

## Gardening & More!

**Home Lawn Care Basics, August 13, 6:00 to 8:00 p.m., Durr Center Taylor Mill**  
An outstanding lawn need not be difficult to obtain, but the methods are different for Northern Kentucky homeowners. Learn research based recommendations for a low input, high quality lawn.

**Lunch and Learn Fall Gardening Series, Four Fridays in September, 12:00 to 12:45 p.m., Durr Annex Dixie Highway**

Come once or come often to learn about interesting theme gardens. Weekly sessions will cover Gardener's Fitness, Growing Spring Bulbs, Fall Gardening Tasks, and Houseplant Basics. Bring a bagged lunch and a friend!

**Pumpkin Fun with Kids, October 9, 1:00 to 3:30 p.m., Durr Center Taylor Mill**

Children 9 years of age and older are invited to learn about growing pumpkins while getting their hands dirty in our demo garden. We will also have fun tasting pumpkin recipes along with creating pumpkin garden crafts!

**Plants with Outstanding Fall Color, October 22, 6:00 to 8:00 p.m., Durr Annex Dixie Highway**

If you desire a vibrant plant display for fall, join us to learn about what plants exhibit the most intense fall color, attractive bark, and persistent fruit and flowers. Also sneak a peek at some creative fall container designs!

**Holiday Greens for Decorating, December 3, 1:00 to 3:30pm, Durr Center**

Make and take a Holiday Kissing Ball and learn about other natural holiday decorations. Get an idea of what evergreens are most suitable to grow in your own landscape too! Class limited to 25 registrants, \$7 class fee.

### Kenton County Cooperative Extension Service

10990 Marshall Road  
Covington, KY 41015  
Phone: 859 356-3155



### Annex Office

3099 Dixie Highway  
Edgewood, KY 41018

UNIVERSITY OF KENTUCKY

Website: <http://www.kentoncountyextension.com>

## Food, Nutrition & Health

**Back to Basics: Jam and Jelly Making for Beginners Tuesday, August 25, 9:00 a.m. to 12:00 p.m., Durr Center Taylor Mill**

During this "hands on" program, participants will make jelly and a jam product. \$10 fee (check payable to Tri County Home Economics program). Class size is limited.

**Hands-On Food Preservation Workshop, Wednesday, September 2, 9:00 a.m. to 3:00 p.m., Durr Center Taylor Mill**

During this "hands on" program, participants will practice safe home canning techniques, as well as review the latest information on freezing and drying foods. \$10 fee for all materials and lunch, (check payable to Tri County Home Economics program). Class size is limited.

**Salts from the Earth, Thursday, September 24, 9:30 a.m., Durr Center Taylor Mill; repeated 6:00 p.m., Durr Annex Dixie Highway**

Is sea salt better for you than kosher or table salt? We'll explore information about salt, take a look at a variety of them, and discover the role sodium plays in our diet and health.

**Putting Your Crock Pot to Work, Thursday, October 22, 9:30 a.m., Durr Center Taylor Mill; repeated 6:00 p.m., Durr Annex Dixie Highway.**

Rising food and energy prices have all of us searching for ways to stretch our food dollar. A slow cooker can be a great solution, as it provides nutritious, inexpensive and easy

Classes are held at either the Durr Extension Center, 10990 Marshall Road, Covington, or our Annex office at 3099 Dixie Highway.  
Please call 356-3155 for more information or to pre-register.

## Food, Nutrition & Health

to prepare family meals. Learn some new ideas on preparing these meals in a safe and delicious manner.

### **Choosing, Using and Caring for Pots and Pans, Tuesday, October 27, 9:30 a.m., Durr Annex Dixie Highway**

Confused about the different types of pans on the market today? Discover advantages and disadvantages of different materials, as well as unique characteristics.

### **Cooking with Pressure, Tuesday, November 3, 6:00 p.m., Durr Annex Dixie Highway.**

A pressure cooker allows you to cook foods 30 to 70% faster than conventional methods, while conserving nutrients and energy. In this hands-on class, we'll learn to use a pressure cooker to prepare a variety of foods. We'll also talk about general selection, use and care of a pressure cooker. \$5 foods and materials fee. (Checks payable to Tri County Home Economics account). Class size limited. Instructors: Diane Mason and Kathy Byrnes.



## Family Matters!

### **Identity Theft, Tuesday October 6, 6:00 to 7:30 p.m., Durr Annex Dixie Highway**

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 yourself. Instructor: Linda Brown-Price

### **Improve Your Credit Card Knowledge, October 13, 6:00 to 7:30 p.m., Durr Annex Dixie Highway**

Learn ways to manage your credit, topics covered will include types of credit, how to read a credit report, and ways to reduce your credit card debt. Instructor: Linda Brown-Price

### **Are You Ready for an Emergency?, Monday, October 26, 6:00 to 9:00 p.m., Durr Center Taylor Mill**

This class will help you be better prepared for any natural disaster. Learn the basics of survival skills, preparing an emergency kit and what to do in an emergency.

### **Internet Shopping Skills, November 3, 10:00 to 11:30 a.m. or 6:00 to 7:30 p.m., Durr Annex Dixie Highway**

As gas prices goes higher do you want to do some of your shopping on the internet? This class will focus on how to utilize the internet for shopping and security measures while online. You will need computer knowledge. Due to computer usage class is limited to 8 for each session. Instructor: Linda Brown-Price.

### **Holiday Open House**

Tuesday, November 10

4:00 to 7:00 p.m., Durr Center Taylor Mill

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 easy gift giving ideas, plus try some delicious food ideas. Your fee will include tasting and a book of instructions and recipes for items shown and tasted. Class size limited. Class fee - \$6.00 for general public, \$3.00 for Kenton County Homemaker members - checks payable to Tri County Home Economics program. Instructors - Kathy R. Byrnes and Joan Bowling

### **Greener Living Series**

First Three Fridays in November

10:00 a.m. to 12:00 p.m.

Erlanger Branch Library

Come once or come often to learn how to green up your home and garden. Individual sessions will discuss home energy conservation, making and using green cleaning products, growing "greener" gardens through organic and sustainable methods, home composting and efficiently recycling home waste.



## Getting Fit!

**Active for Life, Tuesday and Thursday from July 21 through October 1, 9:30 to 10:30 a.m.**

An exercise program for older adults designed to build flexibility, strength and range of motion. Participants will exercise in and around a chair. A “walk –a-mile” segment will be done each week (walking in place). Please bring a light set of weights and dress comfortably. No charge for the class. Sessions held at the Kenton County Library, 401 Kenton Lands Rd, Erlanger. Instructor: Kathy Yelton

**Body Recall, October 12 - December 18, 9:00 to 10:00 a.m.**

This nationally recognized exercise program originated at Berea College and was designed to reclaim a level of fitness for older adults, including flexibility, strength, balance, and coordination for the body. The class meets three times a week for 10 weeks. Participants must wear comfortable clothing for movement. Class size is limited to 40 participants. Fee is \$35 for the 10 week session, \$10 discount for Primewise and Homemakers, \$15 for returning students. Monday, Wednesday and Friday mornings, at the **Durr Center**, 10990 Marshall Rd (off Taylor Mill). Instructor: Kathy Yelton.

**A Matter of Balance, Monday’s, October 12 through November 30, 2:00 to 4:00 p.m.**

This is an 8 week series targeted towards seniors with the aim of helping them manage concerns about falls. During the 8 weeks, participants will learn ways to protect themselves in a fall and how to reduce falls. Additionally, methods will be taught to increase physical strength so that participants can become steadier on their feet. No charge for the class. Sessions held at the Kenton County Library, 401 Kenton Lands Rd., Erlanger. Class size is limited. Instructor: Kathy Byrnes, Kathy Yelton.

## Personal Enrichment

**Resume Writing, Tuesday, September 15, 6:00 to 7:30 p.m., Durr Annex Dixie Highway**

Do you need to update your resume, place it on the internet, and adapt it for a specific job for which you are applying? All this as well as other topics will be covered during this class. Instructors: Linda Brown-Price and Joan Bowling

**Interview Skills, Tuesday, September 22, 6:00 to 7:30 p.m., Durr Annex Dixie Highway**

This class will cover some interview do and don’ts and tips to successful interviews. Instructors: Linda Brown-Price and Joan Bowling



**Enhancing Your Job Search, Tuesday September 29, 6:00 to 7:30 p.m., Durr Annex Dixie Highway**

Panel of Human Resource Professionals will answer questions and give insight into job search from a business perspective. Instructors: Linda Brown-Price and Joan Bowling.

## 4-H Youth Development



### 4-H Livestock

All interested youth desiring to participate in livestock programs must enroll in 4-H and complete six hours of instructional training in order to be eligible for livestock participation. Certified livestock hours are offered November thru January. Youth interested in must complete the educational programs during this time period and earn six hours to be eligible to participate in livestock programs. Therefore, please contact the Extension office by October 1 to become involved in livestock projects. New members will learn about the process. If you are new to 4-H please contact the Kenton County Extension Office for additional information.

### 4-H Bring a Buddy to Sew – Starting in January

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

## Agriculture

### **Backyard Birdfeeding, Tuesday, November 10, Durr Annex Dixie Highway**

This class is designed for anyone with an interest in feeding birds in their backyard.



### **Wildlife Management for Woodland Owners, Tuesday, November 17, 6:30 to 8:00 p.m., Durr Center Taylor Mill**

Call for additional information.

## Sew Fine!



### **Serger Basics, Thursday, September 29 and Thursday, October 6, 2 part series, 1:30; repeated 6:00 p.m., Durr Annex Dixie Highway**

Is your serger sewing machine collecting dust? During this two part series, we will review the basics of how a serger operates and utilize it in an improved way. We will also make several mini-projects to perfect our skills. Class size is limited. Note – participants must bring their own serger, know how to thread and operate it. Class fee \$10.00 (Checks payable to Tri County Home Economics program). Instructors- Kathy R. Byrnes and Carol Blair

### **Adult Beginning Sewing: Pajamas, October 21 through November 25, 5:30 to 8:30 p.m.**

The project for this class is a pair of pajamas. Learn all the basics with the Kenton County Extension Service assisted by Master Clothing Volunteers. The class will meet once a week on Wednesday, from 5:30 p.m. to 8:30 p.m. at the Kenton County Extension Annex Office, 3099 Dixie Highway, Edgewood. Fee for class: \$5 (includes pattern). Call 859 356-3155 to register. Class size is limited.

### **Needle Tatting Basics, Friday, October 23, 9:00 a.m. to 3:00 p.m., Durr Annex Dixie Highway**

Learn the basics of the art of tatting by using a long needle to work with. During the first part of this class, we will learn the basics. After lunch we will make a project with our new skills. Class size is limited. Cost is \$25 for all materials (check payable to Tri County Home Economics program). Lunch not included.

## 4-H Youth Development

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. This project group will meet on Mondays from January 26 through February 23 from 4:00 p.m.-6:00 p.m. All classes will be held at the Cooperative Extension Service Durr Center on Marshall Road. 4-H Agent, Mary S. Averbek and our Master Clothing Volunteers will teach the sessions.

**4-H Safe Sitters Babysitting** Classes are held throughout the year at various locations.

Youth aged 11 years or older will learn the basics of babysitting including child development, safety and first aid, care of infants and children, and learning activities for young children. A certificate of participation is awarded to those youth that participate in all class sessions. Instructor: Mary S. Averbek.

**4-H Teen Club/Teen Council Meetings** – First Tuesday of every month

Do you like to socialize with other teens, work on community service projects, go on fun outings? Would you like to become more involved with promoting 4-H and 4-H events? If so, then this 4-H club is for you. Come join us for 4-H teen fun.

**4-H Shooting Sports Club Meetings** – Second Thursday of each month.

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 19 years old.

**4-H Clover Bud Meetings** – Fourth Tuesday of each month, 6:00 p.m., Durr Annex Dixie Highway

Do you have a child that 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 Teen Film Club** – starting in the fall.

The goal of this club will be to work toward starting a 4-H TV talk show. If interested, call Denise Donahue at 859 356-3155.