Overwhelmed by the many sources of information hitting you each day? How do you know if the information is accurate? Up-to-date? What if you have additional questions? Your Kenton County Cooperative Extension Service is your ticket to current, research-based information. The Cooperative Extension Service is not just another place to take a class. Our information comes from the USDA, the University of Kentucky and Kentucky State University. Every Kenton County Extension Agent holds an advanced degree in their area of expertise and continues to take additional educational hours annually. When residents attend classes or contact our office with questions, they can feel confident that the information they are being provided is coming from educated, researched based sources. Extension services all ages and stages of life.

Family and Consumer Sciences

Many of us grew up with “home economics” classes, but today’s Family and Consumer Sciences (FCS) program is so much more. FCS is about family — all aspects! Food safety, preservation and preparation, clothing care, home care, personal and family finance, job skills, strengthening family relationships, parenting/grand-parenting, and aging are just a few of the topics with which we can help. We offer many FCS educational classes, such as the ones listed in this publication, but we also work with individuals every day. Interested in joining our Extension Homemakers group and learn while working on various community projects? Having trouble getting your family budget together? Problem with mold or mildew in your home? Have a dial gauge pressure canner needing tested for accuracy? Or advice on making one of your favorite family recipes with healthier ingredient options? Contact us!

4-H Youth Development

4-H is a community of young people across America who are learning leadership, citizenship and life skills. All Kenton County 4-H programs are delivered by the University of Kentucky Cooperative Extension Service 4-H agents and assistants, where they help young people to “learn by doing.” Youth members complete projects in areas such as leadership, science, agriculture and citizenship, in a positive environment. Youth receive guidance from adult volunteers and mentors, and are encouraged to take on proactive leadership roles through in-school and after-school programs, school and community clubs and 4-H camps. Youth can learn to grow vegetables, give a speech, start a business, take pictures, learn to sew, raise an animal, learn ways to protect the environment, and more! If you have a child aged 9 to 18, looking for something new to do, 4-H is the place for them! Our younger friends in school grades K-3, the 4-H Clover Bud program provides fun activities such as crafts, cooking, and science activities.

Agriculture and Natural Resources

Kenton County Cooperative Extension Service offers educational opportunities and guidance to producers and agribusiness operators on crops, diseases, pest management, farm and business management, risk management, erosion.
control, livestock management and water quality. We also assist local schools as they teach life science utilizing agriculture concepts. Local agriculture commodity groups like the Northern Kentucky Cattle Association and Northern Kentucky Horse Network rely on the link between the UK College of Agriculture and their agriculture operations. The Agriculture and Natural Resource area also strives to educate the general public on the vital role our local farmers play in sustaining our communities. One such outreach program is coming up in early fall. The Kenton County Farm Tour, attracts thousands of guests each year to local Kenton County farms where families can learn about local food production, animal husbandry, homesteading, and conservation. The tour also provides an opportunity to support local agritourism operations. New this year, the 2018 Kenton County Farm Tour will be offering a two-day tour, being held September 15 from 10 am-5 pm, and September 16, from 11 am-5 pm.

Horticulture

Kenton County’s Cooperative Extension Horticulture staff provides research-based education and technical training to members of the community. They work with Kenton County residents every day to answer plant related questions. They identify weed or insect pests and make control recommendations, assist homeowners with selection of plants that grow well here, make suggestions for soil improvement, and even give tips for growing prize-winning fruits and vegetables!

Horticulture classes offer something for everyone: instruction includes topics as diverse as attracting Monarch butterflies to growing vegetables, fairy gardens, floral design, lawn care and more. Check class descriptions on the following pages or visit our website.

This year the Kenton County Cooperative Extension is excited to offer a 15-week Master Gardener Volunteer program where participants will learn the science and art of horticulture — from vegetables, soils, and pests to native plants, trees and more. Classes will be held Wednesdays from 9 am to 2:30 pm, December 2018 through March 2019 at the Kenton County Extension Office. There is a fee for this session and the class is expected to fill up quickly, so contact our office for further details.

Nutrition Education Program

The goal of the Nutrition Education Program is to reach SNAP recipients and eligible individuals with nutrition education and teach them how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. Last year Kenton County Nutrition Assistants reached 173 families in adult programs and 443 youth. 97% of adult participants showed positive change in food group choices; 89% showed improvement in one or more food resource management practices; and 80% of youth participants improved their abilities to choose healthy foods.

Since 1914, the goal of Cooperative Extension has and will continue to be to make a difference in the lives of Kentucky citizens through research-based education. Kenton County Cooperative Extension agents serve as the gateway between the University of Kentucky, Kentucky State University, and our local population. We are your trusted resource for reliable, up-to-date information affecting your daily life. Call or email us today.

www.kentoncountyextension.com
Exciting Opportunities with 4-H!

Registration required for all classes. Some classes may require a fee. Register online at kentoncountyextension.com, or call 356-3155.

4-H “It’s Your Reality”
Offered October through April to schools 5th through 8th grades. Please call for additional information, two months prior to scheduling. 4-H “It’s Your Reality” allows youth to receive a career based on educational goals. Participants will visit “stores” to provide for their needs and the needs of their family.

4-H Clover Bud Meetings
Third Wed. of each month, 7 pm, starting in Oct. Please call office for meeting location. 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 grades 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
Starting in Oct., dates, times & location TBD. Learn about dogs, participate in 4-H Dog Bowl/Skillathon & 4-H Dog show, while helping your dog learn basic behaviors, impulse control, sit, stay, down, nose, lead walking and more.

4-H Shooting Sports Club
Orientation/New Season starting Tues., Jan. 20, 2023, 6 pm
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. Call office after Jan 1, 2023 for location details.

4-H Livestock Educational Programs
All Livestock Educational Programs will be held at Durr Center, Marshall Road.
If you would like to participate in showing livestock, beef, sheep, swine, dairy, goats or country ham next summer, the educational meetings will have to be completed before your animal is tagged and weighed in. Each participant must attend six hours of training conducted by 4-H certified volunteers in order to participate in any livestock activity. Please pre-register at kentoncountyextension.com for dates and materials. Reminder: A parent/guardian must attend one orientation session offered at the beginning of each session. Livestock education meeting dates:
Sat., Oct. 27, 8-10:30 am; Tues., Nov. 20, 6-9 pm; Mon., Dec. 19, 6-9 pm; Wed., Dec. 28, 6-8 pm; Sat., Jan. 19, 2023; 9-11 am. Thru Jan. 30, 2023. The 2023-2024 school year is cancelled if a session is cancelled when Kenton County Schools are cancelled (time to be announced).

4-H Horse Programs
All interested youth desiring to participate in horse programs must enroll in 4-H and complete six hours of instructional training in order to be eligible for horse participation. Certified horse hours are offered September through March. Please contact the Extension office by October 1 to become involved in horse projects. If you are new to 4-H, please call us for additional information.

4-H Sewing Bring a Buddy
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 days. Any youth (4-H age 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. The youth will complete one or more of the following projects during the class: shorts, skirt, or pants. Sewing machines are provided. Participants will purchase one pattern, fabric and matching thread during the class. Class fee is $35 per youth. The classes are once a week for 6 weeks during January and February. Please call the office to indicate interest in this class.

4-H programs are for youth aged 9-18, unless otherwise specified.

Additional Extension Classes

Hands-On Freezing and Drying the Harvest
Tuesday, Aug. 30, 9 am-1 pm
Learn to properly dehydrate and freeze fresh fruits and vegetables and learn about shelf life and storage. No fee, but class supply list required before the program to registrants. Class size limited.

Plate It Up
Thursday, Aug. 25, 10 am
Join us for some new fall side dish ideas featuring several “Plate it up” recipes made with seasonal Kentucky commodities. This class is for adults.

Fall Lawn Care
Thursday, Aug. 25, 6-8 pm, 856
Late summer and fall are the best times here to do major lawn care—not spring. Learn what to do and when. Free.

Kenton County Homemaker Kick-off
Thursday, Aug. 28, 6 pm
Join Kenton County Homemakers as they “kick off” their new program year. Homemakers are always learning, and sharing their talents with our organization and the community. Light dinner included, $5 per person — registration required, checks payable to Kenton County Homemakers.

Beginning Sewing for Adults
Thursday, Aug. 30, 5-6:30 pm
This program is designed to help reduce the high rate of suicide, by teaching the facts, correcting the misconceptions, and knowing how to reach out to those in need. Facts, warning signs, risk factors, and resources for help will be provided. Understanding and Preventing Suicide
Thursday, Aug. 30, 6 pm
How’s Your Support System – Living with Arthritis
Friday, Sept. 7, 10 am-2 pm, Boone County Extension Enrichment Center, Upper Level
We’ll cover the basics of arthritis and tips for managing it, explore physical activity, learn about gadgets for the home that make life easier, and talk about food recommendations for those with arthritis. Presented by Kenton County Extension District Board. Light lunch provided.

Don’t miss the 2018 Kenton County Farm Harvest Tour!
Saturday, Sept. 15
10 am - 5 pm and Sunday, Sept. 16, 11 am-5 pm
Rain or Shine!

All classes held at the Kenton County Extension office unless otherwise noted. For more detailed information on these classes, please refer to our website at www.kentoncountyextension.com. Look under “On-Line Class Registration.” You may register on-line, in person, or by phone at 859/356-3155. Registration required for all classes. Some classes may require a fee. All checks payable to “Kenton Co. Extension District Board” unless otherwise indicated.

www.kentoncountyextension.com
Kenton County Cooperative Extension Service

County Fair Animal Projects
Tuesday, Sept. 18, 6:30 pm
Are you curious about what it would take to show a pet or livestock project at the county fair? In addition to learning about the different projects from leaders and 4-H members, you will learn about community 4-H club projects that are specific to pets or farm animals.

Raising a Relative’s Child(ren), Now What?
Tuesday, Oct. 2, 11:30 am-1 pm
Grandparents and other relative caregivers are often overwhelmed by the overwhelming financial and emotional stress of raising someone else’s children unexpectedly. Participants will be provided with a resource guide and strategies for coping with the challenges they are facing.

How’s Your Support System—Bone and Joint Health
Fri., Oct. 5, 10 am-2 pm, Boone County Extension Service Enrichment Center
Learn the latest on bone and joint health from a healthcare professional, enjoy a light lunch, and explore physical activity to enhance bone health. Program is provided by the Kenton and Boone County Extension offices.

Beef: It’s What’s for Dinner
Tuesday, Oct. 9, 6:30-8:30 pm, Boone County Extension Service Enrichment Center, upper level
Join Kentucky Beef Council representatives as they share information about today’s lean beef and how to properly prepare it for maximum flavor and tenderness. Registration required. Presented by Boone and Kenton County Extension.

Clutter Free Living
Tuesday, Oct. 9, 10 am
Looking to declutter and downsize but are not sure how to attack the problem? This program will provide clutter bust ideas, strategies for taking control of your closets, and steps to maintaining a clutter free life.

Retiring Now What?
Tuesday, Oct. 9, 6-7:30 pm
People are retiring younger, but what do they do with their newfound “free” time? This class will help retirees discover leisurely activities, look at budgeting, or maybe even start a new career! These ideas and more will be covered during this great class for retirees.

Fish: It’s What’s for Dinner
Thursday, Oct. 11, 6:30-8:30 pm, Boone County Extension Service Enrichment Center, upper level
Join chef John from Ashfordianos as he shares tips and tricks for purchasing and preparing fresh fish and seafood. Presented by Boone and Kenton County Extension.

Have Medicare Questions?
Tuesday, Oct. 16, 6-7:30 pm
Are you reaching 65 on your next birthday? Don’t understand all the benefits of Medicare? This class will assist in understanding this benefit. Teacher: Eva Ballard

Chicken: It’s What’s for Dinner
Tuesday, Oct. 23, 6:30-8:30 pm, Boone County Extension Service Enrichment Center, upper level
Learn to cut up a whole chicken with tips for getting the most for your money and discovering facts about how today’s chickens are raised. Presented by Kenton and Boone Co. Extension.

Understanding and Nurturing the Adolescent Brain
Tuesday, Oct. 23, 6 pm
The teenage brain is a mystery to parents. Join us for a look into what makes adolescents so susceptible to risky behavior even when they know better and what you can do to protect their brains from harm.

Let the Consumer Beware: In Tough Economic Times
Tuesday, Oct. 23, 6-7:30 pm
How many times have you heard of identity theft in the news recently? Class will focus on protection from identity theft, online and email scams, credit card and consumer fraud, and home repair scams.

Plan a Monarch Way Station
Thursday, Oct. 25, 6-7:30 pm
Plan an effective, certified way station; plant milkweed seeds now to chill over winter and grow next spring. For, but must register by September 27.

Managing Holiday Expenses: How to Reduce Holiday Spending to Decrease Financial Stress
Thursday, Oct. 25, 6-7:30 pm
The program includes information and activities to help you become a better consumer during the holidays. You will learn how to create a holiday budget, identify cost-saving strategies to help reduce financial stress.

Fairy Gardens
Thursday, Oct. 31, 6-7:30 pm
Create the perfect hideaway for your own little fairies. Bring your own container (at least 10” wide); we will supply potting mix, plants and miniature toys to get you started. Fee: $20. Payment must be received by October 2.

4-H Wood Painting Class Fundraiser
Saturday, Nov. 3, 11 am
Come join us for a fun wood disc painting class. You can choose fall or holiday designs. Each participant will leave with a large wooden disc with stands and small wooden ornaments. Cost of class is $20 and all money will go to support 4-H activities. Checks made payable to Kenton County 4-H Council.

Holiday Panorama
Wednesday, Nov. 7, 4-6:30 pm
Before you know it, it will be time to “Deck those Halls” again! During this open house, stop by and you will see a variety of decorating and gift giving ideas, plus try some delicious food ideas. Your fee will include generous “tastes” plus a book of instructions and recipes for items shown and tasted. Check fee: $8 - checks payable to Kenton Co. District Board.

Fall Door Wreath
Thursday, Nov. 8, 6-7:30 pm
Make a wreath of dried natural materials to hang on your favorite door. Fee: $5 cash or check payable to Kenton Co. District Board.

On the Road to Retirement: Protecting Your Money
Tuesday, Nov. 13, 10 am-2 pm, Boone County Extension Service Enrichment Center, lower level
This information-packed, 4-hour workshop will feature speakers on Medicare, the latest on scams, auto and home insurance reminders, and basic investing and financial management for those closing in on or newly retired. A light lunch will be served. Registration required by Nov. 9. Presented by Kenton and Boone County Extension.

Creating and Maintaining Family Traditions
Thursday, Nov. 15, 6-7:30 pm
As families experience life stages and transitions, traditions tend to be necessary to reflect the changing needs of the family. Participants will be given tools to learn how to honor old traditions and blend or create new traditions which can create stronger family bonds.

Credit
Thursday, Nov. 15, 6-7:30 pm
Credit is having now and paying later. It can easily be abused. Class will look at advantages and disadvantages.

Santa’s Workshop
Saturday, Dec. 8, 9:30 am-2 pm
We are crafting 4 holiday gifts. Gifts include birdfeeder, ornament, necklace and leather craft. Materials Fee: $30, must register by Monday, Nov. 12. Checks payable to Kenton Co. District Board. Ages 9 and up, bring your lunch.

Holiday Floral Basket
Thursday, Dec. 13, 6-8 pm
Use greens, ornaments, etc., to make a hanging basket or table arrangement. Fee: $20; checks payable to Kenton Co. District Board.