

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY COOPERATIVE EXTENSION MARCH 2024 NEWSLETTER



MARCH IS NATIONAL READING MONTH

Reading is an adventure! March is National Reading Month, a great chance to remember how exciting and magical reading can be.

Have you decided how you'll celebrate National Reading Month? Let us help! Try our tips for fun ways to get everybody reading.

- Travel With Your Mind.** Reading can transport you instantly, from wherever you may be to wherever you can imagine. Try using reading to launch exciting adventures and explore the world. Allow everyone to close their eyes and randomly choose a spot on a map or globe, and then read about that place! Or read stories about explorers, travelers, adventurers, survivors, researchers, and pioneers.
- Pick Fun Topics.** Everyone can choose the subjects that interest them. It can be whatever they find fascinating: otters, dinosaurs, rocks, rainbows, anything. Then read books, stories, and articles related to the topic, and have fun with topic-related activities!

(Continued on pg. 2)

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(Continued from pg. 1, March is National Reading Month)

3. Go Through Your Books. Have everyone chose books from your own home library. Read whatever looks interesting to you as you go along! You'll all be surprised what fascinating things you'll uncover.

4. Do a Reading Challenge. Check out helpful instructions at www.learninga-z.com for completing reading challenges. The goal is just for everybody to read more and have fun.

5. Read Aloud. Even if it's only for 15 minutes each day, choose a book and read it aloud! Reading aloud develops fundamental reading skills, promotes social interactions, and improves vocabulary, word recognition, listening comprehension, and cognitive development.

6. Try Reading Rewards. Everybody appreciates incentives. What's better than a prize for a job well done? Rewards for your child's reading accomplishments can be anything from a pizza party to special certificates or anything else your child would enjoy.

7. Read Something You Love. Ask your child to tell you their favorite books: maybe their favorite choice from this month or this year, or maybe their favorite book of all time. Then use National Reading Month to share and read everyone's favorite stories!

Bonus tip: If your child is comfortable, they can explain the reasons why they love the book they've chosen. It can be 1) a great chance to learn more about each other, and also 2) an opportunity for you to demonstrate the idea that everyone has their own tastes, their own unique reasoning for the choices they make, their own individual approach to answering any question.

The importance of reading extends far beyond educational development. Reading improves memory, increases cognitive function, builds empathy, lowers stress, and promotes positive mental health. Enjoy all the benefits of reading during National Reading Month and throughout the year!



SPRING FLING MARKET

April 20th, 2024 9:00 am - 3:00 pm

CAPITAL CITY ACTIVITY CENTER
202 MEDICAL HEIGHTS DR. FRANKFORT, KY 40601
502-223-5794 WWW.FRANKFORTKYSENIORS.ORG

VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794
MEMBERS@FCCOA.COM OR MJENKINS@FCCOA.COM

Registration and payment will be required before your vendor spot is held.

 MEALS ON WHEELS

Save the Date

HOUSEHOLD HAZARDOUS
WASTE DROP-OFF

4.27.2024

8-12

309 Rouse Ave

From the Fingertips of Your FCS Agent

The month of March came in like a roaring lion with this wild weather pattern.

Registration for the KEHA State Meeting opened up on March 1st. If you plan on going to the state meeting please register for your classes and hotel room ASAP. Last year we found out that the classes go quickly.

Cultural Arts is quickly approaching. I hope we have lots of entries. This is the end of the two-year cycle for Franklin County to host the area contest.

If your club has not turned in your selections for 2024-2025 Leadership Lessons please do so as soon as possible.

Our next multi-county leadership program will be on Tuesday, April 16th from 6-8 p.m. on First Aid and CPR. Dinner will be served at 5:15 PM. Registration is required. Please call (502) 695-9035. I am looking for Franklin County to show up in great numbers!



Carla A. Carter

From your Franklin County Homemaker President, Elizabeth Collins



Spring is almost here! It has been so nice out and the flowers are starting to bloom.

The County Cultural Arts Exhibit is March 21st. You can start dropping off your items at the office on March 19th. All items will be due on March 21st by 10:00 a.m. I will be at the office setting things up starting at 8:30 a.m. that day. I am looking forward to seeing all the amazing things you all have made this year!

The Area Cultural Arts is April 23rd. If you would like to drop by and see everything from our county and the counties in our area, you are more than welcome to after 10:30 a.m.

The KEHA State newsletter is on the KEHA website: www.keha.org. It has all the information about the KEHA State Meeting which is May 7th - 9th in Bowling Green, KY (See pg. 11). If you are interested in attending, please get your registration in soon. Classes fill up quickly.

The Franklin County Homemakers Annual Meeting will be held on May 16th at 5:00. We will be sending out more information next month.

Enjoy this great weather we have been having. Hopefully winter is behind us now.

Elizabeth Collins



WHAT'S Happening

Reforest Frankfort 2024

TREE PLANTING. MUSIC. ENVIRONMENTAL ACTIVITIES. FOOD.
FREE FOR THE COMMUNITY!

SAVE THE DATE

SATURDAY, APRIL 13 | 8 AM - 12 PM
WEST SIXTH FARM

MORE INFORMATION COMING SOON!

FRANKFORT KENTUCKY DISTILLED | WEST SIXTH FARM | FRANKFORT

4-H is making seed bombs here!

Cooperative Extension Service PRESENTS

4-H CAMP
"UNDER THE BIG TOP"

Franklin County Camp Registration IS OPEN!

Visit <https://franklin.ca.uky.edu/4-h-camp-2024> for more information

FRANKLIN - LAUREL - ESTILL
JULY 2 - 5, 2024

RESCHEDULED
Date

March 20th @ 12PM

BASIC TECHNOLOGY
at the Franklin County Extension Office

Mobile apps, podcast, social media, and smart devices are advances in 21st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology. This class is a homemaker leader lesson, but you do not have to be a homemaker member to attend. It is open to the public!

FIND MORE LEARNING LESSONS BY CLICKING ON OUR YOUTUBE!

Cooperative Extension Service | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT | University of Kentucky

FREE TREE SEEDLINGS
One Day Only - March 21, 2024

Tree Seedlings will be given away at the Franklin County Conservation District office, on a first come basis, on Thursday, March 21, 2024, from 8:00 am until supply is gone. The office is located at 103 Lakeview Court.

Individuals will be limited to a total of seven tree bags only - each bag will consist of two trees of each species

Persimmon, Pecan, Pawpaw, Bald Cypress, Silky Dogwood and White Pine

BLUEGRASS GREENSOURCE

HOME ENERGY EFFICIENCY WORKSHOP

Join us for a home energy efficiency workshop where you'll gain insights into the current energy landscape, get hands-on experience using our home energy audit kit, and learn simple DIY improvements that can help you lower your energy consumption and reduce the cost of utilities.

THURSDAY
MAR 14, 2024
6:00 pm - 7:00 pm

Paul Sawyier Public Library
319 Wapping Street, Frankfort, KY

BENEFITS

- Save money on utilities!
- Free home energy audit kit

For More Information Contact Allii Johnson:
(859) 266-1572
allii@bggreensource.org

ADULT HEALTH BULLETIN



MARCH 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>

Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

SAVE YOUR VISION



March is “Save Your Vision Month” in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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Agriculture and Natural Resources
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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.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ **Continued from the previous page**

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

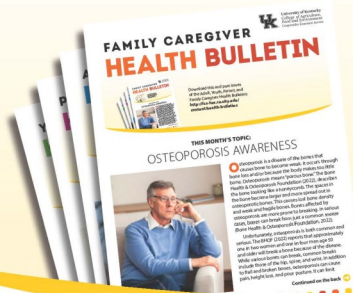
Stock images:

Adobe Stock





FAMILY CAREGIVER HEALTH BULLETIN



MARCH 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>

Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

LEARN MORE ABOUT UK'S SANDERS-BROWN CENTER ON AGING



The University of Kentucky's Sanders-Brown Center on Aging was established in 1979. The world-class center hosts a wide variety of laboratories and scientists dedicated to research, education, and outreach. It also provides clinical opportunities for people to learn more about and advance research in healthy brain aging and age-related neurodegenerative disorders, including Alzheimer's disease and related dementia.

In 1985, Sanders-Brown became one the original 10 Alzheimer's disease research centers federally supported by the National Institute

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Disabilities accommodated with prior notification.

To learn more about UK's Sanders-Brown Center on Aging, visit <https://medicine.uky.edu/centers/sbcoa> or call (859) 323-5550.



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on Aging. Today the UK Alzheimer's Disease Research Center (UK ADRC) is one of the nation's leading centers on aging. In addition to its focus on the pathologic transition from brain health to cognitive impairment, the UK ADRC also provides clinical and neuropathological diagnoses, care of patients with cognitive impairment, and offers clinical trials so researchers can better understand disease processes and test new therapies. Scientists at the ADRC are often seeking volunteers to help them find ways to slow, prevent, and someday, cure Alzheimer's disease and related dementias.

Director Linda J. Van Eldik has served as director of Sanders-Brown since 2010. She was recently honored with an appointment to the National Advisory Council on Aging to work with notable leaders and researchers in the field. During her four-year term, Dr. Van Eldik is helping advise the director of the U.S. Department of Health and Human Services, the director of the National Institutes of Health, and the director of the National Institute on Aging. In Kentucky and across the country, Dr. Van Eldik helps champion aging research and initiatives that encourage the health and overall well-being of aging adults. In addition to Dr. Van Eldik's leadership, several Sanders-Brown Center on Aging researchers serve on national boards including the Alzheimer's Association and Alzheimer's Foundation of America, guiding the direction of future treatments.

To learn more about Sanders-Brown, the ADRC's core components, ongoing research, educational outreach, caregiver support, donor opportunities, and clinical trials in which you or a family member could participate, visit the Sanders-Brown website at <https://medicine.uky.edu/centers/sbcoa> or call Sanders-Brown Center on Aging at (859) 323-5550.

Be sure to also ask for information about the Sanders-Brown Annual Mind Matters Health Fair, the Mind Matters Sanders-Brown Publication on Aging, Family Caregiver Workshops, and the annual Markesbery Symposium on Aging and Dementia.

SOURCE:

April Staufer, Sanders-Brown Program Coordinator,
Tel.: (859) 323-6316; Email: alproc0@uky.edu

REFERENCES:

- UK Research. Feb. 2022. UK Sanders-Brown Center on Aging Director Appointed to National Council. Retrieved January 18, 2024 from <https://www.research.uky.edu/news/uk-sanders-brown-center-aging-director-appointed-national-council>
- UK Sanders-Brown Center on Aging Website. <https://medicine.uky.edu/centers/sbcoa>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Spring is the Time to Organize, Clean Up Your Financial Apps

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

This year, there's a new item to incorporate into your spring-cleaning ritual: thoroughly examining your financial applications.

Right now is an opportune moment to sift through your financial apps, checking for any lingering balances. If you discover surplus funds sitting idly, consider moving this money to a high-yield savings account. Such accounts often offer more favorable interest rates and increased safety, allowing your money to grow.

Additionally, extend this routine to include any rebate or coupon applications you regularly use. It's easy to accumulate rewards and forget, but periodically checking these apps can reveal significant redeemable value. Converting these rewards into cash or depositing them into a savings account provides security and potentially earns you interest. This practice tidies up your digital financial footprint, enhancing your financial security and growth.

The decline in cash usage underscores a broader shift in consumer payment preferences. According to a 2022 study by the Pew Research Center, 41% of Americans reported not using cash for any purchases within a typical week. This trend highlights a pivot towards alternative payment methods, including debit and credit cards, digital wallets and money transfer applications. Such statistics reflect a changing landscape where digital transactions are becoming the norm, underscoring the importance of managing digital finances wisely.

Digital payment platforms like Venmo, PayPal and Cash App are on the rise. These apps offer

convenience and flexibility, making them popular choices for a wide range of transactions.

A survey conducted by NerdWallet, in partnership with the Harris Poll, found that about two-thirds of mobile payment app users keep funds in their accounts. Notably, nearly half of these users have more than \$100 in their account at any given time, suggesting a significant level of trust and reliance on these platforms for financial management.

However, this trust may be somewhat misplaced regarding the security of stored funds. While these apps excel at facilitating quick transfers, they are not designed with the same protective measures as traditional banking institutions.

Banks and credit unions provide insurance through organizations like the Federal Deposit Insurance Corporation – more commonly known as the FDIC – ensuring that customers' deposits are protected up to certain limits. Unfortunately, many mobile payment apps do not offer this level of security, leaving users' balances potentially exposed.

This distinction is crucial for users to understand, as it affects the safety and security of their funds. In the digital age, being vigilant about where and how money is stored is more important than ever, prompting a need for greater awareness and careful financial management.



LIVING WELL calendar

31 Ways to Live Well during Living Well Month



MARCH 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment	4	Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)	5	Try a new vegetable today or try a familiar vegetable in a new way	6	Take 5 minutes to do some flexibility exercises
7	Swap one sugar sweetened drink for water	8	Give 3 compliments today	9	Write down 5 blessings or things you are grateful for	10	Do 10 body-weight squats and 10 jumping jacks
11	Do some research to learn about a culture that is different than yours	12	Be aware of your feelings. Express them to people you trust	13	Reach out to someone you care about. Make a date to get together	14	Be well at work - Set goals for your career and start taking steps to achieve them
15	Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same	16	Explore public events in your community and discover was to get involved	17	Find a book to read and read 1 chapter today	18	Forgive someone who has wronged you
19	Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)	20	Declutter, donate, and recycle things you don't need or use anymore	21	Find an opportunity to appreciate nature today	22	Nurture your spiritual wellness. Ask yourself what values are most important to you
23	Do 10 pushups (or modified pushups) and 10 sit-ups today	24	Take a mental health break at work and go for a walk outside or in the hallways	25	Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk	26	Get outside and soak up some vitamin D. Find a park or trail and take a walk
27	Make a budget for April. If needed, talk to a financial advisor to get started	28	Have a plant-based meal today	29	Schedule any doctors visits, exams, or check ups that you have been putting off	30	Bring a homemade lunch to work today rather than buying fast food
31	Have dinner with your family, friend, or neighbor with no smart devices						

2024 KEHA State Meeting

May 7-9, 2024, Bowling Green, KY

'Blazing The Way With KEHA' is the theme of our 2024 KEHA State Meeting in Bowling Green! The Fort Harrod Area is hosting this year's State Meeting and they have been working hard to help local, county, and area homemakers rev up their engines and blaze the way for a memorable meeting. The three-day agenda is full of wonderful learning sessions and hands-on craft classes that include a wide number of winning topics and activities. There is a way for everyone to spark their engines to victory!



KEHA will start the race this year with Tuesday's opening luncheon. This change was well received last year, and it will give participants more evening free time while in Bowling Green. Our keynote speaker will be a representative from the Corvette Museum. Let us show our enthusiasm to join the race by wearing our racing colors! For the opening luncheon, wear the colors of the checkered flag – black and white. Right from the start, we want to showcase our victories! In racing, the checkered flag signifies the end of the race, and we will highlight how we've crossed the finish line on ovarian cancer fundraising, as well as later on volunteer hours, community service, membership, and programs.

The KEHA Choir will again be the highlight of the General Session on Wednesday night. Everyone always enjoys the KEHA Choir performing their entertaining musical talents; you don't want to miss the show.

The Quilt Square showcase and auction will be featured again this year! Everyone will want to be working on their 12-inch quilt squares, as the Quilt Square Auction is sure to be a fan favorite. Please don't forget the KEHA Showcase. Each area can have up to two displays. Please send your form by March 15.

As you get on the road to this event, remember hotels tend to be cold, so please bring a sweater or jacket for your comfort. And note that our host area has planned a new and different registration gift this year, so you may want to bring your own tote bag. You won't want to miss out! Get blazing and send in your registration now!

Dates to Remember

- April 1 – Area lesson schedules for 2024-25 due to KEHA State Advisor.
- April 5 – Postmark deadline for state officer and chair credentials.
- April 6 – Reservation deadline for conference rate at State Meeting hotel.
- April 9 – Postmark deadline for early registration fee (and T-shirt orders) for 2024 KEHA State Meeting.
- April 23 – Final postmark deadline for 2024 KEHA State Meeting registration.
- May 7-9 – KEHA State Meeting in Bowling Green.

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES*Categories and Subcategories***1. APPAREL**

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

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. Bead 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 and 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 and Ink
- c. Pen and 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. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

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 Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

22. QUILTS*** (continued)

- e. Machine Appliqué (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
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

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.

20th Annual Bluegrass Regional

Grandparents Raising Grandchildren Conference

Featured Speaker:
Allison Davis Maxon
Executive Director,
National Center on
Adoption & Permanency



Allison Davis Maxon, M.S., LMFT is a nationally recognized expert in the fields of child welfare and children's mental health specializing in Attachment, Developmental Trauma and Permanency/Adoption. She is the Executive Director of the National Center on Adoption and Permanency and was the foster care consultant for the Paramount Pictures movie Instant Family. Allison was honored in 2017 with the Congressional Coalition on Adoption Institute 'Angels in Adoption' award and is the co-author of Seven Core Issues in Adoption and Permanency: A Guide to Promoting Understanding and Healing in Adoption, Foster Care, Kinship Families and Third Party Reproduction, Jessica Kingsley Publishers (2019) and The Seven Core Issues Workbook for Parents of Traumatized Children and Teens: A Guide to Help You Explore Feelings and Overcome Emotional Challenges in Your Family, Jessica Kingsley Publishers (2022). Her newest book is The Seven Core Issues for in Adoption and Permanency Workbook for Children and Teens: A Trauma-Informed Resource, Jessica Kingsley Publishers (2023).

Register online:
<http://gapofky.org>
(859) 257-5582



GAP

Grandparents As Parents of Kentucky

March 21, 2024
8:00 AM - 3:30 PM

We are back at the newly renovated:

Clarion Hotel,
1950 Newtown Pike
Lexington, KY

Grandparents/Relatives
Signup for a
FREE LEGAL CONSULT

The first 100 kinship caregivers to register will receive a free copy of The Seven Core Issues Workbook for Parents of Traumatized Children and Teens

All grandparents,
relatives, kinship
caregivers and
professionals are invited
to attend.

GROW IT, EAT IT, COOK IT

GROW YOUR OWN FOOD, COOK DELICIOUS RECIPES,
AND ENJOY A TASTY MEAL TOGETHER!
EACH PARTICIPANT WILL GET TRANSPLANTS
OR SEEDS TO GROW AT HOME.

- Mar 14** -Potatoes
- April 18** -Broccoli & Cauliflower
- May 16** -Tomato
- June 20** -Pepper
- July 25** -Summer Squash
- Aug 15** -Spinach
- Sept 12** -Radishes
- Oct 10** -Garlic



SCAN THE QR CODE OR
ENTER THE LINK TO
REGISTER.

[HTTPS://FORMS.GLE/SGBQOKHNX93JMXXQ6](https://forms.gle/SGBQOKHNX93JMXXQ6)

YOU MAY ALSO CALL TO REGISTER:
502-695-9035



FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE
101 LAKEVIEW COURT, FRANKFORT, KY 40601
502-695-9035

**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

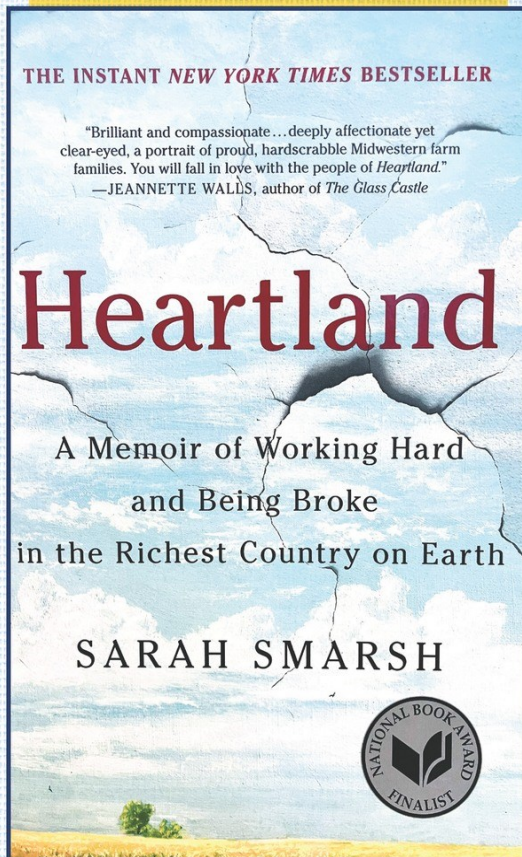
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Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

UPCOMING *events*

UK Cooperative
Extension Service



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book

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Disabilities
accommodated
with prior notification.

Homebased Microprocessing Workshop



April 17, 2024

9:30am - 2:30pm

Franklin County Cooperative Extension Office

101 Lakeview Court, Frankfort, KY 40601



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

For more information & to register:

ukfcs.net/HBM

or call 502-695-9035

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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LEXINGTON, KY 40546



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First Aid Multi-County Seminar

PRESENTED BY FRANKLIN CO. EMS

APRIL 16TH

DINNER: 5:15 P.M.

PROGRAM: 6- 8 P.M.

Dinner by Franklin Co.
Cattlemen's Association



TOPICS: CPR AND WOUND CARE

This seminar will serve as the April Homemaker Leader Lesson Training. If you cannot attend, handouts will be available at your local Extension Office.

FREE & OPEN TO THE PUBLIC

REGISTRATION IS REQUIRED BY APRIL 12TH.

To register call the Franklin Co. Extension
Office at 502-695-9035

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UNIVERSITY OF KENTUCKY RESEARCH



Heart of the Family

You are invited to participate in a study to reduce risk for cardiovascular disease and type 2 diabetes

Who is invited?

Adults who:

- ♥ Are at risk for heart disease or type 2 diabetes (For example, do not eat healthily or exercise; have high blood pressure or cholesterol; or are depressed or stressed)
- ♥ Do not already have heart disease or diabetes
- ♥ Are 18 years of age or older
- ♥ Speak English or Spanish
- ♥ Have internet access

Some participants will be invited to participate with a member of their family. Therefore, you will need a family member who also wants to participate and:

- ♥ *Is 18 years of age or older*
- ♥ *May or may not have heart disease or type 2 diabetes*
- ♥ *May or may not be at risk for these diseases*

As part of the study

- ♥ We will gather information about lifestyle and other health information
- ♥ We will conduct some health-related assessments such as checking your blood pressure and cholesterol levels
- ♥ We will provide educational sessions about healthy lifestyles via Zoom

Everyone in the study will receive an incentive for participating

For more information contact:

Emily Cravens, MPH

Program Director

Email: emcravens@uky.edu

Phone: [859-218-6827](tel:859-218-6827)





Strawberry Green Tea

- | | |
|--|--------------------------|
| 13 cups water | 1 cup honey |
| 13 green tea bags, regular size | 1 lemon, optional |
| 1 pound fresh strawberries | |

- 1. Wash** strawberries and remove the tops.
- 2. Chop** the berries with a hand chopper in a large pot.
- 3. Add** water to the chopped berries and bring to a boil, stirring occasionally.
- 4. Remove** from heat and let mixture cool for 5 minutes.
- 5. Add** tea bags and submerge. Steep tea for 2 to 3 minutes.
- 6. Strain** the tea through a mesh strainer or cheesecloth lined colander into a 1 gallon pitcher.
- 7. Add** honey and stir until dissolved.
- 8. Chill** and serve.
- 9. Garnish** with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.



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

COMPLAINT PROCEDURE

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Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service

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