



### What To Do When Partners Parent Differently

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

It is more common for parents to have different parenting styles, than it is for them to share the same style. There are four common categories:

**Authoritative:** High expectations combined with warmth and support

**Authoritarian:** Strong rules and control with less warmth

**Permissive:** Warm and nurturing, but very few rules

**Uninvolved:** Little warmth and few expectations

When parents have conflicting styles, disagreements over expectations, discipline, and other aspects of child-rearing can leave parents feeling upset with one another and children feeling confused. Learning to parent as a team despite your differences is the solution. Here's how:

**Compromise:** Find ways to cooperate and compromise instead of arguing. Children feel more secure when parents present a united front with consistent, reasonable rules.

**Communicate regularly:** Talk about parenting issues, needs, and schedules regularly. Set aside time for larger concerns and long-term plans together.

**Avoid putting kids in the middle:** If you and your partner have different plans for your child, find a compromise without arguing. Avoid



letting children play one parent against the other. This can lead to additional tension.

**Disagree privately:** It's OK to disagree with your partner's parenting ideas but avoid discussing it in front of the children. Interrupting or interfering when your partner is disciplining also undermines their authority.

**Support each other:** Acknowledge and appreciate the strengths in each other's parenting styles. You can try testing out one parent's idea and then the other if it doesn't work.

**Take a class together:** Many Extension offices offer parenting education programs that can help partners develop more effective and aligned parenting strategies.

Children need both their parents, and their differences can become a part of the design of parenting. When parents connect, they can complement each other's styles.

### Campbell County Extension Welcomes FCS Assistant



Hello, my name is **Allison Bowen**. I was the Nutrition Education Program Assistant here in Campbell County and have

transitioned to the Family and Consumer Sciences Assistant. I bring a multitude of program ideas to this position from the art of artisan bread, handmade pasta, and food preservation to interactive book clubs, jewelry making, and painting. I still hold a great love for nutrition. I am happily married and live on a beautiful family farm where I have learned how to care for our dairy goats, chickens, dog, cats, and a beautiful herb and vegetable garden. I am honored to be taking on this position and am excited to bring community and family together through programming. Please do not hesitate to reach out.

#### References:

Stanford Medicine Children's Health (2024). When partners have different parenting styles. Retrieved from <https://www.stanfordchildrens.org/en/topic/default?id=when-partners-have-different-parenting-styles-197-29228>



# LUNCH BUNCH

## February 4

The Log Cabin  
322 Madison Pike  
11:00

We can carpool from the extension because it is a little difficult to find.

Be there by 10:25.

Off exit 80 on I 275 towards airport.

Call or text by February 3.

859-816-8707



## March 4

Mac's Pizza  
42 Martha Layne Collins  
11:00

Behind Raising Cane's Chicken

Call or text by February 28.

859-816-8707

## April 1

Carrabba's Italian Grill  
2899 Dixie Hwy.

Crestview Hills, KY

11:00

Call or text by March 28.

859-816-8707

## ATTENTION Homemakers...

### Medicine Bottle Collection Event Continues

The medicine bottles will be donated to Rose Garden Mission. Any medicine bottle that has the label removed can be used and must be



washed and dried. Thus far, 238 bottles have been given to Rose Garden and we would also like to donate some to Matthew 25 Ministries. Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office thru the end of February. We collected 360 bottles last year and it would be great if we could top that number this year.

**Thanks in advance for your participation and help!**



*It's that time of year when we need to consider future leadership in Homemakers.*

**If you are interested in serving as an officer, please call Pam Fields @ 513-519-5823**



### **Homemakers are still spreading kindness!**

Campbell County HM delivered over 400 hand written Christmas cards to residents at our area's care centers. Way to go! I encourage mailbox members also to continue this worthwhile activity throughout 2025. In a very short amount of time, we each could brighten the days for those who have left their homes for care—and it will also bless your heart, too!

*Pam Fields*

## **HOMEMAKER HOLIDAY PAINTING PARTY!**



*Recognizing the warning signs for suicide.*



*QUESTION. PERSUADE. REFER.*



### ***What You'll Learn:***

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

**Thursday,  
March 20, 2025**

**Campbell County Extension Office**  
3500 Alexandria Pike | Highland Heights, KY 41076

**10:00-11:30 a.m.**

*Subject to cancellation if minimum registration number not met.*

**To register, call the Campbell County Cooperative Extension Service  
859-572-2600**

or online at: <https://campbell.ca.uky.edu/events>

*QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.*

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with prior notification.

# WINTER BOOK CLUB

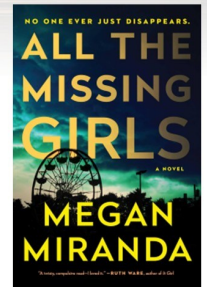
If you enjoy a suspenseful mystery or just enjoy reading, join our Winter Book Club as we discuss a book and enjoy an activity or craft each month.



March 18



April 22



May 20

**All three books are written by New York Times Best Seller Megan Miranda. You must provide your own book and plan to attend this series of meetings.**

## Introductory Meeting - February 18, 2025

March 18 | April 22 | May 20

**5:00pm - 6:00pm**

**Campbell County Cooperative Extension**

3500 Alexandria Pike | Highland Heights, KY 41076

**Registration Required: 859-572-2600**

**or online: <https://campbell.ca.uky.edu/events/>**

## CAMPBELL COUNTY COOPERATIVE EXTENSION BOOK CLUB

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Campbell County Cooperative Extension



Cheers to a grand kick-off of the Campbell County Homemakers Maker Club and our first meeting held January 13! A beautiful group of 17 makers jumped in head-first to create a perpetual calendar/journal by way of the collage masterboard technique. It will be a "heart felt" project next month. Thank you to everyone for joining and making this new club a success!



The next Maker Club meeting is February 10, 6-8PM. While it's open to all Campbell County Homemaker members, you need to register to join the Maker Club, call Debbie Hyson 859-512-6400.

# Crazy Quilters

**UK** Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other. Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

**MEET THE 3RD MONDAY OF EACH MONTH**

**Time:** 10am (check newsletter)

**Meeting Location:** Campbell County Extension Office

**Contact:** Linda Booth (859)620-0262



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University of Kentucky

# MAILBOX MEMBERS

Mailbox members are homemaker members who are unable to attend regularly scheduled Homemaker meetings. By joining the Homemaker's organization as a Mailbox Member, you receive the Campbell County Extension newsletter and any updates or flyers that contain information about upcoming programs and events. You are able to participate in any Homemaker events or programs.

Join now

✉

Contact Kate Thompson for more information  
Email [katevaught@uky.edu](mailto:katevaught@uky.edu) or call (859)572-2600

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# Slow Cooker Tips for Warm Winter Soups and Stews

Source: Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition

**S**low cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people. Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well within the slow cooker are onions, carrots, potatoes, parsnips, celery, and green beans.

Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.

If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat that may be on sale such as chuck roast, stew meat, brisket, shoulder, or ribs. The ideal cut of poultry for a slow

cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables. When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth, and vegetable stock.

For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook your pasta without making it too mushy.

Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.

Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time



compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.

If you're adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention. For more information about slow cookers, recipes, and food safety, connect with your local County Extension Office.

**Reference: FN-SSB.003 Putting Your Slow Cooker to Work**



*Kate Vaught Thompson*

**Kate Vaught Thompson**

Campbell County Extension Agent for  
Family and Consumer Sciences

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*-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*

# Understanding AI

The **A** **B** **C**s of Artificial Intelligence  
and Why You Should Learn Them.



Before you smash your phone and computer with a hammer, join us at the Campbell County Extension Office to discuss:

- A. How Generative AI Works
- B. What it Can and Cannot Do
- C. What To Know About How Others Are Using It

**Register by calling 859-572-2600**

**or**

**online at: <https://campbell.ca.uky.edu/>**

When: 2/12/25 @ 10AM

Where: Campbell County Extension Office  
3500 Alexandria Pike, Highland Heights, KY

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# ADULT QUILTING CLASS

We will be making a 3 yard Quilt Top, approximately 48" x 58".  
*A great size for a Throw or a Baby Quilt.*

## Learn to...

- Cut a Pattern
- Piecing process for a Quilt Top
- Sew a consistent 1/4" Seam throughout the Quilt
- Properly Press and Nest Seams

Join us for this informal and fun class.

**Friday's - 5:00-8:00pm**

**March 7, 14, 21 & 28**

**Registration Required**

Call or Text Valeria

**859-912-4920**

**Location:**

Campbell County Cooperative Extension

3500 Alexandria Pike | Highland Heights, KY 41076

## Basic Sewing Supplies you need to bring:

Sewing Machine | 18" x 24" Cutting Mat | Rotary Cutter | Pins  
6" x 24" Ruler | 80/12 Machine Needle | 1/4" Machine Foot  
Three (3) One-Yard Pieces of coordinating cotton fabric

*You must be confident operating your sewing machine and using a rotary cutter.*

This class is limited to 10 people.

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# February is Age-Related Macular Degeneration Month

Source: Katherine Jury, Extension Specialist for Family Health

**A**ge-related macular degeneration (AMD) is a chronic eye disease. It is the leading cause of irreversible vision loss in adults 60 and older. AMD causes problems with central vision and can limit the ability to read, write, and recognize faces. AMD is a result of damage to the macula. That is the part of the eye that helps you focus and see details in the direct line of sight. There are two types of AMD:

- Dry AMD (Atrophic AMD) is more common. It is caused by the thinning of the macula over time. It usually progresses slowly over the course of several years. It can develop in one or both eyes. According to the National Eye Institute, all AMD starts as the dry form and may progress from early to intermediate and advanced stages.
- Wet AMD (Advanced neovascular AMD) is less common but more serious. With Wet AMD, abnormal blood vessels grow in the back of the eye and damage the macula causing irreversible vision loss to occur more quickly. Dry AMD can turn into wet AMD at any stage of dry AMD but is more common in the intermediate and advanced stages. You can have dry AMD, wet AMD, or both at the same time. Wet AMD can worsen quickly if left untreated, but various treatments can stop or slow it.

AMD is serious. It causes irreversible vision loss and can cause legal blindness



AMD in the other eye. There are different medicines and therapies for wet AMD and for preventing further vision loss.

Risk for AMD increases with family history of AMD, advanced age, being female, having light-colored eyes, smoking, and being Caucasian. Lifestyle choices can reduce risk. According to the National Eye Institute, it is

when left untreated. Preventative practice, including recognizing subtle symptoms and regular eye appointments, can help older adults reduce risk. According to the National Eye Institute, symptoms, depending on the stage, include:

### **Early dry AMD: no symptoms**

- Intermediate dry AMD: no symptoms or mild symptoms such as mild blurriness in central vision and difficulty seeing in poor lighting
- Late AMD (dry or wet): Straight lines start to look crooked, central vision is blurred or you see blank spots, colors appear less bright, difficulty seeing in poor lighting

According to the National Eye Institute, AMD treatment depends on the stage and type. In the early stages, eye doctors will likely track eye health through regular eye exams and recommend healthy lifestyle choices that support eye health. They might prescribe dietary supplements with intermediate dry AMD to stop it from turning into late-stage AMD or to prevent or slow down

important to reduce alcohol consumption, eat a balanced and nutritious diet, maintain your weight, exercise, maintain healthy blood pressure and cholesterol levels, wear eye protection, and quit or avoid smoking. The American Macular Degeneration Foundation recommends regular eye exams starting at age 40 if you have increased risk factors.

### **References:**

- American Macular Degeneration Foundation. (2024). What is Macular Degeneration? Retrieved 10/10/24 from <https://www.macular.org/about-macular-degeneration/what-is-macular-degeneration>
- National Eye Institute. (2024). Age-Related Macular Degeneration (AMD). Retrieved 10/10/24 from <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/age-related-macular-degeneration>

# 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>

Campbell County  
Cooperative Extension  
3500 Alexandria Pike  
Highland Heights, KY 410-76  
859-572-2600  
<https://campbell.ca.uky.edu/>

## 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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Disabilities accommodated with prior notification.



**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



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

### LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

### STRENGTHS OF NEURODIVERSE CHILDREN

The challenges of neurodiversity can sometimes be tough for kids and parents, but



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.

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## CREATE OPPORTUNITIES TO TEACH



### TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- **Make it practical.** Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- **Use tools.** When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.
- **Create opportunities to teach.** Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.

- **Talk about risks and rewards.** It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

### RESOURCES


<https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity>

<https://ncld.org/join-the-movement/understand-the-issues/>

<https://www.financialplanningassociation.org/article/journal/NOV21-inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>

Written by: Whitney Holmes, M.Ed. - Associate Director of Learning Services, University of Kentucky Athletics  
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

FAMILY BONDING  
**MANNERS**  
*Matter*



OPEN TO  
FAMILIES  
WITH YOUTH  
AGES 3-8  
YEARS OLD.

**DINNER.MANNERS.FAMILY**

TUESDAY, FEBRUARY 25, 2025  
CAMPBELL COUNTY EXTENSION  
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM  
**5:30PM-7:00PM**

REGISTRATION REQUIRED  
CALL 859-572-2600 OR ONLINE

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## Split Pea Soup



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

**Prep time: 10 minutes**  
**Cook time: 90 minutes**

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

**Slow cooker variation:**

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings  
Serving Size: 1 cup  
Cost per recipe: \$6.97  
Cost per serving: \$0.58

**Nutrition facts per serving:**

210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

**Source:**

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service





# February 2025



## Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p>		<p><b>LOOKING AHEAD...</b></p> <ul style="list-style-type: none"> <li>Lunch Bunch - March 4 - Mac's Pizza - 11am</li> <li>Valley Homemaker Meeting - March 11 - 10am</li> <li>Lunch Bunch - April 4 - Carrabba's Italian Grill - 11am</li> </ul>				1
<p>2</p> <p>Groundhog Day</p>	3	<p>4</p> <ul style="list-style-type: none"> <li>Lunch Bunch <i>The Log Cabin</i> - 11am Call Marcia to register 859-816-8707</li> <li>Exercise for your Body &amp; Brain Program -1:30pm</li> </ul>	5	6	7	<p>8</p> <p>Medicine Bottle Collection continues through February</p>
9	<p>10</p> <ul style="list-style-type: none"> <li>Homemakers Maker Club Meeting - 6-8pm</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Exercise for your Body &amp; Brain Program -1:30pm</li> <li>Valley Homemaker Meeting - 10am. <b>Guest Speaker; Call Pam to register.</b></li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Understand AI - 10am</li> </ul>	13	<p>14</p> <p>Valentines Day</p>	<p>15</p>
16	<p>17</p>	<p>18</p> <ul style="list-style-type: none"> <li>Exercise for your Body &amp; Brain Program - 1:30pm</li> <li>Winter Book Club - 5pm</li> </ul>	19	20	21	22
23	24	<p>25</p> <ul style="list-style-type: none"> <li>Exercise for your Body &amp; Brain Program - 1:30pm</li> <li>Family Bonding Manners Matter - 5:30pm</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>Grown-Up &amp; Me Cooking Series - 5:30pm</li> </ul>	27	28	