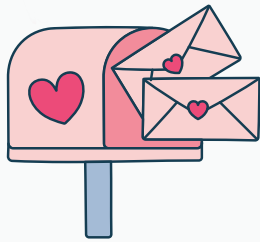
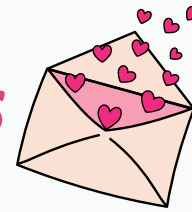


# FAMILY & CONSUMER SCIENCES



## HOMEMAKER FEBRUARY 2025 NEWSLETTER



## A Note From Jackie

Winter has come in like a lion in 2025! I hope all of you have been staying warm.

Our winter Bunco was a success! We raised over a \$1,000 for Ovarian Cancer Research. We had wonderful food, great prizes, and a lot of fun! Thank you to all who participated. Our next Bunco, which has a Derby theme, will be held on April 12th. Be sure to mark your calendar. You will not want to miss it!

The Artful Palette learning day on January 23rd was both fun and educational. Be sure to enter your projects into the Kenton County Fair and Homemaker Cultural Arts this year.

I am looking forward to attending the International meeting on February 17th. Joan Bowling will be talking to us about her time in Belize.

For information regarding this meeting and other classes being offered this month, be sure to take a look inside this newsletter for all of the details.

Thank you for all that you do.

Hugs,

Jackie Waibel, President  
Kenton County Homemakers



## Important Reminders

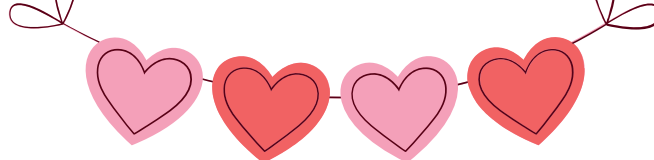
**FAIR ENTRY TRAINING 2/12**

**SNOW POLICY: COUNTYWIDE  
4-H / FCS SPONSORED  
ACTIVITIES ARE CANCELLED  
WHEN KENTON COUNTY  
SCHOOLS ARE CLOSED DUE TO  
BAD WEATHER. INDIVIDUAL  
CLUB LEADERS MAY DECIDE TO  
MEET. CALL THE EXTENSION  
OFFICE OR YOUR LEADER IF  
YOU HAVE QUESTIONS.**

**SAVE THE DATE FOR BUNCO  
APRIL 12TH 2025**



# February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7 Dan Allen Retirement Reception 3:00PM Marshall Rd.	8	
9	10	11	12 Fair Registration Training 9:00AM Marshall Rd.	13	14 <b>Happy Valentines Day</b>	15	
16	17 Independence Homemaker International Lesson meeting 11:00AM Marshall Rd	18	FCS Agents out of office for FCS Training				22
23	24 Groovy Lands Club Meeting 7PM Kenton Lands	25	26	27 Book Club Meeting 6PM Independence Larosa's	28		

# Homemaker Club News

Save the Date  
Homemaker Spring Luncheon  
April 30, 2025  
KEHA State Meeting  
May 6-8



## VIRTUAL

We're having a Virtual Potluck!

Homemakers please email your favorite recipes to Brenda Clark ([brendajjclark@gmail.com](mailto:brendajjclark@gmail.com)) by February 22. They will be sorted and posted on the Virtual Kenton County Homemakers Facebook page by March 1st.

We are also continuing to collect items for Be Concerned. This month we are collecting body wash. Other basic items are always welcome. If you have any questions about joining our club or Be Concerned, please contact Brenda Clark ([brendajjclark@gmail.com](mailto:brendajjclark@gmail.com)).

## BOOK CLUB

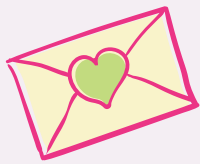
Our December meeting went very well. We collected 39 books to donate to Arlene Truitt's classroom.



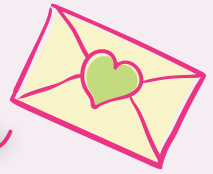
Our February meeting will be Thursday, February 27th, 6:00 PM, at LaRosa in Independence. The book we will be discussing is *Pieces of Her* by Karin Slaughter.



Please note that a book kit is not available for this book. However, Campbell County, Kenton County and Boone County libraries have numerous copies. We continue to collect items to be donated to Be Concerned. If you would like to contribute, this month we are collecting body wash. However, anything is appreciated.



# Homemaker Club News



Our 1st Bunco event of the year was a success! Be sure to save the date for our next one. It will be Kentucky Derby themed and will be on April 12th at our Marshall Rd. office.



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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, the UK Office of 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.





# Fair Entry System Training

*FEB. 12, 2025*

*9:00 AM*

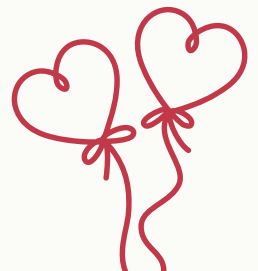
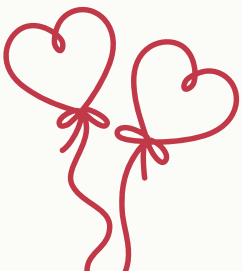
*MARSHALL RD*

Come learn how to enter your Fair Projects  
into the online Fair Entry System.

New for the Fair 2025

All entries will need to be entered online.  
No one will be able to drop off their items  
for the fair on Sunday, July 13th unless they  
have entered them in the  
online entry system

QUESTIONS:  
CONTACT DENISE 859-356-3155



# GROWING AND COOKING WITH SPROUTS AND MICROGREENS



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

## HOME GROWN FOOD AND NUTRITION

Learn about the simplest food to grow at home with minimal care and a way to add fresh, nutritious greens to your diet all year-round.

### INSTRUCTORS:

- Brandon George
- Denise Donahue

## Free Admission!



Thursday,  
March 20, 2025

2:00 PM – 450 Kenton Lands Rd, Erlanger KY

6:00 PM – 450 Kenton Lands Rd, Erlanger KY

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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# SPRING SWEATSHIRT CLASS

JOIN OUR SPRING SEWING SWEATSHIRT  
CRAFT CLASS AND UNLEASH YOUR  
CREATIVITY WHILE MAKING  
SOMETHING UNIQUELY YOURS!  
BASIC SEWING SKILLS REQUIRED.  
PLEASE BRING YOUR OWN  
SWEATSHIRT

**28 MARCH, 2025**

---

**COST: \$5.00**

**450 KENTON LANDS RD.  
9:00AM-12:00PM**





# Beginning sewing

LEARN TO MAKE  
PAJAMA PANTS



APRIL 1ST, 8TH, 15TH, 22ND, 29TH, 2025

COST: \$20

450 KENTON LANDS RD

6:00PM

YOU MUST ATTEND ALL 5 SESSIONS



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Disabilities  
accommodated  
with prior notification.



# DERBY BUNCO

**JOIN THE ULTIMATE  
DAY OF FUN AND EXCITEMENT!  
APRIL 12TH, 2025 @ 11:00AM  
10990 MARSHALL RD.  
COST \$20.00**

**DERBY THEMED FOOD INCLUDED  
PROCEEDS BENEFIT THE  
MARIE RICH SCHOLARSHIP FUND**



**REGISTER AT [KENTONCOUNTYEXTENSION.ORG](https://kentontyextension.org)**

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

Lexington, KY 40506



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# ADULT

# HEALTH BULLETIN



**FEBRUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

**Kenton County Extension Office**  
10990 Marshall Rd.  
Covington, KY 41015  
859-356-3155

## THIS MONTH'S TOPIC

# CAN YOU STOP CANCER BEFORE IT STARTS?



**T**he Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

**Continued on the next page** ➔



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**Our bodies are made to move.  
Cut your cancer risk  
by being active for at least  
150 minutes per week.**

**→ Continued from the previous page**

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

**Testing**

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

**Avoid tobacco and limit alcohol**

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

**Keep a healthy weight**

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

**Eat healthy foods**

Eating a diet of mostly vegetables, fruit,

whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

**Be active**

Our bodies are made to move. Cut your cancer

risk by being active for at least 150 minutes per week.

**Protect your skin**

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

**REFERENCE:**  
<https://prevention.cancer.gov>



**ADULT  
HEALTH BULLETIN**

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





# Cooperative Extension Service

Kenton County Cooperative Extension Service  
10990 Marshall Road  
Covington, KY 41015-9326

RETURN SERVICE REQUESTED



**Kenton County Extension Agents**  
**for Family & Consumer Sciences**  
[denise.donahue@uky.edu](mailto:denise.donahue@uky.edu)  
[joan.bowling@uky.edu](mailto:joan.bowling@uky.edu)



**@UKKENTONEXT**

**KENTONCOUNTYEXTENSION.ORG**



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