*"Narrative Quilts"*



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.



## Zubeanie Boats

**Servings: 8** **Serving Size: 1 zucchini boat** **Recipe Cost: \$9.56** **Cost per Serving: \$1.20**



190 calories; 8g total fat; 3g saturated fat; 0g trans fat; 15mg cholesterol; 320mg sodium; 23g total carbohydrate; 6g dietary fiber; 4g total sugars; 0g added sugars; 9g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:** 2022 KYNEP Food and Nutrition Calendar : Adapted from Humboldt State University (recipe courtesy of Food for People) and Beth Maxedon, former Shelby County SNAP-Ed Program Assistant

### Ingredients:

- Nonstick cooking spray
- 4 medium to large zucchini, cut in half lengthwise
- 1 medium red bell pepper, diced
- 1/2 cup diced green onions
- 2 tablespoons olive oil (or other oil)
- 1 cup cooked brown rice
- 1 (15-ounce) can low-sodium black beans, rinsed and drained
- 1/2 cup corn (canned, cooked from frozen, or fresh)
- 1/2 cup salsa
- 2 tablespoons taco seasoning
- Salt and pepper (a pinch of each)
- 1 cup shredded Mexican blend cheese, divided

### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Spray rimmed baking sheet with nonstick cooking spray.
3. Gently scrub zucchini and bell pepper with a clean vegetable brush under cool, running water. Rinse green onions. Prepare vegetables as listed above.
4. Scoop the flesh out of the zucchini halves.
5. Place zucchini halves upside down (skin-side up) on oiled baking sheet and bake for 10 to 12 minutes. Remove from oven and turn the boats over.
6. While zucchini is baking, heat the olive oil in a medium-sized skillet over medium-high heat. Add the red pepper, green onions, and zucchini flesh. Stir until tender about 3 to 5 minutes.
7. Add rice, black beans, corn, salsa, taco seasoning, and a pinch of salt

- and pepper to the skillet and cook another minute until heated through. Remove from heat and stir in the cheese. Reserve 1/4 cup of cheese to top zucchini boats.
8. Evenly distribute the filling mixture between the zucchini boats. Sprinkle remaining cheese on top. Return the filled boats to the oven and bake for 10 to 12 more minutes, until cheese is melted.
9. Store leftovers in the refrigerator within 2 hours.

### Tips:

- First, score the zucchini flesh with a knife or a spoon, then use a spoon to scoop out the flesh. Dice about a cup of the flesh to use for the filling.
- Use leftover zucchini flesh for other dishes, such as soup, stir-fry, or casseroles. You can also freeze it to use later.



# ADULT HEALTH BULLETIN



**JUNE 2022**

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)

Campbell County  
Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

## THIS MONTH'S TOPIC:

# WORLD BLOOD DONOR DAY



**J**une 14 is World Blood Donor Day (WBDD). WBDD is a joint initiative of the World Health Organization and the Red Cross to raise awareness of the need for safe blood and blood products. It also honors blood donors for their voluntary, life-saving gifts of blood. Giving blood is an easy way to be a hero to families right here in Kentucky, in just a few minutes.

Blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate your blood can save a life or even several if your blood is separated into its components. Red cells, platelets, and plasma can be used individually for patients with specific conditions.

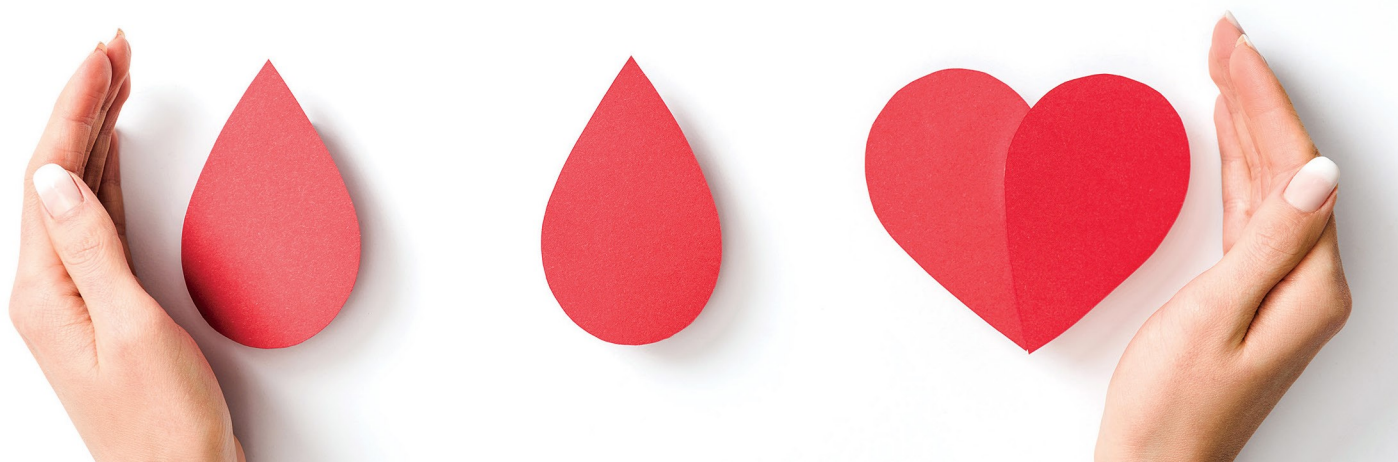
There is a constant need for a regular supply of blood because it can be stored only for a limited period before use. Regular blood donation is needed to ensure that blood will always be available whenever and wherever it is needed.

**Continued on the back** 



# Most healthy adults can donate blood without experiencing any side effects. Ask your doctor if you have questions.

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## → Continued from page 1

Did you know that just ONE blood donation could help save the lives of up to THREE patients?

Every two seconds, someone in the U.S. needs blood. Blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses, and traumatic injuries. The need for blood is constant, yet only about 3% of age-eligible people donate blood yearly.

Do not wait for an emergency to decide to give blood. During a crisis, there is no time to wait for blood donors. The blood already on the hospital shelves is the blood that will be used. You never know when an emergency will happen, so give often.

## Donating blood

Blood donations can occur at a blood bank, blood donation center, mobile facility, or hospital. Contact the following organizations to find a local blood collection site and schedule an appointment.

- **Kentucky Blood Center:** [kybloodcenter.org](http://kybloodcenter.org)
- **American Red Cross:** [RedCrossBlood.org](http://RedCrossBlood.org)

Now that you have decided to donate, here is some information to help you prepare for your appointment.

- Before your appointment eat iron rich food and be sure you are well hydrated.

- Bring a photo ID and a list of any prescription or over-the-counter medicines that you take.
- If you received a COVID-19 vaccine, remember the name of the manufacturer, and inform the staff.
- Wear a short-sleeve shirt or a shirt with sleeves that you can roll up to your elbows.
- Let staff know of a preferred arm or a particular vein that has been successfully used to draw blood in the past.

Summer months can be a challenging time to collect blood, with everyone taking vacations. Observances like World Blood Donor Day on June 14 are a time to thank donors and remind people of the importance of blood donation. Donating blood is a simple, quick, and effective way to get involved in your community. Most healthy adults can donate without experiencing any side effects. Ask your doctor if you have questions about giving blood.

## REFERENCES:

- <https://www.redcrossblood.org/local-homepage/news/article/blood-donation-importance.html>
- <https://kybloodcenter.org/why-donate>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:** Natalie Jones  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com





## Spring and Summer Home Maintenance – Home Exterior Upkeep

*Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management*

**E**xterior upkeep may increase your home's overall value and curb appeal. Also, many of these actions will protect your home from the elements, saving you the cost of larger repairs down the road. Consider these steps to keep your outdoors maintained.

### House Top – Roof and Gutters

Making small repairs every spring and summer can help you keep on top of a potentially big expense such as roof damage. Weather and wind wear on your roof and gutters. Follow these tips to keep them in top shape:

- Clean your gutters and downspouts regularly.
- Inspect roofing for leaks and mold.
- Repair or replace any shingles that are missing, damaged, or loose.
- Inspect the chimney for damage and wear.

### In-Between – Walls and Structure

No matter what material your home is wrapped in, check for wear and tear. Consider these steps:

- Repair and repaint chipped, cracking, or faded paint.
- Check mortar joints in your brick to see if they need tuckpointing.
- Inspect siding for chips. Make sure it is not loose or rotted.
- Consider if it is time to wash siding, windows, brick, or stone.



This can be done with cleaners and a brush, a garden hose, or a pressure washer, depending on the materials to be cleaned. If you are unsure, or need help, consult a professional.

### Ground Level – Foundation, Driveways, and Decks

Give your home's ground-level exterior a good inspection. Check the foundation and any concrete areas for cracks and other issues.

- Inspect the foundation for cracks or leaks, which can let in water, insects, or radon gas. If you find any, make repairs.
- Refill cracks on concrete sidewalks or driveways. Water that seeps in through cracks can freeze and thaw, damaging the surface over time.
- Clean porches and walkways by sweeping and washing them.
- Check decks for loose boards and nails, rot, or mold. Give it a wash. If the water soaks in, it may be time to reseal the wood.

### Lawn

When considering outdoor maintenance, most people think first of the lawn and garden. In addition to regular mowing and weeding, try these tips to keep your landscape in top shape:

- Fertilize your lawn.
- Prune trees and shrubs.
- Clear away growth from around your air conditioning unit.
- Mulch to keep away weeds and help plants and trees keep moisture.

### Other Outdoor Projects

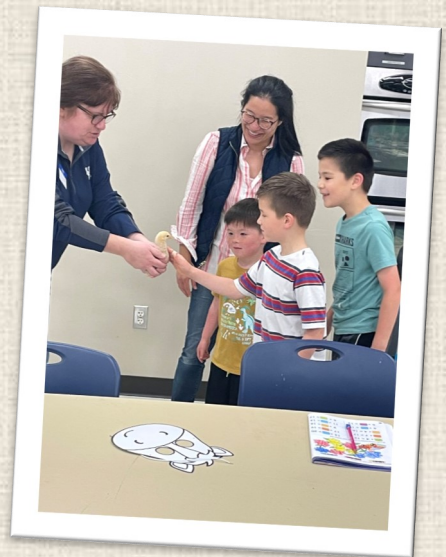
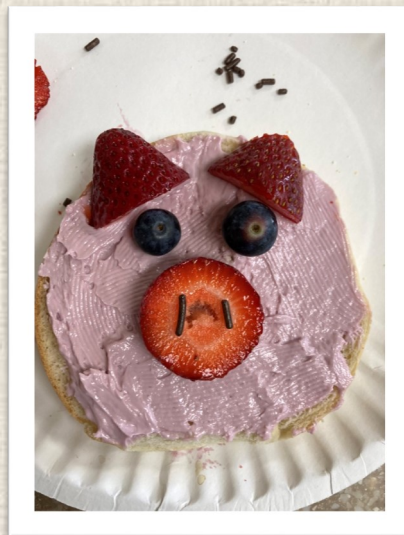
Spring and summer are the seasons to get outside! Be ready for play by maintaining these items if you have them:

- Inspect fencing and re-stain, reseal, or repaint as needed.
- Check any play equipment and repair as needed. Re-stain, reseal, or repaint as needed.
- Clean gas or charcoal grills to prep for the outdoor cooking season.
- Clean or set up the pool if you have one.

If you are unsure of how to tackle a task, or if the project is beyond your tools and abilities, consult a professional. Look for someone reputable in the community and ask for license or certification.

# FlowerBuds

Flowerbuds learned about farming and farm animals, prepared a nutritious snack and were able to visit with a few animals.



CAMPBELL COUNTY

# FARMERS MARKET

**2022**

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

Large variety of home grown produce, breads, honey and other KY Proud commodities. For more information, call 859-572-2600.



**Highland Heights\*— Tuesdays**

Senior Citizens Activity Center  
3504 Alexandria Pike  
**May 17 thru October 25**  
3:00 p.m. to 6:00 p.m.

**Fort Thomas\*\*— Wednesdays**

Mess Hall in Tower Park  
801 Cochran Avenue  
**March 23 thru December 14**  
3:00 p.m. to 6:00 p.m.  
*Hours extend to 7:00 p.m. June-September  
(Senior shopping begins at 2:45 p.m.)*

**Alexandria\*— Fridays**

Southern Lanes Sports Center  
7634 Alexandria Pike  
**May 20 thru October 28**  
3:00 p.m. to 6:00 p.m.

**Newport\*— Saturdays**

Next to Pepper Pod Restaurant  
709 Monmouth Street  
**May 21 thru October 29**  
9:00 a.m. to 12 noon

- \* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
- \*\* Accepts SNAP only Supplemental Nutrition Assistance Program

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# COOPERATIVE EXTENSION



## Attention Hikers!

Beginning April 15 thru June 15, 2022, anyone who hikes all the trails during this time will receive a **FREE HAT**, compliments of Campbell County Extension Service.

Trail maps and locations can be found on the website listed below.

<https://campbell.ca.uky.edu/content/campbell-county-trail-passport>

## For more details...

Visit the website above or scan this QR code.



Send pictures and comments of your hike to: [djscully@uky.edu](mailto:djscully@uky.edu)

Cooperative Extension Service  
Agriculture and Natural Resources  
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Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# 2022 Summer Reading

## MEMBERS SKYS

## JOLLY THURSDAYS

### TOWER TUESDAYS



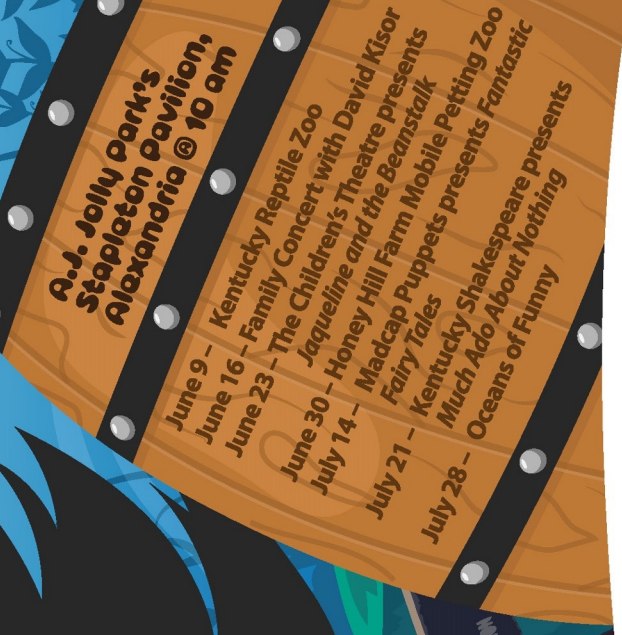
**Tower Park's Amphitheater, Fort Thomas @ 10 am**

- June 7 – Honey Hill Farm Mobile Petting Zoo
- June 14 – Police and Fire Appreciation
- June 21 – Family Concert with David Kisor
- June 28 – Shark Tank Science
- July 12 – The Children's Theatre Presents *Jacqueline and the Beanstalk*
- July 19 – Cincinnati Circus Juggling Show
- July 26 – Kentucky Reptile Zoo



**Baraboo Watkins Park, Newport @ 10 am**

- June 8 – Good Green Earth Farm Trailing Petting Zoo
- June 15 – Play, Explore, Build! Cincinnati Museum Center Presents
- June 22 – Cincinnati Reptile Zoo
- June 29 – Family Concert with David Kisor
- July 13 – Family Concert with David Kisor
- July 20 – Giant Yard Game Day
- July 27 – Honey Hill Farm Mobile Petting Zoo



**A.J. Jolly Park's Stapleton Pavilion, Alexandria @ 10 am**

- June 9 – Kentucky Reptile Zoo
- June 16 – Family Concert with David Kisor
- June 23 – The Children's Theatre presents *Jacqueline and the Beanstalk*
- July 14 – Honey Hill Farm Mobile Petting Zoo
- July 21 – Madcap Puppets presents *Fairy Tales*
- July 28 – Kentucky Shakespeare presents *Much Ado About Nothing*
- July 28 – Oceans of Funny



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



**FORT THOMAS RECREATION**



**NEWPORT KENTUCKY**



**CAMPBELL COUNTY KY**

# Campbell County Homemakers Annual Meeting



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

# Painting Party

## Wednesday, June 15th

### Location:

Campbell County  
Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076

- We will provide a light Continental Breakfast
- There will be a silent auction and we encourage members to bring an item to donate for the silent auction.

- Cost is \$17 for members and
- \$25 for non-members

**Doors open at 9:30 a.m. | Class starts at 10 a.m.**

*If you have questions, please contact Jennifer Duvall or Kate Thompson | Proceeds benefit Scholarship Funds*

**Registration  
deadline is  
June 8th**

**Limited space  
available**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
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