Happy Holidays to You

Homemakers, while these are not words that I penned, they say all that I want you to hear this holiday season and beyond. –Angie

My Christmas Wish to YOU
By Catherine Pulsifer

If I could wish a wish for you, it would be for peace, faith, and happiness not only at Christmas, but for the whole year through!

I wish that there always be food on your table. That you always give to those less fortunate. May you always take time to share, and thank those who have blessed you.

I wish for time, so you may reflect on the blessings that you have, and that you express your love to those who are dear to you.

May you never feel lonely, because there are those who care. That you realize: you are special, you are unique, you make a difference, not only at Christmas, but all year!

I wish for your thoughts to be positive ones, that you never quit, that you never give up, and that you continue to learn.

I wish for the love, and peace of God, to be yours always.

Pretend Store

Pretend Store 2017:
Pretend store 2017 will be held on December 12, 2017. Set-up day will be held on December 11, 2017. To sign up to help with this event please call the office at 270-388-2341. There are 4 classes this year with a total of just under 80 children. Many of them are barely three years old. They are a young bunch so we will need several hands to help with the children. It takes a village to make this project work and I look forward to seeing you all in action again this year. We still have a couple of time slots left on the sign-in sheet. If you are planning to help please call the office so we can add your name to the list.

Please feel free to drop off any gift donations at the office from now till Pretend Store day. Suggestions to purchase are:

- Girl toys any age
- Boy toys any age
- Infant toys from 0 to age 3
- Teenage girl gifts (nail polish, notebooks, stickers, socks, toboggans, etc)
- Teenage boy gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)
- Female gifts (gloves, perfumes, purses, jewelry, notebooks, etc)
- Men gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)
Cultural Arts 2018

A new year is rolling around and it will soon be time for Cultural Arts. An exhaustive list of all Cultural Arts categories can be found at the end of the newsletter. If you are not sure which category best fits your project, let me know. We will make it work! Please mark your calendars for March 9, 2018 and make plans to finish up those wonderful projects you have started. Please note that the UKREC in Princeton where most area Homemaker events are held is now under renovation and unavailable for use for the next couple of years. For that reason, Cultural Arts Competition will be held at the Christian County Extension Office in Hopkinsville, KY this year.

Volunteers Needed

If you are looking for something to keep you busy this winter while it is cold outside, consider volunteering to help with the Military Coupon Project. When Homemaker members clip coupons and drop them off to me, they have to be sorted into specific categories and prepared for mailing. This can be overwhelming for me to complete with all my other job duties. But, if two or three of you would be willing to help, it would be an easy task to complete. All hours you spend on this project can be counted toward your yearly volunteer hours collected for your club. Looking forward to hearing from you as you continue to help your community and beyond!

Paying for Convenience at the Grocery Store

Source: Heather Norman-Burgdolf, UK extension specialist in food and nutrition

Our society loves convenience, especially when it comes to food. Convenience items are already prepared and packaged, so that we have little work to do before consuming the product. Convenience items are everywhere, but most commonly found at the grocery. They also tend to be more expensive than regularly packaged items.

You can purchase different types of convenience items including scratch, semi-convenience, convenient and ready-to-eat. A general rule of thumb is the more time a food takes you to prepare, the cheaper it is, with ready-to-eat options exhibiting the greatest costs.

For example, bagged lettuce can cost three to four times more than if you purchase a head of lettuce and shred it yourself. In the center aisles where you find boxed packaged foods, 100-calorie pack snacks generally cost 20 percent to 100 percent more than the same item in a regular sized package. In this case, the additional packaging leads to more costs.

You can make smarter monetary choices at the grocery store by choosing wisely when it comes to convenience items. First, invest time instead of money. For example, purchase the whole head of lettuce and take the time to prepare it on your own. Purchase a regularly packaged snack and use the serving size on the nutrition facts label to make your own small snack size.

Use the unit price to compare similar items. The unit price is listed on the price tag directly below the item on the shelf. The unit price gives us an idea of how much the items costs divided by weight. Using this number, we can compare foods that are the same but in different sized containers or compare brands. Your best value will generally be the item with the lowest unit price.

Remember that purchasing convenience items at the grocery store is not always a bad thing. It is important that you recognize the best balance of time, quality and cost that fits your and your family’s lifestyle. Make sure that spending a bit more on convenience items truly adds value and not a perceived value caused by good marketing.

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, or physical or mental disability.

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

Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences
### 2017-18 CULTURAL ARTS EXHIBIT CATEGORIES

<table>
<thead>
<tr>
<th>Categories</th>
<th>Subcategories</th>
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</thead>
<tbody>
<tr>
<td>1. APPAREL</td>
<td>Novelty</td>
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<tr>
<td></td>
<td>Basic Sewing</td>
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<tr>
<td></td>
<td>Quilted</td>
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<td></td>
<td>Pieced</td>
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<td>Appliqued</td>
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<td></td>
<td>Accessory</td>
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<tr>
<td></td>
<td>Carving</td>
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<td></td>
<td>Sculpture</td>
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<tr>
<td>2. ART, 3-DIMENSIONAL</td>
<td>Wood</td>
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<tr>
<td></td>
<td>Other</td>
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<tr>
<td>3. ART, NATURAL</td>
<td>Plain</td>
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<td></td>
<td>Dyed Material</td>
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<tr>
<td></td>
<td>Novelty</td>
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<tr>
<td></td>
<td>Miniature (under 4 inch)</td>
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<tr>
<td></td>
<td>Cane</td>
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<tr>
<td>4. BASKETRY</td>
<td>Non-jewelry Item/Wearable</td>
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<tr>
<td></td>
<td>Knitting or Crochet with Beads</td>
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<td></td>
<td>Bead-weaving</td>
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<td></td>
<td>Miscellaneous</td>
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<td>5. BEADING</td>
<td>Hand-Formed</td>
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<td></td>
<td>Molded</td>
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<td>Pre-made</td>
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<tr>
<td>6. CERAMICS</td>
<td>14 Count &amp; Under</td>
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<tr>
<td></td>
<td>16 - 22 Count</td>
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<tr>
<td></td>
<td>Specialty Cloth (linens, etc.)</td>
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<td>7. COUNTED CROSS STITCH</td>
<td>Yarn</td>
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<td></td>
<td>Thread</td>
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<td>8. CROCHET</td>
<td>Porcelain/China</td>
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<td></td>
<td>Cloth</td>
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<td></td>
<td>Handmade Toy other than Porcelain/China or Cloth</td>
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<tr>
<td>9. DOLL/TOY MAKING</td>
<td>Pastels</td>
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<tr>
<td></td>
<td>Pen &amp; Ink</td>
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<td></td>
<td>Pen &amp; Ink with Oil Roughing</td>
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<td>Pencil or Charcoal-Black</td>
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<td>Pencil-Color</td>
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<td>10. DRAWING</td>
<td>Basic Embroidery</td>
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<tr>
<td></td>
<td>Crewel</td>
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<td></td>
<td>Candle Wicking</td>
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<td>Smocking</td>
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<td>Ribbon</td>
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<td></td>
<td>Machine Embroidery</td>
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<td>Swedish</td>
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<td></td>
<td>Tatting/Lace Making</td>
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<td>Miscellaneous</td>
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<td>11. EMBROIDERY</td>
<td>Wet Method</td>
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<td></td>
<td>Needle Method</td>
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<tr>
<td></td>
<td>Spring</td>
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<td>Summer</td>
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<td></td>
<td>Autumn</td>
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<td></td>
<td>Winter</td>
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<tr>
<td>12. FELTING*</td>
<td></td>
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<tr>
<td>13. HOLIDAY DECORATIONS</td>
<td></td>
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</tbody>
</table>
2017-18 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

14. JEWELRY ................................................................. Original Design
Beaded
Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING ............................................................... Hand
16. NEEDLEPOINT ....................................................... Cloth Canvas
Plastic
17. PAINTING, ART ....................................................... Oil
Acrylic
Water Color

18. PAINTING, CHINA .................................................. Wood
Metal
Other
19. PAINTING, DECORATIVE ...........................................

20. PHOTOGRAPHY ....................................................... Black & White (mounted & framed)
Color (mounted & framed)

21. PILLOWS**
22. QUILTS*** ............................................................. Machine Appliqué (machine quilted)
Hand Appliqué (hand quilted)
Hand Pieced (hand quilted)
Machine Pieced (hand quilted)
Machine Pieced (machine quilted)
Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
Baby or Lap (hand quilted)
Technology Based (hand or machine quilted)
Miscellaneous (hand or machine quilted)

23. RECYCLED ART (Include a before and after picture) ............. Clothing
Household
Other

24. RUG MAKING
25. SCRAPBOOKING**** .............................................. Heritage Layout
Family Layout
Miscellaneous Layout
Collage Layout

26. WALL or DOOR HANGING ........................................ Fabric
Other

27. WEAVING .............................................................. Loom
Hand (macramé, caning)

28. 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.

** The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.

*** 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.

Handbook 43
June 2017
Calendar of Events

Paper Crafters/Pinterest Interest

Neither Paper Crafters nor Pinterest Interest will meet in December so we may enjoy more time with family and friends this holiday season.

Machine Applique Class for Beginners
Date: December 5, 2017 (5:00pm)
Class size: unlimited
Cost: $5.00
Supplies: Supplies will be provided.
Last Day to Sign Up: December 4, 2017
Learn some great techniques and expand your sewing knowledge by learning to machine applique. Make this cute mug rug in a snap!

Fabric Post Cards
Date: December 8, 2017 (9:00am)
Class size: unlimited
Cost: free
Supplies: Supplies will be provided.
Last Day to Sign Up: December 4, 2017
Don’t miss out on this opportunity to learn how to make fabric post cards. They are delicate and dainty yet sturdy enough that they actually go through the mail. This is a unique idea that can be translated in many different ways. Join us to see all the different samples and learn how to make your own just in time for the holiday!

Keys to Embracing Aging Research Project
Class #9 Stress Management
Date: December 15, 2017 (4:15pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: December 12, 2017
Part nine of the 12 month series, Keys to Embracing Aging, will cover “Stress Management.” Participants will be challenged to look for ways to reduce stress in all aspects of their life. You do not have to be present at all 12 classes for your information to be counted in the research study. Hope to see you in December!

Fabric Bowls
Date: January 5, 2018 (10:00 AM to 2:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: January 2, 2018
Don’t miss out on the opportunity to learn how to make this great fabric bowls. Susan Lambert will join us to teach all the tricks for making this fun project.
The Lyon County Extension Office will be closed December 25, 2017 through January 1, 2018 for Christmas and New Year’s holidays. We will re-open on January 2, 2018 at 8:00 AM.

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**Paper Crafters**
Date: January 8, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: January 5, 2018

**Homemaker Quilt Club**
Just a reminder........the Homemaker quilt club meets the 4th Monday of each month at 10:00 am. Come and learn the new project for the month or just bring something you are working on and want to complete. Stumped on a project? These ladies are a wealth of knowledge and can help you figure out how to complete your quilt. Let Miranda or Olivia know if you need more information about the quilt club.

**Winter Weather Policy**
While the weather has been mild so far, I always want to err on the side of caution this time of year. If school is closed in Marshall or Lyon County, FCS programs at the Lyon County Extension Office will be cancelled. In the past, we have included Livingston in this (as I drive through Livingston to get to the office), but I have found they often cancel when roads are passable for me. Please be watching for Marshall or Lyon counties, and if they are closed, FCS programs will be canceled.