

March & April

2024 NEWSLETTER



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca.uky.edu



Homemaker Scholarship

The Jessamine County Extension Homemakers are pleased to announce they will award TWO \$750 scholarships to two Jessamine County High School Seniors.

The applications are available from the high school counselors and on our website. Our Jessamine County Family and Consumer Sciences Facebook page has also shared the online link.

Please share with any Jessamine County High School senior looking to further their education or training.

Karli Giles

County Extension Agent
Family & Consumer Sciences

Calendar of Events

Mar 11	10 a.m.	Laugh and Learn
Mar 18	10 a.m.	Crazy 8 Quilt Block
Mar 19	2 p.m.	Basic Technology
Mar 21	1 p.m.	Wits Workout
Mar 27	12 p.m.	Lunch N' Learn
Mar 28	1 p.m.	Wits Workout
Apr 4	9 a.m.	Cultural Arts Contest
Apr 8	10 a.m.	Laugh and Learn
Apr 8	5:30 p.m.	Homemaker Council
Apr 11	1 p.m.	Wits Workout
Apr 16	5:30 p.m.	First Aid Seminar
Apr 24	12 p.m.	Lunch N' Learn



Jessamine County Family and Consumer Sciences on
Facebook: <https://www.facebook.com/JessamineCountyFCS/>

Check out our county website for information on all
program areas: <http://jessamine.ca.uky.edu/>



Upcoming Dates

Basic Technology Leader Lesson
March 19th at 2 p.m.
Ag Learning Center

Cultural Arts Contest
April 4th, 9 a.m. - 12 p.m.
Ag Learning Center

Area Homemaker Council Mtg.
April 4th, 6 p.m.
Mercer Co. Extension Office

Homemaker Council Mtg.
April 8th at 5:30 p.m.
Ag Learning Center

First Aid Mult-County Seminar
Homemaker Leader Lesson
April 16th, 5:30 p.m.
Franklin Co. Extension Office
***registration flyer to be sent later**

Basic Technology

March 19th at 2 p.m.

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.

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 10 a.m.
at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m.
at the Extension Office

Happy

Second Tuesday of the month, 6 p.m.
in a member's home

Garden Club

Third Monday of the month, 1 p.m.
at the Extension Office

4-H Mothers

Third Wednesday of the month,
9:30 a.m. in a member's home

Edgewood Evening

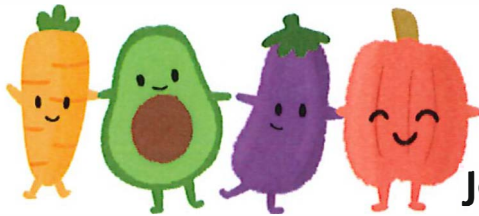
Fourth Monday of the month, 6:00
p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center
Room A

LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.



March 11th, 10 a.m.- 11 a.m.

Theme: Being Healthy

Jessamine County Extension Office

95 Park Drive, Nicholasville, KY 40356

To register for the March Laugh and Learn play date,
call 859-885-4811 or email karli.giles@uky.edu

**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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Crazy Eight Quilt Block

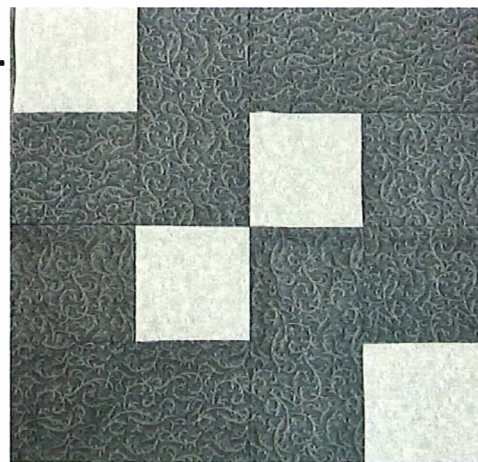
March 18th at 10 a.m.

Jessamine Co.
Extension Office

Skill Level:
Beginners

Cost: \$5

Preregistration is
REQUIRED
Spots are limited.



Supply list will be sent to
participants after registering.

LUNCH N' LEARN

Veggie Egg Rings

March 27th, 12 p.m.- 1 p.m.



Registration is required.

Register by calling 859-885-4811
or emailing karli.giles@uky.edu



Jessamine County Extension Office
95 Park Drive Nicholasville

Cooperative Extension Service

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UK Cooperative Extension Service

LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.

April 8th

10 a.m.- 11 a.m.

Theme: Sports



Jessamine County Extension Office

95 Park Drive, Nicholasville, KY 40356

To register for the April Laugh and Learn play date, call
859-885-4811 or email karli.giles@uky.edu

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LUNCH N' LEARN

Lentil Sloppy Joes

April 24th, 12 p.m.- 1 p.m.



Registration is required.
Register by calling 859-885-4811
or emailing karli.giles@uky.edu

 Jessamine County Extension Office
95 Park Drive Nicholasville

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



Disability
accommodated
with prior notification

Earth Day 2024

Earth Day is held each year on April 22 since 1970.

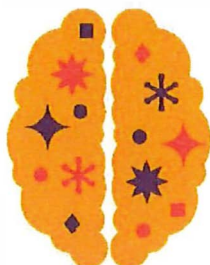
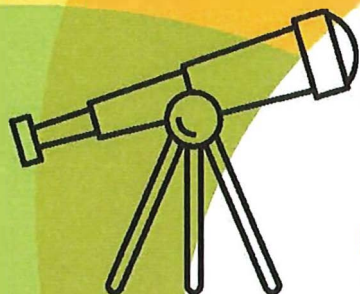
According to the website, www.earthday.org, this year's theme is "Planet vs. Plastics." The focus is to raise awareness of the health risks of plastics and the environmental impact of single-use plastics. The world's plastic problem has recently been in the news.

The Environmental Protection Agency (EPA) reminds everyone that each day should be Earth Day and that we can make daily choices to protect our environment.

Everyday steps that you can take include actions like:

- Reduce, reuse, and recycle as much as possible.
- Take your own reusable bags when shopping instead of having your items placed in plastic bags each time.
- Plant a tree.
- Save water by not leaving the water running in the sink as you brush your teeth.
- Take shorter showers to use less water.
- Install and use a rain barrel to collect rain runoff to water your lawn and landscaping.
- Drive less. Walk or ride a bike whenever possible.
- Do not run your car while parked. After a few minutes of idling, turn your car off. Save gas and eliminate car exhaust.
- Volunteer or start a community litter or trash cleanup program in your area.
- Turn the lights off when you leave a room.
- Use energy efficient lightbulbs throughout your home.
- Properly insulate your home to use less energy when heating and cooling.

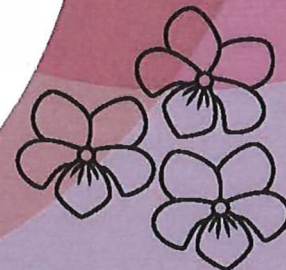
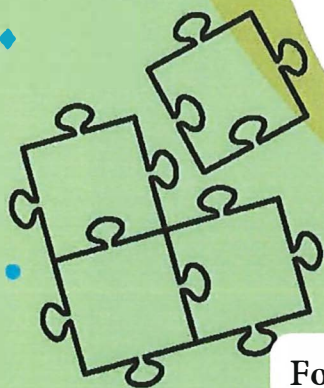
By taking these steps and others, we can make choices that will contribute to a cleaner and healthier environment for all



WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Forget Me, Not!

Lesson Focus: Forgetfulness

Contributors

March 21st at 1 p.m.

Take a Number!

Lesson Focus: Intellectual Challenge

March 28th at 1 p.m.

The Best Medicine

Lesson Focus: Stress Management

April 11th at 1 p.m.

Program location:

Jessamine Co.

Extension Office

95 Park Dr.

Nicholasville, KY

To register call

859-885-4811 or

email

karli.giles@uky.edu


ILLINOIS
Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

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.

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.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition

- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.

- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition

- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

ADULT HEALTH BULLETIN

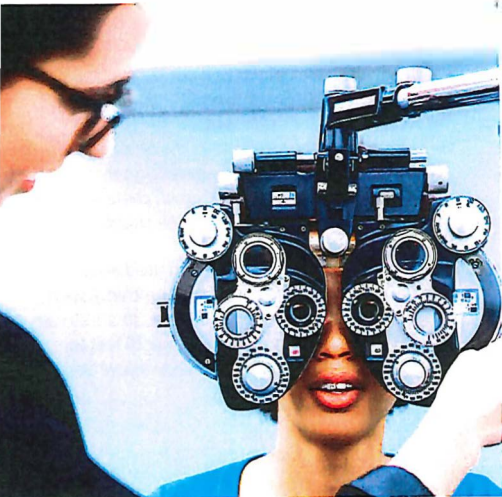


MARCH 2024

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

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

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

Continued on the next page →

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





Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356