

August, 2023

Powell County **FARMERS** *Market*

Clay City

Tuesdays & Thursdays

Located next to Red River Museum

Stanton

Fridays & Saturdays

Located between Kroger and
Hearne Funeral Home



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.

ASK THE AGENT

Have a question for an Agent?

Use the online submission form at bit.ly/AskanAgent or text your question to (859) 279-2077 (your name is not required to submit a question).

Q. Which are more productive, bush or pole green beans?

Jason Vaughn, CEA for Ag & Natural Resources:

In general, pole beans are more productive than bush beans simply because they are larger plants. A 10-foot row of bush beans spaced 2 inches apart can be expected to produce between 4 and 5 pounds of green beans, depending on the cultivar and growing conditions. Under the same conditions, a 10-foot row of pole beans spaced 4 inches apart (gardeners typically space pole beans wider than bush) can be expected to produce approximately 8 pounds of green beans, depending on the variety. Planting pole beans seems like an obvious choice since you can sow less seed and get more green beans. But, bush beans have the great advantage of not requiring a trellis, teepee, or other form of support to be built, reducing material costs, labor, and time spent in the garden.

Q. How do I start a 4-H club?

Emilee Hager, CEA for 4-H Youth Development:

All 4-H Clubs require an adult volunteer to begin! Come visit us at the extension office to complete your volunteer registration.

After registration is completed, volunteers will work with the 4-H agent to set up their club, pick meeting dates, and start recruiting members.

4-H Clubs can be created for many different interest areas such as cooking, photography, sewing, etc.

Call the office or email Emilee with any 4-H Club questions.

Q . What opportunities are available for my child at the Powell County Fair?

Emilee Hager, CEA for 4-H Youth Development: At the Powell County Fair, children 5 to 18 years old can enter various projects such as painting, quilts, artwork, etc. into the 4-H exhibit hall.

Children 5-8 can enter projects under the Cloverbud category. Children 9-18 can enter projects under the 4-H Youth category.

All project categories will be listed in the 2023 Fair Book. Keep watching our newsletter for a complete list of project categories.

Cooperative Extension Service

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4-H Youth Development
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Disabilities accommodated with prior notification.

AUGUST PROGRAMS & MEETINGS

TUESDAY

1

6:00 P.M.

Outdoor Cooking

WEDNESDAY

2

10 A.M. - 10:30 A.M.

Bingocize

THURSDAY

3

9 A.M.

Cloverbud Day Camp

MONDAY

7

10:00 10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

MONDAY

7

Deadline to submit Cost-Share applications (CAIP)

TUESDAY

8

Youth Agriculture Investment Program (YAIP) applications available

WEDNESDAY

9

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

MONDAY

14

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

MONDAY

14

6:30 P.M.

Powell & Clark County Beekeepers Mtg.

WEDNESDAY

16

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

FRIDAY

18

NOON

Extension District Board Mtg.

MONDAY

21

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

WEDNESDAY

23

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

FRIDAY

25

10 A.M.

Homemakers Planning Committee Mtg.

FRIDAY

25

NOON

Extension Homemaker Council meeting

MONDAY

28

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

WEDNESDAY

30

10 A.M. - 10:30 A.M.

Bingocize at Stanton Senior Center

Find us on



Volunteer Spotlight



Larry Young

What is your role in Extension?

Chairman of the District Board and President of the Powell & Clark County Beekeepers.

How did you first get involved with Extension?

Through the Beekeepers Association

Which quality do you most like in a person?

Respect, assuming responsibility, and honesty

What do you enjoy most about volunteering?

I enjoy helping people and working with a diverse group of people.

What is the last book you read?

"Beekeeping and Honeybee Biology"

As a child, what did you want to be when you grew up?

A mechanic and to be the best mechanic I could be. Being a mechanic has taken me to a lot of places.

What is a fun fact about yourself?

I love to keep busy! And work is fun when you love it.



4-H Youth Development



Emilee Hager

Powell County Agent for 4-H Youth Development

Emilee Hager



606-663-6405



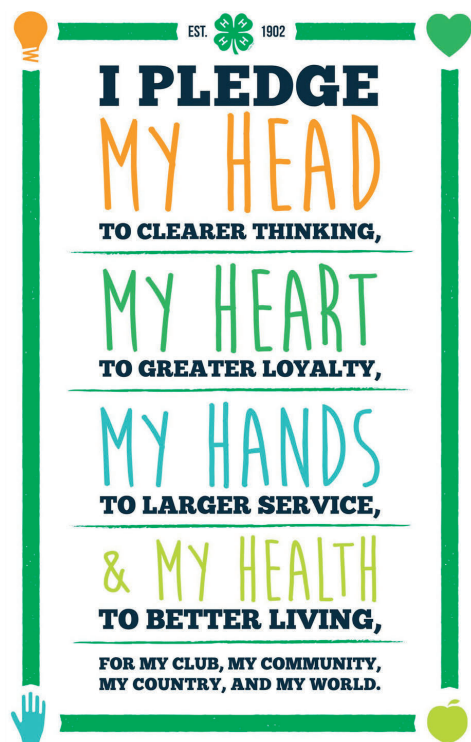
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



SUBSCRIBE



Scan the QR code or visit <https://bit.ly/Powell4H> to subscribe to our **4-H Youth Development** newsletter & get all the latest news!

Enroll in Kroger's FREE Community Rewards Program:



1. Have your Kroger Plus Card ready!
2. Visit kroger.com/communityrewards
3. Sign in to your online Kroger Plus Card account, update, or create one
4. Scroll down to ENROLL NOW in the Community Rewards Program
5. Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

*Community Rewards Program does not affect your fuel points or other discounts

Agriculture and Natural Resources



Jason Vaughn

Powell County Agent for
Agriculture & Natural Resources

Jason Vaughn



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



powell.ca.uky.edu/anr



Register at
kysheepandgoat.org

A WORD FROM THE AGENT

I hope this newsletter finds each of you well. The heat finally came, and it has been warm. Be safe as you are outside and don't overdo it.

I wanted to bring your attention to a couple of items in this newsletter. First, our CAIP application window will be closing on August 7th. If you have any questions give me a call here at the office.

Second, our YAIP program application will be available and accepted August 8th-September 5th. YAIP is similar to CAIP but for youth ages 9-18. If you know of a youngster that is interested, let me know and I will work through the process with them.

Lastly, fencing is always an issue that requires constant repair and replacement. The Forage department at UK has put together a fencing program that covers a wide range of topics and techniques. If you are interested in improving the fencing on your property, this is a great opportunity to learn. I will provide scholarships to anyone interested in attending. The Extension Office will pay the \$35 tuition as well as provide transportation. Let me know if you are interested.

As always, call me if you need me.

Jason Vaughn
CEA for Ag and Natural Resources

JAPANESE BEETLES: GOOD-LOOKING, BUT DESTRUCTIVE

Source: Jonathan Larson, UK Extension Entomologist

You may have walked into your garden recently and found plant leaves decimated or flowers chewed. It's the season for Japanese beetles, and as you may have already noticed, they are voracious feeders.

Japanese beetles are easily recognized by their attractive, shiny emerald-green and copper color. They are about 7/16 of an inch long, and if you look closely, you'll see patches of white hair on their sides.

The beetles have sharp, chewing mouth parts that allow them to grind up tender leaf tissue between the veins, leaving the leaves skeletonized and lacy. But they don't stop at leaves. They will shred flowers – you've probably seen them buried into the blooms on your roses – and even eat fruit.

They're pervasive. They attack and feed on more than 300 different plant species. Their favorites include linden, roses, grapes, blackberries and peaches. A longer list of host plants can be found at <https://entomology.ca.uky.edu/ef451>.

Japanese beetles overwinter below ground as grubs and emerge as full-grown beetles in July, spending the summer months feeding and laying eggs for the next year's batch. It is a natural instinct for many people to automatically reach for a beetle trap when they see their first beetles of the season, but they're really not the best method of eradication. Beetle traps often attract more beetles than they can capture and that can lead to more damage to your plants. You can experiment with them, but don't place them anywhere near plants you want to protect. Remedies such as insecticidal soap and extracts of garlic, hot pepper and oranges do not help either.

So how do you protect your garden from Japanese beetles? First, if you're in the process of planning or planting your landscape, consider including species and cultivars they don't like to eat. Examples of those are most oaks, hollies, tulip trees and silver maples.

For those of us whose landscapes are mature and planting more trees isn't feasible, one of the best methods is to simply pick off and kill beetles when you see them on your plants. Beetles will be strongly attracted to a plant that is already damaged by beetles. The more damage, the more beetles, resulting in more damage and more beetles. It's a vicious cycle. If you walk through your garden in the evening and remove beetles by hand, you'll cut back on the number of beetles that show up the next day. Pick them off and plop them in a bucket of soapy water.

There are insecticides available that can help kill or repel beetles, but always follow the label instructions carefully and beware of treating any plant that is blooming. Organic options, which offer a three to four days of protection, include Neem oil, pyola and BtG (Bt for beetles). Synthetic options, which offer protection for one to three weeks, include Bifenthrin, carbaryl, cyfluthrin and lambda-cyhalothrin.

For more information about Japanese beetles and other garden pests, contact the Powell County office of the University of Kentucky Cooperative Extension Service.

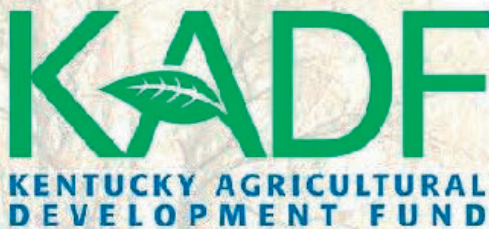
Powell & Clark County Beekeepers

will meet Monday, August 14th at
6:30 p.m. at the Powell County Extension Office.

A potluck dinner will be served.



MONEY FOR FARM IMPROVEMENTS



Eligible Investment Areas:

*Agricultural Diversification
Large Animal - Small Animal
Farm Infrastructure
Fencing & On-Farm Water
Forage & Grain Improvement
Innovative Ag. Systems
On-Farm Energy
Poultry & Other Fowl
Technology & Leadership Development
Value Added & Marketing*

Administered by:

**Powell County Livestock
Association**

COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications will be available for Powell
County's CAIP to assist farmers in making
important farm investments.

Application Period:

July 17th – August 7th

Application Availability:

**Powell County Extension Office
Monday – Friday
(8:00 a.m. – 4:30 p.m.,
closed 12 p.m. – 1 p.m. for lunch)**

For More Information:

**Contact Tommy Mays at 663-2625 or
stantonhousing@bellsouth.net**

*All applications are scored, based on the scoring criteria
set by the Kentucky Agricultural Development Board.*

STOCKPILE FORAGES TO EXTEND THE GRAZING SEASON

Source: Ray Smith, UK Plant and Soil Sciences Professor

Good pasture management can help extend the grazing season further into the fall and early winter. Take advantage of good growing conditions to obtain high-quality pasture for late fall and early winter grazing. Stockpiling helps broaden the pasture season for the cow herd, reduces feed and labor costs by lowering the amount of hay needed and provides an ideal location for the beef cow herd to winter and calve.

It's easy to begin to stockpile. Simply take cattle off pastures in late summer, apply nitrogen fertilizer and allow grass to accumulate growth through late fall. Then, put cattle on the pasture one section at a time until they've finished grazing the whole field.

Take soil samples for analyses to determine pasture requirements for phosphorus, potassium and lime. You'll need this information to renovate with clover in the spring.

Tall fescue and Kentucky bluegrass are the best grasses to stockpile in Kentucky. Both retain green color and forage quality late into winter, are somewhat resistant to low temperatures and form a good sod. Tall fescue produces more fall and winter growth than Kentucky bluegrass.

Nitrogen and moisture are critical to successfully stockpiling grasses.

Apply nitrogen in mid-August. Topdress at the rate of 40 to 60 pounds of actual nitrogen per acre for Kentucky bluegrass. Use 40 to 100 pounds of actual nitrogen per acre on tall fescue.

Numerous studies show wise fertilizer use and timing results in high yields during fall and early winter. Tall fescue crude protein and digestibility are better during fall and early winter than at any other time of the year.

Yields can be very good when water is available during the stockpiling period. Tall fescue can produce two tons of dry matter up to late November. With adequate water, producers can achieve 25 pounds of dry matter for each pound of nitrogen used.

After frost, let cattle graze grass-legume fields quickly before plants deteriorate. Then, put animals on the stockpiled grass fields. For the most efficient use of stockpiled fields, establish a strip grazing system by using a temporary electric fence to section off areas of the field. The first grazing area should have water and mineral sources. When animals have grazed this area, move the fence to open a new strip. Repeat this process until the entire field has been grazed.

Stockpiled grass is an excellent choice for fall-calving cows because it can be used to meet high nutritional needs after calving and during the breeding season. Grazing stockpiled grasses may offer the most benefit to spring-calving cows in thin body condition during the fall. Growing, weaned cattle can be grazed on stockpiled fescue. Using stockpiled grasses helps lower feed costs when backgrounding cattle. For more information about pasture management and other topics, contact the Powell County Cooperative Extension Service.

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

From the Woods Today is a weekly internet show co-hosted by Renee' Williams and Billy Thomas with UK Forestry and Natural Resources Extension. The show airs live on Wednesdays at 11 a.m. EDT. Links to live shows are posted on www.fromthewoodstoday.com just prior to the show.

August 2: Climate Education, Hummingbird Festival, Pesky Plants

August 9: Degraded Woodlands

August 16: Bugs, World Honey Bee Day

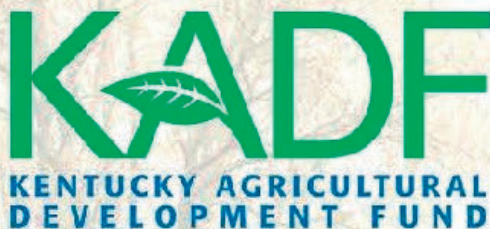
August 23: What's Bugging My Tree?

August 31: Laurel Wilt Disease



www.FromTheWoodsToday.com

MONEY FOR FARM IMPROVEMENTS



Eligible Investment Areas:

- Greenhouses
- Horticulture
- Hydroponics
- Wildlife Management
- Animal Production
- Forage & Grain Improvement
- Animal Showmanship
- Country Ham Projects
- Value Added & Marketing

Administered by
Powell County Livestock
Producers
169 Maple Street
Stanton, Ky 40380
606-663-6404

YOUTH AGRICULTURAL INVESTMENT PROGRAM (YAIP)

Applications are available for Powell County's YAIP to assist youth with agriculture related expenses.

Application Period:

August 8th-September 5th, 2023

No applications will be accepted before August 8th or after September 5th

Application Availability:

Powell County Extension Office
Monday – Friday
(8:00 a.m. – 4:30 p.m.,
closed 12 p.m. – 1 p.m. for lunch)

For More Information:

Contact Tommy Mays at 663-2625 or
stantonhousing@bellsouth.net

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

REDUCE LOSS WHEN STORING BALES OUTSIDE

How we store hay makes a difference in the potential for winter forage losses. It is estimated that unprotected round bales of hay stored outside can experience a 4 to 8 inches or more spoilage loss on the outside of the bale over the course of the winter.

A weathered area of 6 inches deep on a 5.6-foot by 5.6-foot bale contains approximately one-third or the total bale volume. If that bale weighs 800 pounds and sells for \$65 dollars, then a 6 in spoilage loss is approximately 240 pounds or a value loss of approximately \$19.50.

Factors affecting loss

Many factors affect the extent of round bale storage loss each year. These include factors such as bale density, storage time, size of bale, wrap, forage type, weed content, environmental conditions and storage methods.

In this article, we will be discussing methods to reduce loss of uncovered round bales stored outside. The bale storage site is an extremely important factor in reducing loss.

Characteristics of an ideal storage area are those that drain well, have a slight slope, are close to the winter feeding area and not shaded by trees. In addition to full sun, it is best to have a southern exposure. Our objective here is to have bales at a location of easy access, that dry quickly based on sun exposure, and bale rows that don't pool water.

Place the bales in a north-to-south direction and in rows up and down these slopes, with the flat ends butted together. This will allow water to drain away quickly. Anything we can do to keep bales from soil contact will reduce bottom spoilage.

It is recommended that rows be spaced 3 feet apart to promote good air circulation. Ideally, our outside bale storage area would be located away from buildings, to reduce fire risk.

Recently, more farms have chosen to store dry round bales (less than 20% moisture), and that have gone through the sweat in rows of plastic wrap. When done correctly, this can result in an effective way of preserving forage quality and reducing loss.

Winter feed cost is a large part of livestock production and giving some attention to hay storage can help to reduce the cost of production, while providing more nutritious forage to our livestock.

Source: [Clif Little](#), OSU Extension, Agriculture and Natural Resources, Guernsey County, Ohio (originally published in the [Farm and Dairy](#)).



**Organized and Sponsored by the Kentucky Forage and Grassland Council,
UK Cooperative Extension Service, and the Master Grazer Program**

This program is designed for producers and agricultural professionals to learn the newest fencing methods and sound fencing construction through a combination of classroom and hands-on learning

WHEN: November 7-Scott County, KY
November 9-Caldwell County, KY

WHERE: Scott County Extension Office
1130 Cincinnati Road
Georgetown, KY 40324

Kentucky Soybean Board Office
1000 Highway 62 West
Princeton, KY 42445



COST: \$35/participant -- includes notebook, refreshments, safety glasses, hearing protection, and catered lunch

Registration DEADLINE: 1 week prior to workshop

ONLINE Registration with Credit Card:

_____ Georgetown, KY [Register for KY Fencing School in GEORGETOWN](#)

_____ Princeton, KY [Register for KY Fencing School in PRINCETON](#)



Registration by U.S. Mail: Christi Forsythe
UK Research and Education Center
P.O. Box 469
Princeton, KY 42445

Name: _____

Street: _____

City: _____ State: _____ Zip code: _____

Email: _____ Cell Phone: _____

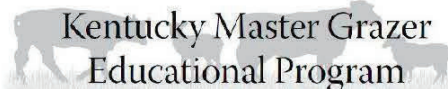
Number of participants _____ x \$35 per participant = _____ **Total Cost**



Make CHECKS payable to: KFGC

For more information contact Krista Lea at 270-625-0712 or Christi.Forsythe@uky.edu

2023 Kentucky Fencing Schools



2023 Kentucky Fencing School Agenda

7:30 Registration and Refreshments

8:15 Welcome and Overview of the Day – *Chris Teutsch, UK*

8:30 Fencing Types and Costs - *Morgan Hayes, UK*

9:00 Fence Construction Basics – *Eric Miller and Payton Rushing, Stay-Tuff*

- Perimeter fences vs. cross fences
- Fencing options on rented farms
- Proper brace construction
- Line posts and fence construction

9:45 Break – visit with sponsors and presenters

10:15 Electric Fencing Basics - *Jeremy McGill, Gallagher*

- Proper energizer selection and grounding
- Proper high tensile fence construction and wire insulation
- Electric offset wires for non-electric fences
- Underground wires and jumper wires

11:00 Innovations in Fencing Technologies - *Josh Jackson, UK*

- Wireless fences, fence monitoring, fence mapping

11:30 Overview of Kentucky Fence Law - *Clint Quarles, KDA*

12:15 Catered Lunch - visit with sponsors and presenters

1:00 Hands-on Fence Building

- Safety, fence layout, and post driving demo - *Jody Watson and Tucker LaForce, ACI*
- H-brace construction - *Jeremy McGill, Gallagher & Eric Miller and Payton Rushing, Stay-Tuff*
- Knot tying, splices, and insulator installation - *Jeremy McGill, Gallagher & Eric Miller & Payton Rushing, Stay-Tuff*
- Installation of Stay-Tuff Fixed Knot Fence - *Eric Miller and Payton Rushing, Stay-Tuff*
- Installation of High Electrified Tensile Fencing - *Jeremy McGill, Gallagher*

4:30 Questions, Survey and Wrap-up



FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

 Kendyl.Redding@uky.edu

 [Powell County FCS Extension](#)

 powell.ca.uky.edu/fcs

It's canning season!

Pressure Gauge Testing

Do you have a dial gauge pressure canner? Have you had it tested recently? We recommend having it tested annually to ensure accuracy. Contact the Powell County Extension Office to schedule an appointment.

[CONTACT POWELL COUNTY FCS EXTENSION AGENT, KENDYL REDDING, AT 663-6405 OR \[KENDYL.REDDING@UKY.EDU\]\(mailto:KENDYL.REDDING@UKY.EDU\)](#)



AUGUST 25TH

The Homemaker Council Planning Committee will meet Friday, August 25th at 10 a.m. All members please attend and bring your ideas for trips and activities for the coming year.



The Homemaker Council will meet at noon following the Planning Committee meeting.

EXTENSION HOMEMAKERS

DUES

Homemaker dues are due between September 1st and December 1st.

QUILT CLUB

Quilt Club will be meeting on October 9th.

EVENING HOMEMAKERS

The Evening Homemaker Club will meet September 5th at 6 p.m.

CLAY CITY HOMEMAKERS

Clay City Homemakers will meet September 12th at 11 a.m.

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Bingo + Exercise = Bingocize®

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

**WHEN: Every Monday and Wednesday
(Beginning July 10th)**

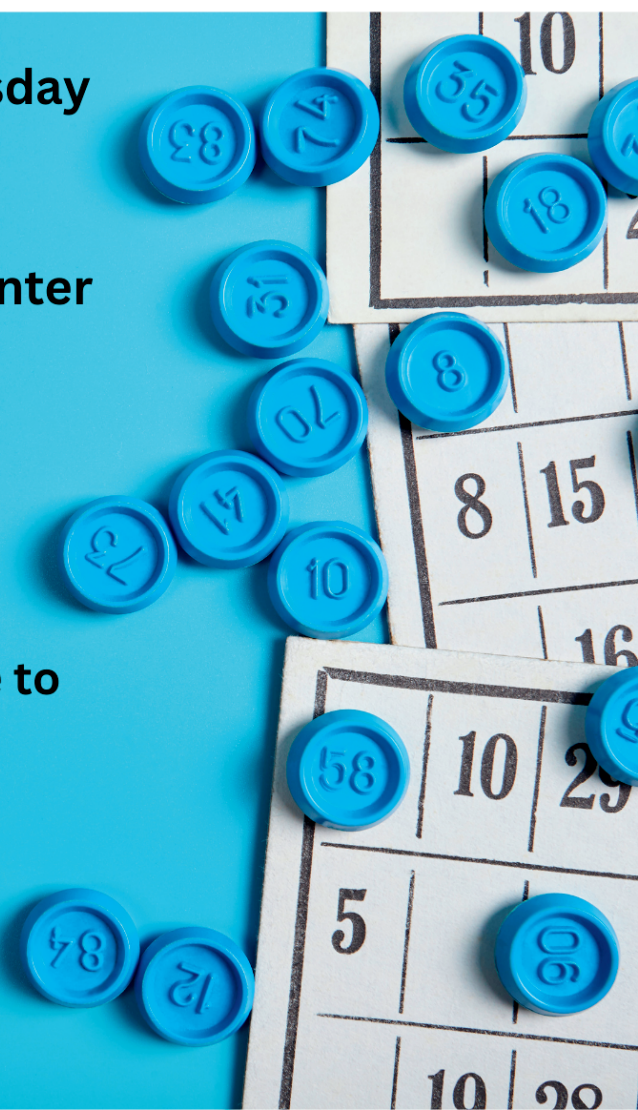
WHERE: Stanton Senior Citizen Center

TIME: 10 a.m. - 10:30 a.m.

**Call the Powell Co. Extension Office to
register at 606-663-6405**



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



*Bluegrass Area
Extension Homemakers'
Annual Meeting*
OCTOBER 13, 2023



*Spotlighting
Carlisle, Kentucky*
HOME OF THE LAST KENTUCKY
CABIN OF DANIEL BOONE

*Featuring
Paula and Randy Hunter
portraying
Daniel and
Rebecca Boone*



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Lunch Menu:

Option 1:

CHICKEN SALAD ON CROISSANT
WITH CHIPS, PASTA SALAD, AND A
HOMEMADE DESSERT TART

Option 2:

HAM AND CHEESE ON CROISSANT
WITH CHIPS, PASTA SALAD, AND
HOMEMADE DESSERT TART

Option 3:

VEGGIE WRAP, PASTA SALAD,
AND HOMEMADE DESSERT TART



Drinks include tea, lemonade, and water.

Please Join Us:

When:

FRIDAY, OCTOBER 13, 2023

Where:

NICHOLAS COUNTY ELEMENTARY SCHOOL CAFETERIA
133 SCHOOL DRIVE
CARLISLE, KY 40311

Time:

9:00 A.M. REGISTRATION

9:30 A.M. CALL TO ORDER

(MUFFINS, FRUIT, JUICE, AND COFFEE WILL BE AVAILABLE)

REGISTRATION DEADLINE

SEPTEMBER 25, 2023

Bluegrass Area Cultural Arts:

AVAILABLE FOR VIEWING IN THE
GYMNASIUM ADJACENT TO THE
CAFETERIA

FOR QUESTIONS:

CALL 859-289-2312 OR EMAIL

ASHLEY.VICE@UKY.EDU



Bluegrass Area Homemaker Annual Meeting Registration

Complete & return by September 25, 2023 to your County Extension Office with your check payable to:

Name: _____ Phone: _____

Email: _____

Club Name: _____ Mailbox Member _____ Guest _____

Lunch Selection:

Chicken Salad Ham and Cheese Vegetarian Option

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.

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.

Helping Older Adults Plan for Natural Disasters

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters.

Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help.

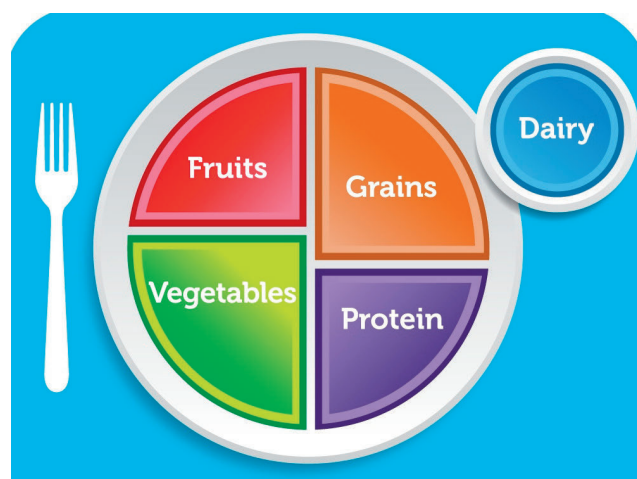
For more information on creating an emergency supply kit, visit:
<https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

For more information about helping older adults during emergencies and other topics, contact the Powell County Cooperative Extension Service.



Nutrition

- Fruits have vitamin C, which is important for growth and the repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Vitamin C also helps your body absorb iron more easily.
- This recipe uses pork chops. MyPlate suggests selecting a wide variety of protein foods to get more of the nutrients your body needs and for health benefits. Meat and poultry choices should be lean or low fat. When cooking pork chops, if there is a layer of fat, simply remove it before cooking or after cooking and discard it. When buying pork chops, look for some without a layer of fat, especially if you are paying by the pound.



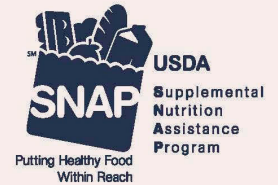
Cooking Tips

- When you brown the pork chops on medium-high heat, it will likely smoke. If the smoke is excessive and you smell any type of burning, the heat is too high. The browning creates a nice sear and crust on each side of the pork chop that adds a delicious flavor. Don't assume the pork chop is fully cooked through just from looking at it. Use a food thermometer to be sure it reaches a minimum internal temperature of 145 degrees F.
- This recipe moves quickly. Stay by the stovetop the entire time to be sure nothing burns. Have all the ingredients and measuring utensils out and ready to go while you prepare this dish. When the peaches are on the stovetop, stir constantly for the best results.
- Many different fruits pair well with pork. Fresh, frozen, or canned options can all work in this dish. Apples, pineapple, nectarines, cherries, blueberries, and cranberries all pair well.





Skillet Pork Chops with Peaches



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving Size: 1 pork chop

Cost per recipe: \$7.78

Cost per serving: \$1.95

Nutrition facts per serving:

280 calories;
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

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