



## **July 2024**



## **Cooperative Extension Service**

Daviess County 4800A New Hartford Road Owensboro KY 42303 270-685-8480 daviess.ca.uky.edu

## **DATES**

July 4

Independence Day - Office Closed

July 13

Food+Art+Health Day at the Farmers' Market

July 16

Fair Entries Accepted 4-7 pm

July 17-20

**Daviess County Fair** 

July 21

Fair Entry Pick up 2-4 pm

August 1

Cultural Arts items due

August 6

Daviess County Homemaker
Annual Meeting

**August 15-25** 

**KY State Fair** 

August 20

Homemaker Lesson trainings
Daviess County

August 21

Homemaker Lesson trainings Henderson County

August 27

RSVP date for Green River Area Homemaker Meeting

Daviess County Extension Agent for Family & Consumer Sciences Education

## **FARMERS' MARKET**

The Farmers' Market is in full swing and is open every Saturday 8am to noon, Tuesdays 8am to noon, and Thursdays from 4-7pm.



## **IT'S FAIR TIME!**

Check out the fair catalog for adult and 4-H categories. Catalogs of entry categories are available at the Daviess County Extension Office and online at <a href="https://daviess.ca.uky.edu/dc-fair">https://daviess.ca.uky.edu/dc-fair</a>. Fair entries will be accepted on July 16 from 4-7 pm.

The Kentucky State Fair is August 15-25. For more information, visit <a href="www.kystatefair.com">www.kystatefair.com</a>. If you go, be sure to visit Cloverville to see all the amazing items entered by 4-H members across the state.

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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## FOOD+ART+HEALTH DAY JULY 13

Healthy communities thrive where nutritious food is accessible and the arts flourish.





Join us to learn about health and wellness and enjoy live music, performing arts, kids' activities, a community art project and much more.

Join Owensboro Health at the Owensboro Regional Farmers' Market to celebrate Food+Art+Health!

## July 13 Schedule

8 to 10:30 a.m. – Randy Lanham and Friends 10:30 to 10:45 a.m. – Owensboro Dance Theatre 10:45 to 11:15 a.m. – Encore Musicals 11:15 to 11:30 a.m. – RiverPark Center 11:30 a.m. to Noon – Theatre Workshop of Owensboro

## **CANNING CLASS AT THE WHITE CHATEAU**



Monday, July 22nd

Two options for classes: 10 am-noon OR 5:30-7:00 pm

These classes will be hands-on, basic water bath canning. We will be canning salsa and discussing correct freezing procedures.

**Registration Fee: \$5** 

Stop by the Extension Office with cash or check to pay and secure your spot.

Deadline: July 17th Class size is limited



The classes will be at the White Chateau, 8753 Mulligan Rd. Owensboro, KY 42301

Another canning class will be offered August 19<sup>th</sup> at the White Chateau. Watch the upcoming newsletter for more information.

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## HOMEMAKER HAPPENINGS

## Cultural Arts Entries

The Green River Area Homemaker Council voted to move the cultural dates for our area so items can be viewed at the Area Annual Meeting in the fall. So, if you have any cultural arts items made or if you plan to make any you have some time! Cultural arts items for Daviess County are due to the Daviess County Extension Office by August 1<sup>st</sup> by 4pm. Please have the category and sub-category ready when you turn them in. They will be judged at the county level (displayed at the county annual meeting on August 6<sup>th</sup>) and the blue-ribbon winners will go on to the Area Annual Meeting where they will be displayed and judged again to determine the ones that will go to state at the annual KEHA state meeting in May, 2025.

Categories are included in this newsletter and you must be a paid Daviess County Homemaker member to enter.

Daviess County Homemaker Annual Meeting August 6, 2024 at 11:00 a.m.

More info in this newsletter

## Foyer Decorations

The extension office decorates for July. **Trinity, you have August.** 

## Lesson Trainings for 2024-2025

The schedule of lessons is included in this newsletter.

Be sure someone from your club comes to participate in the training and picks up club information.

Save the date! Green River Area
Homemaker Meeting (see below)

Green River Area Homemakers
Annual Day

FOOD, FAMILIES,
FARM &
FACTORIES

Tuesday, September 24, 2024
Registration begins at 10:00 am

Hartford Christian Church
122 W. Walnut Street
Hartford, KY 42347

RSVP Shelia Decker, Ohio County Homemaker President

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## Additional Information for Annual Meeting

Meat for the lunch will be provided. Please bring additional foods based on your club:

- Homespun Dessert
- Maceo Vegetables
- South Hampton Salads
- Trinity Bread and Drinks
- Southern Belle Additional Salads and Vegetables

This year's meeting theme is quilts. If you have any quilts that can be used for decorations, please contact Anita Bruner at 270-929-2899.

## 2024—2025 HOMEMAKER LESSONS

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Service Offices.

## 10:00 A.M. LESSON TRAINING

## 11:00 A.M. LESSON TRAINING

## SEPTEMBER LESSON ALL ABOUT SUCCULENTS

## August 20 (Daviess) August 21 (Henderson)

Learn why succulents are popular houseplants. Learn the different families and varieties as well as requirements for growing them successfully.



★ Miscellaneous

## OCTOBER LESSON INDOOR AIR QUALITY

## August 20 (Daviess) August 21 (Henderson)

Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement. Presented by Hardin Stevens,

👚 Environment, Housing & Energy

## NOVEMBER LESSON COMPOSITION IN PHOTOGRAPHY

## October 15 (Daviess) October 16 (Henderson)

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.



🟋 Cultural Arts and Heritage

## JANUARY LESSON TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

## October 15 (Daviess) October 16 (Henderson)

Learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.



Management and Safety

## FEBRUARY LESSON CREATING WELCOMING COMMUNITIES

## January 21 (Daviess) January 22 (Henderson)

Become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects.



🛊 International

## MARCH LESSON HOW TO GET OUT OF A MEALTIME RUT

## January 21 (Daviess) January 22 (Henderson)

Share creative strategies that can be used to overcome mealtime ruts. Find out why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas and identify ways to reduce barriers related to preparing meals at home.



🛊 Food, Nutrition, & Health

## APRIL LESSON COMMUNICATION ESSENTIALS FOR GOOD **IMPRESSIONS**

## March 18 (Daviess) March 19 (Henderson)

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.



🟋 Leadership Development

## MAY LESSON STRONG BONES FOR LIFE: PREVENT OSTEOPOROSIS

## March 18 (Daviess) March 19 (Henderson)

Examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It's never too early or too late to make bone health a priority.

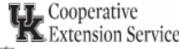
★ Family & Individual Development Lesson

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, calor, ethnic origin, national origin, oreed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546







# 2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

## ART, NATURAL a. Wood b. Sculpture

 Clothing b. Household

4. ART, RECYCLED (Include a before

picture)

b. Other

5. BASKETRY c. Other

 b. Dyed Material Cane

c. Miniature (under 4 inch)

d. Novelty

6. BEADING

b. Non-jewelry Item/Wearable

c. Miscellaneous

7. CERAMICS

a. Hand-formed

# COUNTED CROSS STITCH

a. 14 Count & Under

b. 16-22 Count

c. Specialty Cloth (linens, etc.)

c. Pre-made

## b. Molded

a. Bead Weaving

e. Plain

g. Swedish

f. Smocking

h. Tatting/Lace Making

i. Miscellaneous

## b. Wet Method

a. Autumn

# 14. HOLIDAY DECORATIONS

b. Spring

d. Winter

1. APPAREL

Accessory

Accessories

d. Thread

Cloth

 Handmade Toy other than Porcelain/China or Cloth

## 11. DRAWING c. Porcelain/China

c. Pen and Ink with Oil Roughing

## 12. EMBROIDERY

a. Basic

b. Candle Wicking

c. Crewel

d. Machine

e. Ribbon

d. Hand Pieced (hand quilted) c. Hand Appliqué (hand quilted)

## 13. FELTING\*

a. Needle Method

c. Summer

## 9. CROCHET

c. Home Décor and Afghans

## 10. DOLL/TOY MAKING

a. Pastels

b. Pen and Ink

d. Pencil or Charcoal-Black

e. Pencil-Color

# c. Watercolor

b. Wood

# 20. PAINTING, DECORATIVE

a. Metal

# 21. PHOTOGRAPHY (mounted or

b. Color

## framed) \*\*

a. Black & White

22. QUILTS\*\*\* quilted) a. Baby-size or Lap-size (hand quilted) b. Baby-size or Lap-size (machine

26. WEAVING a. Hand (macrame, caning)

b. Loom (includes pin weaving)

in other categories listed, otherwise they will 27. MISCELLANEOUS (Items not included

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

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

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

pages to be judged. \*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate

# 2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

22. QUILTS\*\*\* (continued)

e. Machine Appliqué (machine quilted)

f. Machine Pieced (hand quilted)

g. Machine Pieced (machine quilted) Novelty (stenciled, embroidered,

## 15. JEWELRY

mixed with beads) b. Mixed Media (wire, chain maille

16. KNITTING (HAND - with knitting c. Original Design

 Accessories b. Fashion

c. Home Décor and Afghans

# 17. KNITTING (OTHER - machine / loom) 18. NEEDLEPOINT

 b. Plastic a. Cloth Canvas

23. PAPER CRAFTING

quilted)

k. Miscellaneous (hand or machine

quilted)

j. Technology Based (hand or machine

miniature, etc.) (machine quilted) Novelty (stenciled, embroidered miniature, etc.) (hand quilted)

Card Making

b. Origami

PAINTING, ART

19.

b. 0il

Acrylic

## c. Quilling

d. Scrapbooking\*\*\*\*

## 24. RUG MAKING

 b. Hooked Braided

d. Woven

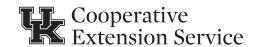
c. Punch Needle

Fabric

25. WALL or DOOR HANGING

b. Other

be disqualified.)



## **ADULT**

## HEALTH BULLETIN



**JULY 2024** 

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ content/health-bulletins

## THIS MONTH'S TOPIC

## 5 TIPS TO MANAGE ARTHRITIS



ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

**1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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

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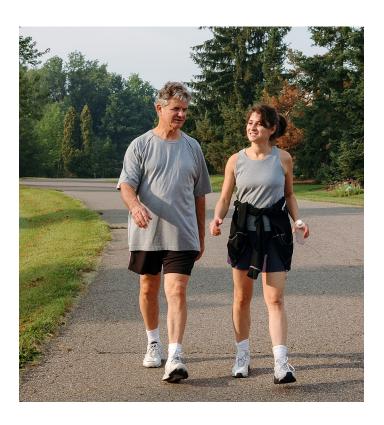
## Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

## Continued from the previous page

2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

- 3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.
- 4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.
- **5. Take an arthritis management class.** Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person selfmanagement education workshops at https://www.cdc.gov/arthritis/interventions.

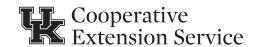
Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

## REFERENCE:

https://www.cdc.gov/arthritis/about/key-messages.htm

HEALTH BULLETIN

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Stock images:
Adobe Stock



## **PARENT**

## **HEALTH BULLETIN**



**JULY 2024** 

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## THIS MONTH'S TOPIC

## YOUR CHILD AND SKINCARE: WHAT YOU NEED TO KNOW



kincare has become a popular topic among school-age kids lately, thanks to viral videos on social media and marketing campaigns from skincare companies targeting younger audiences. But how necessary, or even safe, are these products for kids?

Traditionally, skincare products have targeted adults. They make claims to address cosmetic problems such as wrinkles, dark spots, or loose skin. These are not problems that kids or teens typically need to fix. If fact, using products unnecessarily can cause problems, such as drying out skin, causing rashes, or making skin oilier and causing acne. In extreme cases, over-the-

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## Sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

## Continued from the previous page

counter skincare products have caused chemical burns and damage to eyes in young users.

But don't shut down the conversation about skincare products altogether. Consider this an opportunity to discuss with your child the valuable lessons of skin protection, hygiene, and peer pressure.

Skincare companies love to market multistep skincare routines that may include beaded cleansers, masks, scented moisturizers, and oils. Kids do not need many of these products. However, their interest in skincare products can be a terrific way to discuss the use of skin protection, like sunscreen. Your child may be interested to know that sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. There are many sunscreen products on the market today, and some products specifically made for faces. These face products tend to boast a few added benefits, such as being tear-free or not running into eyes and have applicators like roll-on sticks or small brushes. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

Kids of all ages also need to wash their face as a part of their daily hygiene routine. If your child has developed an interest in using special skincare products for their face, an age-appropriate choice may be to find a gentle face cleanser and moisturizer. There is no need to splurge on designer products though. Generally, avoid products that include fragrance, any harsh active ingredient, or abrasive additives like beads or sand. Drug stores or groceries have many affordable choices. Talk with your child about how to wash their face, using warm (not hot!) water, cleansing before moisturizing, and always washing off sunscreen at the end of the day.

As kids get older, it is normal for them to become more concerned about what others do and think. Your child may have become interested in skincare



because their friends are or because they have seen a favorite celebrity in a skincare ad. This is a great opportunity to discuss with your child that everyone has unique needs, skincare included. You may also want to bring up the money that skincare companies invest in influencer marketing, and the profits that those companies stand to make by convincing people to buy products that they may not need.

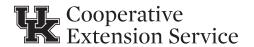
Always discuss concerns about your child's skin, breakouts, or potential reactions to skincare products with your child's doctor or other health-care provider.

## REFERENCE:

https://kidshealth.org/en/parents/skincare-products.html

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: Adobe Stock



## M:NEYVI\$E

## VALUING PEOPLE. VALUING MONEY.

**JULY 2024** 

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

## THIS MONTH'S TOPIC:

## PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.

## **AUTO INSURANCE**

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit https://drive.ky.gov/Vehicles/ Pages/Mandatory-Insurance.aspx.



## **HOME INSURANCE**

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.

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## WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf.

## **HEALTH INSURANCE**

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

 The premium, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The deductible, or the amount of money you have to pay before your health insurance will cover the expenses.
- The co-payment, or the amount you must pay after insurance for prescriptions and appointments.
- The maximum out-of-pocket cost, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf.

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