

# FAMILY AND CONSUMER SCIENCES NEWS

## JULY/AUGUST 2023



I hope everyone has been enjoying the long summer days! In July we had the 2023 Ewing/Fleming County Fair @ 606 Sales and Events. We had a wonderful turnout at Floral Hall and want to thank each person who entered for open class! All entries were spectacular! Thank you Susan Wood, Violet Barbee, Anna Barbee, Samantha Major, and Glenna Peterson for helping with the fair as well!

Cooking Through the Calendar Classes are still being held. Take a look inside to find what dates we will be having it for the upcoming months! As of now, the classes are not on the same day each month. Various trainings make it difficult to do so but we'll get there. Thanks for understanding!

If you would like to attend a class, contact me at [katie.fryman@uky.edu](mailto:katie.fryman@uky.edu) or 606-845-4641.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

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*Katie Fryman*





**LEARN. LEAD. SERVE.**

## Homemakers News

- **Country Neighbors July 20th @ 6:00pm FCEO**
- **Hillsboro Homemakers Meeting July 20th @ 1:00pm Hillsboro Christian Church**
- **Treasures of the Heart July 24th @ 6:00pm FCEO**
- **Baby Quilt Day July 26th @ FCEO 9:00am-4:00pm**
- **Homemakers Council Meeting July 31st @ 5:00pm. (all HM welcome at this meeting)**
- **August 8th LRA Leadership Training @ 10:00am**
- **Skills Day Oct 10th @ Bath County 10:00am-3:00pm**
- **Cultural Arts Day Oct 3rd @9:00am-12:00pm**
- **LRA Annual Meeting @ Mason County October 19th - more details to come**

**PLEASE SUPPORT THE  
FLEMING COUNTY EXTENSION HOMEMAKERS**



**QUILT  
MADE BY  
DONNA  
FRYMAN**

**TICKETS:  
\$1 EACH  
OR  
6 FOR \$5**

Our Homemaker Programs promote  
community, education & volunteerism.



**DRAWING:  
AFTER LABOR DAY**



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**EVERY LITTLE BIT HELPS!**



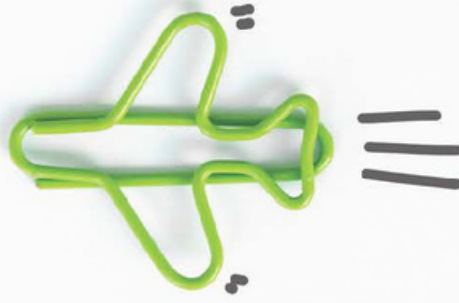




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# LICKING RIVER AREA

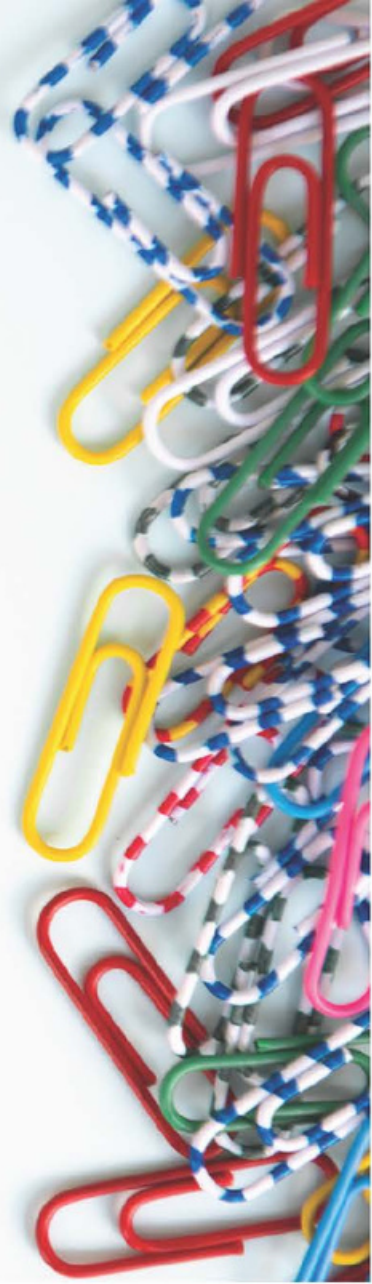
## Leadership Training



Tuesday, August 8th  
Beginning at 10:00am

Montgomery County Extension Education Center  
104 E Locust Street  
Mt. Sterling, KY 40353

*Please RSVP to your county by August 4th*



Join us in Montgomery County for the Leadership Lesson Training Day. This day is for ANY and ALL Homemakers. It is a fun (FREE) day of learning for the lessons for the year, leadership training, and fellowshiping with other Homemakers. Call your local Extension Office if you plan on attending. At least one member from each club is encouraged to attend.

**Lessons include:**  
Carbon Monoxide  
Healthy Eating Around the World  
Planning Thrifty Holiday Meals





# COOKING THROUGH THE CALENDAR

## UPCOMING DATES FOR 2023

- **July 20th** @ Hillsboro Christian Church 11:00am
- **July 27th** @ Fleming County Extension Office 12:00pm
- **August 22nd** @ Hillsboro Christian Church 11:00am
- **August 24th** @ Fleming County Extension Office  
12:00pm
- **September 19th** @ Hillsboro Christian Church 11:00am
- **September 21st** @ Fleming County Extension Office  
12:00pm
- **October 24th** @ Hillsboro Christian Church 11:00am
- **October 25th** @ Fleming County Extension Office  
12:00pm
- **November 21st** @ Hillsboro Christian Church 11:00am
- **November 22nd** @ Fleming County Extension Office  
12:00pm
- **December TBD**



*2023 Fleming County  
Extension Homemakers  
Cultural Arts Day*

**OCTOBER 3RD**

**[AT] THE FLEMING COUNTY EXTENSION  
OFFICE**

**Free Entry**

**CONTACT KATIE FRYMAN FOR MORE  
INFORMATION!**

**OFFICE PHONE: 606-845-4641**

**EMAIL: [katie.fryman@uky.edu](mailto:katie.fryman@uky.edu)**

**1384 ELIZAVILLE ROAD,  
FLEMINGSBURG KY 41041**

**DROP OFF TIME THE DAY OF  
9AM-12PM**

**YOU MAY STOP BY ANY DAY PRIOR TO OCT. 3RD WITH YOUR ITEMS**

## 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
- d. 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 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.



GET AHEAD OF CANNING SEASON

# Pressure Canner Gauge Testing

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Bring canner lid with gauge  
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(606) 845-4641  
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**Katie Fryman**  
Family & Consumer Sciences  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# ADULT HEALTH BULLETIN



**AUGUST 2023**

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

Fleming County Extension Office  
PO Box 192  
Flemingsburg, KY 41041  
(606)-845-4641

## THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



**A**ugust 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

Continued on the next page 



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## Lung cancer is the leading cause of cancer deaths in Kentucky.

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

### ➔ Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit [ky.gov](http://ky.gov) and search "lung cancer screening."

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

#### REFERENCE:

[https://www.cdc.gov/cancer/lung/basic\\_info/screening.htm](https://www.cdc.gov/cancer/lung/basic_info/screening.htm)

ADULT  
**HEALTH BULLETIN**

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## Mozzarella Basil Chicken with Roasted Grape Tomatoes

<b>4</b> (4 ounce) boneless chicken breast halves	<b>12</b> large fresh basil leaves	<b>2 ½ cups</b> grape tomatoes, halved
<b>½ cup</b> lite balsamic vinaigrette dressing	<b>2 ounces</b> low-fat skim mozzarella cheese, cut into four slices	<b>4 tablespoons</b> shredded Parmesan cheese

**Place** chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture. **Yield:** 4 servings  
**Nutritional Analysis:** 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>