



## Kentucky Youth Vaping Leads to Smoking: What you need to know

Source: Alex Elswick, Assistant Professor and Extension Specialist



### Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The [Kentucky Incentives for Prevention survey](#) shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021.

In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month.

In response, the state has launched a confidential quit line for youths called My Life, My Quit at [ky.mylifemyquit.org/](http://ky.mylifemyquit.org/), which offers free coaching 24/7 via text, chat or call.

### Vaping facts (accordingly to [ky.mylifemyquit.org](http://ky.mylifemyquit.org/)): Nicotine leaves you stressed out.

Vaping to handle stress can make you more stressed! When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.

### Nicotine causes other problems.

Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention

and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.

### Vape and tobacco companies want you to get hooked on nicotine.

By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.

Contact the Campbell County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed. This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

### What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high.

Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains. In fact, most adult smokers began smoking before the age of 18.



The Campbell County Extension Office hosted *Laughter Yoga* in June. Attendees enjoyed a combination of breathing, stretching and the benefits of laughter during this program.



## LOOKING AHEAD...

Date	Event
July 31 1:00 p.m.	<b>Area Homemaker Council Meeting</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
August 6 10:00	<b>Homemaker Kickoff / KEHA Week — Planning Committee</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
August 13 10:00 - 12:30	<b>Valley Club Meeting — Room B &amp; C</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
August 15 10:00 a.m.	<b>Homemaker Council Meeting — Board Room</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
August 19 10:00 - 3:00 p.m.	<b>Crazy Quilters — Room B &amp; C</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
August 15-22	<b>Kentucky State Fair</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 3 11:00 a.m.	<b>Lunch Bunch — Ford's Garage — 4911 Houston Road, Florence, KY</b> Please, DO NOT SHOW UP if you did not make a reservation. Cancellations are due on Monday, September 2. We will car pool from the extension office at 10:30m am. Marcia 859-816-8707
September 10 10:00 - 12:30	<b>Valley Club Meeting — Room A</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 12 9:00 a.m.	<b>Club Cultural Arts Program — Items must be in office by 9:00 a.m. — Judging at 10 a.m.</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 16 10:00 - 3:00 p.m.	<b>Crazy Quilters — Room B &amp; C</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 25 1:00 p.m.	<b>Area Homemaker Council Meeting</b> Kenton County Extension Office — 10990 Marshall Road, Covington, KY 41015
November 1 & 2 Time TBD	<b>Quilting Retreat — Save the Dates, more information to come</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076



*Kate Vaught Thompson*  
**Kate Vaught Thompson**  
 Campbell County Extension Agent for  
 Family and Consumer Sciences

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*-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or*

*-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*



Hello Homemakers!

As the new County President, I'd like to thank all who have been faithful to our Homemakers' groups and give a special shout out to our past President, Jennifer Duvall. Jenn stepped up to lead us when her mom, Betty, moved south. She encouraged us to be active in our roles and led us in several classes, sharing her talents and newly developed skills she learned through our adult Homemaker scholarship. She will again be teaching a class this year, so look for more information about that in future HM News.

It's a new HM year with new opportunities to learn new info, to make new friends, and to gain new skills. I hope you will take advantage of all the opportunities the clubs provide and get involved—and bring your non-member friends, too. I especially encourage our Mailbox members to join a club. Anyone can attend one meeting to “try out” the club before needing to pay dues, so bring your “besties” to join in! The good news? When you join Homemakers and pay your dues, that one-time payment brings with it the opportunity to join one or all the clubs! What a deal!

Since our Cultural Arts Competition is in September, you still have time to make something to enter. There are so many categories—and most of us could probably enter projects in multiple categories. We have very creative and talented people in our county! Project drop-off time is 9 a.m., judging starts at 10, and a free lunch will be provided to those members who enter the competition! Be sure to complete a form for each project and attach it with a safety pin. Check out the form included in this newsletter to see just how many new projects you have already finished in the last two years that could be entered. And, don't forget the Alexandria Fair takes place soon (Aug 28-Sept. 2) and you could also share some of your talents there, too!

Hoping to see you at one or more of our events soon,

Pam Fields, Campbell County Homemaker Council President



# Renewable Northern KY:



A Dinner and Discussion on  
Recycling and Solar Energy



*Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.*



**When:**  
Tuesday, August 27, 2024 6-9pm  
Dinner line opens at 5:30pm,  
Program to start at 6pm!



**Register by August 23 at:**  
859.586.6101 or  
[https://boone.ca.uky.edu/  
online-registration](https://boone.ca.uky.edu/online-registration)



**Where:**  
Boone County Extension Enrichment Center  
1824 Patrick Drive, Burlington, KY 41005

**Dinner will  
be served,  
so you must  
RSVP!**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

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## Grocery Shopping at Your Local Dollar Store

Source: Lauren Turner, Dietetic Intern; Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition

Creating nutritious meals that are low cost and enjoyable may seem like an impossible achievement. For many, grocery shopping takes place at a dollar or discount store. Fortunately, these food retailers offer low cost, highly nutritious food options and some include refrigeration and freezers which increases the nutritious options available. Let's walk through what these options look like.

For breakfast, the dollar store has plenty of options to create a meal that tastes great and is packed with fiber. A meal high in fiber will keep you feeling full for longer. Common items high in fiber that you can find at the dollar store include oatmeal and, in some cases, frozen berries. Adding milk as a drink and stirring peanut butter into your oatmeal also adds protein to the meal to make it more balanced.



Lunch can be a tricky meal to create because you might need an on-the-go option. A great quick lunch idea is a packet of tuna, whole-grain crackers, and a side of string cheese. This meal idea is high in protein, provides whole grains, and requires no cooking.

A nutritious dinner idea is brown rice, beans, and a vegetable as a side dish. You can prepare the rice with a variety of seasonings to make it flavorful. The

dollar store has a wide variety of spices to choose from. Pair this with a low- or no-sodium can of beans and a canned vegetable such as corn, green beans, or carrots. This meal is packed with protein from the beans, is high in fiber from the beans and vegetables, and provides energy from the rice.

Let's not stop at just breakfast, lunch, and dinner ideas. The dollar store offers a variety of

snack options such as trail mix with different types of nuts and seeds, cucumbers, string cheese, and whole-grain crackers.

As you can see, eating and creating nutritious meals does not have to be overwhelming or impossible. The dollar store offers a wide range of food options that are low cost that you can use in a variety of ways.

# Lunch Bunch



**No Lunch Bunch in August,  
See you in September!**



**Reminder... No lunch bunch in August. For September 3, 2024 we are going to Ford's Garage in Florence at 4911 Houston Road 11:00 AM. All reservations are due by August 30th. Please, DO NOT SHOW UP if you did not make a reservation. Cancellations are due on Monday, September 2. We will car pool from the extension office at 10:30 am.**

**Marcia  
859-816-8707**



FALL  
2024

# Flower Buds

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## 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](http://campbell.ca.uky.edu)

## Fall 2024 Flower Buds Schedule:

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

- Thursday, August 1
- Thursday, September 5
- Thursday, October 3
- Thursday, November 7
- Thursday, December 5

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

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

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

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# ADULT

# HEALTH BULLETIN



**AUGUST 2024**

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

### THIS MONTH'S TOPIC

## ARE YOU UP TO DATE ON VACCINES?



**A**ugust is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

**Continued on the next page** ➔



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# *An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.*



## Continued from the previous page

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

#### REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

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**ADULT**  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





# Packing lunches? Start with this planning guide

Source: Courtney Luecking, Extension specialist for nutrition and health



**P**acking lunches may feel like a chore. Investing a little time to plan can go a long way in saving time, money, and energy. These practical tips will help you plan easy, tasty, and nutritious lunches for growing minds and bodies.

## Invest in reusable

**containers.** Spending money on reusable containers will help save money over time. They will also allow more options for what you can pack. An insulated bag and ice pack will help keep cold foods cold and safe to eat. An insulated food container can help keep warm foods like soup warm. Kids can refill reusable bottles with water throughout the day.

**Consider lunch limits.** To help children get the most out of the much-needed lunchtime boost, find answers to these questions.

What time is lunch? Lunchtime may be early or later in the day. With early lunches, frozen foods may not have time to thaw. With later lunches, your child might need a snack to bridge the gap between breakfast and lunch.

**How long is lunchtime?** The lunch period may be as short as 20 minutes. With short lunch periods, it is helpful to send foods that do not require preparation and that are easy to eat. For example, soup or salad may take longer to eat than cheese and crackers or a sandwich.

**Is the school nut-free?** Because of the increasing numbers of children who have food allergies and potentially serious outcomes, some schools do not allow peanuts or tree nuts. Examples of tree nuts include almonds, cashews, pecans. If your school is nut-free, try alternatives like sunflower or soy nut butter.

**Can children open packages?** Whether you pack reusable containers or prepackaged items, make sure your children can open them. If not, you can either open packages before you put them in the lunchbox or put the food in something that is easier to open.

**Is there access to a microwave?** Access to a microwave means you can send foods that need to be heated up. Hello leftovers. If there is no microwave, make sure foods are ready and OK to eat as packed.

**Make a plan.** When planning lunches, aim to include a protein, whole grain, fruit, and vegetable. Choosing two to three staples from each of these groups will provide options for the week without breaking the bank. Protein ideas include hardboiled egg, yogurt, cottage cheese, and canned beans. Whole grain ideas include tortillas, crackers, pasta, and frozen waffles. Fruits can be fresh, frozen, or in a fruit cup or pouch. Vegetables can be fresh, frozen, or leftovers from dinner.

**Keep it simple.** Create a list of five to 10 main dish ideas. You can use this over and over with the same or different ingredients. For example, you can use a whole-grain tortilla for a peanut butter and banana roll up one day and a bean and cheese quesadilla the next. Serving familiar favorites in different ways gives children nutrition they need while also exposing them to new textures and flavors.

**Get children involved.** Include your children when you make the lunch plan. Invite them to help with grocery shopping. This can provide time to find new foods to try.

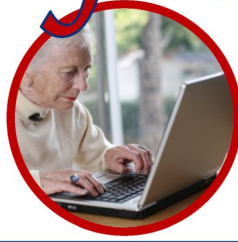
A little planning and creativity will help you pack lunches that fuel your children for the second part of their day.

## Resources:

Academy Nutrition Information Services Team. (2021, May 1). Banishing Brown Bag Boredom. Kids eat right. <https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom>

The Nutrition Source. (n.d.). Packing a Healthy Lunchbox. Harvard T.H. Chan School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>

# Securing Your Legacy



No matter your age or life situation there will come a time when choices and decisions will have to be made by or for you. Are you and your family ready? Explore through **any or all** of the programs in this series important information for you and your loved ones to consider.

*Programs are educational only—no sales promotions or endorsements implied.*

## FINANCIAL CONSIDERATIONS

**WED, 9/4, 11:30 a.m. – 3:30 p.m.**, Kenton County Extension Durr Education Center, 450 Kenton Lands Road, Erlanger, 41018, lunch provided for those registered by 8/27/2024. **Register by calling 859-356-3155 or visiting [kenton.ca.uky.edu](http://kenton.ca.uky.edu)**

Social Security Basics

Medicare Basics

Financial Planning Basics and Selecting a Professional

## LIVING ARRANGMENTS and IMPORTANT DOCUMENTS

**WED, 9/25, 8:30 a.m. – 3:30 p.m.**, Campbell County Extension office, 3500 Alexandria Pike, Highland Heights, 41076, lite lunch provided for those registered by 9/22/2024. **Register by calling 859-572-2600 or visiting [campbell.ca.uky.edu](http://campbell.ca.uky.edu)**

Universal Design for the Home

Living Options for Later Life

Elder Abuse and Adult Protective Services

Prepare to Care for Loved Ones

Wills/Trusts/Probate and Important Documents

**REGISTRATION APPRECIATED for ANY or ALL SESSIONS and REQUIRED for LUNCH. Contact the host office to register (number provided).**

## END OF LIFE DECISIONS, OPTIONS, and COMMUNICATION

**WED, 10/2, 8:30 a.m. – 3:30 p.m.**, Boone County Cooperative Extension Service, 6028 Camp Ernst Road, Burlington 41005, lite lunch provided for those registered by 9/27/2024. **Register by calling 859-586-6101 or visiting [boone.ca.uky.edu](http://boone.ca.uky.edu)**

Hospice/Palliative Care Basics

Gravestone Symbolism

Funerals/Funeral Planning/Green Funerals/Funeral Trends with panel of professionals

Organ, Eye, and Tissue Donation

What Every Family Should Know

*Kenton, Campbell, and Boone Counties Cooperating*

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 8

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

## THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



### SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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## **MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES**



### **SAVING AFTER COLLEGE**

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

### **REFERENCE:**

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

### ***Spotlight: Military Families in Kentucky***

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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Join us for a Hands-on Pasta making class.

 Cooperative  
Extension Service

# Let's make some Pasta

Learn how to make pasta  
from scratch.

**Wednesday  
September 11  
1:30 pm**

**Ages 18 years +  
Please bring a  
rolling pin  
and apron.**

**At the Campbell County Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076

**Call the Extension office at 859-572-2600 to register.**

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Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



Learn how to make your own pie crust,  
ready to take home and bake.

 Cooperative  
Extension Service

# PIE Crust

## Basics

For a baker, there's nothing more satisfying than making a pie completely from scratch. We'll walk you through it, step by step and cheer you on.

For Ages 18 years +

**Save the Date!**

**Tuesday  
October 29, 2024  
1:30 pm**

**Registration Opens  
October 1st**

**At the Campbell County  
Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076

**Limited  
Space  
Available**

**Call the Extension office at 859-572-2600 to register.**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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CAMPBELL COUNTY

# FARMERS MARKET

**2024**

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment



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 14 thru October 28**  
3:00 p.m. to 6:00 p.m.

**Fort Thomas\*\*— Wednesdays**

Mess Hall in Tower Park  
801 Cochran Avenue  
**April 10 thru December 18** (no market on 11/27/2024)  
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 17 thru October 25**  
3:00 p.m. to 6:00 p.m.

**Newport\*— Saturdays**

Next to Pepper Pod Restaurant  
709 Monmouth Street  
**May 18 thru October 26**  
9:00 a.m. to 12 noon

- \* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
- \*\* Accepts WIC, SNAP, Senior Farmer's Market Nutrition Program and Kentucky Double Dollars

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506





Join the Boone and Campbell County  
Extension Agents for...

 Cooperative  
Extension Service

# GIFT WRAPPING

Learn tips and tricks making your gift wrapping stand out this holiday season! Bring gifts, wrapping paper, ribbon and any other accessories you want to use!

**Tuesday  
December 10th  
1:30 pm**

Limited to  
25 participants

**At the Campbell County  
Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076

**Call the Campbell County Extension office at 859-572-2600 to register.**

**Cooperative  
Extension Service**

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# 2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

## *Categories and Subcategories*

### **1. SEWING (Apparel & Home Decor)**

- a. Basic Garment APPAREL
- b. Specialty<sup>1</sup> Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty<sup>1</sup> HOME DÉCOR

<sup>1</sup> b. and e. "Specialty" may include *applied and quilted*.

### **2. ART, 3-Dimensional**

- a. Carving
- b. Sculpture

### **3. ART, NATURAL**

- a. Wood
- b. Other

### **4. ART, RECYCLED (Include a before picture)**

- a. Clothing
- b. Household
- c. Other

### **5. BASKETRY**

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

### **6. BEADING**

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

### **7. CERAMICS**

- a. Hand-formed
- b. Molded
- c. Pre-made

### **8. COUNTED CROSS STITCH**

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

### **9. CROCHET**

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

### **10. DOLL/TOY MAKING**

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

### **11. DRAWING**

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

### **12. EMBROIDERY**

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

### **13. FELTING\***

- a. Needle Method
- b. Wet Method

### **14. HOLIDAY DECORATIONS**

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

## 2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER – machine / loom)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY (mounted or framed) \*\*

- a. Black & White
- b. Color

### 22. QUILTS\*\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

### 22. QUILTS\*\*\* (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60” perimeter)
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\* Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

\*\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



**KEHA Cultural Arts & Heritage**  
**Clarifications to Cultural Arts Exhibit RIBBON Procedures**

**2024 – 2025 CATEGORIES and SUBCATEGORIES**

- There are 27 CATEGORIES (for 2024 – 2025)
  - 25 of the 27 Categories also include Subcategories
    - **TOTAL of 97 Category/Subcategory designations**
- Qualified entries should be placed in the *most appropriate* Category/Subcategory
  - Entries advancing to the next level (County to Area; Area to State) should remain in the same, appropriate Category/Subcategory the entire time

**RIBBONS (suggested recognitions)**

- Blue = 1st Place
- Red = 2nd place (*optional at the County and Area levels; not used at the State level*)
- White = 3rd place (*optional at the County and Area levels; not used at the State level*)
- Purple = “Best of” (*optional at the County and Area levels; 27 awarded at the State level*)

**At the COUNTY LEVEL**

- COUNTIES may award ribbons in Categories/Subcategories AS THEY SEE FIT
- County Judges should select only **ONE** top-winning entry from **EACH of the 97 Categories/Subcategories at the COUNTY Level** to advance to the **AREA LEVEL** Cultural Arts Exhibit
  - Only **ONE** item from each of the **97 Subcategories** advances from the COUNTY Level to the AREA Level

**At the AREA LEVEL**

- AREAS may award ribbons in Categories/Subcategories AS THEY SEE FIT
- Area Judges should select only **ONE** top-winning entry from **EACH of the 97 Categories/Subcategories at the AREA Level** to advance to the **STATE LEVEL** Cultural Arts Exhibit
  - Only **ONE** item from each of the **97 Subcategories** advances from the AREA Level to the STATE Level

**At the STATE LEVEL**

- State Exhibit receives up to 97 items from each of the 14 Areas (up to 1,372 entries)
- State Judges award **BLUE RIBBONS** for what they deem the highest quality work
  - may award as many **Blue Ribbons** per Category/Subcategory as they see fit
  - *Red Ribbons and White Ribbons are not awarded at the State Level*
- **PURPLE RIBBONS** are awarded to **ONE ITEM** within each the **27 Categories**
  - A State Purple Ribbon item is chosen from a State Blue Ribbon winner
  - Purple Ribbons are *not awarded by Subcategory* at the STATE LEVEL

# PEANUT BUTTER OATMEAL BITES



## Ingredients:

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

## Directions:

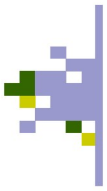
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.
5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

## Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

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





**Cultural Arts  
Registration Card**

County

Category:

Sub Category:

*Description*

EXHIBITOR'S NAME

Address:



**Cultural Arts  
Registration Card**

County

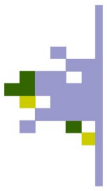
Category:

Sub Category:

*Description*

EXHIBITOR'S NAME

Address:



**Cultural Arts  
Registration Card**

County

Category:

Sub Category:

*Description*

EXHIBITOR'S NAME

Address: