



**FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER**

Dear Owen County Homemakers,

We have lots going on in May starting with the KEHA State Meeting in Bowling Green from May 6th-9th. We have two Owen County Homemakers attending to represent as well as to be voting delegates for Owen County at the state meeting.

The next exciting event we have going on in May is the Mother's Day Tea on May 11th at 2pm. The cost is \$15 per person and this is to cover the cost of any food and drinks. The entertainment for this afternoon tea will be a Fashion Revue of the sewing projects that the 4-H Sewing members have completed this year. Please come support these talented individuals as they showcase their hard work as well as to celebrate a day out with your Mom's and Grandma's for Mother's Day!

Next up is the final Lunch & Learn for this program year on May 15th with the topic being Energy Efficiency. Lunch will be served at 11:30am with Owen Electric presenting at noon on how to make your home more energy efficient. Please be sure to call and register so we can get a head count for lunch!

The last, but definitely not the least, is Memorial Day, on Monday, May 27th. Memorial Day is often seen as the "unofficial" beginning of summer and many celebrations will be going on, but let us not forget the true meaning of this day. It is a special day to honor the men and women who have sacrificed their lives while serving in the Military. Let us honor and respect them in a memorable way!

*Chelsea R. Young*



**Chelsea Young**  
Family & Consumer Sciences Agent  
Owen County

**Cooperative Extension Service**

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

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Disabilities accommodated with prior notification.

## Sew All Day

May 10th from 9am-4pm is the next Sew All Day at the Extension Office which is open to all Owen County Homemakers. The Cotton Club shared that they will be working on t-shirt quilts during this May Sew All Day, if anyone would like to join them.

If you want to make one you will need to bring:

Iron on interfacing, t-shirts, rotary cutter, sashing fabric, and any large square rulers (at least 12 1/2").

If you have any questions, contact Joyce York.

If you don't have materials or do not want to make a t-shirt quilt, you may still bring whatever project(s) you are working on!

The Cotton Club took the time to make some beautiful baby blankets for the new Hopes Lives Pregnancy Center in Owenton, KY. For more information about this new center, visit

[www.hopelivespregnancycenter.com](http://www.hopelivespregnancycenter.com)

Thanks to all who made blankets!



## Craftin' for the Community

Memory Makers Homemakers Club hosted their semi-annual fundraising event called Craftin' For The Community on Saturday, April 20. The day long event was for crafters of all kinds to come together to raise money for a non profit organization in Owen County. The proceeds from the event will be going to Meeting The Needs along with a nice donation of non perishable items as well as blankets, pillows, towels, etc to help with the homeless population.



### Owen County Homemaker Officers

Deborah Arnold	President
Donna Bryant	Vice President
Joyce York	Secretary
Beverly Kincaid	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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## Homemaker Book List

*Sown in the Stars: Planting by the Signs* by Sarah L. Hall (2023)

A collection of practices from eastern and central Kentucky farmers that follow astrological signs when growing their crops. Some believe the moon's impact on crop growth is seeded in science, while others believe the tradition has a broader influence on our lives. Through the lens of astrology and astronomy, Hall examines the connections between the natural world and these traditions.

*The Growing Season: How I Built a New Life—and Saved an American Farm* by Sarah Frey (2020)

The "Growing Season" tells the inspiring story of how a scrappy rural childhood gave Sarah Frey the grit and resiliency to take a risk that paid off. With freshness and creativity, Frey has grown one of the largest produce companies in the history of America.

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

# HOMEBASED MICROPROCESSING



## STEPS TO BECOME CERTIFIED

- ATTEND HOMEBASED MICROPROCESS WORKSHOP AT THE UNIVERSITY OF KENTUCKY
- \$50 REGISTRATION FEE DUE AT WORKSHOP
- ALL RECIPES TO BE SOLD UNDER THE PROGRAM MUST BE SUBMITTED TO THE UNIVERSITY OF KENTUCKY FOR APPROVAL
- \$ 5 FEE PER RECIPE
- PROVIDE LABELS FOR ALL PRODUCTS
- SEND APPROVED WATER SOURCE
- SUBMIT APPLICATION FOR HBM CERTIFICATION



## UPCOMING TRAININGS

- ~~APRIL 3TH PENDLETON COUNTY/ EXTENSION OFFICE~~
- ~~APRIL 10TH MADISON COUNTY/ EXTENSION OFFICE~~
- ~~APRIL 12TH HERCER COUNTY/ EXTENSION OFFICE~~
- ~~APRIL 17TH FRANKLIN COUNTY/ EXTENSION OFFICE~~
- MAY 2ND NELSON COUNTY EXTENSION OFFICE



**?** CONTACT ANNHALL NORRIS  
 ANNHALL.NORRIS@UKY.EDU  
 859-257-1812



2024

**OWEN COUNTY**  
 Kentucky Proud  
**FARM & CRAFT MARKET**  
 Kentucky Proud Since 2003

# GET FRESH WITH A FARMERS MARKET

430 ROLAND AVENUE, OWENTON, KY 40359

**FRIDAYS, 10AM - 1PM**  
**MAY 10 - OCTOBER 5**

LOCAL FARMERS, CRAFTERS, AND ARTISANS

Senior farmers' Market Nutrition Program and WIC Farmers' Market Nutrition Program accepted by participating vendors.

# EXTENSION EQUIPMENT RENTALS

**Presto 23 Quart Pressure Canner with Induction Compatible Base, Presto 7 Function Canning Kit**

Available for 1 Week  
 \$100 Refundable Deposit

**2 SETS AVAILABLE**



**Electric 4-8 Comb, Honey Extractor, Electric Knife, & Bucket**



**Don't Forget To Test Your Soil**



# Energy Efficiency

May 15, 2024

Owen County Extension Office



**OWEN Electric**  
A Tractor Energy Company  
**Jude Canchola**



**CALL 502.484.5703  
TO REGISTER**

**LUNCH  
11:30 AM-12:00 PM  
PRESENTATION  
12:00-1:00 PM**

**Cooperative Extension Service**

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

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# OWEN COUNTY FAIR

July 2nd-6th

## EXHIBITS SCHEDULE

- JUNE 26TH-28TH ALL EXHIBITS BUT PRODUCE & FOOD  
10 AM-3 PM
- JULY 1ST ALL EXHIBITS  
9 AM-NOON
- JULY 6TH PICK UP ALL EXHIBITS  
9 AM-NOON


Listen on PodBean App, Spotify, Amazon Music, iHeartRadio, PlayerFM, Listen Notes, Search the podcast title on Samsung Podcast app, Podchaser on everything you need to know about family, food, finance and fitness. Hosted by the University of Kentucky Family and Consumer Sciences Extension Program.

<https://ukfcsext.podbean.com/>

TALKING  
**FACS**  
PODCAST



# 2024-2025

 Cooperative Extension Service

## WE NEED YOUR IDEAS



Thank You!

WE ARE PLANNING NEXT YEAR'S TOPICS FOR LUNCH & LEARN'S. PLEASE TAKE THIS QUICK SURVEY TO HELP US PLAN TOPICS YOU ARE INTERESTED IN.

SCAN THE QR CODE  
or visit


[tinyurl.com/2425LunchLearn](https://tinyurl.com/2425LunchLearn)



 Cooperative Extension Service

Family and Consumer Sciences

# NAPKIN BASKET WORKSHOP

 Cooperative  
Extension Service



This workshop is to learn the technique of setting up the base and start/stop weaving.

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Thursday, June 20, 2024  
6:00pm-9:00pm

**\$20 per person -supplies included**

*Cash or Check payable to Kathy Watts  
(This will be collected at the door)*

Spots are limited- registration **REQUIRED**

**Call (502) 484-5703 to register**

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# ADULT HEALTH BULLETIN



**MAY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Owen County Cooperative  
Extension Office  
265 Ellis Road  
Owenton, KY  
40359  
(502) 484-5703

## THIS MONTH'S TOPIC

# MENTAL HEALTH AWARENESS



**M**ay is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

**Continued on the next page** →



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Disabilities  
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***If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://988lifeline.org) to live chat with a counselor at any time.***

**→ Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

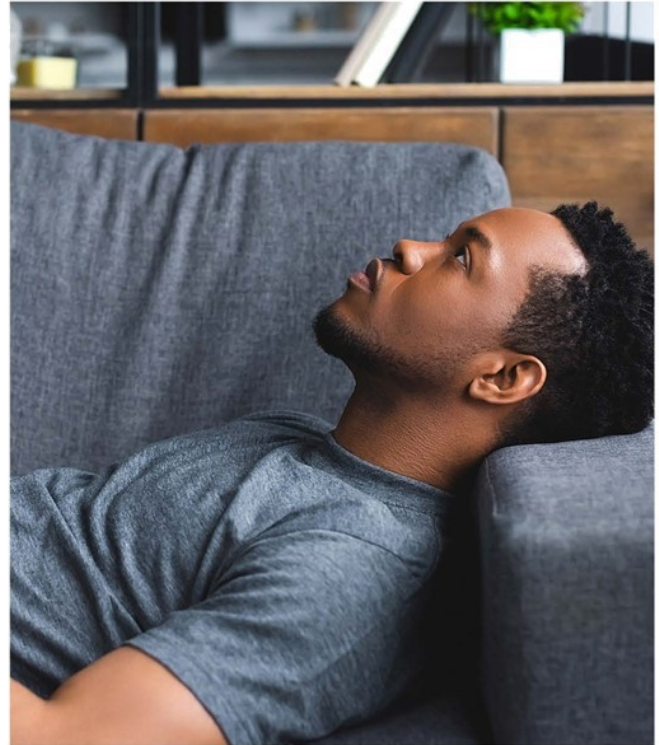
**Common signs of mental illness include:**

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to **[988lifeline.org](https://988lifeline.org)** to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

**REFERENCES:**

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

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**ADULT  
HEALTH BULLETIN**

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



SPACE IS LIMITED!!

Ages 3-5

# SUMMER PRESCHOOL DAY

Friday, July 12th  
10am-Noon

MUST CALL TO REGISTER  
502.484.5703

Owen County Extension  
265 Ellis Road  
Owenton, KY



Cooperative Extension Service


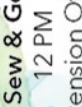



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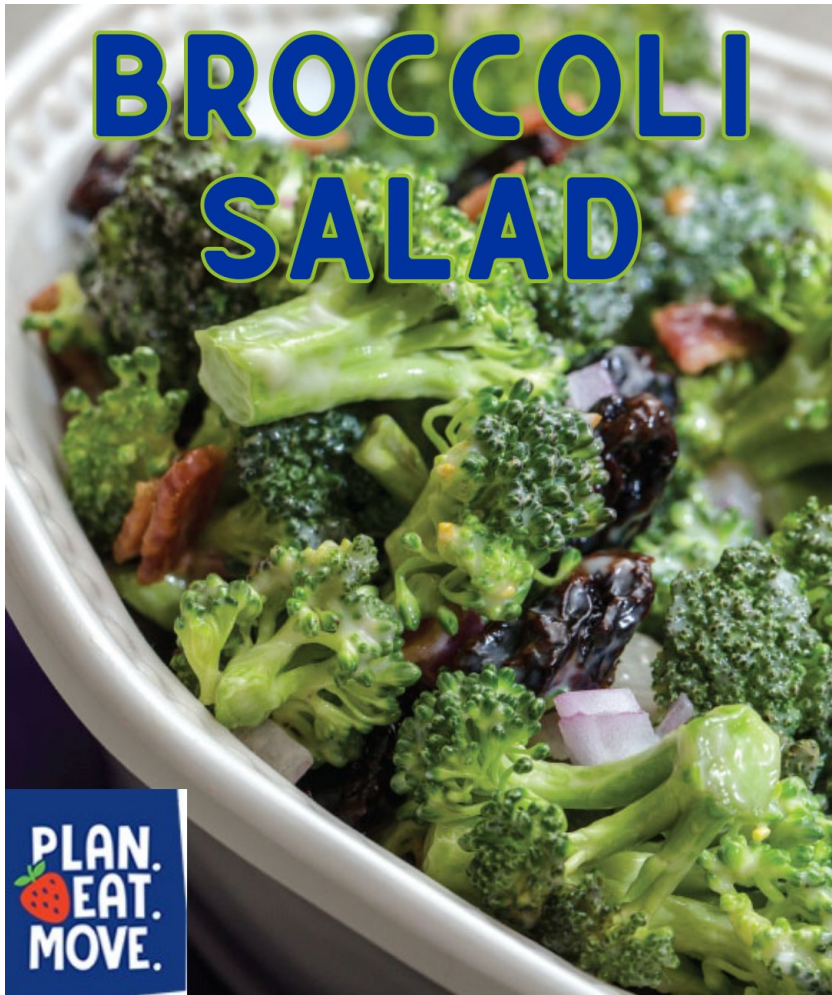
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# May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 			1 Pleasant Home 11 AM Extension Office	2	3	4
6 	7 	8	8 10 Sweet Owen 11 AM Sweet Owen Store	9	10 SEW ALL DAY 9 AM Extension Office	11 Mother's Day Tea 2 PM Extension Office
12 	13 Sew & Go 12 PM Extension Office	14	15 Lunch & Learn: Energy Efficiency 11:30 AM Lunch 12 PM Presentation Extension Office	16	17	18
19	20 	21 Cotton Club 6 PM Extension Office	22 CEC Meeting 6:30 PM Extension Office	23	24	25
26 	27 OFFICED CLOSED	28	29 Crochet & Fellowship 9 AM Extension Office	30	31	



**SERVINGS:** 16  
**SERVING SIZE:** 1/2 CUP

### INGREDIENTS:

- 6 cups fresh broccoli, chopped
- 1 cup raisins
- 1 medium onion peeled & diced
- 2 tablespoons sugar
- 8 bacon slices cooked & crumbled
- 2 tablespoons lemon juice
- 3/4 cup low-fat mayonnaise

### DIRECTIONS:

1. Combine all ingredients in a medium sized bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

### NUTRITION FACTS PER SERVING

100 calories; 4g total fat; 0g trans fat; 5mg cholesterol; 135mg sodium; 13g carbohydrate; 2g fiber; 8g sugar; 2g added sugars; 2g protein; 8% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of Iron; 4% Daily Value of potassium



# BEGINNING EMBROIDERY

# (NEEDLEWORK) CLASS SURVEY

We are planning to offer a beginning embroidery class this summer. In planning this program we want to have some input in those who are interested in the class.

### Ways to complete the survey

**1**

Fill out this form and return to Extension Office

**2**

Fill out this form and mail to Denise Perkins  
4790 Old Monterey Road  
Owenton, KY 40359

**3**

Online at [tinyurl.com/24EmbroiderySurvey](https://tinyurl.com/24EmbroiderySurvey)  
OR Scan the QR Code



What time of day would you like to see the class offered:  
\_\_\_\_\_ morning    \_\_\_\_\_afternoon    \_\_\_\_\_evenings

Do you have any prior knowledge of embroidery? Yes    No  
If yes, what skills do you have?

What would you like to learn from this class?

Do you have any idea of what kind of embroidery or needlework that interests you? (i.e. counted cross stitch, stamped work, basic embroidery, or other types)

For more information on upcoming classes, please provide the information below:

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

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Thank you for your input!!

