

**Kenton County
Cooperative Extension Service**
10990 Marshall Road
Covington, KY 41015
Phone: 859 356-3155

Annex Office
3099 Dixie Highway
Edgewood, KY 41018
Website: <http://www.kentoncountyextension.com>

August - December 2011

Register in person, by
phone or on-line
[@www.kentoncountyextension.com](http://www.kentoncountyextension.com)

Cooperative Extension Programs Help Individuals, Groups and Communities Help Themselves

To register on-line or for more information on the following classes, please refer to our county web site at www.kentoncountyextension.com. Look under “County Links” then “on-line class registration.”

Kenton County Farm Harvest Tour September 17, 9 am-5 pm

Come out and celebrate Kenton County farm life at the First Annual Kenton County Farm Harvest Tour! Saturday, September 17th, 9 am-5 pm (rain or shine), various farmers of Kenton County invite you to their place for a unique, cultural and educational open house on their farm. Meet your local farmers, eat fresh produce, buy fresh Kentucky prawn, sip local wine, pet a pony, see a dairy cow, view farm equipment, and take lots of memorable photos with your family and friends! Don't forget your cooler so you can pack lots of goodies up for later. Stop by the Kenton County Cooperative Extension Service or any Kenton County Public Library for a tour map, or visit www.kentoncountyextension.com for more information. You can also make the Extension Service your first tour stop and pick your map up there!



Great
Family Fun!

Getting Fit!



A Taste of Exercise

September 8, 15, 22, 6-8 p.m.
Durr Center, Taylor Mill Rd.

The Northern Kentucky Diabetes Coalition invites you to come enjoy a “TASTE OF EXERCISE!” Explore two different types of dance and a stretch/yoga class to see how to get started on your road to better health. The classes are for those who may prefer a less intense and less vigorous start to exercising. Come to one, or come to all sessions as scheduled: Sept 8 - Zumba, Sept. 15 - Belly Dancing/Diva Dancing, Sept. 22 - Stretching. Each class will feature a question/answer session and light refreshments.

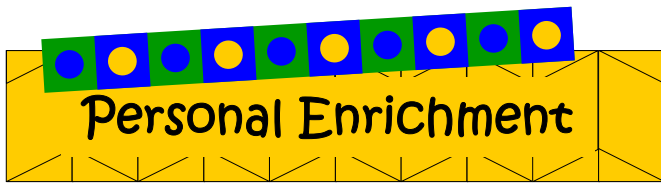
Pick of the Patch—Monthly Mail-out Lesson

Sign up for a monthly information and recipe sheet on seasonal Kentucky fruits and vegetables – ones that you can find at our farmers' markets or groceries “in season.” These “Pick of the Patch” lessons will be spotlighting one or two fruits and vegetables in each monthly publication, and will feature information on selecting, preserving and preparing these foods.

This fact sheet will be automatically sent to anyone signing up each month. If you are interested in receiving this, sign up by either calling our office at 356-3155 or emailing at: DL_CES_KENTON@EMAIL.UKY.EDU. You choose how you want to receive this newsletter—via US Mail or email.



Most 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.



Health and Wealth Challenge

August 29-October 9

Join our Kenton County effort as the Northern Kentucky Cooperative Extension Family and Consumer Sciences Agents challenge all individuals in the area to adopt new health and money habits that will lead to improved well-being. By tracking six health and wealth behaviors on our tracker forms, individuals earn points. Track what you do, return the completed form, and be eligible to win prizes. The challenge is designed to help you change habits. Contact our office for a registration form, or visit kentoncountyextension.com for a copy.

Money Talk: A Financial Guide for Women

Five Sessions in this series to be held on the following Thursdays: September 15, 22, 29, and October 13, 20, 6-9 p.m.

Durr Annex, Dixie Highway

Discover basic information about money, finances, and investments that all women should know in this 5-session program. Participants receive a 192-page workbook to help them improve their knowledge, assess their situation, or set their goals. Limited to first 14.

Computer 101

Tuesdays, September 20, 27, and October 4, 11, 10-11:30 a.m.

Repeated, 6-7:30 p.m.

Durr Annex, Dixie Highway

This class will meet for four weeks. Do you have a computer and have no idea what to do with it? This class is for beginners with no computer experience. Class will teach how to turn on the computer, parts of the computer, basic operation skills, and word processing using WORD in Office 2010. The class is limited to 8.

Resumé Writing

Monday, October 10, 6-7:30 p.m.,

Durr Center, Taylor Mill Rd.;

Repeated, Thursday, October 13, 1-3 p.m.,

Durr Annex, Dixie Highway

Do you need to update your resumé, 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. This class will be held at two different locations.

For all Kenton County Classes register in person, on-line at www.kentoncountyextension.com or by phone call 356-3155. Send checks to 10990 Marshall Road, Covington, KY 41015. Make checks payable to "Kenton County District Board."

Interview Skills

Monday, October 17, 6-7:30 p.m.,

Durr Center, Taylor Mill Rd.;

Repeated, Thursday, October 20, 1 -3 p.m.,

Durr Annex, Dixie Highway

This class will cover some interview dos and don'ts and tips to successful interviews. This class will be at two different locations.

Transferring Photos using Technology

October 27 and November 1 (2-week session) 10-11:30 a.m.

Durr Annex, Dixie Highway

Do you have photos on your digital camera and don't know what to do with them? During our first session, we will illustrate how to transfer pictures from the camera, save the files, e-mail photos, and save to CD or DVD. The second session will cover tips on utilizing software to enhance the photos. Class is limited to first 8 callers for each class; minimum enrollment for class to be held is 5. Must have prior computer knowledge. Class fee is \$5.00 for flash drive.



Help Yourself to a Healthy Home

Monday, September 19, 6 p.m.

Durr Center, Taylor Mill Rd.

Learn how to protect your family from hidden environmental dangers in your home. Strategies for detecting and cleanup of mold and mildew will be shared along with asthma and allergy triggers.

Bedbug Bedlam

October 4, 10 a.m., Durr Annex, Dixie Highway

Repeated, 6 p.m., Durr Center, Taylor Mill Rd.

Bed Bugs seem to be taking the Northern Kentucky Area by storm. Attend this class to learn prevention strategies as well as techniques for cleaning up an infested environment.



Starting a Business?

October 25, 6-8 p.m.

Durr Annex, Dixie Highway

Thinking about starting a business? Need to write a business plan, learn about taxes, or learn about available resources for assistance in starting a business? This class will cover these topics and more with the representative from the Small Business Development Center at NKU.

Gardening & More!

Growing a Cutting Garden and Make-and-Take a Bouquet Workshop

August 23rd, 10 a.m.-12 p.m.

Durr Center, Taylor Mill Rd.

Join us in our own 2,000 sq. ft. Cutting Garden to learn the best varieties for growing in your own backyard. We'll cover site planning, soil prep, variety selection, seeding and transplanting, irrigation, maintenance, harvesting, and bouquet making. You will even have a chance to prance among our blossoms and butterflies to pick your own bouquet! \$5 fee per participant secures registration. Checks must be written out to "Kenton County District Board." Fee non-refundable after August 22, 2011.



Home Harvest Series: Planning the Fall Garden

Thursday, September 1, 6-8 p.m.

Durr Center, Taylor Mill Rd.

Join us for the third and final program in a 3-part series about growing backyard produce! In this session we'll cover fall garden planning, variety selection, seed starting and transplanting, proper maintenance, cold frames and tunnels, cover cropping, root cellaring and preserving, harvesting, and a few delicious recipes! Best of all FREE SOIL TESTING and FREE SEEDS for all participants!

Lunch and Learn

Every Friday in October, 12 Noon

Durr Annex, Dixie Highway

Join us on your lunch break October 7, 14, 21, and 28, to learn from Northern Kentucky Master Gardeners about their favorite gardening topics! Don't forget to tell your co-workers and bring a brown bag lunch. Sessions are 45 minutes to 1 hour each. Come once, come often!

- **October 7th, Perennials for Dry Sites**, by Susan Fleeger – In this class we will discuss native and non-native perennials and shrubs for dry areas and how it helps conserve water usage. Also, which plants and shrubs are deer resistant and which ones will draw butterflies, humming birds and other wildlife to your garden.

- **October 14th, Simple Shade Gardens**, by Joan Arlinghaus - Learn about planting and caring for a shaded garden. It can be easy to care for yet beautiful and colorful. Many pictures and examples will be shared with a focus on the shade gardens of Baker Hunt.

- **October 21st, The Traveling Gardener**, by Linda Blankenbuehler - Take a photographic tour and explore the gardens of the globe from the Caribbean to Croatia and from Virginia to Venice. Learn how geography and climate often dictate the beauty of some of the world's most beautiful gardens and scenic countryside. Photographic tips for capturing the magic of your own garden through photography will also be presented.

- **October 28th, Spooky Plants and Fall Garden Tasks**, by John Duke - Learn interesting facts about some spooky plants in the garden, and develop your own checklist of fall garden tasks to help the garden and gardener survive the winter!

Holiday Make-and-Take, Going Green with Greens!

December 1, 12-2 p.m.

Durr Center, Taylor Mill Rd.

We will be recycling old frames and letting you choose from our random assortment of rings and frames which holiday piece you want to make-and-take! Get ideas from our hand-made display of green holiday crafts as we inspire you to go green with your holiday decorating and party planning this season! Light refreshments will be provided. Don't forget to bring your own gloves and pruners. \$7 fee per participant secures registration, program limited to 25 registrants, checks must be written out to "Kenton County District Board"; fee non-refundable after November 25.

Hydroponics 101

Monday, November 21, 1-3 p.m.

Durr Annex, Dixie Highway

Learn all about home hydroponic systems from Hydroponic Specialists of Worm's Way. Keep growing herbs, vegetables, and flowers after the first killing frost hits in home hydroponic systems! This program is for beginners and will serve as an introduction to hydroponics.

Fun for Kids!

Kid's Make-and-Take Gourd Ornaments

Tuesday, November 8, 1-2 p.m.

Durr Center, Taylor Mill Rd.

Youth are invited to learn about growing gourds, make-and-take fun gourd art ornaments, and a chance to taste yummy squash recipes! This program is best suited for youth ages 7 to 12. \$2 fee per participant secures registration. Checks must be written out to "Kenton County District Board." Program limited to 15 registrants.

Little Sprouts

August-October

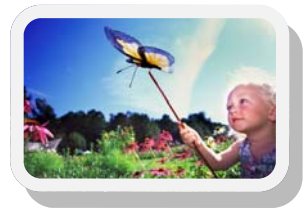
Second Tuesday of each month

10-11:30 a.m.

Durr Center, Taylor Mill Rd.

- August: Make-and-Take a Fresh Cut Flower Bouquet
- September: Native Tree Rubbing Guide
- October: Veggie Pumpkin Head Party!

Join us the second Tuesday of each month, August through October, for a hands-on horticulture program with your little buddy! Children ages 3 and up, and their parent, grandparent, or guardian are invited to join us for interactive horticulture programs offered by Extension horticulturalist. August, September, and October programs will be offered at the Durr office. Small fee of \$2 per child requested for October program; class size limited to 15 children. Make checks payable to "Kenton County District Board."





4-H Youth Development is a non-formal education program open to all interested youth between the ages of 9 and 18.

4-H Drama

Come join the fun! 4-H Drama Club is a place where acting skills, teamwork and friendships blossom. If you have ever dreamed of performing on the stage or being part of a creative set crew, then this is the club for you! We welcome new club members anytime! We are also looking for volunteer adult leaders who have had drama coaching experience and love working with a vibrant group of 4-H youth.

4-H Bring a Buddy to Sew


*Mondays, Jan. and Feb., 2012, 4-6 p.m.
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. Sewing machines are provided. Participants will purchase one pattern, fabric and matching thread during the class. Call to have your name placed on the mailing list for notification regarding registration.



Looking for a 4-H Volunteer Opportunity?

4-H is looking for adults to judge the 4-H County Communication Event in February 2012. For additional information or to volunteer, please call!



4-H Safe Sitters Babysitting Classes

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.

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 participa-

tion. Certified livestock hours are offered October thru January. Youth interested must complete the educational programs during this time period and earn six hours to be eligible to participate in livestock programs. 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 call us for additional information.

4-H Horse

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 November thru March. Youth interested must complete the educational programs during this time period and earn six hours to be eligible to participate in horse programs. Please contact the Extension office by October 1 to become involved in horse projects. New members will learn about the process. If you are new to 4-H, please call us for additional information.

4-H Shooting Sports Club

*Meets Second Thursday of each month, 7 p.m.
Durr Center, Taylor Mill Rd.*

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.

4-H Clover Bud Meetings

*Fourth Tuesday of each month, 6 p.m.
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.

A Public Speaking 4-H Club!

Would you like to improve your public speaking skills and get over your fear of speaking in front of groups? Then this is the club for you! This program is for youth 9 to 18 years old.



County Fair Animal Projects

*Monday, September 12, 6:30 p.m.
Durr Center, Taylor Mill Rd.*

Are you curious what it would take to show a pet or livestock project at the county fair? This information-filled class is designed to help you decide. In addition to learning about the different projects from leaders and 4-H members, you will learn about community 4-H clubs that are specific to pets or farm animals. Come learn with us...it's fun!

Food, Fun and Nutrition

Seafood Know How!

Tuesday, September 6, 10 a.m.

Durr Annex, Dixie Highway

Learn the nutritional benefits of seafood and how to prepare some easy and delicious recipes. Participants will sample some recipes.



Gluten Free 101: Breads

Wednesday, September 7, 10 a.m.

Repeated, 6 p.m.

Durr Center, Taylor Mill Rd.

Gluten-free foods are a need for some of our population, and an interest for many. In this class, we will discuss what gluten-free cooking of breads involves, and investigate different alternatives – their benefits and disadvantages.

Freezer Meals

October 28, 10 a.m., Durr Center, Taylor Mill Rd.

Repeated, 6 p.m., Durr Annex, Dixie Highway

Making freezer meals reduces food waste, improves nutrition, and helps alleviate the cost of eating out. During this program we will discover combination dishes that can be made in advance and frozen, plus review foods that do and do not freeze well. Make your life easier by cooking and freezing ahead!

Ham it Up!

Wednesday, November 2, 6 p.m.

Durr Center, Taylor Mill Rd.

Confused when you go to the market to pick out your holiday ham? During this program, featuring UK Meats Specialist, Dr. Gregg Rentfrow, we will discuss different types of hams on the market (including city and country hams), what the labels mean and the best way to prepare.

Foods, Customs, and Cultures

Thursday, November 3, 10 a.m.

Durr Center, Taylor Mill Rd.

Learn about some of the world's cultures as we explore similarities and differences in foods and customs.



Holiday Panorama

Wednesday, November 9, 4-7 p.m.

Durr Center, Taylor Mill Rd.

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 is limited. Class fee is \$6 – checks payable to “Kenton Co. District Board.”



Family Matters!

Summoning Parents of 3 to 5 Year Olds

Once a month for five months (August 23, September 27, October 18, November 15 and December 13) 10-11:30 a.m.
Durr Annex, Dixie Highway

Parents and their preschoolers, ages 3 to 5, are invited to participate in this hands-on program which promotes literacy, eating and activity. Each month a different book will be explored along with new foods and learning activities.

Grandparent/Relatives Raising Children Support

October 14, November 11, and December 9

Durr Annex, Dixie Highway

Join other relatives raising children as they learn to cope with the stressors of their circumstances. Each month a different speaker will address current issues. Free lunch provided. Advance registration requested.



Sew Fine!



Machine Embroidery

Fridays, September 16, 23, 30, 9:30-11:30 a.m.

Durr Annex, Dixie Highway

During this 3-session class, we will be familiarizing ourselves with how embroidery machines work, discussing notions and “special helps” and working on a small project. You must have your own embroidery machine, and instruction manual, along with a basic working knowledge of how it works to participate. Fee for class is \$5 - checks payable to “Kenton County District Board.” Class size is limited.

Beginning Sewing for Adults

Thursdays, September 22, 29, October 6, 13, 20, 27, 5:30-8:30 p.m.

Durr Annex, Dixie Highway

During this beginning sewing class, we will make a pair of pajamas. Learn all the basics with the Kenton Co. Extension Service Master Clothing Volunteers. Fee for class is \$5 for pattern - checks payable to “Kenton County District Board.” Class size is limited.