



## The 4 Stages of Parenting and How to Maximize Each One

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

**P**arenting is a journey that changes as children grow and change. Understanding the four main stages of parenting can help parents through each phase, making sure they give the right support at the right time. Each stage has its own challenges. Knowing what tack to take in each can mean better results for both parents and kids.



**Infancy Stage (0-2 years).** During infancy, the main focus is on meeting a child's basic needs — feeding, comfort, and safety. Research shows attachment and bonding are key, as babies count on their caregivers to feel safe in the world. Positive interactions and consistent caregiving help build a sense of trust and safety in the baby. They lay the groundwork for later stages. During this stage, parents should focus on forming a responsive caregiving style.

**Early Childhood Stage (2-6 years).** In this stage, children have quick cognitive, emotional, and social growth. Children start to explore their freedom. Their language skills, motor skills, and social understanding grow. Parents should give structure and



guidance while letting your child explore their sense of wonder and curiosity. Research says it is vital to let children succeed in tasks to build confidence. Encouraging positive social interactions and giving proper challenges for their age can help children build self-esteem and start to learn how to navigate their environment.

**Middle Childhood Stage (6-12 years).** In middle childhood, children gain more even more freedom and start forming their own sense of self. Their cognitive skills grow, and they start to build skills in problem-solving and logical thinking. Parents should focus on giving chances for learning and personal growth while keeping up steady support. Studies suggest that more school engagement and activities

outside of school at this stage are key for fostering a sense of skill and self-worth. Parents can boost this stage by fostering good friend bonds, promoting responsibility, and encouraging exploration of their child's interests.

**Adolescence Stage (12+ years).** Adolescence has intense physical, emotional, and social changes. Teens strive for freedom and build more complex thinking. Parents should use a more flexible, supportive role, guiding their teens through decision-making and helping guide them through social pressures. Research shows that teens benefit from open communication and the chance to make choices within limits. Parents should maintain trust while offering support and emphasizing the value of personal responsibility and prepping teens for adult life.

Each stage of your child's growth needs different parenting methods to make sure children develop into well-adjusted, competent adults. By understanding the unique needs of each phase, parents can give the care and support their child needs at every step of the journey.

### References

- Bowlby, J. (1988). A Secure Base: Parent-Child Attachment and Healthy Human Development. Routledge.
- Eccles, J. S., & Roeser, R. W. (2011). School and Community Influences on Human Development. Wiley-Blackwell.
- Erikson, E. H. (1963). Childhood and Society. W.W. Norton & Company.
- Steinberg, L. (2001). The Adolescence: An Overview. Oxford University Press.



## A Note from the president...

Hello everyone.

Your County Officers and Chairpersons are working hard on your behalf. Aug. 21st, the Chairpersons met to receive training in their duties for the new Program of Work (goals) in their respective area and find ways to share in projects to meet those goals. Afterward, they met with officers for a Council meeting, determining budgets and finalizing some plans for the near future. (You are welcome to attend Council meetings any time as non-voting guests; next one is Sept 25th.) Please take time to thank these people because they volunteer many hours working for you and the community! (See the list provided.)

Because it is a new year, dues need to be paid again to Marcia Kerby, Treasurer. Complete a new form—and **encourage your friends to join with you!** When you pay the \$10 dues, you can attend any club meetings. There are many opportunities to experience. (Check the calendar for club meeting dates each month, as they may be moved to a different day and or time.) By the way, if you—especially Mailbox members-- want to learn a new skill, start a new club, etc., please call me to see if we can “get ‘er done!”, as one comedian says.

Please help us celebrate Homemakers during the KEHA Week activities planned. (See the Calendar for dates.) The 2nd Annual Chili Cookoff is a great opportunity to meet with other people and share some of the chili—better yet, bring your favorite prepared recipe and enter. (Prizes will be awarded!) Afterwards we can enjoy more fun at our Ice Cream Social!

Friday evening at 6 p.m. offers you daytime workers an opportunity to learn quilting along with others. Judy, one of our teachers for this event, made a lovely piece of jewelry and entered it in our Cultural Arts competition one year. She won blue ribbons in our county, our 8 -county AREA, and made it to the State competition where she won a purple ribbon-- and that's the best one to get! So, be sure to register—even if you already know how to do quilting.

So, come out and enjoy the fun with others, especially during KEHA WEEK! Pam Fields 513-519-5823

*Pam Fields, Campbell County Homemaker President*

### 2025-2026

#### Campbell County Extension Homemakers

##### County Officers:

- President: Pam Fields
- Vice President: Sue Linnenkohl
- Secretary: Debbie Hyson
- Treasurer: Marcia Kerby

##### County Chairpersons:

- Cultural Arts: Linda Booth & Pat Gabelman
- Environment, Housing & Energy: Judy Yeager
- Family & Individual Development: Sue Linnenkohl
- Food, Nutrition & Health: open to a volunteer
- 4-H Youth Development: Marietta Kneuhl
- International: Octavia Dales
- Leadership: Marietta Kneuhl
- Management & Safety: Mary Lou Vogel

## Congratulations Homemakers...

### Medicine Bottle Collection Event Continues



**319 Pill Bottles have been  
donated since July 1st for  
Matthew 25 Ministry.**

#### They need bottles that:

1. have the labels removed
2. are glue residue free
3. and have been washed

***Thanks to all who donated and  
please continue to donate.***

## Valley Homemakers

Valley Homemakers will meet September 9th at 10:00 am at the Campbell Co Extension Office and all Homemaker Members are welcome to join us. September is Suicide Prevention Month and our Extension Agent, Kate Thompson, will present a short program. We will have lots to discuss about KHEA Week which is October 12 – 15. Since we will be meeting in October at the Alexandria Court House, make a copy of your loved one's picture, who have been or are presently Veterans and information about their deployment to give to the Historical Society to add to their Veterans Section.

Octavia Dales, International Chairperson, wants to remind us to bring some coins for the "Coins for Change" collection. She has another message to share with us about our craft that day. "Happy Fall Ya'll! Each member present will have the opportunity to make a Fall Pumpkin that is so easy, that it is hard to believe. Come join us for a fun filled morning." Pictured below are samples of what your craft could look like. **If you are planning to attend, please text or call, Octavia at (859) 816-9891**, which will help her plan on having enough supplies needed and this is a free craft this month for our Campbell Co. Homemakers. Come join us for an informative and fun filled morning. I hope to see you all there.

*Marietta Knuehl, Valley Homemakers President*



## LUNCH BUNCH



TIME FOR LUNCH

September 2nd  
11:00

Longhorn Steakhouse

200 Crossroads Blvd  
Cold Spring, KY 41076



Please note  
LOCATION CHANGE!

**Must register**  
**Call/text Marcia,**  
**if you want to carpool**  
**859-816-8707**





## Dignity

### *Help her stay in school*

Little Dresses for Africa has identified a need among the young women in 3rd world countries and we are addressing it with our "Sani-Pani" sewing project. The distribution of these simple, washable pads and the discussion surrounding the good hygiene enables young girls to not only manage their periods more easily, but maintain their dignity in the community. Please join us in the important project. Also needed are adult sized women panties. Thank You!

## Sani-Pani Pattern

Thank you for your interest in helping the girls in developing countries through our Dignity Program

### **Materials**

- Prewashed flannel
- 100% cotton quilt batting
- Two 2" sturdy safety pins

### **Assembling the Pads**

Between two pieces of flannel, with right sides of materials cut, place 3 batting (lining) pieces. Zigzag or serge around the edge, making sure you catch both sides together. Sew a straight line or two lengthwise through the middle to "quilt" all the pieces together. Attach two of the 2" safety pins to the backside. You are finished!

When cutting the flannel and batting, it may help to use a Sharpie pen to trace around the pattern, positioning them side-by-side. Don't forget to pre-wash the flannel for the best result. When assembling, any decent size left over scraps of flannel or batting can be placed in the middle for extra absorbency. The 2" large safety pins, which can be found on Amazon or at your local sewing store are a great addition if you can include them.

E-mail any questions to: mealgravy@gmail.com

### **Drop them off at the front desk of the Extension Office.**

Campbell County Cooperative Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076

Thank you,  
Octavia Dales, International Chairperson  
Campbell Count Extension Homemakers



*Kate Vaughn Thompson*

**Kate Vaughn Thompson**  
Campbell County Extension Agent for  
Family and Consumer Sciences

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*Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.*

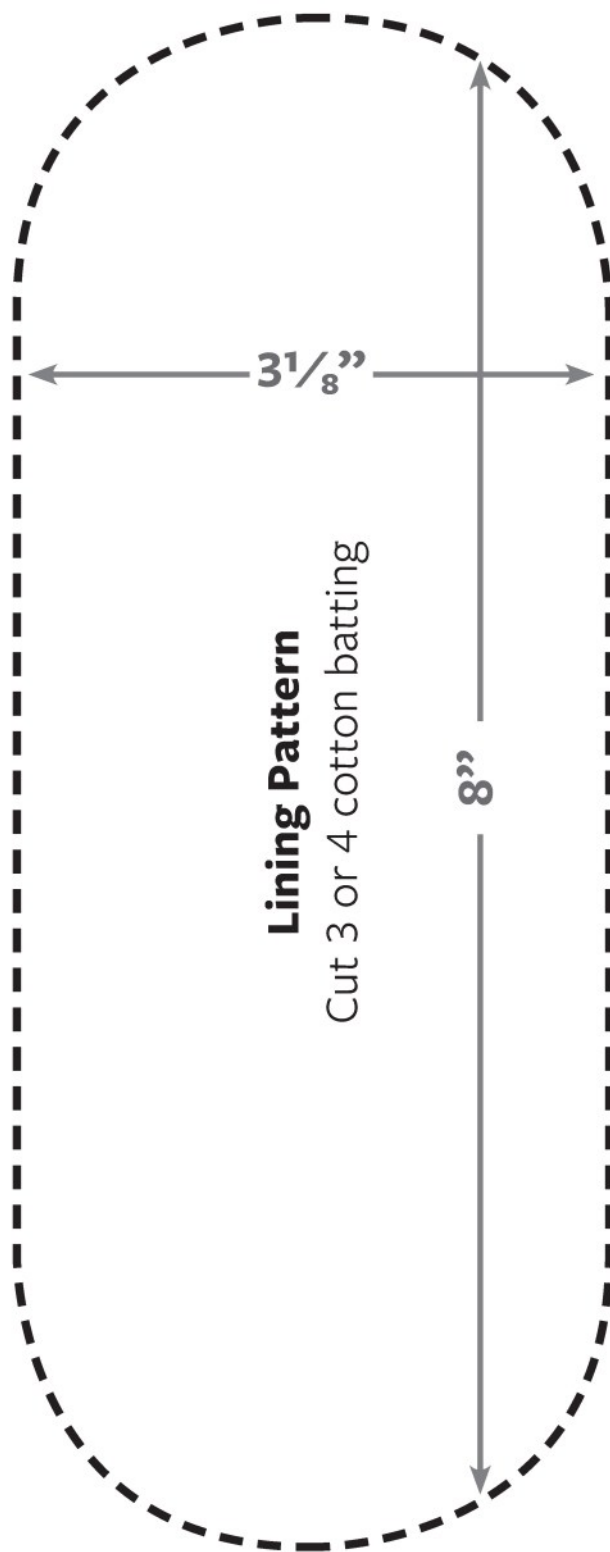
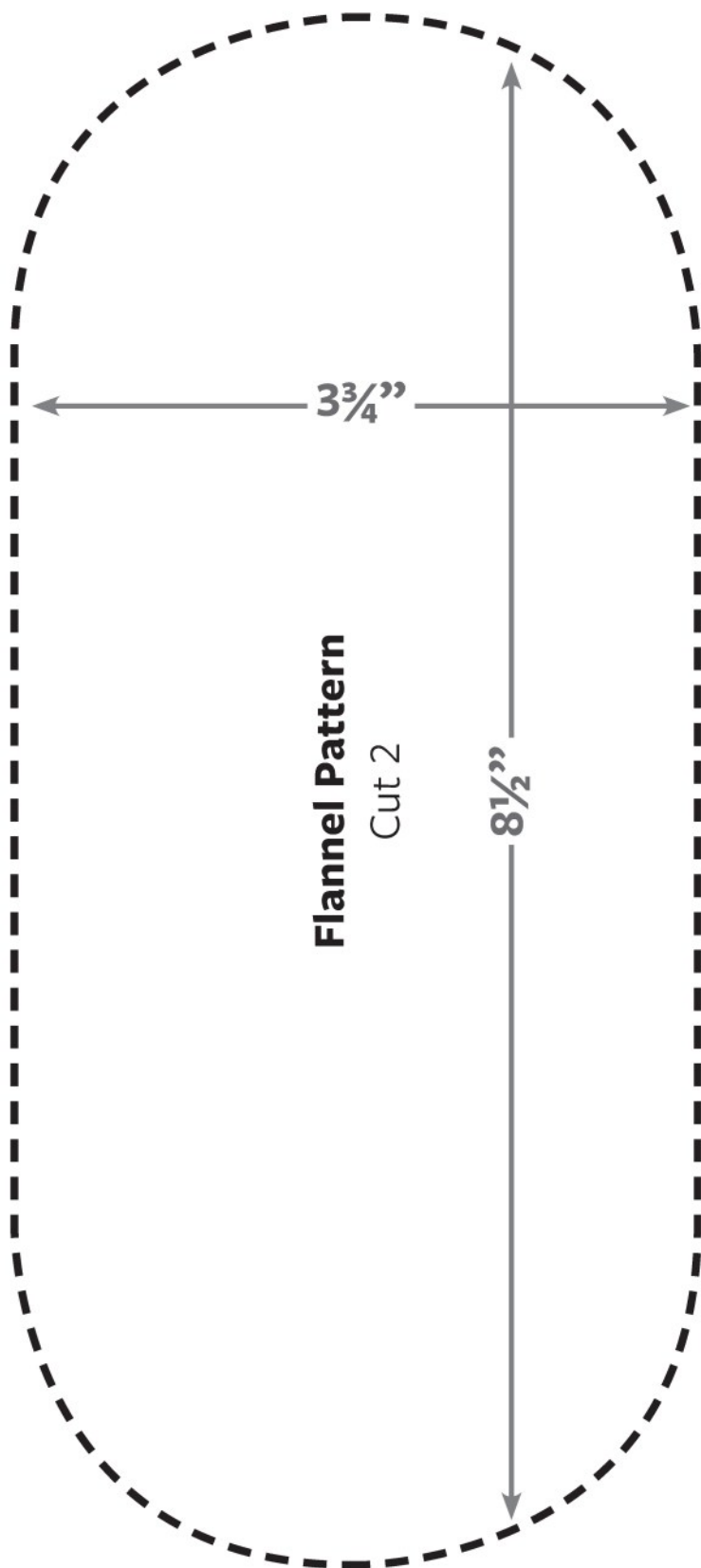
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*-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,*

*-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or*

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





# Packing Lunches for Happy, Energetic Kids

Source: Courtney Luecking, Extension Specialist for Nutrition and Health

**L**unch is a nice break from the work and play happening at school. It is also an important time for children to refuel for the rest of the day. Here are some tips for packing a delicious and nutritious lunchbox.

## Balance is

**key.** Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their belly, fuels their mind and body and helps regulate energy and emotions during the day. Even more importantly, this combination is the recipe for a tasty lunch.

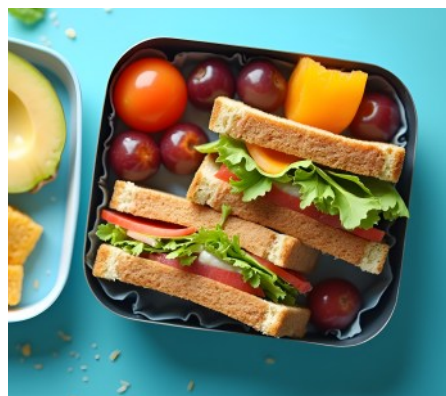
**Protein Power.** Protein in the lunchbox is key for helping children feel satisfied throughout the day. Include something like a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

**Colorful carbohydrates.** Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized throughout the day.

**Flavorful fats.** Flavor makes food tasty to eat. Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and



avocado also have nutritious and delicious fats.



**Pull it together with a theme.** Now that you know the parts and pieces of a lunch, how do you put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platter, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter or yogurt, banana and

cucumber.

## Pack at your peak.

Are mornings hectic? Pack lunches the night before. Does it work better to do everything at once? Take extra time on Sundays to pack lunches for the week. This makes it a grab-and-go in the morning rather than a back and forth of figuring out what to pack.

## Have children take the lead.

With some guidance about what kinds of food to include, children can pack their -lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of lunch options, and they can assemble everything. To give children even more independence, you can give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children will need help, but they will enjoy being part of the process.

Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.

## Resources:

Academy Nutrition Information Services Team. (2021, May 1). Banishing Brown Bag Boredom. Kids eat right. <https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom>

The Nutrition Source. (n.d.). Packing a Healthy Lunchbox. Harvard T.H. Chan School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>



# CELEBRATING KENTUCKY EXTENSION HOMEMAKER WEEK



**UK** Cooperative  
Extension Service



## Paper Quilling for Beginners

Learn the basics of paper quilling through this special KEHA Week event. Your cost of \$5.00 will guarantee your spot in this limited space class and provide you with everything you need to get started rolling paper into art! It's easy, fun and quick to learn.

Brought to you by Campbell County Extension Homemakers, this is a great opportunity for members to invite a friend to join in and see what KEHA is all about!



**October 17, 2025**  
**6:00 p.m.**

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

**Registration required by**  
**September 26, 2025**

Questions?...contact Debbie Hyson  
**859-512-6400**

**Cost: \$5.00**

**Check Payable to:**

Campbell County Extension Homemakers  
Association

**Mail your check and registration form to:**

Marcia Kerby  
372 Shadow Ridge  
Cold Spring, KY 41076

**Paper Quilling for Beginners — Class Registration**

☐ Member

☐ Non-Member

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

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4-H Youth Development  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## Using AI in the Kitchen

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Wouldn't it be nice to have someone or something create a recipe using the items you have in your pantry or refrigerator? Many have turned to Generative AI (Artificial Intelligence) for creative recipes to repurpose leftovers, use pantry items before their Best by Date, and reduce food waste. While this sounds convenient and almost too good to be true, there are some drawbacks. Most important of those is food safety and taste.

The internet is full of free AI platforms that can make recipes. ChatGPT, Google, DishGen, and SuperCook are a few examples. You simply type in a question like, "create a recipe using these ingredients." Then you list the items you have on hand. AI will generate a recipe



based on your input. However, there is no guarantee that the amounts of ingredients are proportioned to taste, the instructions are complete or in proper order, or that the cooking method is safe. And then there is taste. Who is to say the combination of ingredients will have an appealing flavor? AI systems pull information from all available websites, regardless of their credibility. There is a lot of room for error.

Be mindful when using AI systems to generate recipes. Use them with caution. This approach can be helpful when you want something new or need inspiration. However, compare the results to research-based cooking procedures and general food safety guidelines. Always apply your own knowledge of food safety principles and cooking methods when trying an AI recipe to keep you and your family from getting sick.

Find creative and flavorful recipes along with information on safe food preparation at your local Extension office.

### Reference

<https://extension.umn.edu/cottage-food-safety-news/are-recipes-written-ai-safe>

Campbell County Cooperative Extension



The Homemaker's Maker Club met in August which resulted in a groovy time for all 27 makers trying out faux tie dying using Sharpie markers and rubbing alcohol! **Our next meeting is September 25, @ 6:00 p.m. Members are asked to register by September 15 by contacting Debbie Hyson (859-512-6400).**



**For September, we'll kickoff the Halloween season with a spooky little pillow.**



# Intrusive Technology



Please join us for a discussion on how modern smart devices are designed to capture and hold your attention, how this impacts real world interactions, and how you can more intentionally shape your interactions with these devices.



**TUESDAY September 23rd, 2025 @ 1PM - 3PM**



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

**REGISTER AT: [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or (859) 572-2600**





# 2025 Flower Buds

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

## A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).  
Older children are also  
welcome to join with prior notification.

Space is limited to 15 children  
plus 1 parent or relative.

Registration for each class is required  
**859-572-2600** or online at  
[campbell.ca.uky.edu](http://campbell.ca.uky.edu)



Location:  
Campbell County Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076



### 2025 Flower Buds Schedule:

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

- ☐ Thursday, August 7
- ☐ Thursday, September 4
- ☐ Thursday, October 2
- ☐ Thursday, November 6
- ☐ Thursday, December 4

*If you have questions, please contact Kate Thompson or Terri Turner.*

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4-H Youth Development  
Community and Economic Development

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# ADULT HEALTH BULLETIN



SEPTEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Campbell County  
Cooperative Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

## THIS MONTH'S TOPIC

# LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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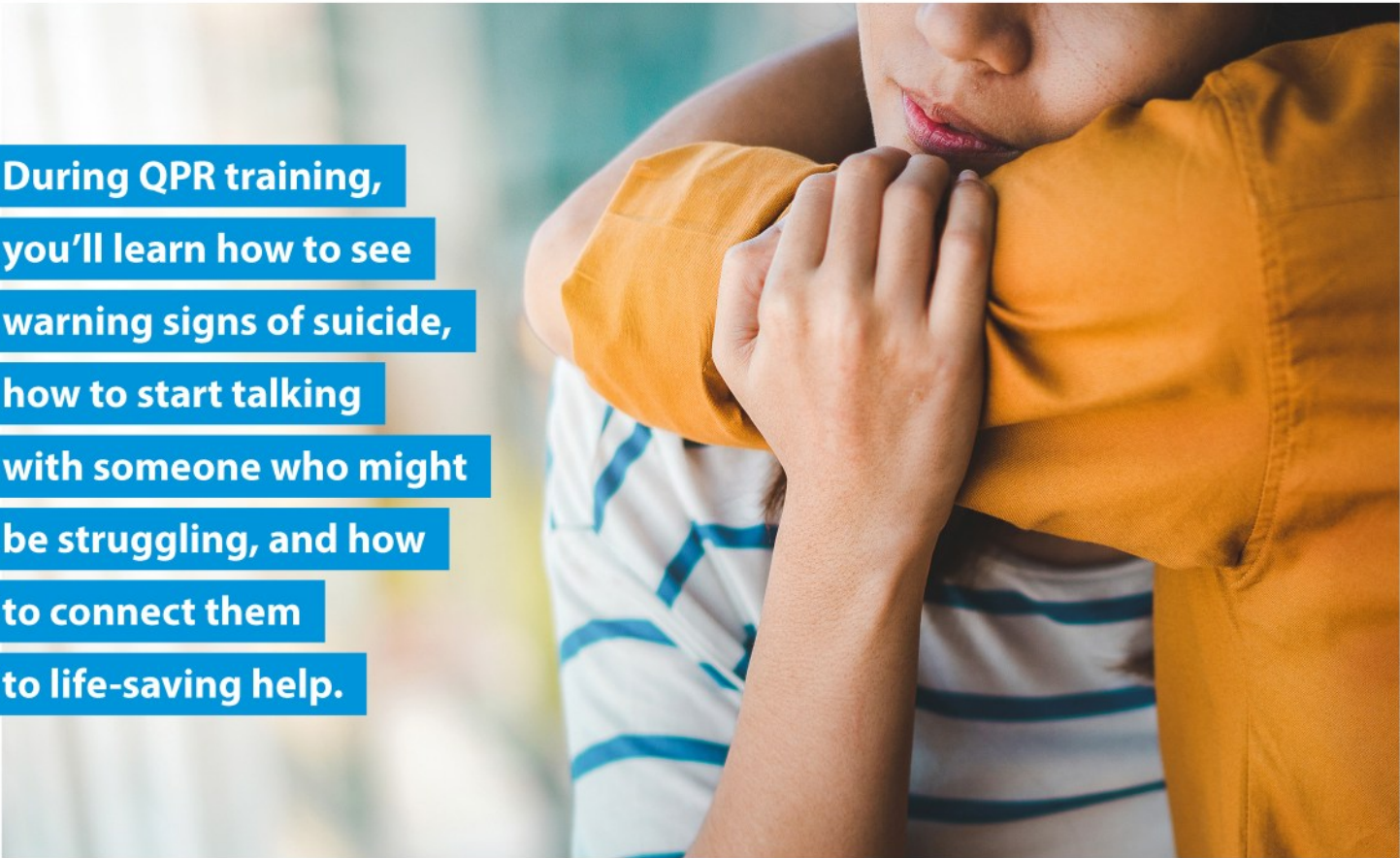
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During QPR training,  
you'll learn how to see  
warning signs of suicide,  
how to start talking  
with someone who might  
be struggling, and how  
to connect them  
to life-saving help.

→ **Continued from the previous page**

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyqpr.ukhc.org](https://kyqpr.ukhc.org).



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

**REFERENCES:**

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

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**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

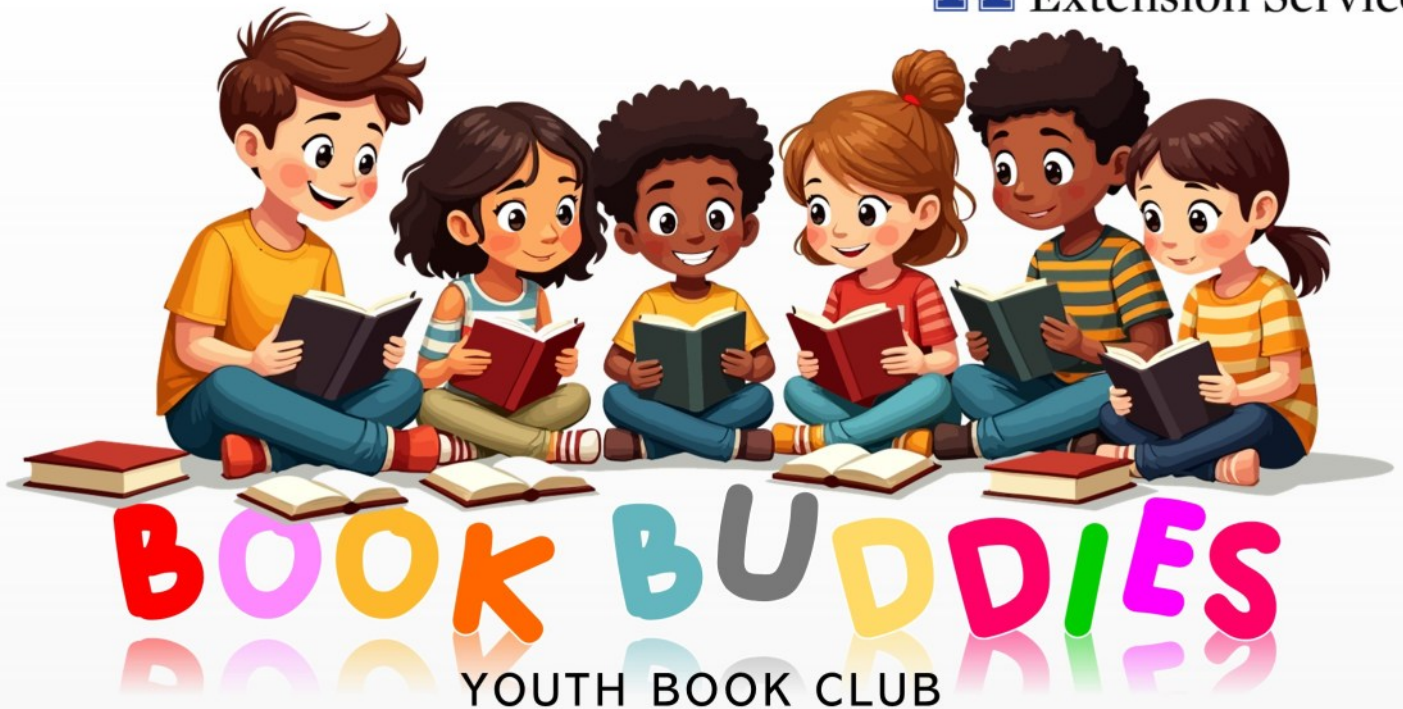
**Stock images:** Adobe Stock



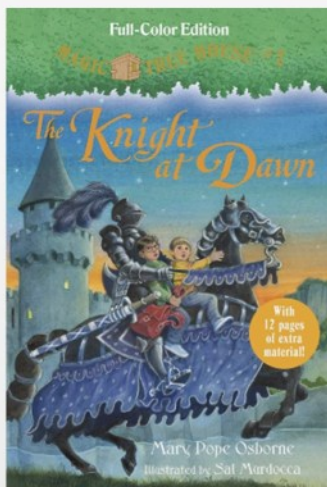


Children 1st-3rd grade

 Cooperative  
Extension Service



*Join our Book Buddies Club, reading with your child expands vocabulary, enhances comprehension, stimulates imagination, and cultivates a lifelong love of reading.*



September 17th we will talk about The Magic tree house book *The Knight at Dawn*.

September 17th & October 8th  
5:30pm - 6:30pm

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

**Please note:** Parent must attend with their child, one adult per child, you must pick up the first book at the extension office after registering and have it read before the first gathering. Parents are encouraged to read with their child. Each child will receive their own book.

**Registration Required:**

**859-572-2600**

**or online:**

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

Attend both  
gatherings and  
you will receive  
the set of four  
(4) books.



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Disabilities  
accommodated  
with prior notification.



# Campbell County Extension Cultural Arts

**Thursday, September 18**

**PLEASE  
NOTE...**


Items need to be at the  
Extension Office

by 9:30 a.m.

Judging starts at 10:00 a.m.

Lunch will be served.



Campbell County Homemakers  Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## LUNCH BUNCH CLUB

Join us to meet new friends  
and enjoy great lunches.

**Campbell County Homemakers  
will visit various local  
restaurants each month.**

**WE MEET THE 1ST TUESDAY  
OF EACH MONTH**



**TIME OF MEETING:** 11am (CHECK NEWSLETTER)  
**MEETING LOCATION:** various restaurants  
**CONTACT:** Marcia Kerby 859-816-8707  
**EMAIL:** JOTANDTITTLE51@HOTMAIL.COM

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## Crazy Quilters

 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.

**We meet the 4th Monday  
of each month.**

**Time:** 10am (check newsletter)  
**Meeting Location:** Campbell County  
Extension Office  
**Contact:** Linda Booth (859)620-0262

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## 2025 – 2026 • Cultural Arts Exhibit – CATEGORIES

Please refer to the CLARIFICATIONS pages for more information.



### 01. SEWING (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

### 02. ART, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

### 03. ART, Natural

- 3a. Wood
- 3b. Other

### 04. REPURPOSED & UPCYCLED (MUST include a "before" photo)

- 4a. Clothing (end product)
- 4b. Household (end product)
- 4c. Other

### 05. BASKETRY

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

### 06. BEADING

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

### 07. CERAMICS

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-made

### 08. COUNTED CROSS STITCH

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens, etc.)

### 09. CROCHET

- 9a. Accessories
- 9b. Garment
- 9c. Home Decor & Afghans
- 9d. Thread
- 9e. Figurine

### 10. DOLL/TOY MAKING

- 10a. Cloth
- 10b. Handmade Toy other than  
Porcelain/China or Cloth
- 10c. Porcelain/China

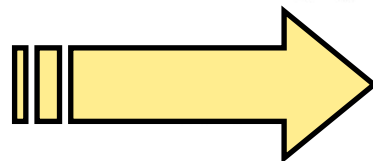
### 11. DRAWING

- 11a. Pastels
- 11b. Pen and Ink
- 11c. Pen and Ink with Oil Roughing
- 11d. Pencil or Charcoal- Black
- 11e. Pencil- Color

### 12. EMBROIDERY

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Punch Needle (under 60" perimeter)
- 12k. Miscellaneous

*Continued on the next page*



## **2025 – 2026 • Cultural Arts Exhibit – CATEGORIES (continued)**

Please refer to the CLARIFICATIONS pages for more information.

### **13. FELTING**

- 13a. Needle Method
- 13b. Wet Method

### **14. HOLIDAY DECORATIONS**

- 14a. Autumn
- 14b. Spring
- 14c. Summer
- 14d. Winter

### **15. JEWELRY**

- 15a. Beaded
- 15b. Mixed Media  
(wire, chain maille, mixed with beads)
- 15c. Original Design

### **16. KNITTING (HAND - with knitting needles)**

- 16a. Accessories
- 16b. Garment
- 16c. Home Decor and Afghans
- 16d. Figurine

### **17. KNITTING (OTHER - machine/loom)**

- 17a. Other

### **18. NEEDLEPOINT**

- 18a. Cloth or Canvas
- 18b. Plastic

### **19. PAINTING, ART**

- 19a. Acrylic
- 19b. Oil
- 19c. Watercolor

### **20. PAINTING, DECORATIVE**

- 20a. Metal
- 20b. Wood
- 20c. Other

### **21. PHOTOGRAPHY (mounted or framed)**

- 21a. Black & White
- 21b. Color

### **22. QUILTS**

- 22a. Baby-size or Lap-size (hand quilted)
- 22b. Baby-size or Lap-size (machine quilted)
- 22c. Hand Applique (hand quilted)
- 22d. Hand Pieced (hand quilted)
- 22e. Machine Applique (machine quilted)
- 22f. Machine Pieced (hand quilted)
- 22g. Machine Pieced (machine quilted)
- 22h. Novelty (hand quilted)  
(stenciled, embroidered, miniature, etc.)
- 22i. Novelty (machine quilted)  
(stenciled, embroidered, miniature, etc.)
- 22j. Technology Based (hand or machine quilted)
- 22k. Miscellaneous (hand or machine quilted)

### **23. PAPER CRAFTING**

- 23a. Card Making
- 23b. Origami
- 23c. Quilling
- 23d. Scrapbooking

### **24. RUG MAKING**

- 24a. Braided
- 24b. Hooked
- 24c. Punch Needle, rug (over 60" perimeter)
- 24d. Woven

### **25. WALL or DOOR HANGING**

- 25a. Fabric
- 25b. Other
- 25c. Diamond Art Mosaic

### **26. WEAVING**

- 26a. Hand (macrame, caning)
- 26b. Loom (includes pin weaving)

### **27. MISCELLANEOUS**

- 27a. Miscellaneous



## **CULTURAL ARTS and HERITAGE**

### **Cultural Arts Exhibit – JUDGING CRITERIA**

- A. **Three-dimensional art, decorative painting, drawing, art painting, and ceramics:**
- 1) Originality
  - 2) Artistic promise
  - 3) Technique
  - 4) Composition
- B. **Apparel, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous:**
- 1) Originality
  - 2) Workmanship
  - 3) General appearance
- C. **Baskets:**
- 1) Made with natural materials (e.g., reed, cane, NO FABRIC / NO ROPE)
  - 2) Level of difficulty
  - 3) Uniform shape
  - 4) Proper finishing: tight rim lashing, trimmed lashing, excessive splinters are clipped or singed
  - 5) Start / stop rows hidden
  - 6) Packed weave (no gaps)
  - 7) *For wooden base baskets:* Hole in the center of base is plugged and sealed
- D. **Photography:**
- 1) Originality
  - 2) Content (Subject matter)
  - 3) Clarity (Is it in focus? Good use of lighting?)
  - 4) Technical competence (When appropriate, demonstrates awareness of aperture and shutter speed)
  - 5) Composition
- E. **Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.**
- 1) Balance and symmetry
  - 2) Color coordination
  - 3) Quality of photography
  - 4) Use of space
  - 5) Neatness
  - 6) Lettering
  - 7) Journaling
  - 8) Use of embellishment
  - 9) Does it tell a story

## CULTURAL ARTS and HERITAGE

### Exhibit Category / Sub-Category CLARIFICATIONS

Please refer to this section to assist with sub-category placement of entries.  
As time and resources permit, this list will grow to expand upon and clarify most Categories.

PLEASE contact the State Cultural Arts Chairperson with any questions.

#### 1. SEWING (Apparel & Home Décor)

- Items are constructed by SEWING

##### Sewing Sub-Category definitions:

- a. **Basic Garment APPAREL** = features more basic sewing techniques
- b. **Specialty Garment APPAREL** = features tailoring techniques, more structure; includes appliqued and quilted apparel
- c. **Accessory APPAREL** = tote bags / purses / hats
- d. **Basic HOME DÉCOR** = ex: simple pillows / pillowcases
- e. **Specialty HOME DÉCOR** = ex: rope bowls; includes appliqued or quilted pillows, runners

#### 4. REPURPOSED & UPCYCLED

- Exhibits **must be accompanied by a “before” picture** that depicts items in their original form before they were “repurposed or recycled” into the final exhibit item
- Subcategories describe the resulting (end) project, for example, if a CLOTHING ITEM is “upcycled” into something for the HOUSEHOLD, then the exhibit should be entered in “b. Household”

#### 5. BASKETS

- Baskets should be woven with natural materials (e.g., reed, cane, x, or x); no rope baskets (rope baskets may be entered in 1. SEWING e. Specialty Home Décor)
- Dyed materials should be placed in the same sub-category as undyed materials
- Baskets with a wooden base that has a hole where it was attached to the mold during weaving, should have the hole closed with a wooden plug and sealed
- Chairs and stools with woven seats should be entered in 26. WEAVING a. Hand
- Where size is concerned, handles are not included in this measurement

##### Basket Sub-Category definitions:

- a. **Cane** = includes Nantucket baskets; ribbed, woven with cane (cut from rattan plant, has a hard, smooth, shiny side and a dull, fibrous side); any shape or size allowed in which a wooden mold has been used for shaping; staves/stakes or hardwood, cane, or flat oval reed are inserted/attached to a wooden base; rim is hardwood, cane, or flat oval reed; if wooden base has a hole where it was attached to the mold during weaving, the hole should be closed with a wooden plug and sealed

- b. **Wooden Base** = any size reed basket (ribbed or non-ribbed) made with a wooden base (excludes Nantucket baskets)
- c. **Miniature** = 4" maximum in any direction (handles not included in measurement); includes Nantucket baskets, but other wooden base baskets of "miniature size" should be placed in the "wooden base" sub-category
- d. **Novelty** = any WOVEN item used for something other than a traditional basket (decorations, wall hanging, gourds, leather, etc.); COILED baskets made from natural materials (not rope or fabric)
- e. **Non-Ribbed, Traditional** = Any non-ribbed traditional reed basket larger than 4" in diameter that does not have a wooden base
- f. **Ribbed, Traditional** = Traditional Appalachian, no less than 4" in any direction, woven on an oak frame with a series of ribs emerging from the lashing, binding parts of the frame together

### 13. FELTING

- All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

### 21. PHOTOGRAPHY

- Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

### 22. QUILTS

- Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

### 23. PAPER CRAFTING

- 23d. Scrapbooking entries are limited to 1 or 2 pages; If the entire scrapbook is sent, please designate pages to be judged.





**Cultural Arts  
Registration Card**

County

Category:

Sub Category:

Description

EXHIBITOR'S NAME

Address:



**Cultural Arts  
Registration Card**

County

Category:

Sub Category:

Description

EXHIBITOR'S NAME

Address:



**Cultural Arts  
Registration Card**

County

Category:

Sub Category:

Description

EXHIBITOR'S NAME

Address:

  
**kynect**

Together for a better Kentucky

## Get Healthy, Stay Healthy

**Preventive Care at No Cost with a kynect Health Plan!**

**Get information and help from a local kynector**



**Monday, October 6, 2025**

**10:00 AM**

Campbell County Cooperative Extension  
3500 Alexandria Pike  
Highland Heights, KY 41076

This class will  
cover the topics  
of Medicaid and  
Medicare.

**To register for this program, call 859-572-2600  
or online: <https://campbell.ca.uky.edu/events/>**

A kynector is a state-certified, trained individual in Kentucky who helps people navigate the state's health insurance marketplace, [kynect.ky.gov](http://kynect.ky.gov), and other benefits programs like Medicaid, SNAP, and CCAP. They provide unbiased assistance, help individuals understand their health coverage options, and guide them through the enrollment process.



**Cooperative  
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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.





# Treasurers of Autumn



## Northern Kentucky Area Homemakers 2025 Triennial Meeting

**OCTOBER 16, 2025**

**8:30- 10 AM:** Registration,  
cultural arts check-in, silent  
auction

**10 AM:** MEETING BEGINS

**SPECIAL GUEST:**  
MELODY STAFFORD



**Attention Campbell County  
Members, Send your  
registration with payment to:**

**COST:**  
**\$20**

Grant County Extension  
105 Baton Rouge Road  
Williamstown, KY 41097

Campbell County Homemakers Association  
Marcia Kerby  
372 Shadow Ridge  
Cold Spring, KY 41076



Each County will send "one payment" for their members attending.

**REGISTRATION DUE: SEPTEMBER 26th**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

County: \_\_\_\_\_

**Menu: Please circle  
1 meat and 1 dessert**

- Meatloaf **or** Ham
- Lemon Lush **or**  
Chocolate Cake/Icing

Sides:

- Mashed Potatoes w/  
Gravy, Green Beans,  
Salad, Rolls

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Community and Economic Development

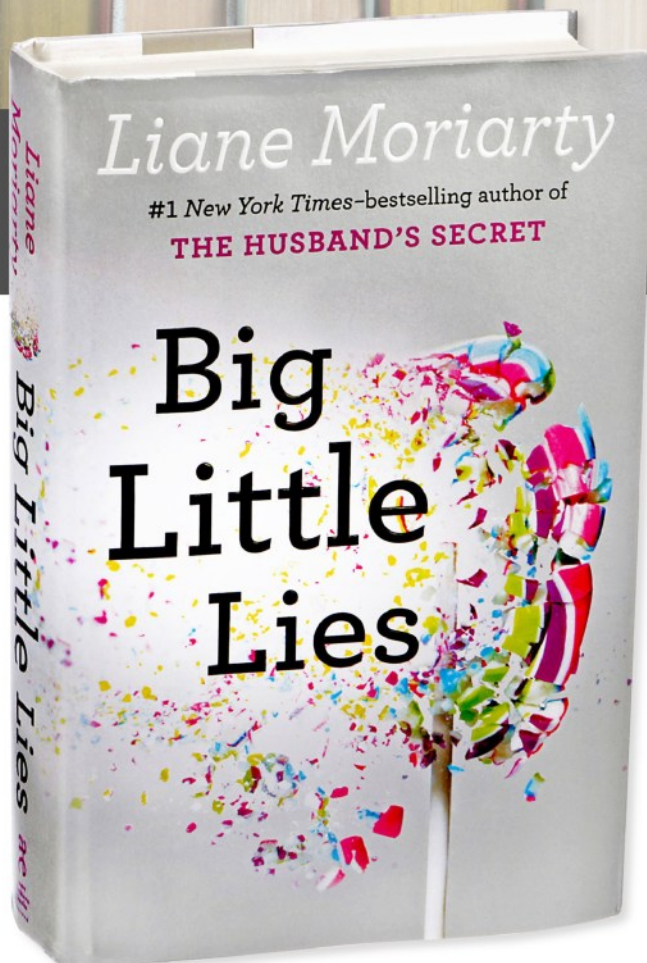
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Join us... September Book Club



CAMPBELL COUNTY  
COOPERATIVE EXTENSION  
BOOK CLUB

**Tuesday**  
**September 23, 2025**  
**6:00pm - 7:30pm**

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

**Registration Required: 859-572-2600 or online:**  
<https://campbell.ca.uky.edu/events/>

*Join us for discussion, snacks  
and an enjoyable activity.*

*New to town, single mom Jane is so young that another mother mistakes her for a nanny. She comes with a mysterious past and a sadness beyond her years. These three women are at different crossroads, but they will all wind up in the same shocking place.*

*by Liane Moriarty*

**Please remember:**

- You must supply your own book.
- Read the book before the gathering.
- Must be 18 years or older to register.

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## Northern Kentucky Master Gardener Program

Join other gardeners for this 11-week volunteer training program. Subjects include botany, tree identification, soils, propagation, disease and insect identification and much more. Complete the program requirements and use your new knowledge by volunteering 40 hours at Extension-approved sites in order to become a *Certified Master Gardener*.

**Fridays –10:00 a.m.–Noon  
February 20 thru April 24, 2026**

**Classes will be held at:  
Kenton County Extension  
Durr Education Center  
450 Kenton Lands Road  
Erlanger, KY 41018**

**This class has limited space.**

**\$70.00\* fee for this program**

*\*this fee is due upon acceptance of your application, there will be an additional fee of \$30.00 for your background check. This is due mid-way through the course.*



**For more information contact:  
Campbell County Extension Office  
Terri Turner (859) 572-2600  
Email: [terri.turner@uky.edu](mailto:terri.turner@uky.edu)**

**Please note, completed forms and in-person interview does not guarantee acceptance to the program.  
Notifications will be sent via email by November 17th**

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Community and Economic Development

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# Nourishing your Bones and Joints!



Knowing how to prevent, manage and take care of your bones and joints is an important part of your overall health and quality of life. Come learn tips for bone and joint health!

**November 20, 2025**  
**1:30 PM**

Campbell County Cooperative Extension  
3500 Alexandria Pike  
Highland Heights, KY 41076

**To register  
for this program,  
call 859-572-2600  
or online:**

**[campbell.ca.uky.edu/events/](http://campbell.ca.uky.edu/events/)**

**Essential Nutrients for  
Bone and Joint Health**



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# RECYCLE

## right!



**Tuesday, October 28, 2025**  
**10:00 AM**

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

Join us for this program to learn more about "Recycling Right". Campbell County offers six convenient locations for residents to drop-off common household recyclables.

**To register for this program, call 859-572-2600**  
**or online: <https://campbell.ca.uky.edu/events/>**

#### PAPER



Cardboard should fit inside cart.

#### PLASTICS

Bottles, jugs, tubs and cups



Reattach lid. Yogurt and fruit cups OK.

#### METAL CANS & CUPS



Non-hazardous, non-flammable material only.

#### GLASS BOTTLES & JARS



Any color.

#### CARTONS



Remove caps and straws.

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4-H Youth Development  
Community and Economic Development

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# Cultivating Joy Tools for Tough Days

**Discover ways to help yourself and others navigate life, manage stress and anxiety, and build strategies.**



**Anchor in the Chaos** - Learn tools and strategies to effectively manage stress, anxiety, and overwhelming situations.

*Kate Thompson, Campbell County Agent for Family and Consumer Sciences*

**The Rhythm of Resilience** – Explore creative ways to help you through life's ups and downs.

*Susan Miller, Boone County Agent for Community Arts*

**The Architecture of Joy**—Discover five pillars of personal happiness.

*Diane Mason, Boone County Agent for Family and Consumer Sciences*

**TUES, 9/16/25, 9:00 a.m. – Noon**

**Boone County Extension Florence | 7111 Dixie Highway, Florence**

**Registration requested: 859-586-6101 or [boone.ca.uky.edu/on-line](https://boone.ca.uky.edu/on-line) registration**

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**UK Cooperative  
Extension Service**  
Multi-County Discussion w/  
Kenna Knight, Joan Bowling,  
& Kate Thompson

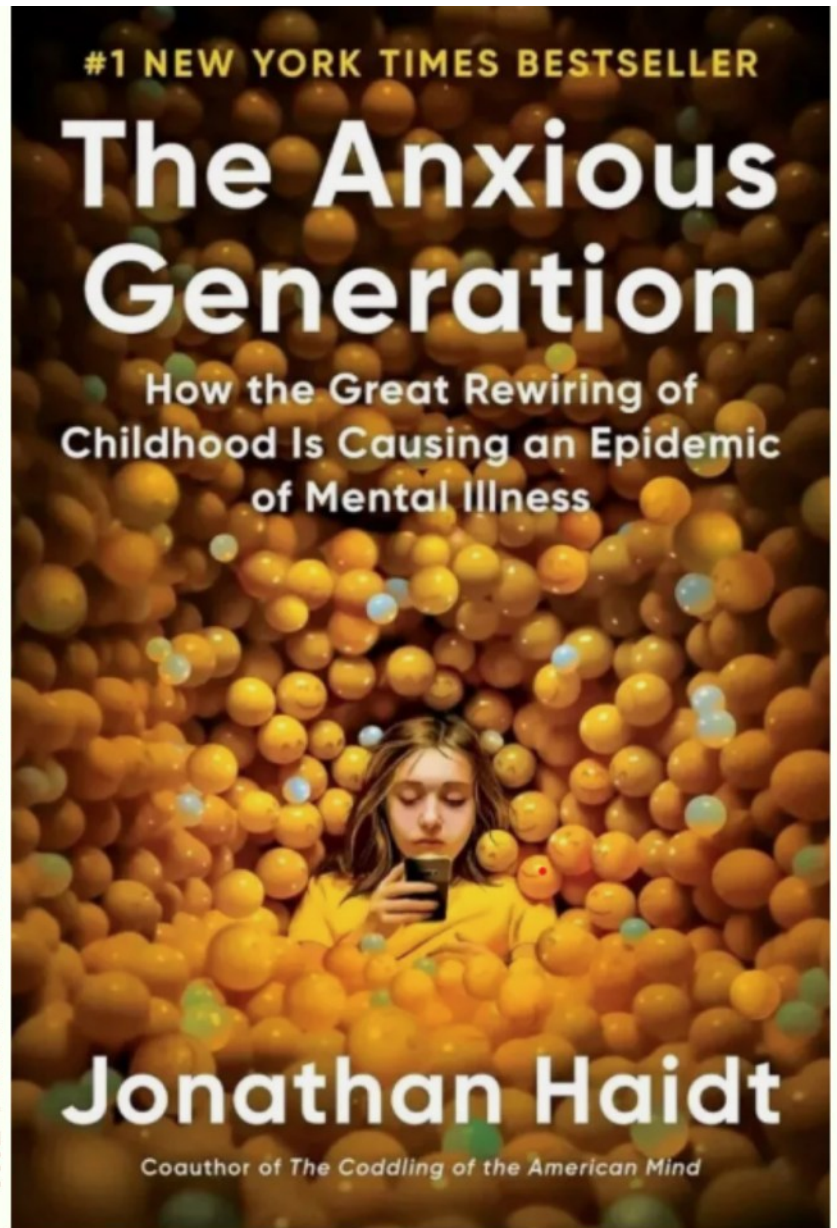


**Why are today's  
kids more anxious,  
depressed, and  
fragile than ever  
before?**

Psychologist Jonathan Haidt  
explores how the rise of  
smartphones and social media  
has reshaped childhood - and  
what we can do to fix it.

*"We have overprotected our  
children in the real world  
while underprotecting them  
in the virtual one."  
~Jonathan Haidt~*

THE FIRST 20 PEOPLE TO REGISTER WILL RECEIVE A FREE COPY!



# ZOOM BOOK DISCUSSION

**Wednesdays | 7 PM**  
**Two-Part Virtual Discussion**  
**September 10<sup>th</sup> & 24th**

**Join via Zoom**  
**Call PCEO to register**  
**859-654-3395**

**Cooperative  
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# Grits, Greens, and Egg Bowl

**Servings:** Makes 1 serving **Serving Size:** 1 recipe **Recipe Cost:** \$1.26 **Cost per Serving:** \$1.26



## Ingredients:

- 1/4 cup quick-cooking grits
- 2 tablespoons shredded, sharp cheddar cheese
- Nonstick cooking spray
- 1/2 cup packed, fresh, chopped spinach
- Dash garlic powder
- 1 egg
- Salt (optional)
- Ground black pepper (optional)
- Hot sauce (optional)

**Note:** Try other greens like collards or kale as a substitute for spinach or reheat leftover cooked greens for this recipe. This way, you can always use what you have on hand. If you prefer scrambled egg, prepare it instead of a fried egg.

## Nutrition facts per serving:

390 calories; 10g total fat; 4.5g saturated fat; 0g trans fat; 200mg cholesterol; 170mg sodium; 60g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugar; 17g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 30% Daily Value of iron; 6% Daily

**Source:** Adapted from Alabama Cooperative Extension Service, Live Well Alabama. Live well recipes: Grits and Greens, <https://www.aces.edu/blog/topics/by-ingredients/live-well-recipe-grits-and-greens>.

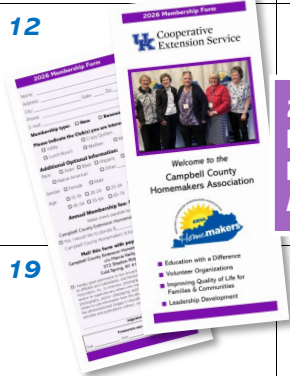


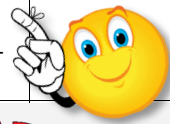
## Directions:

1. Wash hands with soap and warm water, scrubbing for 20 seconds.
2. Cook grits according to package directions. Once done, stir in cheese. Set aside until the remaining ingredients are prepared.
3. While grits cook, heat a small skillet over medium heat. When the skillet is hot, coat it with cooking spray. Add spinach and garlic powder and lightly sauté until spinach is warm and tender, about 1 minute. Remove from pan and set aside.
4. Return skillet to the stove. Coat the pan with cooking spray. Crack an egg into the pan and cook the egg on each side until the yolk is set.
5. Rewash hands after handling raw eggs.
6. Assemble the meal in a bowl by first adding the grits, then the spinach, and topping with the egg.
7. Season dish to taste with salt, black pepper, and hot sauce, if desired.
8. Serve immediately. Refrigerate leftovers within 2 hours.



# September 2025

## Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 <b>Extension Offices Closed. We will reopen on September 2nd</b>	2 <ul style="list-style-type: none"><li>• <b>Lunch Bunch</b> —Longhorn Steakhouse, Cold Spring 11:00am</li></ul>	3	4 <b>Flowerbuds</b> Program - 10:00am	5	6
7	8	9 <ul style="list-style-type: none"><li>• <b>Valley Homemaker Meeting</b> - 10:00am</li></ul>	10	11	12 	13 <b>2025-2026 HM Membership Renewal Forms Available.</b>
14	15	16 <ul style="list-style-type: none"><li>•</li></ul>	17 <ul style="list-style-type: none"><li>• <b>Book Buddies Youth Book Club</b> - 5:30pm</li></ul>	18 <ul style="list-style-type: none"><li>• <b>Cultural Arts</b> - Items at Extension 9:00am; Judging starts 10:00am</li></ul>	19	20
21	22  <ul style="list-style-type: none"><li>• <b>Crazy Quilters</b> - 10:00am (Rm B &amp; C)</li></ul>	23 <ul style="list-style-type: none"><li>• <b>Intrusive Technology</b> - 1:00pm</li><li>• <b>Book Club</b> - 6:00pm</li></ul>	24 <ul style="list-style-type: none"><li>• <b>Area HM Council Meeting</b> - <i>Carroll Cty. Extension</i> 10:00am</li><li>• <b>Sourdough Basics</b> - 5:00pm</li></ul>	25 <ul style="list-style-type: none"><li>• <b>Homemaker Council Meeting</b> - 10:00</li></ul>  <ul style="list-style-type: none"><li>• <b>Homemakers Maker Club Meeting</b> - 6:00</li></ul>	26 <ul style="list-style-type: none"><li>• <b>Deadline for Registrations for Area Homemaker meeting</b> - to Marcia Kerby</li></ul> 	27
28	29	30	<p><b>LOOKING AHEAD...</b></p> <ul style="list-style-type: none"> <li>• <b>Oct. 12-18:</b> Ky Extension Homemaker Association (KEHA) WEEK</li> <li>• <b>Oct. 13:</b> HM provide goodies in Appreciation to the Staff</li> <li>• <b>Oct. 14:</b> Valley Club Mt. in Alexandria</li> <li>• <b>Oct. 15:</b> Chili Cookoff &amp; Ice Cream Social; members only</li> <li>• <b>Oct. 16:</b> Triennial AREA HM Mt, Grant Co</li> <li>• <b>Oct. 17:</b> Quilling Class, 6 p.m. open to everyone</li> </ul>			



Campbell County Homemakers,  
Join us for...



Prizes will be  
awarded to the 3 top  
contenders in the  
chili Cookoff.

**When:** Wednesday, October 15, 2025

Set up: 11:30 - Crockpot & Ladle, please

Judging: 12:00 - People's Choice

**Where:** Campbell County Cooperative  
Extension Office

3500 Alexandria Pike

Highland Heights, KY 41076

**Why:** Sounds like a lot of fun!

**Consider making an entry.**

*Invite friends to join the Homemakers!*

*Then they can register too!*

**To register, call  
859-380-1727**

Judges, show up and be ready to taste!

After judging, we will enjoy the chili  
and follow up with ice cream.

...after the Chili  
Cook Off

