



Hello All,
 I am excited to share good news with you. I have the wonderful opportunity to begin a

new chapter in my career as the Agent for Family & Consumer Sciences Education for the Gallatin County Cooperative Extension Service. Unfortunately, my last day in Campbell County is April 29th. I have absolutely loved working in Campbell County for the past 21 years and I am so very appreciative of each colleague, collaborator, leader, volunteer and program participant. You have each touched my life in a special way. I have learned a lot in Campbell County and have grown tremendously as a person. I thank everyone for the love and support that you have shown to me throughout the years. If there is ever anything I can assist you with, please do not hesitate to call me.

Thank you,

Ronda Rex

Children's Mental Health

The pandemic has taken a heavy toll on the nation's mental health, and a new issue brief shows that children are also facing worsening emotional and cognitive health. According to the Kaiser Family Foundation, more than 25% of high school students reported worsening emotional and cognitive health. More than 20% of parents with children ages 5 to 12 reported similar worsening conditions for their children. In December of 2021, the Surgeon General issued a statement highlighting the urgent need to address our nation's youth mental health crisis further exposed by the COVID-19 pandemic.



Mental health is important to overall health. Mental disorders can also interfere with a child's healthy development, causing problems that can continue into adulthood. But with early identification children can get the help they need.

What parents can do

Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear, and feelings common in your home and in your child's life.

Trust your gut - you know your

child best! If you believe your child is struggling or needs help, trust that feeling.

Show your children it is OK to talk about and care for their mental health by taking care of yourself.

Get a referral to a mental health specialist, if needed. Give your child every opportunity to receive treatment and support – just as you would for a broken arm or a fever.

You are not alone - 1 in 5 children experiences a mental health condition. Connect with other families who can offer support, help, and resources.

Build a team with the professionals and child-serving systems involved in your child's life. An open and honest dialogue with teachers, coaches, doctors, and others will give them the information they need to support your child.



Campbell County Homemakers met on Saturday, April 23rd to "Just have a FUN Day" to enjoy each others company and work on their current projects. Thank you Barb Poynter and Doris McGregor for organizing this fun-filled day.

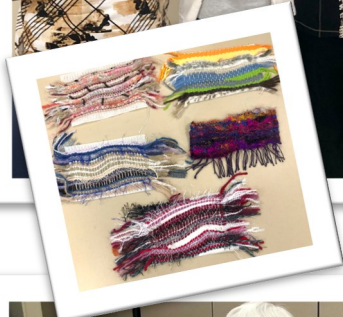


Valley Homemakers

There will NOT be a Valley Meeting in May because of the KEHA state meeting which is being held the same week as Valley's regular meeting date. **Hope to see you at our June 14, 2022** Valley meeting when we will share with you information and new ideas from the State Meeting.



Valley Homemakers met in April to complete their "Pin Weaving" project. This particular project is part of the KEHA Cultural Arts Program of Study. Pin Weaving requires minimal equipment to weave charming creations. Our ladies did a fantastic job in showing their creativity.



Lunch Bunch

Tuesday, May 3, 2022
Blinkers in Covington
11:00 a.m.

318 Greenup St., Covington, KY 41011

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

2899 Dixie Hwy, Crestview Hills, KY 41017

Voicemail or Text Marsha Kerby at
 859-816-8707
 if you would like to attend or carpool.

LOOKING AHEAD...

Date	Event
May 3 11:00 a.m.	Lunch Bunch Blinkers — 318 Greenup St., Covington, KY — Call or Text Marsha Kerby - 859-816-8707
May 10-12	KEHA State Meeting Owensboro Convention Center — Owensboro, Kentucky
May 19 10:00 a.m.	Campbell County Homemakers Council Meeting Campbell County Extension Office
June 7 11:00 a.m.	Lunch Bunch Carrabba's — 2899 Dixie Hwy, Crestview Hills, KY — Call or Text Marsha Kerby - 859-816-8707
June 8	Registration Deadline for Annual Meeting
June 14 9:30 a.m.	Valley Homemakers Meeting Campbell County Extension Office
June 15 9:30 a.m.	Annual Meeting — Campbell County Homemakers Campbell County Extension Office

Campbell County Homemakers Annual Meeting

Painting Party

Wednesday, June 15th

Registration deadline is June 8th
Limited spaces available
Doors open at 9:30 am | Class starts at 10 am

- We will provide a light Continental Breakfast
- There will be a silent auction and we want to encourage members to bring an item to donate for the silent auction.
- Cost is \$17 for members and \$25 for non-members

Name _____

Address _____

Phone _____

Email _____

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

Reduce Your Risks of Food-borne Illness

Source: Annhall Norris, Extension Specialist

Foodborne illnesses and recalls are often in the news. Each year, 48 million Americans get sick from eating contaminated food. While you cannot completely prevent food-borne illnesses from happening, you can reduce your risks by practicing good food safety at home.

Improperly stored, prepared and defrosted food can promote the spread of harmful bacteria, which increases your risk of getting a food-borne illness and its accompanying traits of vomiting, diarrhea and other flu-like symptoms. These symptoms can last from a few hours to a few days. Young children, older adults, pregnant women and those with compromised immune systems are particularly vulnerable.

The U.S. Food and Drug Administration recommends you use four concepts to safely prepare foods: clean, separate, cook and chill.

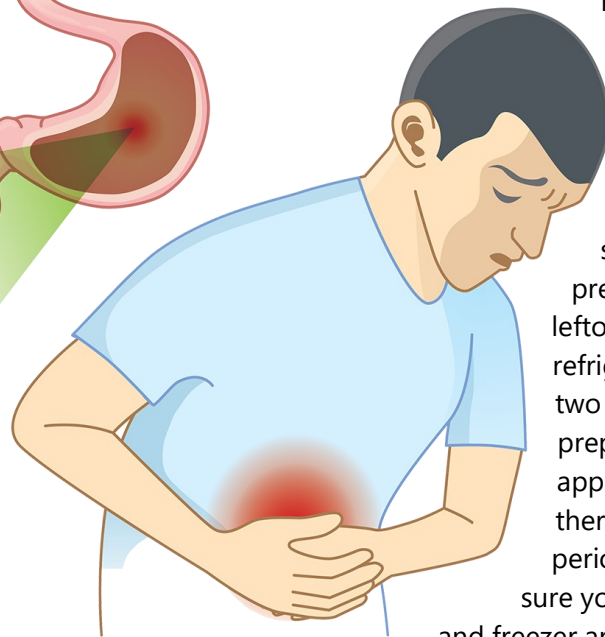
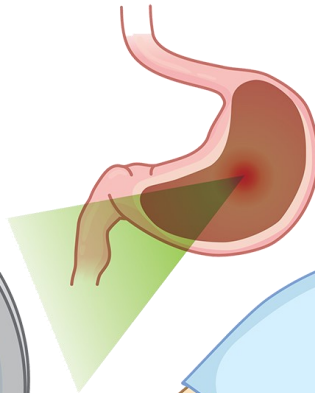
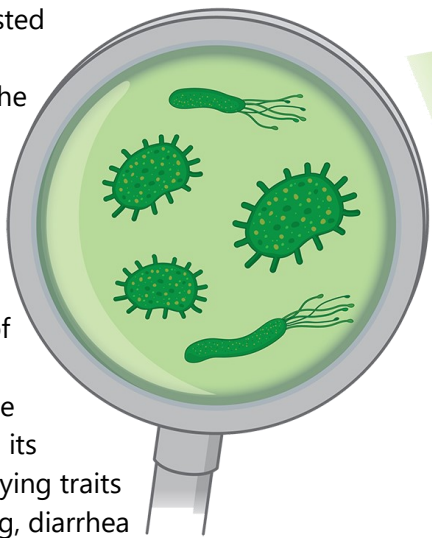
When preparing food, keep your hands and kitchen surfaces that come into contact with raw ingredients clean. Wash your hands for 20 seconds with warm water and soap before and after handling food. Wash food preparation surfaces with hot, soapy water after

making each food item. Be sure you thoroughly clean fruits and vegetables with water and a produce brush. You should not wash raw meat or poultry before cooking as it increases the

likelihood of harmful bacteria spreading to your countertops and sink. Create separate storage and preparation areas for raw foods that you will be cook and foods that you will eat raw. Use different cutting boards and utensils as you prepare each food. Do not put foods that are ready to eat on the same plate you used for raw foods or their juices. Remember food is not properly cooked until it reaches a safe internal temperature. This is the temperature that kills harmful bacteria. The only way to know raw meats and poultry are properly cooked is to use a meat thermometer. Cook pork products

to an internal temperature of 145 degrees F, ground beef to 160 degrees F, and chicken and poultry to 165 degrees F. Properly cooked eggs will have firm yolks and whites. Do not eat any uncooked batter or dough as it could contain raw eggs. If you have leftovers after a meal, you still need to take food safety precautions. Put leftovers in the refrigerator within two hours of preparation. Use an appliance thermometer periodically to make sure your refrigerator and freezer are cold enough to properly store food. For a refrigerator, that temperature is 40 degrees F. It is zero degrees F for the freezer. Eat leftovers within three to four days. When thawing foods, do not set them out at room temperature as this allows for the rapid growth and spread of bacteria. Thaw foods in the refrigerator, under cold, running water, or in the microwave followed by immediate cooking. When reheating, make sure food is cooked to 165 degrees F, and sauces, soups and gravies reach a rolling boil. Do not eat leftovers that look or smell questionable.

More information on food safety is available at the Campbell County Extension office.





Farmers' Market Strawberry Sorbet

Servings: 4 Serving Size: 1/2 cup Recipe Cost: \$3.10 Cost per Serving: \$0.78



Ingredients:

- 1 pound fresh strawberries
- 1/4 cup honey

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash, hull, and halve the strawberries. Place them on a parchment paper-lined baking sheet and freeze until hardened.
3. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed.
4. Transfer to a loaf pan and freeze until firm.

Tips:

- You can substitute orange juice for honey. The product will be harder.
- You can substitute store-bought frozen strawberries for fresh, and skip step 2.
- You can substitute other frozen fruit for strawberries. You might need to allow frozen fruit to soften slightly before blending.

100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 26g total carbohydrate; 2g dietary fiber; 23g total sugars; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: 2022 KYNEP Food and Nutrition Calendar : Jackie Walters, Extension Specialist Senior, University of Kentucky Cooperative Extension Service



2022



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

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




Campbell County
Farmers Market

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.



Ways to help your friends who are dealing with cancer

Source: Amy Kostelic, associate extension professor, Adult Development and Aging



emotional and overwhelming, especially for someone recently diagnosed. Let your friend or family member tell you what they want you to know and don't push them for additional

Treat your friend/family member as normal as possible. Offer to do things that you normally would do together, such as going for walks, watching movies, talking and laughing. Discuss things that are important in your friendship, from current events to mutual hobbies and interests. If you are both interested and able, work on a project together. Also let them know you are there if they ever need to talk, cry or just sit in silence.

While cancer death rates have declined due to cancer prevention, advances in early detection and treatment, and increased education about the dangers of smoking, the American Cancer Society still projects almost two million new cancer cases and 609,360 cancer deaths in the United States in 2022. The National Cancer Institute reports that a new cancer diagnosis is made every 30 seconds.

A cancer diagnosis can be life-altering for those diagnosed as well as for their friends and family. Family and friends may want to be supportive, but they do not always know what to say or do. Fortunately, you can adjust to a cancer diagnosis and situation in many ways.

It is important to learn as much as you can about a diagnosis and treatment to give you an idea of what to expect. Keep in mind that talking about cancer can be

information. With permission, you may learn about a diagnosis from other family members and friends. Health professionals can recommend resources for learning more and for seeking support.

Before visiting a loved one, call ahead and ask permission. A recent treatment or even a bad day may deter someone from wanting visitors. Do not take offense if they want to be alone and offer to make plans for a future visit when they feel better. You might also suggest a regular phone schedule.

Cancer and everything that comes with it can be overwhelming, and it can be hard for your friend/family member to pinpoint ways you can help. Instead of asking what you can do, offer to help with specific tasks, such as babysitting, caring for a pet, grocery shopping, doing laundry or preparing a meal. Realize that they may decline your offer, and if they do, do not take it personal.

Avoid giving medical advice. While someone else you know may have had the same diagnosis, each individual condition and treatment may vary. As a result, treatment decisions should be made with the guidance of health care teams.

Ronda Rex

Campbell County Extension Agent for Family and Consumer Sciences

Kate Vaughn Thompson

Campbell County Extension Agent for Family and Consumer Sciences

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ADULT HEALTH BULLETIN



MAY 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 Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC: MAKE SLEEP A PRIORITY



Sleep is just as important for your health as diet and exercise. Getting consistent good sleep helps to improve your brain performance, mood, and health. Guidelines recommend that adults get a minimum of 7 hours of sleep a night. Children and teens need even more, with 9 to 12 hours of sleep a night. However, a third of American adults report not getting enough sleep.

Not getting enough quality sleep raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia. Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is essential. Signs of poor

Continued on the back →



Being physically active during the day can help you fall asleep more easily at night. Try to avoid exercising close to bedtime.



→ Continued from page 1

sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as snoring or gasping for air).

If you are having trouble sleeping, here are simple things you can do to help make sleep a priority in your routine, improving your odds of a good night's sleep.

- **Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.
- **Be physically active every day.** Being physically active during the day can help you fall asleep more easily at night. Try to avoid exercising close to bedtime.
- **Avoid large meals, alcohol, nicotine, and caffeine before bedtime.** These can prevent deep, restorative sleep. Remember stimulants keep you awake, and caffeine can take 6 to 8 hours to wear off completely.

- **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.
- **Create a good sleeping environment.** Make sure your bedroom is quiet, dark, relaxing, and cool if possible. Remove electronic devices such as TVs, computers, and phones from the bedroom.
- **See your health-care provider if nothing you try helps.** If you consistently find yourself feeling tired or not well-rested during the day despite spending enough time in bed at night, you may have a sleep disorder. They can determine if you need further testing.

REFERENCES:

<https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

ADULT
HEALTH BULLETIN

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 5

Campbell County Extension Office | 3500 Alexandria Pike | Highland Heights, KY | Zip | (859) 572-2600

THIS MONTH'S TOPIC: FINANCIAL RECOVERY FOLLOWING A NATURAL DISASTER

Natural disasters can occur any time and often come with little warning. Disasters may take many forms, such as fire, storms, flooding, or ice. While it's best to be financially prepared before adverse weather events, there are steps you can take to protect your property and finances in the aftermath.

DOCUMENT YOUR LOSSES

First, it is important to document your property damage and loss. You will be required to offer written documentation before submitting claims for an insurance policy and to qualify for assistance programs. It is important to include as much detail as possible for each item such as manufacturer, model, serial number, age, new value, current value, and the damages incurred. Taking pictures of damages to submit with written documentation is helpful. If you have experienced significant loss, this can be a difficult and time-consuming task. Allow family members, neighbors, and volunteers to assist in the process.

UNDERSTAND HOMEOWNER'S INSURANCE

A house is typically insured at 80% of its current replacement cost. Replacement cost is the amount of money it would take to rebuild a similar home based on today's construction prices. If your home is insured for less than 80% of the replacement cost, you may receive a prorated or reduced amount on your claims. To determine the reduced



or prorated amount you can anticipate receiving from your claim, talk with your insurance agent based on the specific terms of your policy. The difference between the replacement cost of repairs and amount you receive from insurance will be an out-of-pocket expense.

TRACK YOUR ACTIONS

Following a natural disaster, you will face many decisions that can affect your family's financial well-being. Be sure to document all conversations. Specifically, record Who (Who did you speak with?), When/Where (When and where did the conversation occur?), and What (What did you talk about?). To help you stay organized, consider getting a notebook, calendar, and large envelope. In the notebook, record details regarding the disaster, to-do lists, and contact information for organizations and individuals with



PROTECT YOURSELF BY BEING WARY OF LOANS THAT SEEM TOO EASY TO GET OR THAT GUARANTEE FINANCING



whom you have been working. Use the calendar to record appointments, deadlines, and actions taken. Finally, use the large envelope to store disaster-related receipts.

OTHER CONSIDERATIONS

If you will be out of your home for an extended period while repairs are made, take these steps:

1. Cancel or pause home-based services such as phone, internet, cable, or utilities that you will not be using.
2. Complete a change of address form at the post office to ensure you receive your mail.
3. Notify your mortgage company of disaster damage to your property.
4. If you have vehicle damage or loss, contact your auto insurance agent.

You may also need to replace important papers that were lost or damaged in the storms, such as birth certificates, photo identification, or property titles. Contact your county Extension office which can provide a comprehensive list of how to do this in Kentucky.

Also, be certain not to sign anything from any insurance company indicating final payment to you.

Disaster-related damages may continue to surface for several weeks or months. If you are concerned about your ability to pay your bills, contact your creditors or lenders to explain your situation. You may be able to arrange a modified payment plan.

BE WARY OF SCAMS

Finally, be cautious of scams for home repairs, advance fee loans, protection from foreclosure, and charity scams or fraud. In general, be alert to people who are soliciting door-to-door or who demand cash payments. Be certain to read all paperwork before you sign contracts. If you are confused by language or wording of the contract, do not sign the paperwork until someone else has read the contract and you understand what you are signing.

For home-repair companies, check references and compare bids. Be certain to have a contractor detail everything in writing, including an estimated price, before the work begins. Do not make the final payment to contractors until the work is complete. Protect yourself by being wary of loans that seem too easy to get or that guarantee financing. Often these will have large upfront fees. Do not give out credit card numbers, bank account information, or your Social Security number to people or companies you do not know.

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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Dementia Symposium:

The Latest in Research, Planning and Caregiving

Greater Cincinnati Alzheimer's Association serving northern Kentucky and southern Ohio counties

Northern Kentucky Cooperative Extension in Pendleton, Owen, Kenton, Grant, Gallatin, Carroll, Campbell, and Boone Counties



ALZHEIMER'S IS NOT NORMAL AGING

Hear from a number of professionals sharing information for caregivers or those just wishing to learn more about dementia and Alzheimer's disease. This event will feature a resource fair and tracks for caregivers and those just wanting to learn more about dementia and Alzheimer's.

FEATURED SPEAKER:

Dr. Gregory A. Jicha, M.D., Ph.D., Professor, Department of Neurology, University of Kentucky and Faculty with Sanders-Brown Center on Aging who will share information on the **latest research** on Alzheimer's and dementia.

TOPICS INCLUDE:

- ◆ Understanding Alzheimer's Disease Basics
- ◆ Dementia Research Updates
- ◆ Legal & Estate Planning
- ◆ Medicaid Requirements and Waivers
- ◆ How to Keep Your Brain Healthy as You Age
- ◆ 10 Warning Signs of Alzheimer's
- ◆ Driving as We Age - When Should We Retire the Keys?

SPEAKERS, DISPLAYS and RESOURCE FAIR INCLUDE:

Local elder law firm, Medicare professionals, Area Agency on Aging, Cooperative Extension Service, Alzheimer's Association and more.

FRIDAY, MAY 13, 2022

8:30—9:15 Registration & Displays

9:15—Morning Sessions begin

Noon—Lunch

1:00—Afternoon Sessions begin with a General Track and a Caregiver Track

3:00—Adjourn

Boone County Cooperative Extension Service office*

6028 Camp Ernst Road
Burlington, KY 41005

(859) 586-6101 or
boone.ca.uky.edu to register

Lunch provided for those registered by 5/3/2022.

Food and lunch sponsors include Madonna Manor, Northern Kentucky Cooperative Extension offices.

* Please note the location has changed from the original notice.

alzheimer's  association®

COOPERATIVE EXTENSION



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

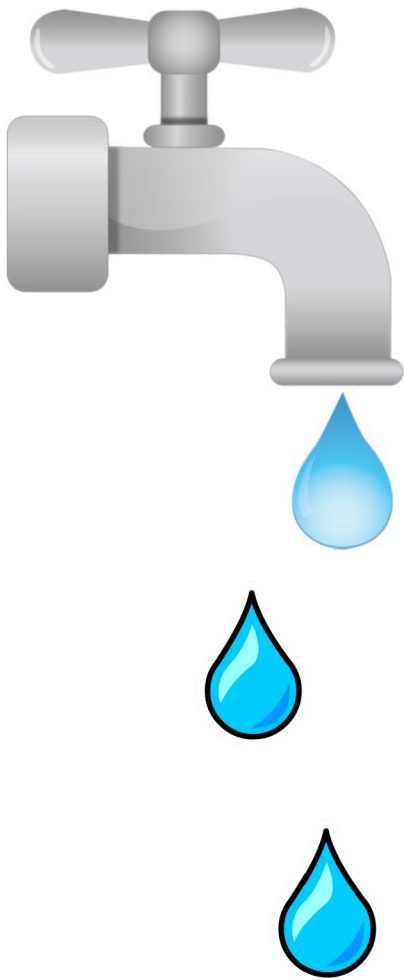


Disabilities accommodated with prior notification.

FlowerBuds

Flowerbuds celebrated spring by reading the book "The Wind Blew," decorating umbrellas and egg baskets, having an egg hunt, eating a fruit flower, and planting lettuce.





Are You Water Aware?



Search, learn, and complete the questions on the back about Kentucky Water. Use your supersleuth powers to search reputable on-line sites and find the answers to these questions.

(HINT – start with your [Kentucky Cooperative Extension Service!](#))

Return to the Kenton County Extension Office by: **Friday June 3, 2022**

10990 Marshall Road

Covington, KY 41015

Questions? Call 859-356-3155

5 winners will be drawn from the returned, completed forms.

Those 5 individuals will win an awesome prize.



Start NOW!



ON BACK

Activity sponsored by Northern Kentucky Area Extension Homemaker Housing, Energy, and Environment Co-chairs



Name _____ County _____

Phone Number _____

ARE YOU WATER AWARE?

1. Each of us lives in a watershed. A watershed is an area of land that drains water to the same waterbody, like a stream. Which Kentucky watershed do you live in?
2. When rain or snowmelt flows over surfaces such as rooftops, sidewalks, or driveways, it is called stormwater. As stormwater moves across lawns and paved areas, it can pick up a variety of substances. Name at least one: _____
3. True or False: Are you thinking that it's time to apply fertilizer to your lawn? Think again. Waiting until fall will improve the health of your lawn, decrease spring mowing and reduce heat stress and other disease problems in summer. Remember, improperly timed fertilizer applications increase the risk for nutrient pollution in stormwater.
4. True or False: If you are throwing your spent smokes on the ground you are trashing Kentucky, no buts about it. Cigarette butts are litter. In fact, they are the number one littered item in America. Rainwater washes them through stormwater systems and into our streams. Not only do they trash our state, most cigarette filters contain plastics which degrade slowly, polluting our water.
5. Do you know where your drinking water comes from? If you get your water from a public water supplier then figuring out where your drinking water comes from is an easy task. Public water suppliers are required to provide their customers with consumer confidence reports each year. The report includes information about the quality of your drinking water and the source of your drinking water, whether it be a groundwater source or a local surface water body. Name the source of your water or name of your water district:

6. Have you given much thought to storm drains? Storm drains help prevent flooding by draining rainwater and melted snow and ice off paved surfaces. As the water runs off paved surfaces, it enters a storm drain and is carried and released into a nearby waterbody. One common mistake that many people make is that the water runoff, often referred to as stormwater, is treated and cleaned after it enters a storm drain. This is far from the truth. Stormwater that enters a storm drain is typically not cleaned or treated before entering a stream, river, or lake. That means as stormwater flows across parking lots, streets, and sidewalks, it picks up pollutants on the ground. The polluted stormwater then enters a storm drain which transports the stormwater to a nearby water body. As a result, these water bodies have poor water health, and can be hazardous to animals and humans. You can help prevent stormwater pollution by:

7. The Kentucky Division of Water reported that in 1900 the average person used 5 gallons of water each day. Approximately how many gallons do we use in a day now? _____
8. List 3 things consumers can do to lower their water use

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

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



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

Dog NATURE WALK

This program is for owners and their dog(s) only.
Enjoy spending quality time with loved ones, *including our furry ones.*

We'll start at the Education Center for a discussion on Dog First Aid, Mindful Moments, and Tips for Hiking Safely with your dog.

Then we'll take a guided tour on the trail with various highlights pointed out along our way.



FRIDAY, MAY 20TH

Two sessions:

Small Dogs at 10:00 a.m. (less than 30 lbs.) | Larger Dogs at 1:30 p.m. (30 lbs. and up)

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

Registration is required - Call 859-572-2600

*Dress comfortable, with good walking shoes. Dogs must be on a leash at all times.
We'll have plenty of water for you and your dog.*

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