



THE DIALOGUE

The Kentucky Hunger Dialogue Newsletter



Congratulations to the Incoming 2025 Kentucky Hunger Dialogue Fellows

Congratulations to the 2025 Kentucky Hunger Dialogue Fellows, **Ashia Hilliman** of Northern Kentucky University and **Mallory Sparks** of the University of Kentucky! Bringing a wealth of experience, they will shape the future of the KHD Fellows program. Their campus projects will raise awareness of student hunger and develop innovative solutions to address food insecurity. Ashia and Mallory's commitment will inspire change, fostering a culture of advocacy and action to ensure all students have access to nutritious food.

Self Care 2.0

Service is a balance between helping others and caring for yourself. Community service organizations offer opportunities to make a difference in communities, while self-care ensures sustainability in giving. Apps like Finch guide personal growth, tracking habits and goals to foster well-being. Together, they empower meaningful contributions to others and yourself.

Decluttering Your Electronic Devices: A Digital Fresh Start for the New Year!

In today's tech-driven world, electronic devices like laptops, cell phones, and tablets can quickly become cluttered with unnecessary files, apps, and notifications. Decluttering your devices not only improves performance but also enhances productivity and reduces digital stress.

Start by organizing your files. Delete duplicates, old downloads, and unused documents. Create folders with clear labels for easy navigation. Next, assess your apps—uninstall those you rarely use and update the ones you keep to ensure smooth functionality.

Clear out your email inbox by unsubscribing from unnecessary mailing lists and archiving old messages. Similarly, tidy up your photo and video library by removing blurry or redundant images and backing up cherished memories to the cloud.

Lastly, optimize your device's settings. Turn off unnecessary notifications and update your software to enhance security and performance. A decluttered device isn't just cleaner—it helps you focus on what truly matters.