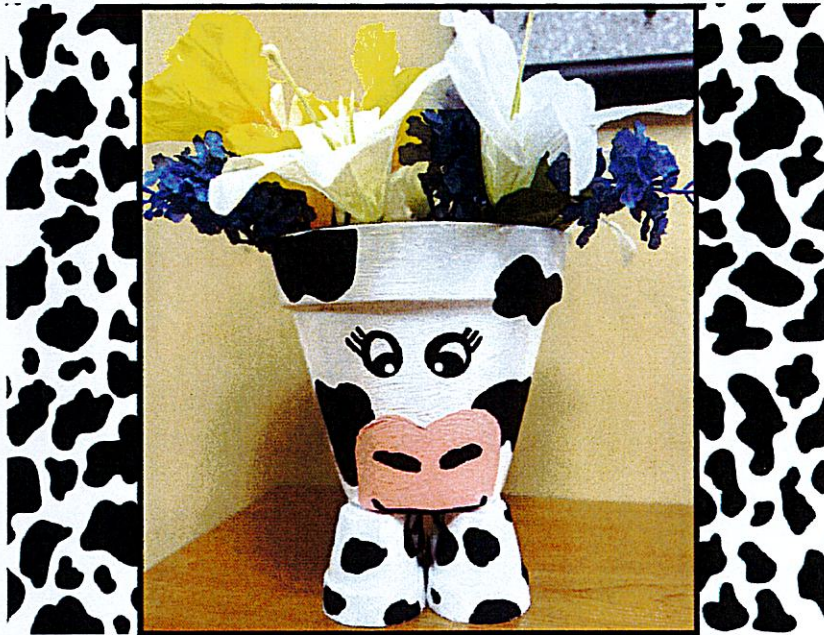


# Family & Consumer Sciences Summer Newsletter

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

*Kelsee Dewees*

AGENT FOR FAMILY & CONSUMER SCIENCES



MOOOOOve  
on  
down!!



Join us on August 8th  
@10:00a.m. to make a  
"cow" flower pot!

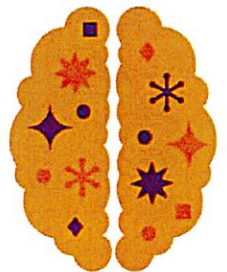
Please call  
(606) 546-3447  
to sign up for all  
programs.

Join us on:  
August 26th  
September 23rd  
@ 1:00 p.m.

## Wits Wellness



Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.



### 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

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



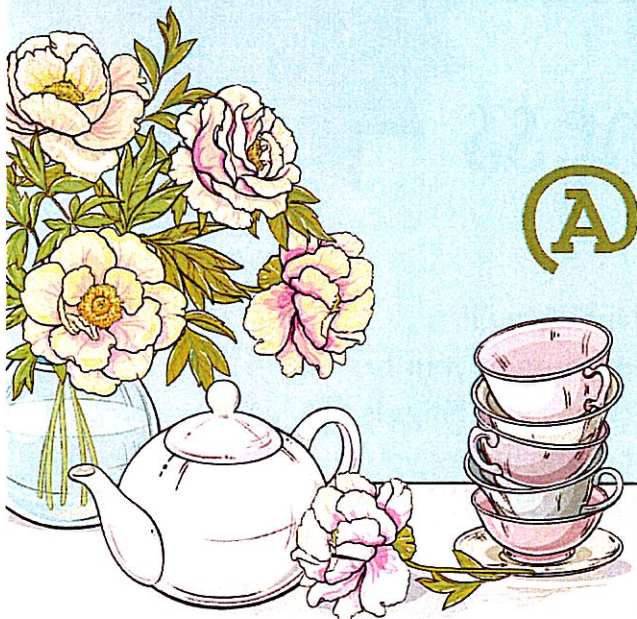
Disabilities  
accommodated  
with prior notification.



Have you heard the tea?  
You are invited to:

**THE 2024  
HOMEMAKER  
KICKOFF  
SEPT. 3RD  
@12:00 P.M.**

**CULTURAL ARTS ARE DUE  
ON AUGUST 29TH.  
CULTURAL ARTS WILL BE SET UP FOR  
VIEW AND JUDGING DURING THE  
HOMEMAKER KICKOFF.**



*RSVP:*

*(606) 546-3447*

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
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Disabilities  
accommodated  
with prior notification



# August 2024

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 CANNING 6-8PM	2	3
4	5 COOKING THROUGH THE CALENDAR 1PM	6 WOODWORKING CLUB 1PM	7	8 COW FLOWER POT CLASS 10AM	9	10
11	12	13 QUILT GUILD	14	15 HOMEMAKERS 12PM	16	17
18	19	20	21	22	23	24
25	26 KNOX THREADS WITS WELLNESS 1PM	27	28	29 CULTURAL ARTS DUE	30	31



# September 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 HOMEMAKER KICKOFF 12PM WOOD WORKING CLUB 1PM	4 FOOD AS HEALTH TOOL KIT LUNCH & LEARN 10AM	5	6	7
8	9 COOKING THROUGH THE CALENDAR 1PM	10 QUILT GUILD	11	12	13	14
15	16	17	18	19 HOMEMAKERS 12PM	20	21
22	23 KNOX THREADS WITS WELLNESS 1 PM	24	25	26	27	28
29	30					

## 2022-2023 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

## 2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER)

### 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

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

### 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)
- 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

### 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.

\*\*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.**

Champion (purple ribbon) entries 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 2020-2021).

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.



## UNIVERSITY OF KENTUCKY BARNSTABLE BROWN DIABETES PREVENTION PROGRAM

A COLLABORATION BETWEEN  
BARNSTABLE BROWN DIABETES CENTER AND COOPERATIVE EXTENSION

**88** Million Americans have prediabetes and are at risk for diabetes, heart disease and stroke.

**8 out of 10** of them do not know it.

**Are you one of them?**

### What is the Diabetes Prevention Program (DPP)?

Each DPP workshop is a series of 16 weekly sessions followed by 1-2 maintenance sessions each month for a total of one year. Each session is led by a trained lifestyle coach who will help you learn new healthy habits to prevent Type 2 diabetes.

You will learn to:

- Get more physical activity
- Control your portions
- Lose a moderate amount of weight
- Manage stress
- Stay motivated
- And much more!

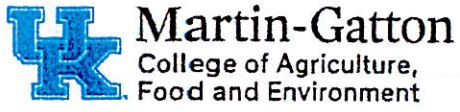
### How do I qualify?

- Must be 18 years or older.
- Have a BMI of 25 or greater
- Be at high risk for developing Type 2 diabetes or have been diagnosed with prediabetes

**Group will  
meet via Zoom  
at 12pm EST on Tuesdays  
starting August 13, 2024.**

**Call (606) 546-3447  
today to learn more or  
register!**





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