

August 2024

 Cooperative
Extension Service

Family & Consumer Sciences

Owen County Extension Service
265 Ellis Road
Owenton, KY 40359

Phone (502) 484-5703
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

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**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Homemaker News

IMPORTANT DATES:

August 27th

- Area Homemaker Leader Lesson

September 18th

- Enter Cultural Arts 9AM-NOON

September 19th

- Annual Homemaker Meeting

September 25th

- Area Homemaker Meeting

Bi-Annual All-Day Event For All Crafters

Craftin' For The Community

At Owen County Cooperative Extension Center

Saturday, September 21st

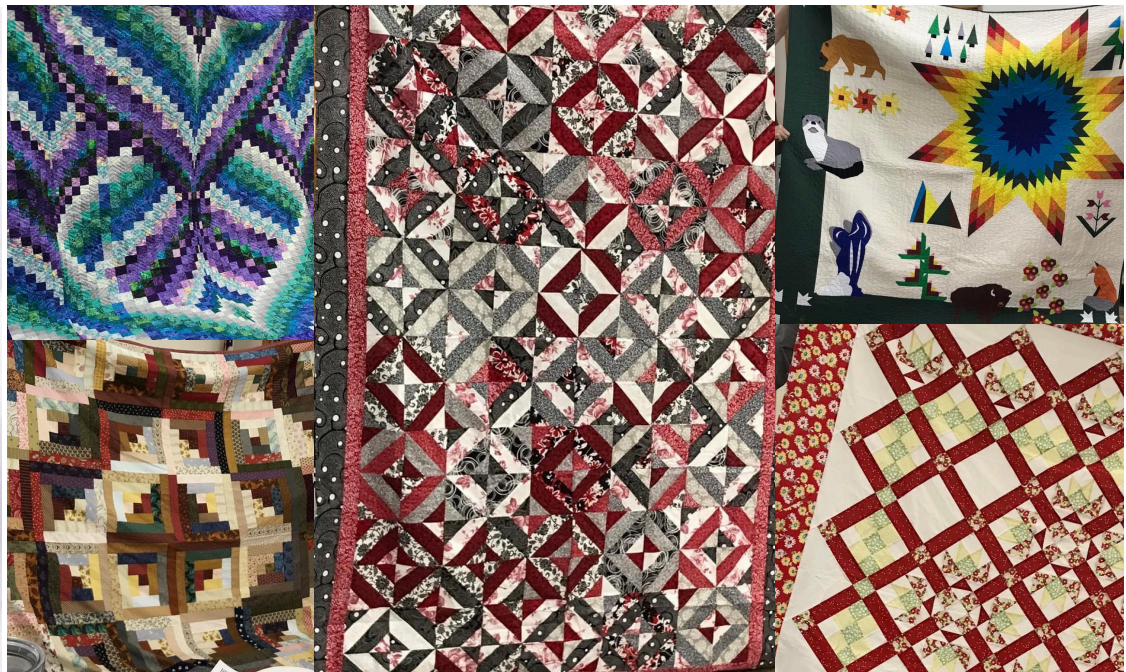
Save The Date!



- Great food
- Fun classes
- Awesome Vendors
- And lots of fellowship with fellow crafters

More details will be coming out soon so watch for details!

Cotton Clubs Show & Tell from July club meeting



Owen County Homemaker Officers

Deborah Arnold
 Donna Bryant
 Joyce York
 Beverly Kincaid

President
 Vice President
 Secretary
 Treasurer



Renewable Northern Ky.



A Dinner and Discussion on Recycling and Solar Energy



Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.



When:

Tuesday, August 27, 2024 6-9pm
Dinner line opens at 5:30pm,
Program to start at 6pm!



Register by August 23 at:
859.586.6101 or
[https://boone.ca.uky.edu/
online-registration](https://boone.ca.uky.edu/online-registration)



Where:

Boone County Extension Enrichment Center
1824 Patrick Drive, Burlington, KY 41005

Dinner will be served, so you must RSVP!

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Disabilities accommodated with prior notification.



YOU'RE INVITED

TO THE

**2024 EXTENSION
HOMEMAKERS**

78th Annual Meeting

SEPTEMBER 19TH

OWEN COUNTY EXTENSION OFFICE

**CALL (502)484-5703 TO
REGISTER BY
SEPTEMBER 13TH**

5 PM

Doors Open

5:30 PM

Meal Begins (\$15 per person)

6 PM

Meeting Begins

MENU:

- ~Pulled Pork**
- ~Grilled Chicken**
- ~Potato Salad**
- ~Cole Slaw**
- ~Baked Beans**

*Prepared by
Fast Lane Foods*

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Décor)

- A. Basic Garment APPAREL
- B. Specialty Garment APPAREL^
- C. Accessory APPAREL
- D. Basic HOME DECOR
- E. Specialty HOME DÉCOR^

2. ART, 3-DIMENSIONAL

- A. Carving
- B. Sculpture

3. ART, NATURAL

- A. Wood
- B. Other

4. ART, RECYCLED (Include a before picture)

- A. Clothing
- B. Household
- C. Other

5. BASKETRY

- A. Cane
- B. Dyed Material
- C. Miniature (under 4 inch)
- D. Novelty
- E. Plain

6. BEADING

- A. Beading Weaving
- B. Non-Jewelry Item/Wearable
- C. Miscellaneous

7. CERAMICS

- A. Hand-formed
- B. Molded
- C. Pre-made

8. COUNTED CROSS STITCH

- A. 14 Count & Under
- B. 16-22 Count
- C. Specialty Cloth (linens, etc.)

9. CROCHET

- A. Accessories
- B. Fashion
- C. Home Décor & Afghans
- D. Thread

10. DOLL/TOY MAKING

- A. Cloth
- B. Handmade toy other than Porcelain/China or Cloth
- C. Porcelain/China

11. DRAWING

- A. Pastels
- B. Pen & Ink
- C. Pen & Ink with Oil Roughing
- D. Pencil or Charcoal-Black
- E. Pencil-Color

12. EMBROIDERY

- A. Basic
- B. Candle Wicking
- C. Crewel
- D. Machine
- E. Ribbon
- F. Smocking
- G. Swedish
- H. Tatting/Lace Making
- I. Chicken Scratch
- J. Punch Needle (under 60" perimeter)
- K. Miscellaneous

13. FELTING*

- A. Needle Method
- B. Wet Method

14. HOLIDAY DECORATIONS

- A. Autumn
- B. Spring
- C. Summer
- D. Winter

15. JEWELRY

- A. Beaded
- B. Mixed Media (wire, chain maille, mixed with beads)
- C. Original Design

16. KNITTING (HAND- WITH KNITTING NEEDLES)

- A. Accessories
- B. Fashion
- C. Home Décor and Afghans

17. KNITTING (OTHER-MACHINE/LOOM)

18. NEEDLEPOINT

- A. Cloth Canvas
- B. Plastic

19. PAINTING, ART

- A. Acrylic
- B. Oil
- C. Watercolor

20. PAINTING, DECORATIVE

- A. Metal
- B. Wood
- C. Other

21. PHOTOGRAPHY (MOUNTED OR FRAMED)**

- A. Black & White
- B. Color

22. QUILTS ***

- A. Baby-size or Lap-size (hand quilted)
- B. Baby-size or Lap-size (machine quilted)
- C. Hand Applique (hand quilted)
- D. Hand Pieced (hand quilted)
- E. Machine Applique (machine quilted)
- F. Machine Pieced (hand quilted)
- G. Machine Pieced (machine quilted)
- H. Novelty (stenciled, embroidered, miniature, etc.) {hand quilted}
- I. Novelty (stenciled, embroidered, miniature, etc.) {machine quilted}
- J. Technology Based (hand or machine quilted)
- K. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- A. Card Making
- B. Origami
- C. Quilling
- D. Scrapbooking ****

24. RUG MAKING

- A. Braided
- B. Hooked
- C. Punch Needle (over 60" perimeter)
- D. Woven

25. WALL OR DOOR HANGING

- A. Fabric
- B. Other
- C. Diamond Art Mosaic

26. WEAVING

- A. Hand (macrame, caning)
- B. Loom (includes pin weaving)

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

* 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.

** 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.

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

^ May include appliqued & quilted.

HOMEMAKER BOOK LIST 2024-2025

The Stranger in the Lifeboat by Mitch Albom (2021)

A fast-paced, compelling novel that makes you ponder your deepest beliefs. The Stranger in the Lifeboat suggests that answers to our prayers may be found where we least expect them.

Organizing for the Rest of Us: 100 Realistic Strategies to Keep Any House Under Control

by Dana K. White (2022)

Traditional organizing advice never worked for decluttering expert and self-proclaimed recovering slob Dana K. White. Is it possible, she wondered, to get organized without color coding my sock drawer? As Dana let go of the need for perfection, she discovered the joy of having an organized house in the midst of everyday life. You can too!

These books are available at the Owen County Public Library!

Download the entire collection at <https://keha.ca.uky.edu/content/keha-club-materials>

Reminder

Area Homemaker Meeting

Wednesday,
September 25th

1 PM

Durr Educational Center

450 Kenton Lands Road

Erlanger, KY



HOW TO GET THE MOST FROM YOUR QUILT

MONDAY, SEPTEMBER 9, 2024

12 PM

OWEN COUNTY EXTENSION OFFICE

Elizabeth Peck of the Quiltmakers Shop
fabric & notions will be available for
purchase afterwards.

ALL HOMEMAKER
MEMBERS ARE INVITED
TO ATTEND!

HOSTED BY SEW & GO HOMEMAKERS CLUB

ADULT

HEALTH BULLETIN



AUGUST 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>

Owen County Extension Office
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THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

Continued on the next page ➔



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An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



→ Continued from the previous page

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

**ADULT
HEALTH BULLETIN**

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



KENTUCKY YOUTH VAPING LEADS TO SMOKING: WHAT YOU NEED TO KNOW

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed.

This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high.

Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains.

In fact, most adult smokers began smoking before the age of 18.

Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The Kentucky Incentives for Prevention survey shows that vaping among 10th graders has increased almost 6% in five years - from 11.4% in 2016 to 17% in 2021.

In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month.

In response, the state has launched a confidential quit line for youths called My Life, My Quit at ky.mylifemyquit.org/, which offers free coaching 24/7 via text, chat or call.

Vaping facts (accordingly to ky.mylifemyquit.org):

1. Nicotine leaves you stressed out. Vaping to handle stress can make you more stressed! When you stop using nicotine, that "feel-good" dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.
2. Nicotine causes other problems. Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.
3. Vape and tobacco companies want you to get hooked on nicotine. By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.

Contact your local Owen County Extension Office for more resources, tips and information to help you and your family continue to make healthy decisions.

AUGUST



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
		SEW ALL DAY Extension Office 9 AM			Sweet Owen Sweet Owen Store 11 AM	
11	12	13	14	15	16	17
	Sew & Go Extension Office 12 PM		BACK TO SCHOOL			
18	19	20	21	22	23	24
		Cotton Club Extension Office 6 PM	HMK Council Extension Office 1 PM			
25	26	27	28	29	30	31
	Craft Club Extension Office 6 PM	Leader Lesson Boone County Enrichment Center 6 PM	Crochet & Fellowship Extension Office 9 AM			



RETURN SERVICE REQUESTED



Scrumptious Strawberry Salad

INGREDIENTS:

- 5 cups spinach
- 1/2 large cabbage head, chopped
- 1 cup golden raisins
- 1 cup halved red grapes
- 1 pint sliced strawberries
- 1/2 small red onion, sliced
- 1/2 cup toasted, chopped pecans
- *3/4 cup plain non-fat Greek yogurt
- *3 tablespoons honey
- *6 tablespoons apple cider vinegar
- *3 tablespoons olive oil
- *1/2 teaspoon Dijon mustard
- *1 teaspoon poppy seeds
- *1 teaspoon salt
- *1/2 teaspoon pepper

DIRECTIONS:

1. Combine all salad ingredients together in a large bowl.
2. * Prepare salad dressing by mixing all ingredients together in a jar.
3. Cover and shake well.
4. * Pour dressing over salad mixture and toss to combine.