



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

**Kenton County
Cooperative Extension Service**
Main Office & Outdoor Education Center (OEC)
10990 Marshall Road
Covington, KY 41015
Phone: 859 356-3155

Satellite Classrooms - Durr Annex
3099 Dixie Highway
Edgewood, KY 41018

Register in person, by phone
or on-line @www.kentoncountyextension.com.
Registration required for all classes.

Some classes may require a fee.
All checks payable to "Kenton County District Board."

Kenton County Cooperative Extension Service

*Cooperative Extension Programs Help Individuals,
Groups and Communities Help Themselves*

*Your Kenton County Extension Service provides research-based educational programs in the areas of
Family and Consumer Sciences, Agriculture, Horticulture, 4-H Youth Development and Community Development.*

Class Schedule: January - August 2017

Gardening & More!

Growing Blueberries

Wed., Jan. 18, 2017, 6-8 pm, Durr Center, Marshall Rd.
How to prepare your soil, where and then grow great blueberries

Maintaining Garden Tools

*Lunch & Learn: Fri., Jan. 20, Noon - 12:45 pm,
Durr Center, Marshall Rd.*
Lesson and demonstration on cleaning, sharpening and maintaining garden hand tools.

Planning Your Vegetable Garden

Thurs., Feb. 9, 1-3 pm, Durr Center, Marshall Rd.
How to plan your garden: planting dates, spacing, rotation, soil preparation, calculating yield and harvest dates, and more. Free seeds will be given to participants. Free.

Growing Great Tomatoes

*Lunch & Learn:
Wed., Feb. 15,
Noon - 12:45 pm,
Durr Annex, Edgewood*
Learn which varieties perform better here, how to manage pests and diseases, and get the best harvest ever! Free tomato seeds will be given to participants.



New Flowers & Vegetables for the Garden

*Lunch & Learn:
Fri., Feb. 17, 2017, Noon - 12:45 pm
Durr Annex, Edgewood*

What's new in the catalogs? What are up-and-coming vegetables, annual and perennial flowers? Free.

Growing Tomatoes in Containers

*Make & Take
Tues., March 14, 6 - 7:30 pm
Durr Center, Marshall Rd.*

Cost \$5:00, which will include containers, potting media, and seeds.

Grafting Apple Trees

Wed., March 22, 6-8 pm, Durr Center & OEC, Marshall Rd.
Fee (TBA) includes rootstock and scionwood. No registration without prior permission of Horticulture Agent. Paid registrants only.

Tomatoes in Containers for Homeschoolers

*Tues., April 11, 2-3 pm
Kenton County Public Library, Erlanger Branch*
For families. Learn how to grow tomatoes in containers for your porch or balcony. Participants will plant a 6-pack to take home and grow. Register one person per family through the Extension's PACE registration system. Cost: \$1.

Earth Day Seed Give Away

Sat., April 22, Kenton County Public Library
Come to a branch of the Kenton County Public Library to receive free garden vegetable seeds. No registration required. Free. Times and locations TBA.

*Most classes are held at either the Durr Extension Center, 10990 Marshall Road, Covington,
or our Annex office at 3099 Dixie Highway. Call 356-3155 for information or to pre-register.*



Family Matters!

Grandparent/Relatives Raising Children Support

*Fridays: January 6, February 3, March 3, April 7, May 5th
12 Noon-1 pm, Durr Annex, Edgewood*

If you are one of thousands in the state raising a relative's child/children you are not alone! Emotional support as well as information on available resources and parenting tips is available at the monthly support group luncheons. This program is a collaborative effort with the Family Resource Centers in Kenton County. Free child care is available upon request. No fee.

Building Interpersonal & Social Media Relationship Smarts Two-Part Class

*Tues., April 18, 6:30 pm—Part 1
Tues., April 25, 6:30 pm—Part 2
Durr Annex, Edgewood*

This two-part class will teach strategies for building a healthy relationship with your tween or teen and methods to instill peer relationship and social media smarts in your child.

Creating and Maintaining Family Traditions

*Tues., April 18, 10 am,
Durr Center, Marshall Rd.*

Building a strong family takes time and effort. Strong families are unified through deep emotional connections with each other, a sense of belonging in the family system, and healthy relationships between members. The purpose of this lesson is to reinforce the importance of family traditions, emphasize habits to preserve and respect traditions, and provide practical ways to establish new traditions.

Beginning Sewing for Adults

*Thursdays, February 2, 9, 16 & 23;
March 2 & 9, 5:30-8:30 pm
Durr Annex, Edgewood*

During this beginning sewing class, we will make a pair of pajamas. Learn all the

Food, Fun and Nutrition

Using Your Food Processor

Thurs., February 16, 6 pm, Durr Annex, Edgewood

Get that food processor out of the box and working! Learn the correct way to work with this small appliance, plus identify which foods do and do not "process" well. This program is for adults.

Hands-on Making Yeast Breads

Wed., February 22, 10 am—Noon, Durr Center, Marshall Rd.

Love the taste of homemade bread but don't have the time, or feel the process is overwhelming? Come and learn how to make a super simple yeast bread with the no-knead technique. Join Amy as she helps us understand the basics of making delicious homemade yeast breads. You'll be bringing home dough to bake and will be tasting a freshly baked loaf that baked while learning! This class is for adults. Class size limited.

Cooking Up Diabetes Management

3-Part Series

Tuesdays, March 21, 28, April 4, 1-4:30 pm, Durr Annex, Edgewood

The Northern Kentucky Health Department and the Kenton County Cooperative Extension Service are collaborating on a 3-part class series to help people better manage their diabetes. Topics will include: What is diabetes? Healthy Eating, Preventing Complications, and more. The classes will be led by a Registered Nurse/Certified Diabetes Educator and a Registered Dietitian/Licensed Diabetes Educator from the Health Department. The Kenton County Extension Agent for Family and Consumer Sciences will instruct on ways to prepare healthy foods, including a delicious lunch at the final session. The class is open to people with diabetes and their family and friends.

Plate it Up, Kentucky Proud

Thurs., April 27, 6 pm, Durr Annex, Edgewood

Join us for some new spring side dish ideas featuring several "Plate it Up" recipes made with seasonal Kentucky commodities. This class is for adults.

Aprons: FUNctional Fashion

Thurs., March 30, 10 am, Durr Center, Marshall Rd.

Explore the history, use and types of aprons, as well as how aprons are FUNctional Fashion.

Hands-on Food Preservation

Tues., Aug. 1, 9 am -3 pm, Durr Center, Marshall Rd.

During this "hands-on" workshop, learn to pressure and water bath can. We will also discuss freezing and drying fruits and vegetables. This class is for adults. \$10 fee. Class size limited.

basics with the Kenton County Extension Service assisted by Master Clothing Volunteers. \$5 fee for pattern.

Sew Fine!



Intermediate Serger

Tues., February 28, 6 pm, Durr Annex, Edgewood

Learn beyond the basics with this "hands-on" workshop. We will make a few simple projects to familiarize you with different stitches and processes with your machine. You MUST know how to thread and operate your machine before this class. This program is for adults. \$5 fee for materials. Make checks payable to Kenton County District Board.



Home, Health and Finance

Downsizing Your Living Space

Thurs., February 23, 10:00 am

Durr Center, Marshall Rd.

Downsizing from a family home can be a physically exhausting and emotionally draining experience. In many cases, possessions have been accumulated over a number of years and not everything can (or should) be moved. Participants of this class will receive suggestions on how to begin the process, what to do with possessions, and tips for keeping things peaceful within the family.

Are U Ready for a Disaster?

Tues., February 28, 6-7:30 pm

Durr Annex, Edgewood

This lesson will provide tips on how to evaluate and prepare your home for disasters including food safety. It will also focus on issues related to disaster preparedness.

Let the Consumer Beware!... In Tough Economic Times

Tues., March 7, 10 am, Durr Center, Marshall Rd.

Consumer fraud, an age-old problem, has become more sophisticated with the expansion of the Internet and direct-marketing techniques. The old adage still holds true: "If anything sounds too good to be true, then it usually is." While many types of fraud continue to exist, "Let the Consumer Beware! In Tough Economic Times" focuses on a few general areas that consumers should consider carefully.



Making Friends with Food

Fridays, Jan. 27, Feb. 10 & 24, March 10, April 14 & 28, May 12 & 26, June 23, July 28, and Aug. 11.

10 am—Noon, Durr Center, Marshall Rd.

Do you want to encourage your child to eat more fruits and vegetables? Register for fun, hands-on learning sessions exploring healthy fruits & vegetables with new friends. The FREE lessons are designed to help children develop a positive relationship with health foods in a fun, interactive hands-on way. We rotate through cooking, crafting, play and a story time during each session. (Targeting children 3 - 5 years). Parent/caregiver must be in attendance with child, please.

Learn Ways to Protect Your Money

Thurs., March 9, 6-7:30 pm,

Durr Annex, Edgewood

Financial strategies for the changes in your life such as: getting married, divorce, empty nesters, and single again after divorce or death of a spouse.



Brain Matters

3-Part Lunch & Learn Series

Wednesdays, March 22, 29 & April 5, 11:30-12:30 pm,

Durr Annex, Edgewood

During this 3-part Lunch and Learn Series, we will discuss good health elements that may contribute to better brain well-being. Join us for one or all sessions:

Session 1—Nutrition

Session 2—Physical Activity

Session 3—Mental Activity

This series is for adults. A lite lunch will be provided.

Identity Theft

Tues., April 4, 6-7:30 pm, Durr Annex, Edgewood

How many times have you heard of identity theft in the news recently? This class will explore ways to protect your identity. Learn ways to protect your information while using smartphones and small media devices.

Estate Planning for Empty Nesters

Thurs., April 6, 6-7:30 pm, Durr Annex, Edgewood

Has your life changed as your children are older? Do you need to update your will and review your estate plan? Class will cover wills, trusts, and medical directives, and other management tools in estate planning.

What is the State of Your Estate?

Thurs., April 20, 6-7:30 pm, Durr Annex, Edgewood

Minor children in the home? Do you have a plan if something disastrous happens? Class will cover guardianship, trusts, wills, and other management tools as part of the estate plan.

Is This Recyclable?

Wed., April 26, 10:00 am, Durr Annex, Edgewood

Participants will learn facts about what types of products are recyclable, tips for turning trash to treasure, and specific recycling information from an Education Specialist representing the largest recycling operation in North America which ranks among the most efficient in the world.

Evaluating Your Health Insurance Needs

Thurs., April 27, 10-11:30 am, Durr Annex, Edgewood

Many people receive health insurance from their employers. People who are not working, are self-employed, retired, or have too little or unaffordable coverage, now have the opportunity to purchase health insurance through the Health Benefit Marketplace. Before purchasing health insurance through the Health Benefit Marketplace, it may be helpful to spend some time considering what you need or want in a health insurance plan.

4-H Activities



4-H Clover Bud Meetings

*Third Wednesday of each month,
7 pm, Durr Annex, Edgewood*

Do you have a child who wants to join 4-H but is not 4-H age? This club is for you. Children in school K-3 are invited to become a Clover Bud. We will do fun activities such as crafts, cooking and science each month.

4-H Dog Club

*Thursdays, January 5, 12, 19 & 26,
and February 2 & 9, 6 pm
Durr Annex, Edgewood*

Help your dog learn basic behaviors, impulse control, sit, stay, down, loose-leash walking and more. This program is for youth 9 to 18 years old.



Bring a Buddy to Sew

*Mondays, January 23 - February 27
4-6 pm, Durr Annex, Edgewood*

This is the first 4-H sewing unit for clothing construction. Completion of this class is required for youth to participate in more advanced sewing projects and special sewing project days. Any youth (ages 9-18) and an adult buddy will learn how to operate a sewing machine, choose fabric, cut out a pattern, sew seams and make a casing with the Kenton County Extension Service Master Clothing volunteers. The youth will complete one or more of the following projects during the class: shorts, skirt, or pants. Sew-

ing machines are provided. Participants will purchase one pattern, fabric and matching thread during the class. Call to register. The fee is \$15 per child. Registration is not complete until fee is paid. For more information, contact Mary Averbeck at 859/356-3155.

4-H Livestock Forms

*Monday, February 6 and
Thursday, March 9, 6:30 - 7:30pm
Durr Center, Marshall Rd.*

Come learn about 4-H Livestock Forms. We will complete paperwork necessary to exhibit your project animals; County, District and State forms will be reviewed. This program is for youth and adults exhibiting animals. Beef exhibitors will benefit most from the February 6 session. Lamb, swine and goat exhibitors will benefit most from the March 9 session.

4-H Shooting Sports Club Orientation

*Tuesday, February 7, 6 pm
Durr Annex, Edgewood*

Taking new members! 4-H shooting sports is an introduction to the safe, responsible use of firearms and archery equipment — a valuable life skill. Youth are trained by a certified leader on how to handle and shoot firearms safely. While competition is not the main focus, the program offers opportunities to participate in shooting events. This program is for youth 9 to 18 years old.



July 3 - 7, 2017
North Central 4-H Camp
Carlisle, KY

**Enjoy Swimming, Canoeing,
Archery, Nature, Fishing
and lots more!**

For youth aged 9-14.

Call or stop by the extension office after March 1st for camp registration forms. Forms will also be available after March 1st on our Kenton County web site at www.kentoncountyextension.org. Some scholarships and fundraising are available. Call 356-3155.

4-H Communication Event

*Thursday, March 2, 6:30 pm,
Twenhofel Middle School,
Independence*

This Kenton County speech and demonstration contest is for youth ages 9 to 18 who would like to participate. Information will be on the Kenton County web site at www.kentoncountyextension.org in February. Please call the Extension Office to register prior to Thursday, February 23, 2017.

Volunteer Orientation

Tues., January 31, 6-8:30 pm, Durr Center, Marshall Rd.

New Cooperative Extension and 4-H volunteers are encouraged to attend Volunteer Orientation. Learn about what Kenton County Cooperative Extension Service does in our community as well as how to handle diverse situations. This program is being held for adult volunteers--not appropriate for age 14 and under. Reservations required by January 27.

