

July-August FCS Newsletter



Canning and Food Preservation Camp-July 6th @ 3:00 p.m.-6:00 p.m.

Trip to Wildcat Mountain Cheese-July 10th @ 9:00 a.m

Quilt Guild- July 11th @ 10:00 a.m.

Story Book Walk at Extension Pavilion- July 13th @ 4:00 p.m.

Knox Threads-July 24th @ 10:00 a.m.

Cooking Through the Calendar-August 7th @ 1:00 p.m.

Quilt Guild - August 8th @ 10:00 a.m.

Homemakers-August 17th @1:00 p.m.

Cultural Arts Due!

Beautiful Minds, Beautiful Lives-August 21st @ 1:00 p.m.

Laugh and Learn-August 22nd-@ 6:00 p.m.

Knox Threads - August 28th @ 10:00 a.m.

Savor the Flavor-August 31st @ 11:00 a.m.


Kelsee Dewees

Agent for Family & Consumer Sciences


Ashley Mimiard

Program Assistant

Please sign up for all programs by calling
(606)-546-3447.



Laugh and Learn



Come laugh and learn with your 3- to 5-year-old child(ren) at the Knox County Extension Office located at 215 Treuhaft Boulevard, Suite 7 Barbourville KY, 40906

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

When: August 22nd @ 6:00 p.m.

Theme: Apples

Please sign up by calling the Knox County Extension Office @ 606-546-3447.



ADULT HEALTH BULLETIN



JULY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC:

INFANT CORD BLOOD BANKING



Expecting a baby can be an exciting time for soon-to-be-parents. It can also be overwhelming, with many decisions to make. One such decision parents today face is whether to donate, bank, or discard their baby's umbilical cord blood. Parents need to decide by the time of arrival or registration at the hospital or birth center where the child is to be born. Here are some things to consider when deciding what to do with your child's cord blood:

Cord blood is the blood contained in the placental blood vessels and umbilical cord, which connects an unborn baby to the mother's womb. Cord blood has hematopoietic progenitor cells (HPCs). At birth, cord blood is collected or "recovered" from the umbilical cord, if desired.

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Disabilities
accommodated
with prior notification.

If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth.



➔ **Continued from the previous page**

HPCs are blood-forming stem cells. HPCs are found in bone marrow, peripheral blood, and cord blood. These types of stem cells are routinely used to treat patients with cancers such as leukemia or lymphoma and other disorders of the blood and immune systems.

You can donate cord blood to a public cord blood bank, which will store it for potential future use by anyone who may need it. Alternatively, parents may arrange to store the cord blood in a private cord bank. That way the child from whom it was recovered can use it later if needed. First- or second-degree relatives can also use it.

Donating cord blood to a public bank adds to the supply and can potentially help others. Donating to a public bank is especially important for ethnic minorities, who are not well represented in cord blood banks. Public cord blood donation increases the chance of all groups finding a match. Only certain hospitals collect cord blood for storage in public banks, so ask your local hospital or birthing facility if this is a possibility for you.

If you decide to store cord blood in a private bank for personal or familial use later, you should

find out the total cost, including charges for collecting and processing cord blood and the annual storage fees. Prices for these services vary greatly.

If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth. They can help you to ensure your wishes are followed and answer any questions you may have about cord blood banking.

More information on donating cord blood to a public cord blood bank, as well as banking cord blood with a private cord blood bank for personal or family use, is available on the Health Resources and Services Administration (HRSA) website: <https://bloodstemcell.hrsa.gov>.

REFERENCES:

- <https://www.fda.gov/vaccines-blood-biologics/consumers-biologics/cord-blood-banking-information-consumers>
- <https://www.acog.org/womens-health/faqs/cord-blood-banking>

ADULT
HEALTH BULLETIN

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123RF.com



2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

- 1. APPAREL**
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
- 2. ART, 3-Dimensional**
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL**
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)**
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY**
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING**
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
- 7. CERAMICS**
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH**
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
- 10. DOLL/TOY MAKING**
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
- 11. DRAWING**
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
- 12. EMBROIDERY**
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
- 13. FELTING***
 - a. Needle Method
 - b. Wet Method
- 14. HOLIDAY DECORATIONS**
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

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

16. KNITTING (HAND)

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

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

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

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition

- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.

- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition

- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

Champion (purple ribbon) entries from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2020-2021).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

Savor *the* Flavor



The *Savor the Flavor* program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

We look forward to seeing you!

August 31, 2023

11:00 A.M.

Knox County Cooperative Extension Office



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LEXINGTON, KY 40546



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