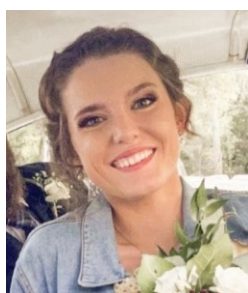




Campbell County welcomes EFNEP Assistant, Allison Bowen



Hello, my name is Allison Bowen, and I am Campbell County Extension's new

Expanded Food and Nutrition Education Program (EFNEP)

assistant. I have always had a love for health and nutrition and am so thankful to be taking on this position. I am in school at the University of Kentucky for dietetics. I lived in Campbell County since age 21 and then moved to my husband's beautiful family farm in Pendleton County after we got married. I have been happily married for almost 2 years now and since then we have taken on 2 cats named Thor and Izzy, 2 chickens, a kiko/pygmy goat named Millie, and a dog named Buddy. Some hobbies of mine include cooking, gardening, hiking, camping, and recently bread baking. I cannot wait to connect more with you and the rest of Campbell County.

Plan Ahead for Canning Season

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

Now is the time to start preparing for canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.



Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy

mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.

Get more information on canning, including research-based recipes, by contacting your local County Extension Office.



Attention Homemakers



At the Homemakers State Meeting in May, there will be a Silent Auction of 12" Finished Quilt Squares. The funds collected from this auction go toward State Scholarships. We are asking you to sew any pattern you like with fabric provided by us and drop it off at the Campbell County Extension Office by the end of April. Please attach your name to the back of the square with a safety pin. For more information, contact by phone or text: Pam Fields (513) 519-5823 or Marcia Kerby (859) 816-8707.

Lunch Bunch



Tuesday, April 4, 2023

Barleycorn's

11:00 a.m.

1073 Industrial Rd, Cold Spring, KY 41076

Call or Text your reservation or cancellation to **Marcia Kerby** at

859-816-8707



The lunch bunch met at Ford's Garage in Florence. Fifteen attended and we had a wonderful time and the food was delicious.

LOOKING AHEAD...

Date	Event
April 4 11:00 a.m.	Lunch Bunch — Barleycorn's—1073 Industrial Rd., Cold Spring, KY 41076 Call/text Marcia Kerby—859-816-8707
No Meeting In April	Crazy Quilters—retreat at Blue Lick State Park
April 14 11:30 a.m.	Homemakers Council Meeting (after Laughter Yoga Class) Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 19-20 10:00 a.m.	Homemakers Blessing Bags Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
May 19 10:00 a.m.	Crazy Quilters Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
June 2 10:00 a.m.	Save the Date! - Homemakers County Annual Meeting—More details to come Environmental Education Center — 1261 Race Track Road , Alexandria, KY 41001

Juanita Mitchell shared her examples of Red Work with Valley Club members in March. She does beautiful work! Thank you, Juanita!



Preparing for tax season is half the battle

Source: Nichole Huff, extension specialist for family resource management



Now is the time when we start thinking about filing our income taxes. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself or your tax preparer.

Begin by gathering the necessary forms including your social security number and that of your spouse if filing jointly, plus the numbers of any dependents. In addition to W-2 forms, you want to include information about any taxable interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions. You will need to gather other 1099 forms from any earned compensation, including unemployment compensation, pension distributions, annuity or retirement plans or contract employment. Additionally, have a copy of last

year's federal and state tax returns accessible, and your bank account and routing number to receive any refunds by direct deposit. Depending on your circumstances, you may need to include Form 1095-A, Health Insurance Marketplace Statement.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year. Mortgage interest and points paid for a 2022 home purchase in 2022 are tax deductible if you itemize.

If you expect a refund, different factors may impact it when you receive your return. The IRS issues most refunds within 21 days, however, the IRS cautions taxpayers not to rely on receiving a refund by a certain

date. Returns that require additional review can take longer, especially considering the record number of identity theft and refund fraud claims brought about by the pandemic.

To receive your refund quickly, electronically file your taxes as early as possible and choose the direct deposit option.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer moving forward. This will allow the employer to withhold more money from your check throughout the year, so you're not hit with a big payment next year.

For general information on filing taxes this year, visit <https://www.irs.gov/newsroom/tax-time-guide-things-to-consider-when-filing-a-2022-tax-return>.

If you have questions about whether certain tax laws apply to your individual circumstances, consider using the IRS Interactive Tax Assistant tool at <https://www.irs.gov/help/ita>. This free online tool can help you determine if you need to file a tax return, your filing status, if you can claim a dependent, if your income is taxable, tax credit eligibility, or if you can deduct certain expenses.

To get more information on family financial topics, contact the Campbell County Extension Office of the University of Kentucky Cooperative Extension Service.



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

Tuesday June 13, 2023

11:00 a.m.

Ribbon Embroidery

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

Sponsored by the
Campbell County Homemakers

Supplies will be included. Please bring your embroidery scissors.
Limited to 20 participants.

Call the Extension Office to Register

859-572-2600

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

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

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accommodated
with prior notification.

The “Yays” of Outdoor Play

Lauren Ginter, Master's Student in Department of Dietetics and Human Nutrition,
and Courtney Luecking, Extension Specialist for Nutrition and Health

Playing outside is a fun and exciting way for a caregiver to help a young child learn and grow. Outdoor play creates sensory experiences for young children. A sensory experience is a moment that helps a child learn about their body's five senses -



Setting up outdoor playdates or going to a local area like a park allows young children to meet new children, and it allows caregivers to meet other caregivers as well. Overall, outdoor play helps young children to learn about and grow into the world they live in.

seeing, hearing, tasting, touching, and smelling. Learning and using the five senses early in childhood helps the brain develop and teaches the body movement. Sensory experiences also help to create stronger memory, build problem solving and creativity skills, and teach children about how their actions affect the world around them. Taking babies on walks to see and hear the outdoors, and letting toddlers find new areas and objects that they can't find indoors are both ways for young children to have sensory experiences.

Playing outdoors helps children learn. You can use the outdoors to create new learning activities that excite young children. Activities include sorting and counting activities and using outdoor items to create things like sandcastles or snowmen. Young children can also learn about the plants and animals that live outside. You can do this by finding seeds and roots and

watching for animals. These moments can make young children want to learn more about what is outside. From this, a caregiver and child may want to grow a plant or garden of their own or learn more about the animals they live around.

Outdoor play is a fun way to do physical activity and build gross motor skills. Using large muscle groups to look at nature by walking, jumping over rocks and branches, and running through open fields are all ways to do physical activity in a fun way. Having fun while doing physical activity can also create a foundation of making healthy choices fun for life. Playing outdoors also helps young children sleep at night. This is because children are doing physical activity, spending time in the sunshine and fresh air, and relieving stress.

Young children can also meet new people while playing outdoors. Outdoor play can be a social time for children and their caregivers.

To find more ideas for ways to play outside visit <https://www.pinterest.com/gonapsacc/outdoor-play-learning/>.

References

1. NCT (National Childbirth Trust.) (2019, August 30). The benefits of outdoor play for children. <https://www.nct.org.uk/baby-toddler/games-and-play/benefits-outdoor-play...>
2. Kinsner, K. (2019). Rocking and rolling. Fresh air, fun, and exploration: Why outdoor play is essential for healthy development. *Young Children*, 74 (2) <https://www.naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential>

Learn to Burn

ADULT WOODBURNING CLASS



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



May 31, 2023

5:30

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

Only register for one class. Class size limited, so register soon!

Registration required by May 24!

Register at

<https://campbell.ca.uky.edu/events>

or 859-572-2600



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Be Ready for an Emergency

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

Even with the best alert systems in place, there is often little to no warning when severe weather or natural disasters strike. The best time to prepare is now. Plan ahead for wind, rain, ice, or snow in case you need to survive on your own for a few days.



In addition to the recommended items above you may want to include a battery-powered or hand-crank radio and blankets. The foods to include will depend on your family's taste and any special dietary needs. Including a few treats like hard candy, chocolate, or coffee will

Every household should have an emergency supply kit on hand. The kit should include basic items you and your family may need in the event of an emergency. It should be made ahead of time, stored in a protected area, and easy to move. A basic emergency supply kit should include the recommended items below.

- Water – one gallon of water per person (and pet) per day, for at least 3 days.
- Food – shelf-stable, for at least 3 days
- Canned meats, fish, and beans

- Canned fruits and vegetables
- Peanut butter or other nut butters
- Dried foods, jerky, trail mix or granola
- Manual can opener
- Waterproof matches
- First aid kit
- Flashlight or reliable light source
- Batteries in a variety of sizes
- Toilet paper
- Unscented bleach and measuring spoon
- Disposable plates and utensils
- Hand sanitizer
- Disinfecting wipes
- Plastic zip top bags

help keep spirits up. You may also want to include a few activities or toys like a deck of cards or books if you have kids.

Check your emergency kit every six months and replace the water. Check use by dates on the food and batteries as well. Replace and restock items as needed. For more information on preparing for an emergency, visit <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

Reference: Centers for Disease Control and Prevention

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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College of Agriculture,
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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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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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College of Agriculture,
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Adult String Art Class



April 25th 1pm and 6pm

Same class is offered at both times. Only choose 1 class.

This class is at
**Campbell County
Environmental
Education Center**
1261 Race Track Rd
Alexandria, KY 41001

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

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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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College of Agriculture,
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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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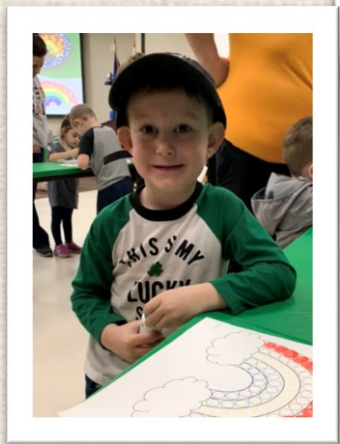
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FlowerBuds

Flowerbuds met for some St. Patrick's Day fun. They learned about St. Patrick's Day, rainbows, shamrocks and went on a leprechaun hunt in the garden.





RAINBOW PASTA SALAD



Servings: 7 Serving Size: 1-1/2 cups Recipe Cost: \$12.87

Ingredients:

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)
- *1/4 cup olive oil
- *1/3 cup apple cider vinegar
- *Reserved pineapple juice
- *1/2 teaspoon onion powder
- *1/2 teaspoon black pepper
- *1/2 teaspoon salt

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.
3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. *Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Tips: Add grilled chicken to make this an entrée salad!

Free Labor & Delivery Class



Expecting?

Learn what to expect!

Register today for a free, three-part class covering what to expect during and after labor and delivery.

You'll attend three sessions on consecutive Thursday evenings.

Individuals or couples welcome.

Registration required.

Call (859) 282-9878.

Space is limited. Call today!

CARE  **NET**[®]
Pregnancy Services of Northern Kentucky

SCAN TO CALL



When: April 13, 20 and 27, 2023 (you'll attend all three sessions)

Time: 6 to 8 p.m.

Where: Care Net Pregnancy Services of Northern Kentucky
3700 Alexandria Pike, Cold Spring, Ky 41076
Enter off Neltner Avenue. Parking and entrance in rear.

Knowledge is power. Be confident and prepared for the birth of your baby.

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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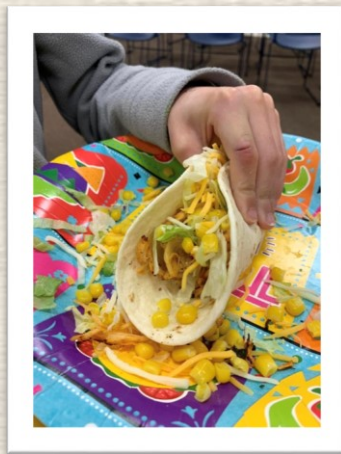
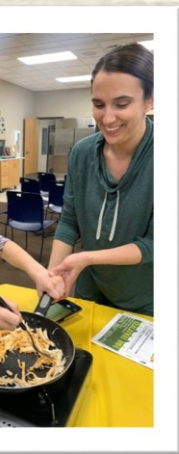


Disabilities accommodated with prior notification.

Grown-Up... AND ME

Let's "taco bout" the great time we had at Grown-Up and Me. We planted lettuce, made guacamole and cooked tacos.







Join us
for a



College of Agriculture,
Food and Environment

JEWELRY MAKING CLASS



Spend time with your favorite ladies and meet new ladies! At this class we will create beautiful homemade jewelry for yourself or to gift to loved ones.

May 24th

at 5:30 Pm

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

Register Now

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



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University of Kentucky
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Woven Basket Class

Monday, May 15, 2023

10:00 a.m. - Noon
(estimated ending time)

Must bring a sewing machine,
and have basic knowledge of your sewing machine.

Location:

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

Limited to 12 participants.

Instructor: Kathy Lauer, Master Clothing Volunteer
If you have questions, email: klauer@zoomtown.com

Registration is required by May 8th, call the Extension Office

859-572-2600

Size 14 or 16 needles
and neutral thread
will be provided.

Cost \$10.00
Pay at the door.

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