

Family & Consumer Sciences

Fall 2024 Newsletter

"There is something so special in the early leaves drifting from the trees – as if we are all to be allowed a chance to peel, to refresh, to start again."
 – Ruth Ahmed

We are so excited for the upcoming fall months and all of the activities and classes we have planned for you. Please make sure to call us at (606) 546-3447 to sign up for programs so that we can ensure supplies and space!

Thank you.

Holiday Ideas will be on October 1st from 3:00 p.m.- 6:00 p.m. at the Knox County Extension Office. We will make three separate crafts from the 2024 'Holiday Ideas' booklet and everyone will have a copy of the book to take home!

UK Cooperative Extension Service

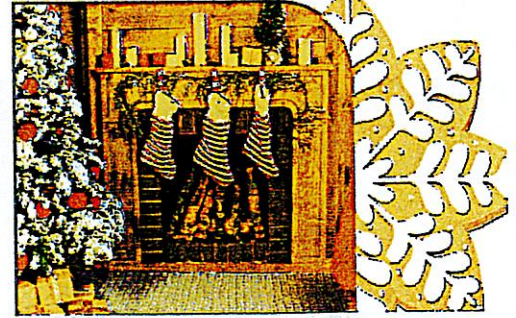
HOLIDAY IDEAS



Bell County Clay County Harlan County Jackson County
 Knox County Laurel County Rockcastle County Whitley County

Kelsee Dewees
 Agent for Family & Consumer Sciences

Molli McDaniel
 Program Assistant



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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1-606-546-3447



 Disabilities accommodated with prior notification

Let's go for a hike!

October 10th

Hiking: Clear Creek Hollow Trail

This trail is roughly a 2 mile trail located near Pineville, Kentucky that features a river and is good for all skills levels.

November 14th

Hiking: Cumberland Falls State Park trail

Roughly a 1 mile hike in Corbin Kentucky located by the beautiful Cumberland Falls.

Transportation to the hiking locations will be provided.
Vans will leave the Knox County Extension Office at 9:00 a.m.

"OF ALL THE PATHS YOU TAKE IN LIFE, MAKE SURE A FEW OF THEM ARE DIRT." - JOHN MUIR

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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This facility
is accessible
to persons with
physical disabilities.

Holiday Cooking School

Mountain Memories, Holiday Traditions

Ticket Price: \$25

Price includes:

- *Appalachian Home Cooking: History, Culture, and Recipes by Mark F. Sohn*
- *Recipe Samples*
- *Educational Demos*

Tickets available to purchase
at your local Extension Office

November 7th | 5-7 PM

London Community Center

529 S Main St, London, KY

Doors Open at 4:30

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Lexington, KY 40506



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Wilderness Trail Area Annual Extension Homemakers Meeting



**Saturday
October 19th, 2024**

**Bell Central School Center
9821 US-25 E, Pineville, KY 40977**

**Cultural Arts check-in and registration - 9:30am
Meeting - 10:30 am**

Lunch & Dessert Menu: Drinks, Salad, Ham, Mashed Potatoes,
Green Beans, Rolls and Banana Pudding

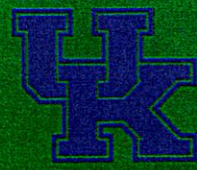
Catered by Cater It, LLC

**Registration fee is \$20. To attend, visit your local
Extension Office for event registration and payment.
Please register by September 30th**

*Wear your favorite Derby Hat, UK blue, or accessorize with
anything you think represents our great state of Kentucky!*



FAMILY
TIME



Cooperative
Extension Service

Pumpkin Palooza

10/17/2024

5:30PM

KNOX EXT.

215 Treuhaft Blvd. Ste #7
Barbourville, KY 40906
606-546-3447

MAKING CHARCUTERIE BOARDS

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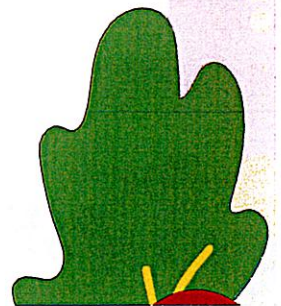
UK Cooperative Extension Service

It's Fall Y'all!

Join us on 10/22 @10am for
"Take it Tuesday"
We will be crafting a reverse canvas



We can't wait to see you!
call to sign up
606-546-3447



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October

Events and activities calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

6	7	8	9	10	11	12
Cooking Through the Calendar @1:00 p.m.	Quilt Guild @10:00 a.m.		Hiking Program 9:00 a.m.			
13	14	15	16	17	18	19
Beginner Wood working @10:00 - 1:00 p.m.			Homemakers @12:00 p.m. Pumpkin Palooza @5:30 p.m.			Area Homemaker Meeting Registration is @9:30 a.m.
20	21	22	23	24	25	26
Beginner Wood working @10:00 - 1:00 p.m.	Take it Tuesday with Mollie @10:00 a.m.					
27	28	29	30	31		
Knox Threads @10:00 a.m. WITS Wellness @1:00 p.m.						

PLEASE CALL
(606) 546-3447
TO SIGN UP FOR
ALL PROGRAMS!



PRESORTED
STANDARD
US POSTAGE PAID
BARBOURVILLE, KY
PERMIT # 33

Knox County Cooperative Extension Service
215 Treuhart Blvd., Suite 7
Barbourville, KY 40906

RETURN SERVICE REQUESTED

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