

NEWSLETTER

FINDING MOTIVATION TO STICK TO YOUR EXERCISE RESOLUTION

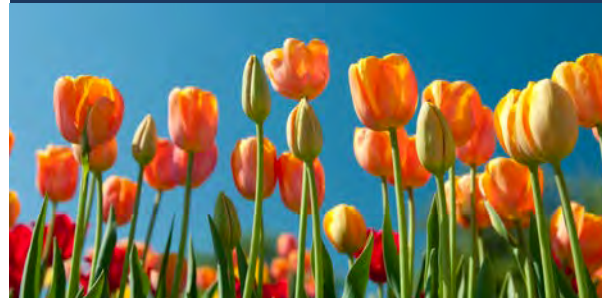
If you want to be more active this year but need motivation, you're not alone—32% of Americans are exercising less since the pandemic. Regular physical activity offers benefits like weight loss, improved immunity, stress relief, and lower blood pressure. Aim for 150 minutes of activity weekly, which can be broken into smaller chunks.

Here are some tips to stay motivated:

- ****Make it manageable:**** Schedule activities, like 30 minutes over five days.
- ****Make a plan:**** Move for 10 minutes at a time and track your activities.
- ****Find enjoyment:**** Choose activities you love, such as walking or dancing.
- ****Make it social:**** Exercise with a partner, join a class, or involve your family.

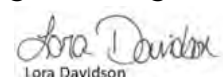


Building Strong Families, Building Kentucky.
It starts with us.



SPRING IS IN THE AIR

As we welcome March, the promise of warmer days and fresh beginnings is in the air! It's the perfect time to shake off the winter blues, set new goals, and embrace the season of growth. Whether you're planning a spring cleaning, starting a new project, or simply enjoying the longer days, let this month inspire you to bloom.



Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences

TEAM TALK...MEET OUR TALENTED TEAM MEMBER TINA

Hi- I'm Tina, I am a proud mom of two boys, Justin, who is serving in the Navy, and Jordan, who is about to embark on a new chapter in life as he prepares to get married this April. In 2019, I made a big move across states to London, KY embracing the adventure and new experiences that come with living in such an amazing city. Some of my favorite things are shopping, anything sparkly, crafting, thrifting and travel. I've been sewing since I was in middle school and only recently was introduced to quilting though I have yet to complete a quilt. My favorite craft is scrapbooking and anything related to pretty paper. Call me crazy but, I love to bake and hate to cook, but love to eat. One of my favorite things to shop for is shoes. I've curated a variety of over 75 pairs, look out Imelda Marcos I'm coming for your collection. I'm a huge Iris Apfel fan and in her spirit "More is more and less is a bore". I'm looking forward to my next adventure with my sister to Scotland in 2026.



JQS- JOIN US FOR AN AMAZING QUILT SEMINAR



Join Us for the JQS Quilt Seminar! 🌟 Get ready to unleash your creativity at the JQS Quilt Seminar happening from April 28th to May 1st at the Cave City Convention Center! This is an amazing opportunity for quilters of all levels to learn, connect, and be inspired. We're thrilled to feature renowned instructor Elisabeth DeMoo from Arizona, known for her innovative techniques and engaging teaching style. Plus, don't miss the chance to learn from local favorite Sherly Bowling, who brings her unique flair and extensive knowledge to the seminar. Enjoy workshops, demonstrations, and plenty of networking opportunities with fellow quilting enthusiasts. Whether you're looking to sharpen your skills or discover new ideas, there's something for everyone at this exciting event! Mark your calendars and prepare for a weekend full of creativity, inspiration, and fun in the beautiful Cave City. We can't wait to see you there! Secure your spot today and be part of this quilting celebration! For more information and registration details, visit our website or contact us directly. Happy quilting! 🧵🌟

HOMEMAKERS

"We are so much more than you think!"



Emma Lou Cissell Scholarship Update:



The Emma Lou Cissell Scholarship opens for applications starting in March! This prestigious scholarship aims to support high school seniors who have demonstrated outstanding academic achievement, leadership skills, and a commitment to community service. Eligible students can receive up to \$1,000 for their college education. To apply, students must submit a completed application form, a personal essay outlining their goals and aspirations, and two letters of recommendation from teachers or community leaders. Spread the news about this amazing opportunity.

Applications are due by April 11th!

Fundraising Opportunities

That's **MY** *Pan!*

RADA | **KITCHEN STORE**

Coming Soon: Beef Package Raffle Announcement!

Get ready for a chance to win a premium beef package valued at \$250! We're excited to offer this raffle, where you can enjoy delicious cuts of high-quality beef right from the comfort of your home. Don't miss out on this opportunity to stock your freezer with top-notch beef.

Mark your Calendars:

- **Laurel County Annual Homemaker Meeting - April 1st at 5:30pm**
- **Laurel County Cultural Arts - April 1st by Noon!**
- **KEHA State Meeting - May 6th to 8th**

Homemaker Highlight: Wanda Scalf

At the heart of the Laurel County Homemakers Club is a cherished member who radiates warmth and positivity: Wanda. Wanda's infectious joy and unwavering enthusiasm for life have made her a beloved figure within our community. Every time Wanda walks into a meeting or event, her bright smile lights up the room, encouraging others to embrace the same spirit. She possesses an innate ability to uplift those around her, reminding them of the simple joys in life. Her love for the club goes beyond participation; it highlights the essence of what the Homemakers Club stands for—community, support, and growth. It's impossible to leave a gathering without feeling uplifted after hearing her cheerful tales. She teaches all of us valuable lessons about acceptance, joy, and the importance of lifting others up. Through her presence, she has shown that everyone has a vital role to play, and every contribution is valuable. Her bright spirit not only enriches the Laurel County Homemakers Club but also serves as a reminder of the beauty of diversity and the strength we find in unity. Wanda was nominated by several members of the Laurel County Homemakers Club, each highlighting her positive impact on the community. Wanda's ability to uplift those around her and create a welcoming atmosphere at every meeting and event. It's clear that her vibrant energy and dedication to service have made a lasting impression on fellow members, reinforcing the values of community and support that the Homemakers Club embodies.



Do you know someone that should be our next homemaker highlight?
Call or email Tina at 606-864-4167 Tina.Hefner@uky.edu

Homemaker Club Meetings

1st Mon - Threaded Dreams @ 3pm-7pm
1st Sat -Mountain Laurel Quilters @ 10am
2nd Mon -Laurel Silver Thread Quilters @9am
2nd Mon -Sublimity Meeting @ 11am
2nd Tues -Aces Meeting @ 5pm
2nd Fri -Macedonia Club Meeting @6pm
3rd Sun -Busy Needles @ 2pm
1st Mon - Yarn Spinners @3pm (3rd Sat @10am)

Homemaker Lesson:

Grandchildren Becoming Grand Cooks

The program emphasizes using fresh ingredients and mastering basic cooking techniques, allowing grandchildren to gain confidence in the kitchen while creating delicious meals together. This delightful journey not only enhances culinary skills but also deepens the appreciation for family heritage, making lasting memories along the way.

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

Laurel County Cooperative Extension ● 200 County Extension Rd. ● London, KY ● 40741 ● 606-864-4167

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.

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

Spring 2025

C.L.A.S.S. Course Catalog

March: Spring into Action!



Spring Cleaning Your Pantry and Meal Prep

Date(s): March 4th (Tuesday)

Time(s): 1pm -or- 6pm

Cost: Free

Instructor: Robin Davis

Revitalize your kitchen and make mealtime a breeze! In this interactive class, you'll learn how to organize your pantry, identify items to keep or toss, and plan meals that save time and reduce waste. Whether you're looking to streamline your cooking routine or make the most of your groceries, this workshop will leave you feeling refreshed and ready for spring!



Made by You

Date(s): March 6th , April 10th, and May 8th

Time(s): 2pm to 8pm

Cost: Free

Instructors: Robin Davis

Bring your creativity to life in this open workshop! Whether you're quilting, sewing, crafting, or working on another project, the Extension Office provides the space, tools, and support to help you complete your masterpiece. Enjoy the freedom to work at your own pace, and if you need assistance, our staff is here to help. Let's make something amazing together!



Bingocize

Date(s): Every Monday and Wednesday, from 3/10 to 5/21

Time(s): 1pm to 2pm

Cost: Free

Instructors: Lora Davidson, Robin Davis

Stay active, learn valuable tips, and have fun with Bingocize! This engaging 10-week series combines nutrition education, fall prevention strategies, and physical activity—all while playing Bingo! Whether you're looking to improve your health, stay steady on your feet, or simply enjoy a fun, social experience, Bingocize is the perfect fit.



Crochet Basics

Date(s): March 4th (Tuesday)

Time(s): 6pm to 8pm

Cost: Free

Instructor: Melissa Blankenship and Kaylee Garlen

Ready to learn the art of crochet? In this beginner-friendly class, you'll master the essential stitches, learn how to read patterns, and start your first project. Whether you're looking to create handmade gifts, cozy accessories, or simply pick up a relaxing new hobby, this class is the perfect place to start. No experience needed—just bring your choice of cotton yarn, a H or G crochet hook, your enthusiasm!

Ages: 16+



Cook Together, Eat Together

Date(s): Thursdays from 3/13 to 4/17

Time(s): 6pm

Cost: Free

Instructor: Lora Davidson, Robin Davis

Strengthen your family bonds while creating delicious, nutritious meals! This 6-week workshop is designed to help families come together during mealtime with simple, healthy recipes. The first and last sessions will be in-person at the Extension Office, while the middle four will be hosted on Zoom, giving you the chance to practice these skills at home. Plus, we provide all the ingredients you need each week—just bring your appetite and enthusiasm!



Sewing for Beginners: Throw Pillow Cover

Date(s): March 18th (Tuesday)

Time(s): 6pm to 8pm

Cost: \$45

Instructor: Sheryl Bowling

Discover the joy of sewing in this beginner-friendly class! Learn the basics of machine sewing as you create your very own 9-block throw pillow cover. Perfect for those with little to no experience, this workshop will guide you step-by-step through the process, leaving you with both new skills and a custom-made pillow to take home.

Ages: 16+



Laugh & Learn

Date(s): March 20th, April 15th, and May 22nd

Time(s): 11am to 12pm

Cost: Free

Instructor: Lora Davidson, Robin Davis

Let the fun begin with Laugh & Learn! This engaging program is designed for young children (ages 3 to 5) to develop new skills while enhancing their cognitive and physical abilities through exciting, hands-on activities. Each session features storybook-themed adventures, delicious snacks, and a creative craft, making learning a joyful experience for all.



Crafting Calm: Personalized Tote

Date(s): March 20th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$5 (FREE for Laurel County Homemakers)

Instructor: Robin Davis

Find your inner peace through creativity with Crafting Calm. This monthly program is designed to help you manage stress and mental health challenges by immersing yourself in relaxing, hands-on crafting activities. Discover the therapeutic benefits of creating, connect with others, and leave each session feeling refreshed and recharged.

All materials provided.

Ages: 16+



Time Management

Date(s): March 25th (Tuesday)

Time(s): 6pm

Cost: Free

Instructor: Robin Davis

Take control of your day with this practical workshop on time management! Learn strategies to prevent stress and burnout while making the most of your time. We'll explore how to incorporate planners—whether physical or digital—into your routine, helping you stay organized and achieve your goals with ease.

Ages: 16+



Homemade Bread: Focaccia

Date(s): March 27th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$5 (Free for Laurel County Homemakers!)

Instructor: Robin Davis

Master the art of baking focaccia bread in this hands-on class! Learn the step-by-step process to create this delicious Italian favorite, from mixing and kneading the dough to adding flavorful toppings. Perfect for beginners and seasoned bakers alike, this class will leave you with a new skill and a fresh-baked loaf to enjoy at home.

All materials provided.

Ages: 16+

Other March Important Dates:

Emma Lou Cissell Homemaker Scholarship Opens - March 3rd

Laurel County Homemaker Advisory Council Meeting - March 10th

Gear Up Interview Event - March 11th

Interagency Council - March 13th at 10am

WTA Homemaker Council Meeting - March 18th

C.L.A.S.S. Course Catalog

April: Heritage Skills & Sustainability

Spring 2025



Quilt Basics: Table Runner

Date(s): April 3rd (Thursday)
Time(s): 1pm to 8pm
Cost: \$25
Instructor: Sheryl Bowling

Join us for a fun and flexible quilting experience! In this class, you'll learn the basics of quilting while making a beautiful table runner. The class will be open from 1pm to 8pm, with instruction restarting every two hours—so you can join at the time that fits your schedule! If you stay for the full session, you'll leave with a completed table runner to add to your home décor.

Students will need to bring one layer cake of fabric.

Sewing Machines available upon request.

Ages: 16+



Homemade Cleaning Products

Date(s): April 8th (Tuesday)
Time(s): 1pm - or - 6pm
Cost: Free
Instructor: Robin Davis

Say goodbye to harsh chemicals and learn how to make your own natural, effective cleaning products at home! In this class, you'll discover easy-to-follow recipes using simple ingredients that are safe for your family and the environment. From all-purpose cleaners to bathroom sprays, you'll leave with the knowledge and products to start a cleaner, greener lifestyle.



Emelia Quilt

Date(s): April 12th (Saturday)
Time(s): 10am to 4pm
Cost: \$35
Instructor: Sheryl Bowling

Create a stunning 76"x76" quilt top using the Emelia pattern in this hands-on class! With just 9 blocks and a simple Half-Square Triangle (HST) method, this quilt is a perfect project for both beginners and seasoned quilters. Plus, it's Layer-Cake friendly, making it easier than ever to get started. Join us for step-by-step assistance and leave with your very own beautiful quilt top!

Sewing Machines available upon request.

Ages: 16+



Sourdough Starters

Date(s): April 15th (Tuesday)
Time(s): 6pm
Cost: Free
Instructor: Robin Davis

Ready to bake your own delicious sourdough bread? In this class, you'll learn everything you need to start your sourdough journey—from understanding the science behind the starter to nurturing it for perfect bread. You'll leave with your very own starter, ready to bake fresh, tangy loaves at home!



Crafting Calm: Pressed Flower Candle

Date(s): April 17th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$5

Instructor: Robin Davis

Find your inner peace through creativity with Crafting Calm. This monthly program is designed to help you manage stress and mental health challenges by immersing yourself in relaxing, hands-on crafting activities. Discover the therapeutic benefits of creating, connect with others, and leave each session feeling refreshed and recharged.

All materials provided.

Ages: 16+



Spring Cleaning

Date(s): April 22nd (Tuesday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

Spring is the perfect time for a fresh start, and in this class, we'll guide you through the process of tackling your home cleaning with a methodical approach. Learn practical tips for decluttering, deep cleaning, and organizing each room to help you refresh your space. Whether you're a first-timer or a seasoned pro, you'll leave with strategies to make spring cleaning easier and more efficient!



Spring Salads

Date(s): April 24th (Thursday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

Celebrate the season with fresh, vibrant flavors in this hands-on class focused on creating delicious spring salads! From crisp greens to colorful veggies, you'll have the opportunity to make and taste a variety of salads that are perfect for any meal. Join us to learn new salad combinations, dressings, and tips to keep your meals light and healthy as we embrace the spring season!

Ages: 16+

Other April Important Dates:

Laurel County Homemaker Annual Meeting - April 1st

Laurel County Cultural Arts - April 1st

Emma Lou Cissell Homemaker Scholarship Deadline - April 11th

Jabez Quilt Seminar - April 28th through May 1st

May: Nourish your mind, body, and soul!



Slow Cooker Meals for the Warm Months

Date(s): May 6th (Tuesday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

Keep your kitchen cool while making delicious meals with the help of your slow cooker! In this class, we'll explore easy, flavorful recipes that are perfect for the warmer months. You'll learn how to use your slow cooker to create dishes that are both refreshing and satisfying, without heating up the house. Say goodbye to slaving over a hot stove and hello to easy, hands-off meals!



Walking Wednesdays

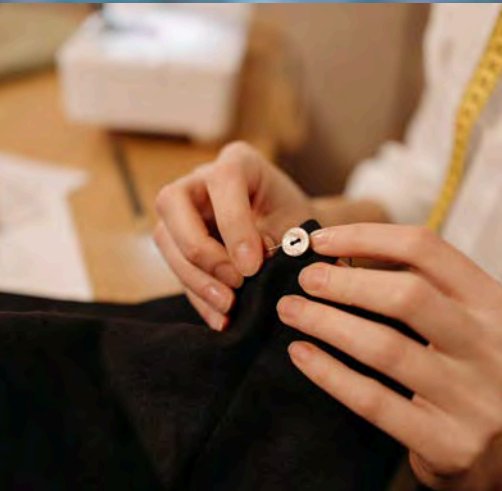
Date(s): Wednesdays starting on May 7th

Time(s): Fits into your schedule!

Cost: Free

Instructor: Robin Davis

Get moving and track your progress as you "Walk across Kentucky"! In this program, you'll report your physical activity for the week and pick up a fun grab-bag at the Laurel County Extension Office. This program is designed to help keep you accountable while promoting physical health in a fun and motivating way. Come by anytime from 10am to 8pm each Wednesday to get your grab-bag and stay on track with your fitness goals!



Clothing Repair: Basics

Date(s): May 13th (Tuesday)

Time(s): 6pm to 8pm

Cost: \$10

Instructor: Sheryl Bowling

In this hands-on class, you'll learn how to tackle common clothing repairs, including sewing on buttons and fixing zippers. Whether it's a favorite shirt or a pair of jeans, we'll teach you the skills to extend the life of your clothes and save money on replacements. Join us for practical tips and techniques to keep your wardrobe in top shape!

Students should bring 1-2 clothing items with missing buttons, hems out, or ripped seams.

Ages: 16+



Cook Together, Eat Together

Date(s): Every Tuesday from 5/13 to 6/17

Time(s): 6pm

Cost: Free

Instructor: Lora Davidson

Strengthen your family bonds while creating delicious, nutritious meals! This 6-week workshop is designed to help families come together during mealtime with simple, healthy recipes. The first and last sessions will be in-person at the Extension Office, while the middle four will be hosted on Zoom, giving you the chance to practice these skills at home. Plus, we provide all the ingredients you need each week—just bring your appetite and enthusiasm!



Crafting Calm: Punch Needle Embroidery

Date(s): May 15th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$10

Instructor: Robin Davis

Find your inner peace through creativity with Crafting Calm. This monthly program is designed to help you manage stress and mental health challenges by immersing yourself in relaxing, hands-on crafting activities. Discover the therapeutic benefits of creating, connect with others, and leave each session feeling refreshed and recharged.

All materials provided

Ages: 16+



Managing Family Resources

Date(s): May 20th (Tuesday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

This class is designed to help families effectively manage their resources, including time, money, and energy. You'll learn practical strategies for budgeting, meal planning, and organizing family routines to reduce stress and increase efficiency. Whether you're looking to save money or create a more balanced family life, this workshop will provide tools to help you thrive.



Sourdough Breads

Date(s): May 22nd (Thursday)

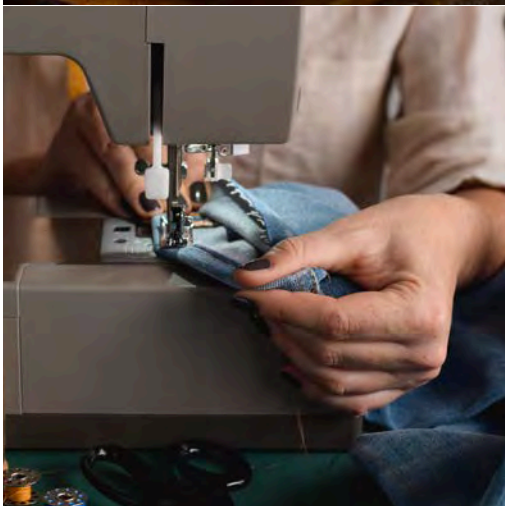
Time(s): 6pm

Cost: \$5 (Free for Laurel County Homemakers)

Instructor: Robin Davis

Get your hands into the dough and learn the art of making sourdough bread from scratch! In this class, participants will bring their own active sourdough starter and get hands-on experience creating multiple types of sourdough bread. You'll leave with ready-to-bake bread and the knowledge to bake a variety of breads at home, all using your starter.

Ages: 16+



Clothing Repair: Advanced

Date(s): May 27th (Tuesday)

Time(s): 6pm to 8pm

Cost: \$15

Instructor: Sheryl Bowling

In this advanced class, you'll take your sewing skills to the next level by learning the art of hemming. Whether you need to shorten pants, skirts, or other garments, this class will teach you the techniques for perfecting hems and ensuring a clean, professional finish. Join us for hands-on experience and helpful tips that will make hemming a breeze!

Sewing Machines available upon request.

Ages: 16+



Storybook Walk

Date(s): May 30th (Friday)

Time(s): 10am to 2pm

Cost: Free

Join us for a fun and interactive experience where families can walk along a beautiful path while reading the highlighted storybook. As you stroll, make stops at tables and booths hosted by local community partners offering helpful resources and materials. Plus, enjoy some delicious food while exploring the park and fostering a love of reading in your family!

*First 100 children will receive their own copy of the storybook. First come, first served basis.

*More information to be released in April 2025. Keep an eye on our newsletter for more information!

Other May Important Dates:

Laurel County Cultural Arts (blue ribbons at Area level) due to office - May 2nd

Needlework Workshops (Clay County) - May 15th

Laurel County Extension Office Closed - May 26th (Memorial Day)

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Agriculture and Natural Resources
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

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

LAUREL COUNTY CULTURAL ARTS

Kentucky Extension Homemaker Association

April 1, 2025

Art is meant to be shared. By submitting your project, you are allowing others to experience and appreciate your artistic vision. Your art is a unique expression of your creativity and perspective.

Bring your Cultural Arts Project(s). Projects will be judged the same day and displayed for all to enjoy. Your project can be picked up anytime on or after April 24th. If you receive a Blue Ribbon, and want it to be entered into subsequent competitions, those projects will need to remain here at the extension office. They will be returned after State competition.

All held at the Laurel County Extension office

Drop off

@ 8 am-12 pm

Judging

@ 1 pm

Viewing

@ 2 pm-4 pm

Pick up

@ 4 pm-5 pm



MOVIE NIGHT HOMEMAKER ANNUAL MEETING

Join us for annual Homemaker meeting immediately following the art exhibit. We will have popcorn, cotton candy, and other movie treats.

2025-2026 CULTURAL ARTS EXHIBIT CATEGORIES

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

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.

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 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.



Cooperative
Extension Service



INSPIRING GRANDCHILDREN
TO BECOME
GRAND COOKS



February 25, 2025



TODAY'S TOPICS

- Highlight benefits of older adults and children cooking together.
- Discuss developmentally appropriate ways to involve children in the kitchen.
- Create a plan for working in the kitchen with children.

TELL US ABOUT A
FAVORITE FOOD
FROM YOUR
CHILDHOOD



COOKING EXPERIENCES SUPPORT CHILD DEVELOPMENT



Motor skills



Cognitive skills



Communication



Literacy and numeracy



Sensory



Social emotional skills



Health and well-being





WILL COOKING SKILLS WILL BE LOST IN YOUNGER GENERATIONS?

- Changes in culture, family structure, and food costs
- Fewer school programs
- Barriers to community cooking classes

An older man with grey hair and a goatee, wearing a light-colored t-shirt, is smiling as he leans over a kitchen counter. He is holding a young boy with blonde hair, who is looking down at a large metal tray filled with green beans and sliced onions. The man's hands are on the tray, and he appears to be showing the boy how to handle the food. The background shows a kitchen with a refrigerator covered in photos and notes. The overall scene is warm and intimate, capturing a moment of shared learning and bonding.

OLDER ADULTS CAN TEACH COOKING SKILLS

You just need to share time, patience, and experience

BENEFITS OF COOKING TOGETHER

Children

Learning about history

Social emotional support

Both

Stronger relationships

Enhanced well-being

Alter routines for healthier eating

Adults

Boosts in brain function

Protection against depression and social isolation

Maintain skills for independent living

HOW DID YOU
BENEFIT FROM
COOKING WITH A
SPECIAL OLDER
ADULT?





SET CHILDREN UP FOR SUCCESS

Match cooking tasks with their development

WHAT IS AN
APPROPRIATE AGE
FOR EACH TASK?


PLANNING TO WORK WITH CHILDREN IN THE KITCHEN

- Start by setting ground rules around safety.
- Engage in conversation.
- Work through the mess.
- Make it a habit.



CREATING A PLAN



A photograph of a woman with short grey hair and glasses, wearing a light blue button-down shirt, leaning over a table in a kitchen. She is smiling and looking down at a young girl with blonde hair who is focused on preparing a pizza. The girl is wearing a white shirt. To the left, another young girl with blonde hair, wearing a floral patterned dress, is also looking at the pizza. To the right, another young girl with blonde hair, wearing a blue patterned dress, is looking at the pizza. The table is covered with a white tablecloth and has a pizza on a white plate, a bowl of white sauce, and some fresh green herbs. The background shows a kitchen with white cabinets, a stove, and various kitchen items hanging on the wall. The overall atmosphere is warm and collaborative.

**GIVING CHILDREN TIME, SPACE, AND SUPPORT TO
GAIN CONFIDENCE IN THE KITCHEN YIELDS
PRICELESS EXPERIENCES THAT WILL LAST A LIFETIME.**

WRAP-UP



- Please take a moment to tell us about your experience



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