



September is National Food Safety Education Month

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

Every

September, the nation spotlights food safety. It's the perfect opportunity to promote safe food-handling principles, good hygiene, and best sanitation practices. Now

is a great time to raise awareness of the importance of food safety and remind everyone of the simple steps you can take to ensure your food is safe to eat.

According to the Centers for Disease Control (CDC), an estimated 48 million cases of foodborne illness occur each year. That's roughly 1 in 6 people in the United States who get sick from eating contaminated food. Anyone can get sick from foodborne illness (also called food poisoning), but children and adults older than 65 are most vulnerable. Use the principles below to decrease your chances of getting sick and protect your loved ones.

Clean — Wash hands often, especially after using the bathroom, handling raw meats, or touching pets. Wash cutting boards, dishes, utensils and countertops with hot, soapy water after preparing



each food. Rinse fresh fruits and vegetables under running water, and use a brush to scrub those with rough skins.

Separate — Separate raw meat, poultry, seafood, and eggs from other foods in the grocery cart, grocery bags, and in the refrigerator. Use one cutting board for fresh or ready-to-eat foods and another for raw meat, poultry, and seafood. Do not place cooked food on a plate that previously held raw meat, poultry, or seafood.

Cook — Safely cook to the right internal temperature and use a food thermometer to accurately measure the temperature. Cook all poultry to 165 degrees F, ground meat to 160 degrees F, eggs and egg dishes to 160 degrees F, roasts and steaks to 145 degrees F, pork to 145 degrees F, and fish to 145 degrees F. Cook individual eggs until the

yolk and white are firm, heat leftovers to 165 degrees F, and bring sauces, soups, and gravies to a boil.

Chill – Refrigerate or freeze meat, poultry, eggs,

and other perishables as soon as you arrive home from the store. Do not let raw meat, poultry, eggs, cooked food, or fresh, cut fruits sit at room temperature for more than two hours. Do not thaw food at room temperature. Thaw in the refrigerator, in cold water, or the microwave followed by immediate cooking. Marinate foods in the refrigerator, not on the counter. Divide leftovers into small portions to cool quickly in the fridge.

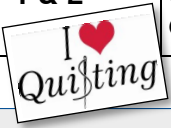
This month and every month, spread the word and encourage your family and friends to keep food safe. For more information and resources on food safety and good sanitation practices, contact your local Extension office.

Reference: <https://www.fightbac.org/food-safety-basics/the-core-four-practices/>



LOOKING AHEAD...

Date	Event
September 3 11:00 a.m.	Lunch Bunch — Ford’s Garage — 4911 Houston Road, Florence, KY 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
September 10 10:00 - 12:30	Valley Club Meeting — Room A Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 12 9:00 a.m.	Club Cultural Arts Program — Items must be in office by 9:30 a.m. — Judging at 10 a.m. Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 16 10:00 - 3:00 p.m.	Crazy Quilters — Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 24 10:00 a.m.	Campbell County Homemakers Council Meeting — Room C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 25 1:00 p.m.	Area Homemaker Council Meeting Kenton County Extension Office — 10990 Marshall Road, Covington, KY 41015
October 8 10:00 a.m. - Noon	Wreath Making Class Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076 Registration by September 30th Required — see enclosed flyer for details and to register
October 10 10:00 a.m.	Northern Kentucky Area Homemakers Annual Meeting — Registration Required Dry Ridge Christian Church — 13 School Street, Dry Ridge, KY 41035
Save the Dates! October 14-19 at Highland Heights Extension Office	KEHA Week! <ul style="list-style-type: none"> • October 14 — Extension Staff Appreciation YUM! • October 15 — Yeast Bread Class 10-12 Chili Cookoff -12:30-1:30 - Registration required • October 17 — Painting Party: 10 a.m.-12 — Registration required • October 19 — Girls Day Out Event
October 19	Last day for Medicine Bottle drop-off at the Extension Office Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
November 1 & 2 Time TBD	Quilting Retreat — Save the Dates, more information to come Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076



Kate Vaughn Thompson

Kate Vaughn Thompson
Campbell County Extension Agent for
Family and Consumer Sciences

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,
- 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.




The Valley Club's August meeting was very productive. Members did much planning for future events, including some new and interesting activities planned for our KEHA WEEK in October. Look for event info and be sure to get registered to attend as we celebrate Homemakers! (Thanks to Patty Meek who took our photo.)

**ATTENTION Homemakers...
Medicine Bottle Collection Event**

We are collecting medicine bottles again this year. All Homemakers are asked to participate. The medicine bottles will be donated to Rose Garden Mission. Any medicine bottle that has the label removed can be used and must be washed and dried. Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office by October 19th. We collected 360 bottles last year and it would be great if we could top that number this year.



Thanks in advance for your participation and help!

Lunch Bunch 



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

Easy Work-Life Balance Tips for People and Parents

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment



The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- **Reduce morning rush.** Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- **Organize your week in advance.** Use one day each week to

plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).

- **Be honest with your manager.** If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- **Stay connected.** Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- **Don’t waste time staring at**

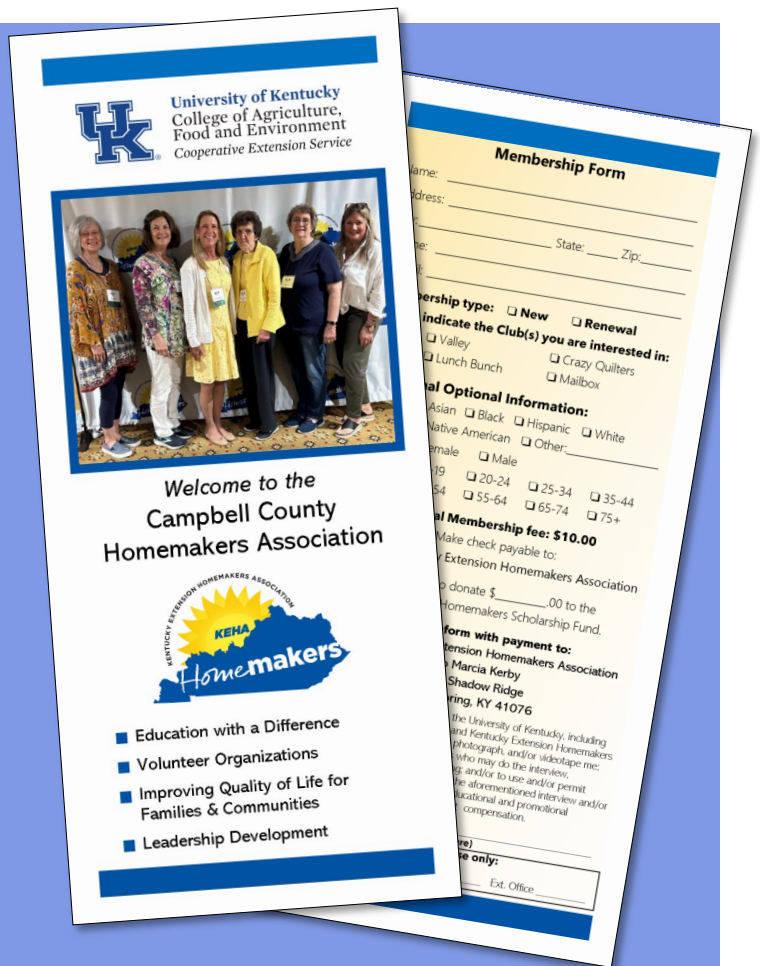
your screen. It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.

- **Schedule time with your partner.** Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

Renew Your HOMEMAKER MEMBERSHIP for 2025

Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2025. The updated Membership Form is included with this newsletter. Annual Dues is \$10.00. **Make your check payable to: Campbell County Extension Homemakers** and send the check/money order to: **Marcia Kerby, 372 Shadow Ridge, Cold Spring, KY 41076 by December 1, 2024.** Remember that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from joining the Homemakers!



Join the Campbell County Homemakers for a hands-on crafting program. We will be making a fall wreath.

 Cooperative Extension Service

**Tuesday, October 8, 2024
10 a.m. - Noon**

Cost \$10.00

Pre-Registration is required by Sept. 30th

Limited space is available.

Mail your registration and payment to:

**Karen Hogan
32 Springhouse Drive
Cold Spring, KY 41076**



For ages 18+ years

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

Cooperative Extension Service

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



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

Fall 2024 Flower Buds Schedule:

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

- 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.

Cooperative Extension Service

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

SUICIDE AWARENESS & PREVENTION TRAINING

 Cooperative Extension Service



QUESTION. PERSUADE. REFER.



What You'll Learn:

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

**Wednesday,
November 6, 2024**

**Boone County Enrichment Center
1824 Patrick Drive | Burlington, KY 41005**

6:00 p.m.

To register, call the Boone County Cooperative Extension Service

859-586-6101

or online at: <https://boone.ca.uky.edu/events>

QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.

**Cooperative
Extension Service**

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

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**

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**

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**

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

Cooperative
Extension Service

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

ADULT HEALTH BULLETIN



SEPTEMBER 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

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

Continued on the next page 



Cooperative Extension Service

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



Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



➔ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Should You Refrigerate Your Fruit?

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

Storage Location	Fruits and Melons	Vegetables
Room Temperature	Apples (less than 7 days) Bananas Citrus Melons Papayas Pineapple	Cucumbers Onions Potatoes Pumpkin Winter Squash Tomatoes Peppers Eggplant Garlic Ginger Jicama Basil (in water)
<p align="center">Keep away from direct sunlight when storing at room temperature</p>		
Ripen at room temperature then store in the fridge	Avacados Peaches Kiwi Plums Nectarines Pears	
Store in Refrigerator	Apples (longer than 7 days) Berries Cherries Grapes Apricots Asian pears Anything cut	Asparagus Green beans Broccoli Carrots Celery Leafy greens Peas Corn Sprouts Lima beans Anything cut Artichokes Beets Cauliflower Cabbage Green onions Mushroom Radishes Summer squash Herbs (not basil) Brussels sprouts

To prevent moisture loss during ripening, store fruits and vegetables separately in a paper bag, a perforated plastic bag, or a vented bowl on the counter. Keep in mind that apples release ethylene (a natural gas that fruits produce) and if you store them with or near other fruits, they will speed up the ripening process. Once ripe, store fruits and vegetables in the refrigerator and eat within three days.

When storing in the refrigerator, place fruits and vegetables in separate drawers to minimize the effects of the fruits' ethylene on the vegetables. Throw away produce with visible mold as the mold will spread quickly to the rest of the produce in the container or bag.

Wash produce right before preparing, not before storing in the refrigerator. Washing before storage removes some of the natural preservatives found in the produce and shortens storage time. Never use soap or bleach to wash produce and do not soak in water. Rinsing under running water and using a brush for rough-skinned fruits and vegetables is the safest method.

Find more information on storing fruits and vegetables at your local Extension office.

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ 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

Campbell County Homemakers, join us as we...

 Cooperative Extension Service

Celebrate KEHA Week

Thursday, October 17th



Open to
Active &
Mailbox Club
Members.

Painting Party

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

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

Registration deadline is October 1st

Campbell County Homemaker members, call 859-441-0545

— Limited space available —

**Cooperative
Extension Service**

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

Call the Extension Office

to register at

859-572-2600

or online:

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

 Cooperative Extension Service



POLLUTION SOLUTION: TACKLING WATER QUALITY

Discover simple ways to protect our environment: Learn about storm water and wastewater management, understand the importance of clean water and get involved in keeping our waterways healthy.

This is a two-part class. It is not mandatory to attend both sessions, but it is recommended to attend the tour.



CLASS LOCATION

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



DATE

Thu Oct 24



TIME

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



TOUR LOCATION

Sanitation District 1 1045 Eaton Drive Ft. Wright, KY 41017



DATE

Wed Oct 30



TIME

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

Cooperative Extension Service

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.



STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | 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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

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

 Cooperative
Extension Service

PIE CRUST

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.

BASICS

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



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

**Cooperative
Extension Service**

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

EMBROIDERY

CLASS FOR BEGINNERS

November 14, 2024

10:00 a.m. - 2:00 p.m.

- Materials will be provided.
- Participants will need to bring a pair of small sharp scissors.

For ages 18+

Registration Required:

Call 859-572-2600 or online
<https://campbell.ca.uky.edu/events>

Learn some basic stitches

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

**Cooperative
Extension Service**

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

FAMILY BONDING
MANNERS
Matter



OPEN TO
FAMILIES
WITH YOUTH
AGES 3-8
YEARS OLD.

DINNER.MANNERS.FAMILY

MONDAY, NOVEMBER 11, 2024
CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM
5:30PM-7:00PM

REGISTRATION OPENS SEPT 9TH
ONLINE AT CAMPBELL.CA.UKY.EDU
OR CALL 859-572-2600

Cooperative
Extension Service

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

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**

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

RAMEN SKILLET DINNER



Ingredients:

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 1 bag (16 ounces) frozen broccoli
- 2 cups cooked chicken, chopped
- 1 package (3 ounces) chicken-flavored instant ramen noodles
- 1 cup water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes

Directions:

1. Wash hands with warm water and soap for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).
4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Nutrition facts per serving:

280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g

Source: BMartha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

Threading Your Way THROUGH HOMEMAKERS



Northern Kentucky Area Homemakers 2024 Annual Meeting



OCTOBER 10, 2024

8:30- 10 AM: Registration, cultural
arts check-in, silent auction
10 AM: MEETING BEGINS

Guest Speaker:
Sue Walsh



Dry Ridge Christian Church
13 School Street
Dry Ridge, KY 41035

COST:
\$20

UK Martin-Gatton
College of Agriculture,
Food and Environment

Sue Walsh is from Hopkinsville Kentucky and with her, we will be having "Fun with Scarves".

Please wear a scarf to the meeting to be part of the fun!

Register By County: Make check payable and mail form to your home county.

REGISTRATION DUE BY SEPT. 16, 2024

Campbell County Homemakers, mail your completed form to:

**Campbell County Homemakers Association
c/o Marcia Kerby
372 Shadow Ridge, Cold Spring, KY 41076**

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **County:** _____

**Menu: Please circle
1 meat and 1 dessert**

- Meatloaf **or**
- Pork Loin with
Stuffing & Gravy
- Mashed Potatoes
- Green Beans
- Bread
- Mixed Fruit
- Lemon Lush **or**
- Four Stack Dessert

Counties should compile registrations and send one check to Grant County Homemakers, 105 Baton Rouge Road, Williamstown, KY 41097

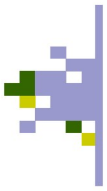
Cooperative Extension Service

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





**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: