

# GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service  
Greenup County  
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Wurtland, KY 41144  
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extension.ca.uky.edu



Lora Pullin, Greenup County Family & Consumer Sciences Agent

## KEHA ANNUAL MEETING TO BE HELD IN BOWLING GREEN ON MAY 7-9, 2024

The 2024 KEHA Annual Meeting will be held on May 7-9, 2024 at the Sloan Convention Center in Bowling Green, KY.

Registration information will come out in the Spring KEHA Newsletters, these will come directly to your mailbox from the state office.

Rooms blocks are now open! Information can be found on the KEHA website for direct links and price information.

Mark your calendar, and watch for more information in upcoming newsletters.

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## HOMEMAKER COUNCIL MEETING SET FOR MARCH 20

Just a friendly reminder that the next Homemaker Council Meeting will be held on Wednesday, March 20. The Executive Council will meet at 9:00a.m. in the Conference Room of the Extension Office.

The Homemaker Council will meet at 10:00a.m. in the Large Meeting Room of the Extension Office.

If Greenup County Schools are closed due to inclement weather, the meeting will be postponed to a later date.



Disabilities accommodated with prior notification.

# March 2024

## SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

- March 7: Homemaker Leader Lesson— Self Care— Noon @ Extension Office
- March 13: Quilt Guild Sit-N-Sew —10:00pm at Extension Office
- March 17: St. Patrick’s Day
- March 20: Homemaker Executive Committee Meeting— 9:00am at Extension Office Council Meeting—10am
- March 20: International Day– Ireland– Noon
- March 22: 4H Fundraiser– Easter Egg Candy Making Day
- March 26: Mental Health for First Aid workshop– 9:00am @ Extension Office
- March 27: Quilt Guild meeting— 10:00am at Extension Office
- March 31: Easter

## ROLL CALL

Thinking of Spring, share your favorite outdoor activity.



## THOUGHT FOR THE MONTH

*“Think outside– no box required.”*  
*Unknown*



# April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**ROLL CALL**

April is National Volunteer Month.  
What is your favorite way to volunteer?

**THOUGHT FOR THE MONTH**

*“Alone we can do so little; together we can do so much.”*  
*Helen Keller*

**SCHEDULE OF EVENTS**

- April 4: Homemaker Leader Lesson— Strong Bones— Noon @ Extension Office
- April 10: Quilt Guild Sit-N-Sew— 10am at Extension Office
- April 11: Big Blue Book Club
- April 18: Big Blue Book Club
- April 24: Quilt Guild Meeting — 10:00am at Extension Office
- April 25: Big Blue Book Club
- April 25: County Cultural Arts Competition— 10am-Noon @ Greenup County Extension Office
- April 26: County Homemakers Annual Meeting @ Greenbo— Registration 9-10am— Meeting begins at 10am

**Looking Ahead:**

- May 7-9: KEHA Annual Meeting Bowling Green, KY
- May 9— Summer Reading Kick-off Event— Greenup Library





# International Day Ireland

Sponsored by the Greenup County  
Homemakers

Wednesday , March 20 - Noon

GREENUP COUNTY EXTENSION  
OFFICE

35 Wurtland Ave. Wurtland, KY





**INTERNATIONAL DAY:  
IRELAND**

Come join us on March 20, 2024 at Noon and learn information related to our International Day country, Ireland. We will travel to Ireland without leaving the Extension. The afternoon will focus on education about the country's rich history, tasty food, and unique song & dance. We would love to have you join us for the county-wide homemaker event to share in knowledge and fellowship! Bring a friend to introduce to the wonderful world of Homemakers!

**KEHA CULTURAL ARTS  
AWARDS**

If you had an article that received 1st place at the Northeast Area Annual Meeting, please bring the article to the County Extension Office and it will be taken to the KEHA Annual Meeting in Bowling Green on May 7-9, 2024. Have your article at the Extension Office by May 3, 2024; and have it properly labeled.

KEHA registration cards will be available at the Extension Office, contact the Extension Office at 606-836-0201.

**2024 GREENUP COUNTY  
HOMEMAKERS ANNUAL  
MEETING**

The 2024 Greenup County Homemakers Annual Meeting will be held on Friday, April 26, 2024.

Registration is from 9:00am-10:00am with the meeting starting promptly at 10:00am.

The location will be at Greenbo Lake State Resort Park and the cost will be \$20.00 per attendee.

Please collect registration fees for your club and send one check with names of attendees to the Extension office by Friday, April 12.

**4H CAMP FUNDRAISER  
EASTER EGGS**

The Greenup County Homemakers are selling Easter Eggs to help raise funds for 4H Camp Scholarships. Orders can be taken through Monday, March 25 for pickup on Thursday, March 28. The order form is on page 8 of this newsletter.

Join Greenup County Homemaker, Debbie Short, in a day filled with Easter Egg Making on Friday, March 22 @ 10am. We will work together at the Extension Office to prepare the chocolate covered Easter Eggs to fulfill orders. If you have any questions, contact the Extension Office at 606-836-0201.

## KEHA News and Notes

**Nominate a Candidate for KEHA State Board** – Qualified candidates should apply! A total of five positions will be elected in May 2024. Credentials must be sent certified mail and postmarked by April 5, 2024.

The following KEHA state officer and chair positions are open for election:

- President-elect
- Second Vice President
- Cultural Arts & Heritage Chair
- Family & Individual Development Chair
- International Chair

For links to qualifications, job descriptions, and the nomination forms, visit <https://keha.ca.uky.edu/2024-state-board-elections>.

**Contests, Scholarships, and Grants** – March 1 is the deadline for most KEHA contests, scholarships, and grants. Please see the KEHA [Manual Appendix page 2-3](#) for a summary chart listing where to get more information. KEHA development grant proposals and mini-grant applications can be found in the [KEHA Manual, pages 104-111](#). Be sure to turn in your entries on time and to the correct person's address or email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

**State Newsletter Coming Soon!** – Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in February. It will be posted online at [www.keha.org](http://www.keha.org) once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming de



**2024 State Meeting** – Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the [State Meeting](#) webpage.



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

**GREENUP COUNTY HOMEMAKERS  
\$5 EASTER EGGS  
4-H FUNDRAISER**

**ORDER BY MARCH  
25TH PICK UP BY  
MARCH 28TH**

**ORDER FROM ANY GREENUP  
COUNTY HOMEMAKER OR  
FROM THE GREENUP COUNTY  
EXTENSION OFFICE  
606-836-0201**

7 different flavors to choose  
from. Easter Egg weigh 6 to 8  
ounces each. All proceeds go to  
4-H Camp scholarships.



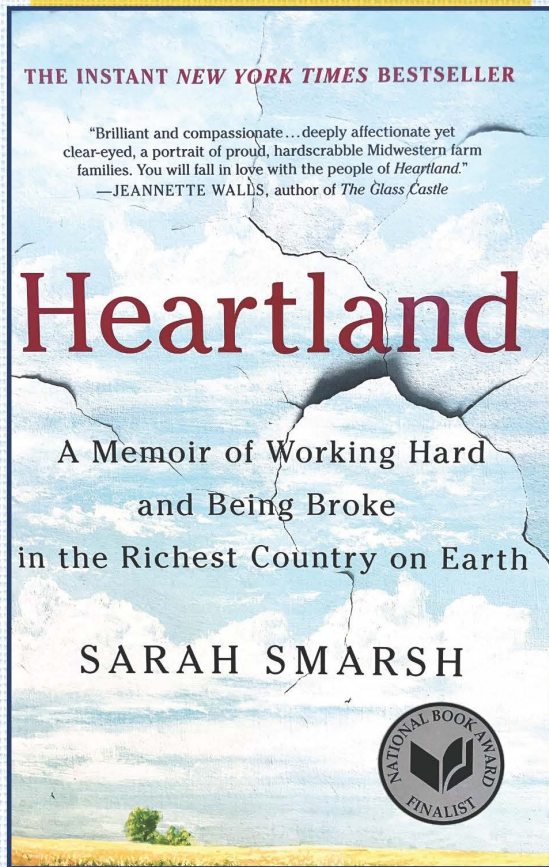
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Community and Economic Development

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LEXINGTON, KY 40546









WE ARE EXCITED TO  
READ WITH  
**YOU**  
THIS YEAR!

# BIG BLUE BOOK CLUB

**Big Blue Book Club** is back with ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country*** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

**Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>**. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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Disabilities  
accommodated  
with prior notification.





**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# MENTAL HEALTH FIRST AID

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than  
**2.6 MILLION**  
*First Aiders who have chosen to be the difference in their community.*

## REGISTER TODAY!

### Delivery Format:

In person workshop at the Greenup County Extension Office

Lunch will be provided to all registered participants

### Date and Time:

Tuesday, March 26, 2024      9:00 am -4:00pm

### Location:

Greenup County Extension Office

### Where to Register:

Call 606-836-0201 or Email lora.pullin@uky.edu

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

## THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

### FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



### WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

### GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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## **ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.**



### **DECISION-MAKING**

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

### **EMPATHY**

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

### **FINANCIAL LITERACY**

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

### **REFERENCES:**

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

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

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



**Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)**



# ADULT HEALTH BULLETIN



**MARCH 2024**

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

Greenup County Extension Office  
 35 Wurtland Ave  
 Wurtland, KY 41144  
 (606) 836-0201

## THIS MONTH'S TOPIC SAVE YOUR VISION



**M**arch is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

**Continued on the next page** →



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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
 Lexington, KY 40506



Disabilities accommodated with prior notification.

***If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.***



**→ Continued from the previous page**

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

**Other ways to protect your vision include:**

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

**REFERENCE:**

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock







## Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

**Makes 4 servings**

**Serving size: 1 Veggie Egg Ring**

**Cost per recipe: \$1.94**

**Cost per serving: \$0.49**

### Nutrition facts per serving:

60 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

### Source:

Benita Wade, Christian County SNAP-Ed Program Assistant



## 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.



Greenup County Extension Services  
35 Wurtland Avenue  
Wurtland, KY 41144

RETURN SERVICE REQUESTED

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Sincerely,

A handwritten signature in black ink that reads 'Lora B. Pullin'. The signature is written in a cursive, flowing style.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Lora Pullin,  
Greenup County  
Extension Agent for  
Family and Consumer  
Sciences

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.