


Knott County Homemaker

 Cooperative
Extension Service

Newsletter

FALL ~ 2024

2024 - 2025 COUNTY OFFICERS:

- President: Sara Pitts (Knott Your Average Homemaker)
- President Elect: Gail Reynolds (Knotty Krafters)
- Secretary/Treasurer: Pat Hayes (Knotty Krafters)

COUNTY CLUBS:

- Hindman
- Jones Fork
- Keenagers
- Knott Your Average
- Knotty Krafters
- Soft Shell

PRESIDENTS:

- Nadine Waddell
- Mail Out Club
- Etta Jo Gayheart / Alma Back
- Pam Conn
- Gail Reynolds
- Mildred Ritchie

MEETINGS

- 2nd Tues - Noon - Knott Ext Office
- Mail Out
- 2nd Tues. - Noon - Carr Creek H.S.
- 1st Tues - 6:30 PM - Knott Ext Office
- TBA
- TBA

KEHA WEBSITE: <https://keha.ca.uky.edu>

Knott County Extension Office

149 Parks Branch | Hindman, KY 41822

(606) 785-5329

<https://knott.ca.uky.edu/> | FB: KnottCES



Fall Time Is Near, So LET'S JAM!

Our Knott County Extension Homemakers Council, a warm and inclusive community, has decided on this theme for the 2024-25 Fall Homemaker Rush get-together. We warmly invite you to join us for the Fall Rush, as it is when we join the Kentucky Extension Homemakers Association for another year.

Let's Jam is slang and has many meanings, but for Knott County Homemakers, we are using it in a way that means something that one particularly likes, enjoys, or does well. For example, "Knott County Homemakers are my Jam!"

That said, I invite you to share your JAM of being a homemaker with your friends and family by inviting them to our Fall Rush and encouraging them to become homemaker members. I'm excited to see what this year offers for our county and your clubs.

Remember, we have various types of homemaker clubs, such as the Jones Fork Club, which is a mail-out club. Knott Your Average Homemakers Club meets in the evenings. The Keenagers meet in the Carr Creek area, and the clubs that meet here at the office: Hindman, Soft Shell, and the Knotty Krafters.

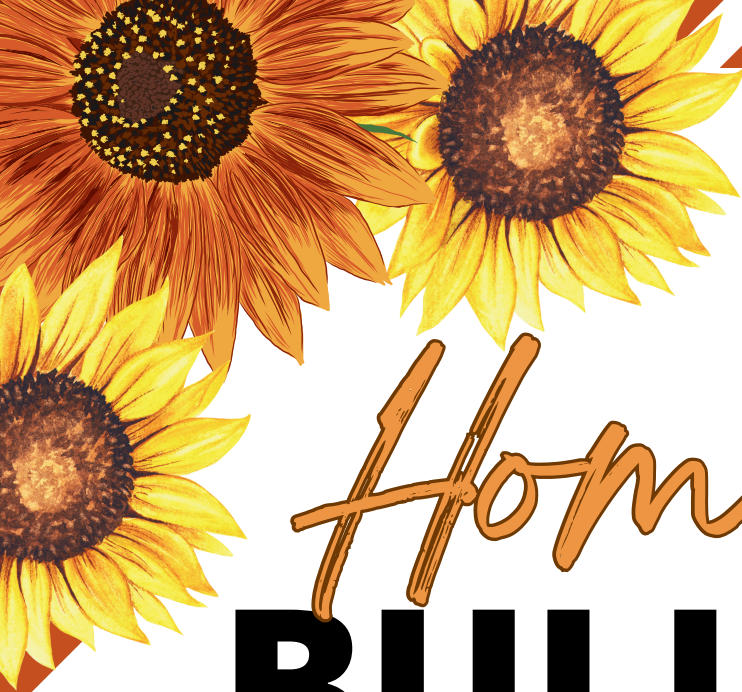
Inside this newsletter, you will learn about all the exciting and enjoyable things happening this fall at our county extension office. Come out and discover your JAM for Extension Homemakers.



knott.ca.uky.edu

Lorie I. Adams
Lorie I Adams,
Knott Co FCS Agent





Homemaker BULLETINS

FALL 2024

ADULT HEALTH BULLETINS:

AUGUST ~

ARE YOU UP TO DATE ON VACCINES?

SEPTEMBER ~

STEP INTO NATURE: GROUNDING

MONEY WISE BULLETINS:

AUGUST ~

MAXIMIZING COLLEGE SAVINGS

SEPTEMBER ~

BUILDING AN EMERGENCY KIT ON A BUDGET



AUGUST 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://kcs-hes.ca.uky.edu/content/health-bulletins>

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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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Lexington, KY 40506

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Disabilities accommodations with proper notification.



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/ncp/immz/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/adult/parents-to-vaccinate.html>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Strimas
Designed by: Rusty Mansour
Stock images: Adobe Stock





SEPTEMBER 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>

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THIS MONTH'S TOPIC
STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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Disabilities with prior notification. Lexington, KY 40506

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT HEALTH BULLETIN

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants/faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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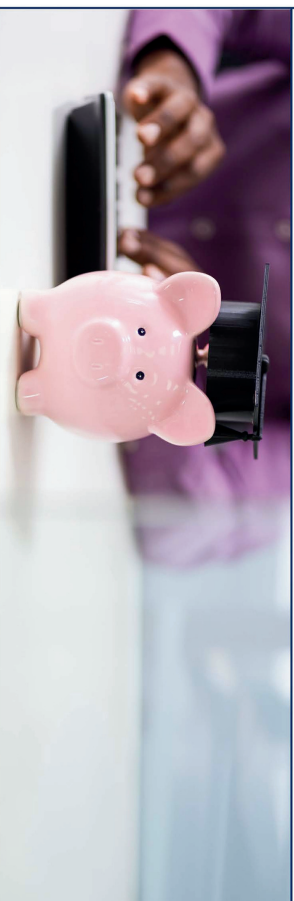
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 Disabilities
accommodated
with prior notification.

MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF), if you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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Louisville, KY 40460

STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like "10 for \$10," or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don't buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don't buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don't skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don't use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a "grab and go bag" or filling a backpack with essentials in case you must leave your home quickly. Don't let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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Easy work-life balance tips for people and parents

Published on Aug. 8, 2024

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

Reduce morning rush. Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).

Organize your week in advance. Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).

Be honest with your manager. If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.

Stay connected. Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).

Don’t waste time staring at your screen. It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.

Schedule time with your partner. Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

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

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The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.

Homemaker NEWS

FALL 2024

**COMMUNITY SERVICE
PROJECT OPPORTUNITIES**

**FALL RUSH -
MEMBERSHIP DUES**

PASSPORT CHALLENGE

CULTURAL ART PROJECTS

CALENDAR OF EVENTS



COMMUNITY SERVICE PROJECT OPPORTUNITIES



ALICE LLOYD COLLEGE

The Blessing Corner

- Non-perishable food
- Personal hygiene
- Professional Dress Clothing

Contact Sara Pitts for more information on how you can help!



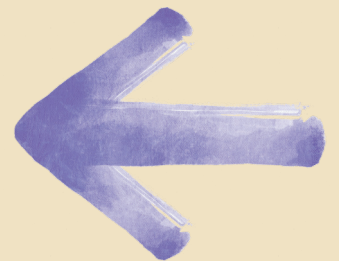
RELAY FOR LIFE - KNOTT COUNTY

American Cancer Society Hope Lodge



- Save your pop/can tabs and turn them for them to be donated to Lexington's Hope Lodge!

Contact Teresa Patrick or Gail Reynolds for more information on how you can help!



ROSCOE'S DAUGHTER INC



Max's Food Pantry

- We are collecting birthday kits for Max's Food Pantry. Each kit contains a cake mix, icing, candles and these are put in a foil cake pan and wrapped in plastic wrap.

Contact Lorie Adams for more information on how you can help!



BLUEGRASS CARE NAVIGATORS

Greg & Noreen Wells Hospice Care Center


- Non-perishable individually packed food
- Personal hygiene products



Contact Gail Reynolds for more information on how you can help!

KNOTT COUNTY HEALTH & REHABILITATION CENTER

Greg & Noreen Wells Hospice Care Center

-  ~~Non-perishable individually packed food~~
- ~~Personal hygiene products~~



Contact Gail Reynolds for more information on how you can help!

News & Reminders



DON'T FORGET TO LOG YOUR

Volunteer Hours

The Volunteer Service Unit (VSU) program is intended to recognize individual volunteer efforts in your club and community. It is also intended to help you grow personally in volunteer leadership skills, and to show you how you might use those skills. For example, you might want to climb a “volunteer career ladder.” That is, you may want to go on to more responsible volunteer positions in KEHA or in other groups. In addition, volunteer experience is often accepted and equated to paid employment if described in comparable terms when seeking employment.

What counts as volunteer hours in each category?

VSU hours are divided up into these categories...

Extension, KEHA, Community, & Personal.

Counted hours should include training, planning, preparation, travel & delivery time to your audience.

Extension - All Extension Agent directed programs, including “train the trainer” lessons where you participate in agent-led training then teach the lesson to your club or other audiences. This category also includes assisting with any program organized & presented by an Extension agent like any 4-H events, volunteering at an Extension field day, etc. This also includes serving as a member or officer for the CEC, county FCS Advisory County, County Extension District Bd.. The key here is agent-led & directed programs where the KEHA member is a volunteer.

KEHA - Programs that originate & are directed by KEHA leaders & members. This includes service to a club, county, area, or the state as a committee member or officer. Participation in training sessions, organizing and leading KEHA-sponsored events should be counted.. Examples include making quilts for the Center for Courageous Kids, baking for local bake sales, planting trees, picking up trash in local clean-up project, etc.

Community - Your service as a member or officer within community groups not Extension or KEHA coordinated or led. Examples include serving on local boards, a volunteer 1st responder, Lions Club, Eastern Star, parent-teacher organizations, any governmental appointments, jury duty, or any other similar roles, etc. Also includes, mentoring/tutoring students at school, local literacy programs, senior home visits/music programs, American Cancer Society, Red Cross, local health departments, etc. as long as the volunteer role is not related to Extension activity.

Personal - This category is for any unpaid service to family, friends, and neighbors. It includes babysitting relatives not living with you, taking a neighbor or friend to the doctor and/or shopping, mowing the neighbors’ lawn, shoveling their snow, raking leaves, etc. Church and faith-based participation such as choir member practice, Sunday school, transporting church members and other religious activities can also be included in this category.

<https://keha.ca.uky.edu/>

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____ Phone: _____ Email: _____
County: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members.
Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions.

Report all hours earned within the past KEHA year (July 1 – June 30).
Logs are due to the county Leadership Chairman or designated contact by July 1.

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____

County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
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2024 - 2025

KNOTT COUNTY HOMEMAKERS

JOIN TODAY!

Be The BEST Homemaker!

\$8

**DUES FOR
KNOTT COUNTY
EXTENSION
HOMEMAKERS**

*\$5.00 State

*\$0.50 Area

*\$1.50 County

*\$1.00 Ovarian Cancer
Screening Donation



**DEADLINE:
NOVEMBER 30TH**

**Each Member Will
Receive A Special
Item For Joining!**

Please Complete The Form On The Back

Then Mail It & Your Dues To:

Knott County Extension Office
P.O. Box 462 Hindman, KY 41822

Please Make Checks Payable To:

Knott County Extension Homemakers

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



Disabilities
accommodated
with prior notification.

24-25
Deadline:
November 29th

KNOTT COUNTY EXTENSION HOMEMAKERS ASSOCIATION ENROLLMENT FORM



Please Mail ONLY the Exact Amount of \$8 & this form back in self addressed envelope.
If Writing Checks Make Them Payable To: Knott County Extension Homemakers

Name: _____ T-Shirt Size: _____

E-Mail Address: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Gender: _____
(Optional - circle one)

Phone: Home: _____ Cell: _____ Female Male

Race: (Optional - Circle One) White Black/African American Ethnicity: (Optional - Circle One)
Asian/Pacific Islander American Indian Hawaiian Other: _____ Hispanic Non-Hispanic

Birth Year (Optional): _____ Age Group: (Circle One) Under 18 20's 30's 40's 50's 60's 70's 80's 90's

of years as an Extension Homemaker: (Circle One) Date Joined: _____

>2 yrs 5 yrs 10 yrs 15 yrs 20 yrs 25 yrs 30 yrs 35 yrs 40 yrs 45 yrs 50< yrs

Home Club: (Circle One) Hindman Jones Fork Keenagers
Knott Your Average Homemaker Knotty Krafters Shell Girls Other: _____

Circle The Ones You Like... Cooking Crafting Quilting/Sewing Other: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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 to 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: _____

Witness: _____ Date: _____

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 supply is voluntary. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.

Office Use Only: Date Received: _____ Receipt #: _____ Initial 1: _____
Total Amount Paid: \$ _____ Ck#: _____ Cash: _____ Initial 2: _____



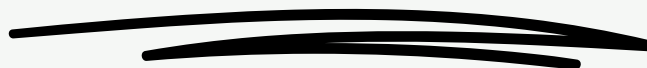
WHO CAN JOIN?



The Kentucky Extension Homemakers Association (KEHA) welcomes members regardless age, race, color, national origin, creed, marital status, gender, education or economic status. Any full or part-time homemaker, male or female, rural or urban, teenager or senior citizen and in-between, may belong to KEHA.

Homemakers gain new knowledge and skills that improve the quality of life for themselves and their families. Practical demonstrations and discussions are important parts of the meetings. Educational program are implemented by members of county associations, in cooperation with County Extension Agents, on the basis of the latest research data from the University of Kentucky. County, state and national meetings and workshops provide fellowship combined with concentrated learning opportunities and opportunities to enhance leadership skill.

If you are interested in joining or starting an Extension Homemakers Club in your neighborhood or community, please contact your County Cooperative Extension Office. The Family Consumer Sciences Education Agent will provide information about current clubs and programs, as well as guidance in establishing new clubs.





COME JAM WITH US AT THE

AUTUMN HARVEST

Knott County

~~ Homemaker Rush ~~

BINGO | DELICIOUS FOOD | SOCIALIZING



10TH 11:00 am 149 PARKS ROAD
OCTOBER 2024 HINDMAN, KY
Knott County Extension Service



For anyone interested in joining the Knott County Homemakers in 2025!

REGISTER BY OCTOBER 4TH!

(606) 785-5329

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

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Disabilities accommodated with prior notification.

JULY 1 - JUNE 30

KEHA ARTS

CULTURAL ARTS & HERITAGE

All aboard...



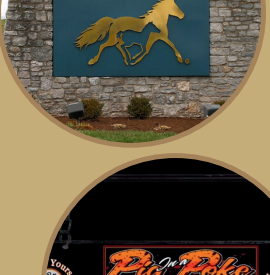
Travel Kentucky

PASSPORT CHALLENGE

- Distilleries
- State Parks
- Natural Attractions
- Textile Industry
- Fine Arts Events
- Nursery / Arboretum / Labyrinth / Gardens
- Museums
- Notable Dining Experiences
- Work or Art
- Outdoor Experiences
- Historical Sites / Monuments
- State / County Fairs or Festivals
- Art Classes
- Covered Bridges
- The Mills of Kentucky
- Vineyards
- County Extension Offices



KENTUCKY STATE PARKS



PICK UP YOUR KEHA PASSPORT AT THE EXTENSION OFFICE

PASSPORT CHALLENGE

CONTEST: The KEHA Cultural Arts and Heritage Passport will be offered on an annual basis. The county who records the most events, based on the percentage of members, will be awarded \$100. Clubs/members should submit all completed passports to the County Cultural Arts Chairman or County President by July 1. Each county must report total events attended/places visited via email to the Cultural Arts Chair or submit the total via the online county Passport form accessible on the Cultural Arts Chairman page of the KEHA website (<http://keha.ca.uky.edu/content/cultural-arts-and-heritage>). This information is also in the Passport Contest Booklet that is available on the KEHA website.

NEW FOR 2022 AND BEYOND: Include in the Passport a **brief written description** of one work of art viewed at a Kentucky museum, exhibit, or fair. Try to incorporate some the vocabulary related to the Elements and Principles of Art:

- Line, shape, form, space, texture, value, color
- Unity/variety, proportion, balance, contrast, emphasis, movement, rhythm, pattern

Include:

- Location of work of art
- Artist name (if known) and date of work (if known)
- Art type and medium (ex: painting – acrylic, watercolor, etc.; drawing – pencil, ink; photograph – color, black & white; textile/quilt – cotton fabric, etc.)

OBJECTIVES:

1. To Promote Cultural Arts and Heritage.
2. To promote and share multicultural experiences.
3. To develop educational awareness of historic surroundings

ACTIVITY SUGGESTIONS:

1. Document and encourage travel in Kentucky.
2. Promote Homemakers interaction with other counties and area.
3. Encourage healthy and active lifestyles

DEADLINE:

July 1



All aboard...



Travel Kentucky



KEHA Passport

C	T	R	A	V	E	L	A	R	U	T	A	N	N
O	T	T	S	M	O	N	U	M	E	N	T	S	S
V	S	R	M	N	U	L	B	R	N	A	S	A	R
E	D	O	U	U	T	M	B	G	H	K	W	T	O
R	R	P	E	R	D	S	R	T	R	F	O	T	T
E	A	S	S	S	O	R	N	A	S	E	R	R	K
D	Y	S	U	E	O	I	P	L	N	S	K	A	E
B	E	A	M	R	R	E	L	A	E	T	O	C	N
R	N	P	Y	Y	T	I	L	S	D	I	F	T	T
I	I	R	B	A	M	D	R	S	R	V	A	I	U
D	V	A	T	E	Y	F	M	A	A	A	R	O	C
G	L	S	H	I	C	O	A	B	G	L	T	N	K
E	S	T	A	T	E	F	A	I	R	S	T	S	Y
S	G	N	I	N	I	D	E	L	B	A	T	O	N

- LABYRINTH
- VINEYARDS
- COVERED BRIDGES
- MUSEUMS
- FESTIVALS
- KENTUCKY
- MONUMENTS
- NOTABLE DINING
- TRAVEL
- WORK OF ART
- ATTRACTIONS
- STATE PARKS
- PASSPORT
- NURSERY
- STATE FAIRS
- THE MILLS
- NATURAL
- OUTDOOR
- GARDENS

Play this puzzle online at : <https://thewordsearch.com/puzzle/7343194/>





**Kentucky Extension
Homemakers Association**

Cultural
ARTS

PROJECTS DUE

October 8th, 2024

By ~ 4:00 PM

**KNOTT COUNTY
EXTENSION OFFICE**

CULTURAL ARTS EXHIBIT CATEGORIES

Homemakers

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.

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. 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

Homemakers

CULTURAL ARTS EXHIBIT CATEGORIES

2024-2025 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)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- 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, rug (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.

Knott County Extension

Event

CALENDAR

AUGUST 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Calendar 2024



AUGUST

PEANUT BUTTER
OATMEAL BITES

August 15TH
2:00 PM

Knott County Extension



SEPTEMBER

RAMEN SKILLET
DINNER

September 26th
2:00 PM

Knott County Extension



OCTOBER

SWEET POTATO
HASH

October 22nd
2:00 PM

Knott County Extension

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Knott County Extension Service
149 Parks Branch | Hindman, KY 41822

(606) 785-5329 | FB: KnottCES | <https://knott.ca.uky.edu>



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Cooperative Extension Service

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

2024

HOMEMAKER LEADER LESSONS



SEPTEMBER

11TH

"Creating Welcoming Communities"

Starts at 1:00 pm

Knott Co. Extension Office

OCTOBER

TBA

"Communication Essentials For Good Impressions"

Knott Co. Extension Office

Register at (606) 785-5329

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COOK TOGETHER, EAT TOGETHER

COUPLES EDITION

This is a cooking class for couples. A couple could be any two friends or loved ones. You will be fixing different kinds of snacks for 2.

PIZZA NIGHT

@ 5:30 PM

12TH
SEPTEMBER
2024

KNOTT COUNTY
EXTENSION SERVICE

149 PARKS BR.,
HINDMAN, KY 41822

CALL (606) 785-5329 TO REGISTER



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BINGOCIZE

IMMUNE SUPPORT & WELLNESS WORKSHOP

JOIN THE FUN!

FREE PRIZES!

BINGO + EXERCISE = BINGOCIZE

A 6-Week Health Promotion Program That Combines Exercise With Inclusive Exercise!

SCHEDULED CLASSES

SEPTEMBER:
9th, 12th, 16th, 19th, & 23rd

OCTOBER:
3rd, 7th, 11th, 21st, 25th, 28th & 31st

BINGO + EXERCISE = BINGOCIZE

TO REGISTER CALL: (606) 785-5329

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QUICKSAND AREA

Homemaker meeting

October 24
Registration 10:30
606-633-2362
Pre-register and Pre-pay \$15 by October 10 for catered meal

Silent auction all proceeds going toward Ovarian Cancer screenings

QUICKSAND AREA HOMEMAKER MEETING

Choose One Meat & Dessert

Menu Options:

Fried Chicken --

Pot Roast--

Desserts:

Butterscotch Lush --

Spice Cake & Cream Cheese Icing --

All dinners will include:

Mash Potatoes

Carrots

Green Beans

Rolls

Tossed Salad

KEHA

State Meeting Information



MAKE PLANS TO ATTEND THE 2025 STATE MEETING

at Hyatt Regency Lexington
401 West High Street, Lexington!

May 6-8, 2025

Discover KEHA - A Hidden Treasure - Ship porthole with treasure inside
"Discover KEHA - A Hidden Treasure"

Northeast Area will serve as the host area.

Lodging Information

The lodging room blocks are now open for reservations!

Hyatt Regency Lexington
401 West High Street, Lexington, KY 40507
Room rate \$149.00 + tax (1-4 people per room)

Online Reservations:

<https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234 (group code G-KEHA for conference rate)

Make your reservations by April 7, 2025, to secure the conference rate.

Reservation cancellations must be made by 3 p.m. the day prior to arrival to avoid a no-show charge.

NOTE: If attendees are planning to make a reservation for multiple people in a single room, each with different payment methods, and require separate receipts with individual information, please opt for a shared reservation. Kindly provide all names and payment details during the booking process or upon check-in. This will help to ensure a smooth and personalized experience for all attendees. Check in begins at 4 p.m. and checkout is at 11 a.m.

We hope you will join us in Lexington!

*Knott County
Cooperative Extension Service*



149 Parks Branch | P.O. Box 462

Hindman, KY 41822

(606) 785-5329

<https://knott.ca.uky.edu>

Facebook: Knott County Extension Office

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



Disabilities
accommodated
with prior notification.

