

# New Red Cross data shows multigenerational portrait of volunteers in the Kentucky Region

SUBMITTED

New American Red Cross data released recently shows a snapshot of multigenerational volunteerism here in Kentucky and Southern Indiana.

From Gen Z to the Silent Generation, people of all ages comprise the nearly 1,400 volunteers in the Kentucky Region. According to demographic estimates shared by most Red Cross volunteers:

- Gen Z is the fastest-growing and largest group of volunteers (42%), driven largely by growth in student-led Red Cross clubs.

- Millennials account for roughly a quarter of volunteers (24%), followed by Baby Boomers (18%) and Gen X (9%) to anchor core mission roles.

- The Silent Generation is the smallest cohort (7%) but contributes a legacy of service that often spans multiple decades.

“Generation after generation, our community has shown that compassion is one of its greatest strengths,” said Misty Thomas, Regional Volunteer Services Officer, Red Cross Kentucky Region.

“In moments when help can't wait, volunteers of all ages and backgrounds come together to offer care, comfort and hope. Their commitment reflects a shared humanitarian spirit that connects us across time and continues to make a meaningful difference through our lifesaving mission — one that has supported families for more than half of our country's 250-year history.”

This month during Red Cross Month, the Red Cross honors how people today deliver support when help can't wait. Every contribution matters — visit [redcross.org](http://redcross.org) to get involved by volunteering, making a financial donation, giving blood or taking a class in lifesaving skills.

## FREQUENTLY ASKED QUESTIONS

**Q:** Where can people find volunteer opportunities?

**A:** People can find volunteer opportunities that meet their needs at [redcross.org](http://redcross.org).

**Q:** What is Red Cross Month?

**A:** Red Cross Month is a nationwide celebration in March to honor the people

who deliver support when help can't wait. It began as a national call to action during WWII for individuals to address growing humanitarian needs. Now, it's a community tradition encouraging people to get involved at [redcross.org](http://redcross.org). This year's campaign includes:

- The Red Cross is offering free A1C screening in March to test for prediabetes and diabetes on all successful blood, platelet and plasma donations, as part of its efforts to support the health of communities. No fasting is required; it's always important to eat a nutritious meal before giving blood. In addition, all who come to give blood, platelets or plasma March 1-31 will receive a \$15 Amazon.com Gift Card by email. See [RedCrossBlood.org/](http://RedCrossBlood.org/) March for details.

- Financial donations made on March 25 for Disaster Relief will be part of this year's Red Cross Giving Day, which aims to bring together 30,000 supporters to help ensure families don't face disasters alone.

# 2026 Kentucky Junior Chef season opens

## Schools encouraged to organize teams, plan recipes

SUBMITTED

The 2026 Kentucky Junior Chef Competition is now open, Kentucky Agriculture Commissioner Jonathan Shell has announced.

“Young chefs across the state can begin preparing for this year's Junior Chef challenge,” Shell said. “The culinary skills our young chefs have showcased throughout the years is just a fraction of their ability to create delicious recipes with wonderful Kentucky products.”

The Junior Chef program encourages participating students to learn how to cook by using local ingredients to prepare healthy meals while teaching students about agriculture, marketing, organization, teamwork, and community involvement. The competition is part

of the Kentucky Proud Farm to School Program, which helps Kentucky schools purchase local foods. Children get fresh, nutritious local foods to help them grow up healthy and strong. Local farmers get another market for their farm products. The Kentucky Department of Agriculture (KDA) administers the Farm to School Program and the Junior Chef competition.

With the 2026 season opening, students and coaches can begin organizing teams and developing recipes using Kentucky products. At the state level, winning teams can receive scholarships to culinary schools. The state winner moves on to the Southeast Region Junior Chef Competition for more scholarship opportunities.

Those interested in competing this year must submit their intent to complete, along

with a recipe concept by May 30. Specific guidelines can be found in the Kentucky Junior Chef Handbook on the Kentucky Junior Chef website at [kyagr.com/junior-chef](http://kyagr.com/junior-chef) under the “What to Know” button.

Between June and September, teams will finalize their recipes, participate in team workshops with KDA chefs, and submit their nutritional analysis for review and clearance. Finalized recipes must be submitted to KDA by Oct. 1, along with a completed packet that includes a shopping list, photos, taste test documentation, work plan, and the entry fee.

This year the 2026 Kentucky Junior Chef State Competition is Nov. 12-13 at Sullivan University in Lexington.

For more information, visit [kyagr.com/junior-chef](http://kyagr.com/junior-chef).



## LEGAL NOTICE

**BID NOTICE**  
The Cloverport Board of Education will accept sealed proposals for **Auditing Services for FY26** in the office of the finance officer. Proposal opening will be held at the school office at 301 Poplar St, Cloverport KY on March 31st at 2pm. At this time, all proposals which are in order, sealed and properly signed shall be opened and read aloud. Proposals must be clearly marked, on the outside of the envelope, with the name as listed above. Any interested parties may attend. No immediate decisions will be made. Copies of the Proposal Documents may be obtained from the office. Contact Suzanne Flood at 270-788-3388 or [suzanne.flood@cloverport.kyschools.us](mailto:suzanne.flood@cloverport.kyschools.us) for additional information or to request a proposal packet.



## LEGAL NOTICE

**BID NOTICE**  
The Cloverport Board of Education will accept sealed proposals for **Demolition of a house** at 105 Fifth Street and two adjacent garages. An alternate bid will be to **grade and install a gravel parking lot** on the 105 Fifth Street property and the adjacent empty lots. Proposal opening will be held at the school office at 301 Poplar St, Cloverport KY on March 16th at 2pm. At this time, all proposals which are in order, sealed and properly signed shall be opened and read aloud. Proposals must be clearly marked, on the outside of the envelope, with the name as listed above. Any interested parties may attend. No immediate decisions will be made. Copies of the Proposal Documents may be obtained from the office. Contact Suzanne Flood at 270-788-3388 or [suzanne.flood@cloverport.kyschools.us](mailto:suzanne.flood@cloverport.kyschools.us) for additional information or to request a proposal packet.



## LEGAL NOTICE

**PUBLIC NOTICE**  
Second Reading of Ordinance No. 2026-0216A, an ordinance imposing a transient room tax pursuant to KRS 91A.390 to fund the Breckinridge County Tourist Commission will be held on Monday, March 16th at 9:00 a.m. at the Breckinridge County Courthouse. A copy of the proposed ordinance with full text is available for public inspection at the Office of the County Judge/Executive during normal business hours.



## LEGAL NOTICE

**PUBLIC NOTICE**  
Second Reading of Ordinance No. 2026-0216, an ordinance establishing the Breckinridge County Tourist Commission will be held on Monday, March 16th at 9:00 a.m. at the Breckinridge County Courthouse. A copy of the proposed ordinance with full text is available for public inspection at the Office of the County Judge/Executive during normal business hours.

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