



## Important Dates:

May 1<sup>st</sup> - Lebanon Farmer's Market  
open

May 6-8<sup>th</sup> - KEHA State Meeting in  
Lexington, KY

May 12<sup>th</sup> & May 19<sup>th</sup> - WITS workout -  
10:30AM at Extension Office

May 13<sup>th</sup> - Homemaker Meeting at  
3:30PM

May 20<sup>th</sup> - Barn Quilt Class for those  
who have registered

May 21<sup>st</sup> - Homesteading Series -  
Canning at 6PM

May 24<sup>th</sup> - Cooking Through the  
Calendar at 4:30PM

May 26<sup>th</sup> - Extension Office closed for  
Memorial Day



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

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with prior notification

## Marion County FCS Extension Newsletter

May is skin cancer awareness month. Skin cancer is the most common form of cancer in the United States. Usually, skin cancer develops after exposure to the sun. Skin cancer is most likely to develop in areas like your scalp, face, lips, neck, chest, arms, hands, and legs.

The most common sign of skin cancer is a change in your skin, such as new growth, a sore that doesn't heal, or old growth that changes. Remember the A-B-C-D-Es of skin cancer:

**A** - asymmetrical, a mole or spot shaped irregularly.

**B** - Border - a mole or spot that has an uneven border.

**C** - Color - a mole or spot that has irregular coloring.

**D** - Diameter - a mole or spot that is larger than the size of a pea.

**E** - Evolving - a mole or spot that changed over weeks or months

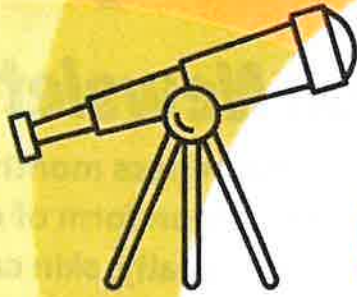
Protect yourself from skin cancer by avoiding indoor tanning beds, wearing sunscreen, SPF 15 or higher year-round, wearing a hat with a wide brim, wearing sunglasses, and checking your skin regularly.

**Rachel Mattingly**  
Family & Consumer Science Agent



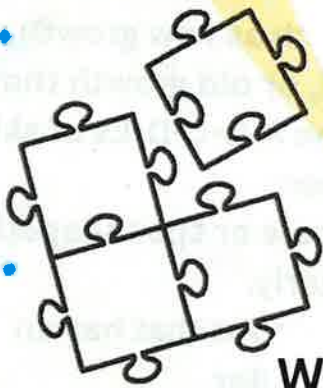


**Martin-Gatton**  
College of Agriculture,  
Food and Environment



# WITS WORKOUT

An engaging, interactive,  
and educational  
brain health program



**Want to learn more, come and join!!**

**When: May 12<sup>th</sup>, May 19<sup>th</sup>, June 2<sup>nd</sup>,  
and June 9<sup>th</sup>**

**Time: 10:30 AM**

**Where: Marion County Extension Office**

**Please call the office at 270-692-2421 if  
you have any questions**

**I**  
**ILLINOIS**  
Extension

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**FIRST COME  
FIRST SERVE**



**Lincoln Trail**

Area Development District  
— established 1988 —

# **SENIOR CELEBRATION**

**MAY 22, 2025**

Pritchard Community Center

**FREE** Event | 9 am - 2 pm

**Vendors, Speakers, Live Entertainment,  
Exercise, Bingo, Lunch, Door Prizes & More!**

**FREE TRANSPORTATION**

Call CKCATS by May 16th

800-242-8225





# Go Bananas Milkshake

Servings: 3 Serving Size: About 3/4 cup Recipe Cost: \$0.59 Cost per Serving: \$0.20

 Cooperative  
Extension Service



## Ingredients:

- 1 cup skim milk
- 2 frozen bananas, overly-ripe works best
- 1 teaspoon vanilla extract

## Directions:

1. Wash hands with soap and water.
2. Remove bananas from freezer and allow to thaw about 3 minutes. Peel.
3. Place ingredients into a blender and blend until smooth (45 seconds to 1 minute).
4. Pour into glasses, and serve immediately.

## Notes

Possible add-ins for more flavor – cocoa, nutmeg, cinnamon, coconut flakes, peanut butter, or other fruits. Best to peel bananas before freezing.

Source: Jeannie Najor, Program Coordinator II with the Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 35mg sodium; 22g total carbohydrates; 2g fiber; 14g total sugars; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium.

# ADULT HEALTH BULLETIN



**MAY 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)

NAME County  
Extension Office  
000 Street Road  
City, KY  
Zip  
(000) 000-0000

## THIS MONTH'S TOPIC

# TICK PROBLEM PREVENTION



**S**pring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

### Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

**Continued on the next page** ➔

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



# Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

## ➡ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
  - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
  - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
  - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
  - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
  - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
  - Do a tick check on your pets too.
  - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
  - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

## Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

## Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

## What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

**For more information** on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** [https://youtu.be/pr2\\_\\_iPdndI?si=z1u72TXK556QQAOL](https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL)

• **Episode 214:** [https://youtu.be/DNTXX\\_DIGA4?si=F-EsaDdTMW-XFdUT](https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT)

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Assistant Professor, Dept. of Entomology

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

### LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

### CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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## AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

## CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

### *May is Military Family Appreciation Month*



**FOR MILITARY YOUTH:** Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

**FOR MILITARY FAMILIES:** Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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## Vocabulary

2024-2025 Cultural Arts and Heritage

KEHA State Supported Lesson

Photographs have many purposes. We take photographs while celebrating occasions, to help us remember a significant event, or just because we like what we see. Photographs are evidence of a moment in time. When we make the effort to view a photograph, whether that is holding a physical photograph in our hand, flipping through pages in a photo album, staring at a photograph hung on the wall, or “swiping” the screen on our phones, we have the freedom to look anywhere on the photograph. But often our eyes (unknowingly) tend to concentrate on certain areas of the photograph. This occurs because the **elements and principles of art** naturally guide our focus. The elements and principles of art are listed below; these were defined in our Year One emphasis. *Refer to “Elements and Principles of Art Vocabulary,” HSC-EPA.900 for details.*

### Elements of art

**Line, shape, form, space, texture, value, and color** are the physical or visual components with which an artist creates a work of art.

### Principles of art

**Unity, variety, proportion, balance, contrast, emphasis, movement, rhythm, and pattern** are the effects or results that are created based on the use of the elements of art noted above.



## Concepts for photography composition

If a person's goal is to make a photograph that others will *want to look at* and *react to*, then incorporating the elements and principles of art in the composition is the way to accomplish this. Here, **composition** refers to how the objects in a photograph are arranged in relation to each other and appear to the viewer. And the concepts of a well-composed, “visually pleasing” photograph are based on the Elements and Principles of Art listed on the previous page. Examples of successful composition in photography begin below.

## Light and photography

No matter how well-composed a photograph is, if the subject is not in focus, is blurred, or is poorly lit, it is difficult to appreciate the composition. Fortunately,

you can easily set many cameras to focus on the intended subject and adjust to the existing lighting so the resulting photographic image looks as good as it can. And by experimenting with the **aperture**, **shutter speed**, and **ISO sensitivity** settings on a camera, photographs can make the captured moment look even more amazing than the way it appeared when the moment actually happened. Take a basic photography class to learn more about how these camera settings relate to light and movement of the subject matter. Understanding how to control these is a part of successful composition.

- **Aperture:** size of the lens opening that allows light to pass through to the film or image sensor
- **Shutter speed:** length of time the lens is open; controls how much light makes it through to the film or image sensor
- **ISO sensitivity:** standard numeric value indicating how sensitive the film or image sensor is to light

## Composition examples

### Rule of thirds

By dividing a photo into thirds, vertically and horizontally (with imaginary lines), the points of intersection can be natural focal points.

Create interest in your photo by positioning objects near these intersecting lines.

In this photo, we are naturally drawn to the donkey's eye, the person's profile, the donkey being fed, and the smaller donkey in the lower left area.

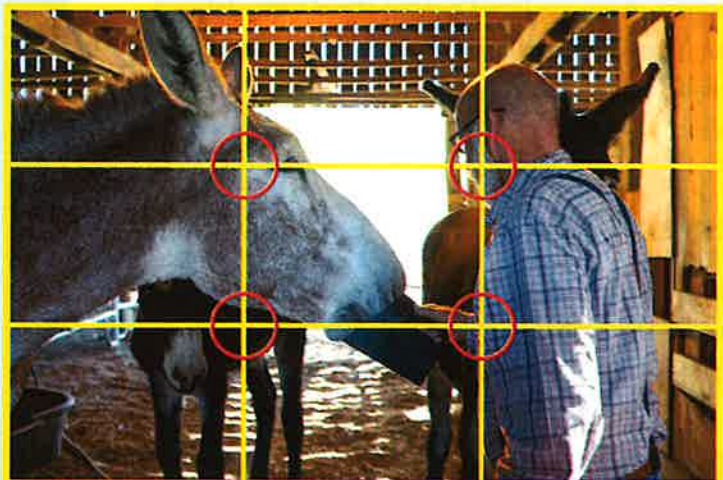


Photo Credit: Brooklyn Walters, [https://picturekentucky.org/wp-content/uploads/2022/10/20221008\\_bwalters\\_JoePenn002.jpg](https://picturekentucky.org/wp-content/uploads/2022/10/20221008_bwalters_JoePenn002.jpg)



## Framing

Position your camera so that objects in your view create a “frame” or emphasis for your intended focal point; having objects in the foreground and background create depth.

Here, the fencing and position of the person “frame” the horse’s head.

Does your eye go to the horse first? Or the person first?



Photo Credit: Michael Smallwood, [https://picturekentucky.org/wp-content/uploads/2022/10/20221006\\_msmallwood\\_00922.jpg](https://picturekentucky.org/wp-content/uploads/2022/10/20221006_msmallwood_00922.jpg)

## Leading lines

Because photographs are two-dimensional, they only have height and width (no true depth).

Use strong lines to guide the viewer’s eye. These “leading lines” can pull us “IN” and tell our eyes where to go.

Here, the headers that span over the stall doors form the “lines” that emphasize this perspective and draw our eyes through to the other end of the barn.



Photo Credit: Jack Weaver, <https://picturekentucky.org/wp-content/uploads/2022/10/Jack04.jpg>

## Balance

The positioning of a subject in a photograph may create a “visual weight” — pulling our eyes to it. In a balanced photograph, our eyes will keep moving around because the “weight” of the main subject is balanced by other things in the photograph.

Here, the three wall hangings in the upper left corner of this photograph balance the “visual weight” of the person at the bottom right of the photograph.



Photo Credit:  
Nyah  
Leveretter,  
[https://picturekentucky.org/wp-content/uploads/2022/10/20221008\\_nleveretter\\_Honduran003.jpg](https://picturekentucky.org/wp-content/uploads/2022/10/20221008_nleveretter_Honduran003.jpg)

## Perspective / Viewpoint

Positioning the camera at an unusual angle, an unexpected distance, or not at eye level can create visual interest.

Here, we may feel like we are in the same space as the person in the photograph.

Do you feel the need to check your surroundings to make sure there are no cars coming down this road?



Photo Credit:  
Gordon Parks,  
Invisible Man,  
Harlem, NY, 1952  
(printed 2016),  
gelatin silver print.  
Collection of the  
UK Art Museum,  
purchase: Robert C.  
May Photography  
Fund.

## Depth of field

Give a sense of depth to photographs and make the viewer feel like they are part of the physical space by capturing objects in the foreground, middle ground, and background.

Here, we pay attention to the subject on the right because he is in focus (in addition to being recognizable); and his positioning on the right side leaves room for his gaze.



Photo Credit:  
C. Thomas Hardin,  
Photograph of  
Muhammed Ali,  
undated, color  
photograph  
on KODAK paper  
with matte finish.  
Collection of the  
UK Art Museum,  
purchase: Art  
Museum Funds.

## Background

Pay attention to what is in the background as you're looking through the camera. Items in the background may distract from your main subject, or the background may provide the right amount of contrast.

Remember to look beyond your subject before you "snap the photo" to make sure you're pleased with what you see. Experiment by changing your angle or physically moving an object out of view.

Here, the contrast (against the background) provided by the subject's orange hat and shoelaces draw our eyes to the lower half of the photograph, but the other object that is cresting the hill may also capture our interest and make us wonder what is back there.



Photo Credit:  
Eric Comley,  
Garrard  
County  
KY 4-H Agent



## Capturing a moment

In reality, all photographs “capture moments,” but in this case, we’re referring to a “moment” that is part of a bigger story.

Here, the photographer has captured a special moment (of hugs and excitement) between subjects.

We may subconsciously “fill in the blanks” about what has just happened, or what will happen next.



Photo Credit:  
Bryce Towle,  
<https://picturekentucky.org/wp-content/uploads/2022/10/Bryce2.jpg>

## Motion

Experiment with shutter speed, the movement of the main subject, or use a tripod to make intentional motion a focal point.

For this image, the photographer noted that (the subject) is the “calm in the shop as the action happens all around him.”



Photo Credit:  
Brooklyn  
Walters,  
[https://picturekentucky.org/wp-content/uploads/2022/10/20221008\\_bwalters\\_broadwayclay002.jpg](https://picturekentucky.org/wp-content/uploads/2022/10/20221008_bwalters_broadwayclay002.jpg)

## Repetition

Look for strong, graphic shapes or colors that are repeated. Elements that are opposite of, or in contrast to, the repeated shape or color, will become the focal point.

Here, we may be mesmerized by the black and white checkered floor or the identical set up of each booth. We notice the person sitting on the stool because their positioning breaks up the repetitive pattern of the round, red stool tops.



Photo Credit: Austin Collier, [https://picturekentucky.org/wp-content/uploads/2022/10/20221006\\_acollier\\_cliffside001-1300x867.jpg](https://picturekentucky.org/wp-content/uploads/2022/10/20221006_acollier_cliffside001-1300x867.jpg)

## Silhouette

When subjects are lit from behind, we may see a dark shape outline and interesting contrast.

In this photo, we see the dome of the Kentucky Capitol and, in silhouette form, the scaffolding for maintenance work is prominent.



Photo Credit:  
Austin Collier,  
[https://picturekentucky.org/wp-content/uploads/2022/10/20221007\\_acollier\\_02009.jpg](https://picturekentucky.org/wp-content/uploads/2022/10/20221007_acollier_02009.jpg)

## Is it a good photograph?

Photographs that are “visually pleasing” because of their composition and incorporation of the elements and principles of art are usually the ones that win ribbons and awards. But **there is nothing wrong with a photograph** that is blurry, poorly lit, or poorly composed **if it's of a special person, place, or thing you love!**



## Prepared by:

Jeanne Badgett, Senior Extension Associate, Family and Consumer Sciences, University of Kentucky

## Photograph examples used with permission from:

- Eric Comley, Garrard County 4-H Agent
- Picture Kentucky: <https://picturekentucky.org>
- David Stephenson, Associate Professor, School of Journalism and Media
- University of Kentucky Art Museum

## Resources:

Quinn, S. (n.d.). Making photographs. The Poynter Institute, [poynter.org](https://poynter.org).

University of Minnesota Extension. (2023). Photography lessons and resource guide. Retrieved March 27, 2024, from [https://docs.google.com/document/d/1oe45tGmujLS5Mp\\_uun8HzH4y5QteQGBJw-5mCZISnI8](https://docs.google.com/document/d/1oe45tGmujLS5Mp_uun8HzH4y5QteQGBJw-5mCZISnI8)

Way, C. (2006). Focus on photography: A curriculum guide. International Center of Photography. Retrieved March 27, 2024, from [https://www.icp.org/sites/default/files/icp\\_curriculum\\_guide\\_part1\\_0.pdf](https://www.icp.org/sites/default/files/icp_curriculum_guide_part1_0.pdf)

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