



Managing Seasonal Allergies

Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety



The onset of seasonal allergies and asthma cause a host of problems for the person suffering from them. It also places a substantial burden on the health-care system. A variety of environmental exposures can cause seasonal allergies, but most come from the high amount of pollen during the spring. These allergens can cause a variety of symptoms including congestion, cough, ear pressure, sinus pressure, and itchy, watery eyes. To help manage your seasonal allergies, consider the following suggestions.

Avoid outdoor activities during high pollen levels.

Change your clothes after working outside during the spring months.

If possible, avoid mowing or working outdoors. If you must work outdoors, wear a mask and goggles.

Keep your windows and doors closed.

If your symptoms persist and become unmanageable, ask your health-care provider for help.

References

Schmidt, C. W. (2016). Pollen overload: seasonal allergies in a changing climate. In: National Institute of Environmental Health Sciences.

Staff, M. C. (2022). Seasonal allergies: Nip them in the bud. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>

Volunteers are at the heart of the Campbell County Homemakers. We recognize how fortunate we are to have so many talented members in our Homemaker organization.

If you are a member and are interested in taking on a leadership role, we want to hear from you! Currently, The Campbell County Homemakers have vacancies at both the county and club level, in addition to open chair positions.

- At the county level, we are in search of a Council Secretary.

We are also looking for individuals to fill chair positions in:

- Food and Nutrition
- 4-H
- International
- At the Club level, Valley Homemakers is looking for a President.



Congratulations to the 2023 Elizabeth Porter/Gladys Lickert Scholarship winners



Sophia Beck
attends Campbell County High School and will be attending NKU in the Fall.



Gabrielle Leger
attends Dayton HS and will be attending NKU in the Fall.

Campbell County Homemakers Deliver Blessing Bags

The Campbell County Homemakers collected donations, prepared and delivered Blessing Bags to The Welcome House which they will use the bags for different organizations they provide assistance to. They were very appreciated of the kind donation.



Lunch Bunch



Tuesday, May 4, 2023
Bru Burger
11:00 a.m.

279 Buttermilk Pike Fort Mitchell, KY 41017

Call or Text your reservation or cancellation to **Marcia Kerby** at
859-816-8707

Meet at Extension Office at 10:20 for carpool

LOOKING AHEAD...

Date	Event
May 2 11:00 a.m.	Lunch Bunch — Bru Burger, 279 Buttermilk Pike Fort Mitchell, KY 41017 Call/text Marcia Kerby—859-816-8707 — Meet at Extension Office at 10:20 for carpool
May 19 10:00 a.m.	Crazy Quilters Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
No Meeting In May	Valley Homemakers Club No Meeting in May
June 2 10:00 a.m.	Homemakers County Annual Meeting Environmental Education Center — 1261 Race Track Road , Alexandria, KY 41001
June 13 10:00 a.m.-11:00 a.m.	Valley Homemakers Club Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 10 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076

Homemakers helping out with the “Senior” Prom

The Campbell County Homemakers made corsages and boutonnieres for the Senior Prom for residents living at The Seasons Assisted Living Facility.



Homemakers Jewelry Picture Program



Homemakers participated in a **Jewelry Picture Event** which they used old jewelry and incorporated it into a picture. Some used an 8 x 10, others on 4 x 6 and it was a great deal of fun with some very talented ladies that hopefully will be placed in Culture Arts and then go to state if they win.

The Campbell County Homemakers

LADIES JUST WANNA HAVE FUN DAY!

Friday July 21st 1pm-9pm
 &
 Saturday July 22nd 9am-7pm

Campbell County Extension Office
 3500 Alexandria Pike, Highland Heights, Ky.



Registration \$45 for Members \$50 for Non-Members

\$50 Includes Membership

per person includes: Friday: Pizza, Tea & Water

Saturday: Breakfast, Lunch & Dinner, Sweet Treats, Tea & Water

Make & Takes, Craft Vendors On-Site

Questions: Barb Poynter (859) 448-9012 & leave a message

Or Email: cchomemakerevents@gmail.com

Mail To: Mary Lou Vogel **Make checks payable to: Campbell County Homemakers**
 P.O. Box 6
 Silver Grove, KY 41085

Email confirmation will be sent with more details!

Registration is not considered complete until your payment is received.

WiFi Available

Benefits: Homemaker Campbell County Resident High School Scholarship Fund

-----clip-----

Registration is Limited & Must Be Paid to be Registered

No Refunds or Walk-Ins

Scrapbooking ___ Sewing ___ Need Electric ___

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

List who you want to share a table with: _____

Please list who you want to sit by: _____





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

Ribbon Embroidery

June 13, 2023

11:00 a.m.



**Sponsored by the
Campbell County Homemakers**

Supplies will be included.

Please bring your embroidery scissors.

Limited to 20 participants.

Location:

Campbell County Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

Name _____
Address _____
Phone _____
Email _____

Cost \$5.00

Make checks payable to:

Campbell County Homemakers

No shows are not refunded

Send Registration form and payment to: Mary Lou Vogel
P.O. Box 6
Silver Grove, KY 41085

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 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



 Disabilities
accommodated
with prior notification.

CAMPBELL COUNTY HOMEMAKERS

Garage Sale

May 20th



Saturday, May 20th 8:00 a.m.–2:00 p.m.

372 Shadow Ridge Drive, Cold Spring, KY 41076
OFF THE AA HWY

100% of proceeds go to the Homemaker Scholarship Fund.

Contact Marcia Kerby 859-816-8707 with questions or if you wish to participate.

YOUTH HEALTH BULLETIN



MAY 2023

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
Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC:

MENTAL HEALTH MATTERS!

a **GOOD TALK**
ALWAYS
makes me
FEEL BETTER!



The first week in May is Children's Mental Health Awareness Week in the United States. What is mental health? You may have heard these words before and wondered what they meant. Mental health is how your brain turns your thoughts into feelings and actions.

As you grow, you experience many new things. Sometimes, those things are great, wonderful, and exciting! Other times, they can be scary, worrisome, or upsetting. All people have emotions. No emotion is bad or wrong to feel. However, we have to learn how to deal with our emotions. We have to learn how to express our feelings in a way that helps us feel better without hurting someone else. How we process our emotions is part of our mental health.

Continued on the next page →



Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!

→ Continued from the previous page

Can you think of a time when you had BIG feelings, and were not sure how to handle them? Most people end up in a similar situation at some point. There are things you can do when you have big feelings to help you feel better.

Label your feelings

When you start to feel too much all at once, try to stop and think about all of the ways you feel. Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!



SHEESH...
WHAT A DAY
I'VE HAD.
can we
TALK?

Talk about your feelings

A lot of times, telling someone about how we feel and why can help us to feel better. Grown-ups such as your parents, teacher, caregivers, or coaches can be a great resource to talk to about your feelings. If you are having a hard time figuring out how you feel or knowing how to deal with difficult feelings, your doctor might be able to help. Just like other parts of your body, they are trained to help your brain feel better, too!

How you think, feel, and act are all important parts of your mental health! Just like you are learning how to identify and respond to your feelings, so are your friends, siblings, and classmates. You can be a help to others when they are having a difficult time with their feelings by being kind, understanding that everyone has hard days, and pointing them to a grown-up who can help, if needed.

REFERENCE:

<https://kidshealth.org/en/kids/talk-feelings.html>

Identify a cause

Next think about why you feel that way. Was there a reason you started to feel a certain emotion? Try to connect a reason to each of the emotions you feel. It is OK if you can't. Sometimes our brains send confusing messages, and you may need help to figure out why you feel a certain way.

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





College of Agriculture,
Food and Environment

LEARN THE BASICS OF REFINISHING FURNITURE



HAVE YOU EVER WONDERED HOW YOU CAN TAKE AN OLD PIECE OF FURNITURE AND MAKE IT LOOK NEW AGAIN? THIS CLASS WILL TEACH YOU THE BASIC SKILLS TO REDO SOLID WOOD FURNITURE.

JUNE 14TH

AT 10AM



Register Now

online at campbell.ca.uky.edu
or call 859-572-2600

This class will be at
**CAMPBELL COUNTY
EXTENSION OFFICE**

3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Campbell County Homemakers

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

Annual Meeting

Registration:

Call the Extension Office
to register
859-572-2600

June 2, 2023
10:00 a.m.

Join us for a hands-on class by Aubree Dawson, Environmental Education Assistant, where you can make either a birdhouse or birdfeeder.

Bring your own bag lunch and drink. Dessert will be provided.



Silent auction items are needed. The items need to be in new or excellent condition. Please bring to the meeting directly on June 2nd or on June 1st

by 2 p.m. Please do not bring items before June 1st. All proceeds will go into the homemaker scholarship fund.



Limited to 30 participants.

Location:

Campbell County
Environmental Education Center
1261 Race Track Road
Alexandria, KY 41001

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LEXINGTON, KY 40546



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What are Microgreens?

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist



Microgreens are tiny plants, not more than 3 inches tall, that are harvested just as the leaves begin to form. You can eat them in salads, wraps, smoothies or on sandwiches and burgers. Microgreens are often called “vegetable confetti” because of their size, shape, and variety of color.

You can grow microgreens from many different types of seeds. Common varieties include broccoli, radish, pea, kale, basil, arugula, and beet. They are full of flavor – considered intense and concentrated. Microgreens are packed with nutrients. They can have up to nine times the nutrient content of their mature counterparts. Research has shown they are an excellent source of vitamins C, E, K, and beta-carotene.

Eating microgreens is safe. Do not confuse them with raw sprouts that are frequently linked to foodborne illness. Raw sprouts are germinated seeds that do not contain leaves.

They are different from microgreens.

You can easily grow microgreens at home on a sunny countertop or windowsill. Buy seeds and growing medium from a reputable company to avoid bacterial contamination.

Microgreens are more perishable and delicate than other greens. Once harvested, cool as quickly as possible. They do not have a long shelf-life, lasting just a few days in the refrigerator. Ideally, cut just before serving and rinse under running water and pat dry.

Reference:

<https://kentuckyhortnews.com/2020/12/08/growing-microgreens/> and <https://www.sciencedirect.com/science/article/abs/pii/S0889157514001513>



Join us to...

Make a Reversible Tote Bag

July 19th
10:00 a.m.

You will need:

- 1 yard each of coordination materials (one for outer and one for inner) or if making same color 2 yards. Should be something like denim or of same weight as it for stability.
- ½ yard of light weight cotton for zippered pocket, thread to match, sewing supplies (scissors, pins, etc.)
- Sewing machine.
- Zippers will be provided.

at the Campbell County Extension Office

3500 Alexandria Pike, Highland Heights, KY 41076

Call the Extension Office to Register 859-572-2600

or online at: www.campbell.ca.uky.edu



Financial Considerations in Retirement

Source: Nichole Huff, extension specialist for family financial management

We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.



the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday

Create a budget.

Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to

financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through

living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Campbell County Cooperative Extension Office.

Kate Vaught Thompson

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

Katrina Harney

Campbell County Extension
Assistant for
Family and Consumer Sciences

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Your Name: _____

Your County: _____

Your Phone: _____

Your E-mail: _____

COOPERATIVE EXTENSION



Cooperative Extension Service

Boone County
6028 Camp Ernst Road—P.O. Box 876
Burlington, KY 41005-0876
(859) 586-6101
Fax: (859) 586-6107
extension.ca.uky.edu

Northern Kentucky Extension Homemakers Association International Committee Challenge

The area international committee chairs (Jennifer Spriggs and Roberta Couch) are encouraging you to learn more about the diversity of our area. Complete and return this questionnaire to be entered in a random drawing for one of four Visa gift cards.

1. What percentage of the population in Boone County is American Indian or Alaska Native? _____
2. What percentage of the population in Campbell County is Black or African American? _____
3. What percentage of the population in Carroll County is White? _____
4. What percentage of the population in Gallatin County is Hispanic or Latinx Origin? _____
5. What percentage of the population in Grant County is Asian? _____
6. What percentage of the population in Kenton County is Two or More Races? _____
7. What percentage of the population in Owen County is Native Hawaii or Pacific Islander? _____
8. What percentage of the population in Pendleton County is Black or African American? _____
9. What are the three national or international affiliates for the Kentucky Extension Homemakers Association?

10. To what programs at the state Homemaker level do the "Coins for Change" (now known as "Women in Action and formerly known as "Pennies for Friendship") collected at the county level go?

11. What cities in Kentucky can you think of that share the name of a city in a foreign country?

Return the completed form on or before **May 31, 2023 to:**

**NKEHA Area International Committee, c/o Boone County Cooperative
Extension Service, P.O. Box 876, Burlington, KY 41005**

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LEXINGTON, KY 40546



Disabilities
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with prior notification.

ADULT HEALTH BULLETIN



MAY 2023

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
Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

→ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com





College of Agriculture,
Food and Environment

Kickoff to Summer at Campbell County Extension

SUMMER CARNIVAL

3500 Alexandria Pike Highland Heights, KY 41076

For families
with youth
**AGES
3-8**

**FREE
EVENT**

**MAY
15TH AT
6PM**

Registration opens on April 10th and closes May 8th.
Register at campbell.ca.uky.edu or call 859-572-2600.



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status, genetic information, age, veteran status, or physical or mental disability, University of Kentucky,
Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

FlowerBuds

Flowerbuds met and talked all about bunnies it was a rainy day so we had an indoor egg hunt, painted spring garland and made bunny snacks!





EASY TORTILLA BREAKFAST PIZZA



Servings: 3 Serving Size: 1/3 of pizza Recipe Cost: \$3.25

Ingredients:

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on mediumlow heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Nutrition facts per serving:

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

CLUTTER FREE LIVING CLASS



WANTING TO UNDERSTAND
WHAT KIND OF CLUTTER
PERSONALITY YOU ARE?
LEARN TIPS TO DECLUTTER,
ORGANIZE AND ENJOY YOUR
SPACE!!



MAY 24TH 10AM-12PM

CAMPBELL COUNTY EXTENSION OFFICE
3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

Register now at
campbell.ca.uky.edu
or call 859-572-2600



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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



Boone County Extension Homemakers

COOPERATIVE EXTENSION



► **MONDAY, JUNE 19**

- 8:15 AM Loading bus at Florence Mall by water tower
- 8:30 AM Leave Florence Mall—to Grant County
- 9:45 AM Leave Grant County
- Lunch on your own
- 4:30 PM Arrive at Baymont Inn, Asheville
- 6:00 PM Buffet Dinner (included)
- 7:30 PM Back to hotel

► **TUESDAY, JUNE 20**

- Breakfast at hotel
- 8:30 AM Leave for Biltmore Estates
- Note:** No cash/No carry-in bag larger than 19"x14"x9"
- Lunch on your own on the grounds of the Estate—many places to choose from
- 4:00 PM Leave Biltmore; back to hotel to freshen up
- 5:30 PM Leave for downtown Asheville; dinner on your own



► **WEDNESDAY, JUNE 21**

- Breakfast at hotel
- 9:30 AM Leave for downtown Asheville—Lexington Ave.
- Lunch on your own
- 1:30 AM Leave for Pigeon Forge
- 3:30 PM Check in to Econo Lodge Riverside hotel
- 4:30 PM Leave for Dixie Stampede Dinner Show
- 6:00 PM Dixie Stampede Dinner Show
- 8:30 PM Back to hotel

Cost per room:
 1 person- \$1055.00 / ea—2 people- \$780.00 / ea
 3 people- \$675.00 / ea—4 people- \$655.00 / ea
 Includes bus, 4 hotel nights, 1 buffet, 2 dinner shows, Biltmore Estate (includes headphones in house & everything on the grounds), bus driver tip, and snacks, water, soft drinks on bus.
One suitcase and 1 small carry on bag per person.
We do not have bell boys—you will be in charge of your own luggage!

► **THURSDAY, JUNE 22**

- Breakfast at hotel
- 9:30 AM Leave for Gatlinburg and shopping
- Lunch on your own
- 4:30 PM Leave Gatlinburg
- 5:00 PM Arrive at Pirate's Voyage Dinner Show "Blackbeard Comedy"
- 8:30 PM Back to hotel

► **FRIDAY, JUNE 23**

- Breakfast at hotel
- 9:30 AM Leave hotel
- Surprise stop on the way home!
- 6:30 PM Arrive in Florence

Reservation Form On Back

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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Grown-Up... AND ME

Grown-Up and Me had a great night making breakfast for dinner with a special visit from Central Campbell Fire Department. We made carrot pancakes, omelets and learned about fire safety.





2023

Flower Buds



University of Kentucky
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Cooperative Extension Service
Family and Consumer Sciences

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:

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

2023 Flower Buds Schedule:

10:00 a.m.-11:30 a.m.

- Thursday, August 3
- Thursday, September 7
- Thursday, October 5
- Thursday, November 2
- Thursday, December 7

If you have questions, please contact Kate Thompson or Terri Turner.

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.