

# July 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

Dear Owen County Homemakers,

I find myself struggling to find the right words for this newsletter as this will be my final newsletter as FCS Agent in Owen County. I have decided to take a step aside from my position as Extension Agent in Owen County. I will be moving into the role as Extension Staff Assistant in Gallatin County. This new position will allow me more time with my boys as well as be closer to home. I have enjoyed working with each of you over the years and I appreciate you for all you do in Owen County. Thank you for always supporting the programs I have brought to this community. It has meant a lot! My start date in Gallatin is Monday, July 15th, making my last day in Owen County Friday, July 12th. You all are wonderful leaders in this community and Owen County is lucky to have you, the Owen County Homemakers, supporting them the way you do! Keep doing great things here in Owen County and I hope if you ever find yourself in Gallatin County that you stop by the Extension Office to say hi!

With this said, I have decided to send a newsletter for the next 3 months calendars with a few upcoming important dates to share with you:

- Area Homemaker Leader Lesson – August 27th (Flyer enclosed)
- Owen County Annual Homemaker Meeting – September 19th (Flyer enclosed)
- Craftin' for the Community – September 21st (More details to come)
- Area Annual Homemaker Meeting – October 10th – Dry Ridge Christian Church (More details to come)
- Deadline for 2024–2025 Homemaker Membership – November 29th (Membership form enclosed)
- Santa's Castle (Scholarship Fundraiser) – December 7th (will need volunteers, call if interested)

Thank you for making my time here as your Extension Agent and Advisor wonderful! I wish you all the best!

Sincerely,

Chelsea Young   
Owen County  
Extension Agent for Family & Consumer Sciences



Cooperative  
Extension Service

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

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



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with prior notification.



# Homemaker News

**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!

## HOMEMAKER BOOK LIST

### **The Chalk Art Handbook: How to Create Masterpieces on Driveways and Sidewalks and in Playgrounds by David Zinn (2021)**

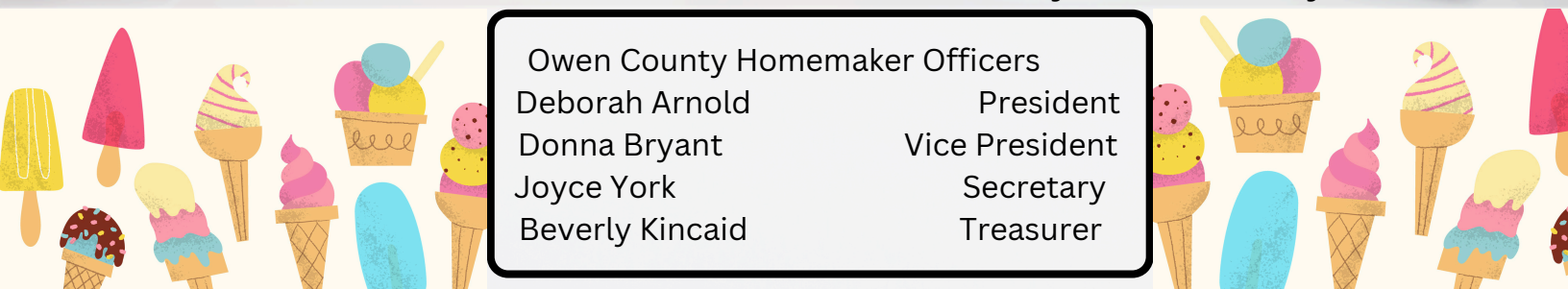
Chalk art has become a great way to have fun at home while enjoying some fresh air. This book offers budding artists a review of the tools involved, as well as tips and tricks for creating an array of sidewalk creatures.

### **At Home with Nature: A Guide to Sustainable, Natural Landscaping by John Gidding (2023)**

Increased awareness of the environment and an ever-present interest in curb appeal means that homeowners are eager for more sustainable, natural landscaping. And why shouldn't they be? In addition to supporting local flora and fauna, ditching grass for lush, native plants helps lower water bills and results in self-sustaining gardens long-term. In John Gidding's At Home with Nature, American homeowners will find thorough blueprints to reap these benefits and bring their dream garden to life.

\*These books can be found at the Owen County Public Library

Owen County Homemaker Officers	
Deborah Arnold	President
Donna Bryant	Vice President
Joyce York	Secretary
Beverly Kincaid	Treasurer



# Owen County Homemaker Membership

## 2024-2025

Please complete and return this form to Owen County Cooperative Extension Office to become a Owen County Homemaker or to retain membership. Make checks payable to **Owen County Extension Homemakers Association, 265 Ellis Highway, Owenton, KY 40359. New Membership or Renewal is \$10 per year.**

**DUE Friday, November 29, 2024**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ @ \_\_\_\_\_ - \_\_\_\_\_

Primary Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Emergency Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal Law to collect and maintain information regarding the characteristics of the people we serve. The information you provide is voluntary.

Race:  White  Black  Asian  Hispanic  Native  American  Other

Gender:  Female  Male

Age Group:  20-24  25-34  35-44  45-64  65 & Over



Please select club (s) that interest you:

- Cotton Club   
  Crochet & Fellowship   
  Memory Makers   
  Sew & Go  
 Craft Club   
  Mailbox   
  Pleasant Home   
  Sweet Owen

### Photography/ Media Permission Form

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SEE BACK FOR DETAILS ON EACH CLUB**

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# Owen County Homemakers Clubs

**Cotton Club:** This quilt club meets once a month in the evening. They also have one day a month as SEW ALL DAY. (SEW ALL DAYS are open to all Homemakers members to come sew, craft, and fellowship.)

**Craft Club:** This club meets once a month in the evening. They do a variety of crafts. The members decide what they would like to learn or make. Usually a member of the club teaches the lesson for the chosen craft but sometimes there is an instructor. There is a small cost for supplies each month.

**Crochet & Fellowship:** This club is exactly what it implies. It meets once a month during the day to crochet and talk. If you are interested in learning how to crochet these ladies are your connection to learning a new skill.

**Mailbox:** If you would like to receive information about what is going on with Owen County Homemakers, special events, recipes, or other information of interest, you can attend what you like and you will receive a newsletter packed full of information and flyers on special events or trips the homemakers may be involved. Many of us who have very busy evenings have found this is a great way to be involved. We have members who live outside Owen County but still want to stay connected. So if you move, you can still belong as a mailbox member.



**Memory Makers:** This is a scrapbooking club. They meet on weekends (Friday & Saturday). Twice a year they host an event Craftin' for the Community where they rent out table space for anyone to join them and do whatever craft they would like. This is a fundraiser for them to give back to the community. If you would like to learn how to or work on a scrapbook this group is for you.

**Pleasant Home:** This club is a traditional homemakers club with a little twist. They are known as the "Traveling Ladies who Lunch." This club meets once a month at various restaurants for lunch where they have meeting and fellowship.

**Sew & Go:** This club meets once a month. Each member can decide to stay and sew or go after the demo of the project.

**Sweet Owen:** This club meets once a month at the Sweet Owen Store for lunch and to fellowship.

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# YOU'RE INVITED

## TO THE

## 2024 EXTENSION

## HOMEMAKERS

## 78th Annual Meeting

## SEPTEMBER 19TH

## OWEN COUNTY EXTENSION OFFICE

**DOORS OPEN 5:00 PM**

**MEAL 5:30 PM**

**MEETING 6:00 PM**

**CULTURAL ARTS  
SEPTEMBER 18TH**

**DINNER PROVIDED  
\$15 PER PERSON**

**CHECK IN: 9 AM- NOON**

**RSVP BY 9.13.2024**

**\*SEE ATTACHED SHEET FOR CATEGORIES**

**502.484.5703**

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# 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.

# 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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# SIMPLE CLOTHING TIPS FOR SUN PROTECTION

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:



50+ UPF = Excellent protection (less than 2% of UV rays can pass through)

30 UPF = Good protection (about 3% of UV rays can pass through)

15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:



Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.

Look for denser or more tightly woven or knit fabrics. These fabrics limit the amount of light that can pass through.

Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.

Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.

Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.

Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

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







SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

30	1	2	3	4	5	6
	Area Meeting Campbell County 1 PM			INDEPENDENCE * DAY * OFFICE CLOSED		
7	8	9	10	11	12	13
	Sew & Go Extension Office 12 PM	SEW ALL DAY Extension Office 9 AM			Summer Preschool Day Extension Office 10 AM Sweet Owen Sweet Owen Store 11 AM	
14	15	16	17	18	19	20
		Cotton Club Extension Office 6 PM	Council Meeting Extension Office 1 PM			
21	22	23	24	25	26	27
					Memory Makers Extension Office	Memory Makers Extension Office
28	29	30	31	1	2	3
			Crochet & Fellowship Extension Office 9 AM			

Owen County Fair  
July 2-6



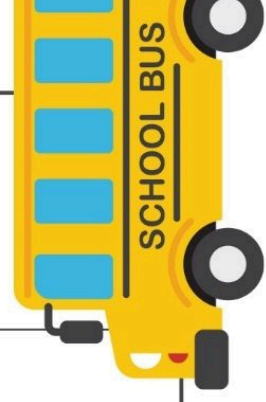
2024

# AUGUST



2024

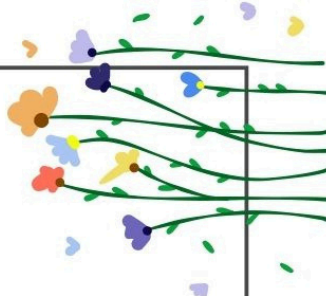
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
		SEW ALL DAY Extension Office 9 AM			Sweet Owen Sweet Owen Store 11 AM	
11	12	13	14	15	16	17
	Sew & Go Extension Office 12 PM		BACK TO SCHOOL			
18	19	20	21	22	23	24
		Cotton Club Extension Office 6 PM	HMK Council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



# SEPTEMBER

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 OFFICE CLOSED <b>★ LABOR ★</b> <b>★ ★ ★ DAY ★ ★ ★</b>	3	4 Pleasant Home Extension Office 11 AM	5	6	7
8	9 Sew & Go Extension Office 12 PM	10 SEW ALL DAY Extension Office 9 AM	11	12	13 Sweet Owen Sweet Owen Store 11 AM	14
15	16	17 Cotton Club Extension Office 6 PM	18	19 Annual Meeting Extension Office 1 PM	20	21 Craftin' for the Community Extension Office
22	23	24	25 Crochet & Fellowship Extension Office 9 AM Area Meeting Kenton Lands 1 PM	26	27	28
29	30 Craft Club Extension Office 6 PM	1	2	3	4	5





## Herbed Pasta with Roasted Cherry Tomatoes

<b>½ pound</b> whole wheat pasta	<b>4</b> chopped garlic cloves	<b>2 teaspoons</b> dried oregano
<b>3 tablespoons</b> olive oil	<b>1 medium</b> chopped red bell pepper	<b>1 tablespoon</b> chopped fresh parsley
<b>1 pint</b> cherry tomatoes	<b>6 tablespoons</b> chopped fresh basil	<b>½ teaspoon</b> salt
<b>1 medium</b> chopped onion	<b>1 teaspoon</b> dried thyme	<b>1 teaspoon</b> red pepper flakes (optional)

- 1. Cook** pasta according to package.
  - 2. Preheat** oven to 400°F.
  - 3. Score** each of the cherry tomatoes with a small X. **Toss** the tomatoes with 1 tablespoon olive oil and **roast** in oven for 10-15 minutes, until they burst.
  - 4. Sauté** onion in 2 tablespoons olive oil for 5 minutes.
  - 5. Add** garlic and red bell peppers. **Sauté** for an additional 5 minutes.
  - 6. Add** fresh and dried herbs, salt and oven roasted cherry tomatoes.
  - 7. Toss** with drained pasta.
- Yield:** 6, 1 cup servings.
- Nutrition Analysis:** 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

