

Crittenden County

Home & Family

Newsletter April 2023

Cooperative Extension Service
Crittenden County
1534 US Hwy 60 E
Marion, KY 42064
(270) 965-5236
Fax: (270) 965-5237
Crittenden.EXT@uky.edu

Rebecca L. Woodall



Last month felt like March Madness, and I did not watch one basketball game for 31 days.

Starting as Crittenden County's new Family & Consumer Science Agent has kept me busy the last four weeks. Learning all the areas I need to focus on, attending multiple trainings, meeting new agents and potential community partners, figuring out how to blend Kentucky State University and the University of Kentucky, and meeting all of the fantastic homemakers has kept me busy, but in the best way. Thank you for the beautiful reception for me, and thanks to all who have welcomed me.

Crittenden County Homemakers had a busy month too. The passport crew went on several trips, including the Carson Center and Christian County Extension Office, and braved the storms on March 3rd to go to Bowling Green. In addition to the monthly meetings, you all participated in the first annual "We Can Do It" Celebration, which was a huge success; you participated in Cultural Arts Day and held International Day.

I look forward to being involved in all your amazing activities in the future.

April is a particularly important month for me. April is Child Abuse Awareness Month. Unfortunately, Kentucky is once again the number one state in child abuse.

In 2021, 31 children were victims of child abuse in Crittenden County, which says nothing of the abuse that went unreported. As community leaders, I urge you to spread awareness of child abuse this month by wearing blue, putting pinwheels in your yard (the symbol of child abuse prevention), and sharing the child abuse hotline number with friends, family, and strangers. Most importantly, if you see or suspect child abuse, report it. The child abuse hotline for Kentucky is 1-877-597-2331. Although my colors are green and gold for Kentucky State, you will likely see me wearing a lot of blue during April to support this cause close to my heart.

In addition to working with all of you and the entire community, I am looking forward to working on the Family Consumer Science goals of Nurturing Families, Making Healthy lifestyle choices, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious good and empowering communities leaders. I am excited about the possibilities of all we will do together.

If I haven't met you, please feel free to stop by the office and say hello.

Rebecca Woodall, Crittenden County FCS Agent



Club Meetings and Announcements

Passport Crew will be going to Greenville and Central City on their next excursion. They will be visiting the Everly Brothers monument, Lake Malone State Park, Four legends fountain, Bard distillery and they will be dining at Philly's. They will leave at 8am on Thursday, April 6th from the Extension Office. Call the Extension Office to register at 270-965-5236.

Hooks and Needles/Quilt Club will meet on Tuesday, April 11th at 1pm at the Extension Office. Club members will be making scrubbies for the area meeting.

After Hours will meet on Tuesday, April 11th at the Extension Office at 5pm. Members please bring razors, soap or body wash for PACS.

Challengers will meet on Wednesday, April 12th at noon at the Extension Annex. Members are asked to bring cleaning items for PACS.

Area Meeting Planning Committee will meet on Thursday, April 13th at 1:30 at the Extension Office.

Cooking Club will meet Thursday, April 27th at 1:30 pm at the Extension Annex. The club will be making Rainbow Pasta Salad.

International

Greetings from Micki Crider, County International Chairperson. With our ever changing world, we are faced with the global challenges of poverty, health, education, economic growth, and climate change. We are going to take a journey around the globe promoting cultural diversity. When examining the GLOBE (G: Goals, L: Learning, O: Opportunities, B: Benefits, E: Eating, Embracing, Environment, and Exchange), we will strive to leave no one behind. As we tackle this Joyful task of embracing cultural diversity in our communities and their impact, our journey opens your door to taste, see, hear, feel, laugh, and love by creating a better world.

Goal(s):

1. Promote cultural diversity programs to help KEHA members have a better understanding of people who live in other parts of the world and to help KEHA members have a better understanding of people moving into Kentucky communities from other countries.

Contest and Awards:

KEHA Clean Water and Sanitation Fund

Creating Communities that Welcome People

International Chairperson,
Micki Crider



Homemakers Spring Project

This year the Homemakers sent greeting cards for their spring project. The greeting cards were included with the meals delivered by the Senior Citizens Center. Homemakers signed cards with spring wishes hoping to send some cheer to people who are not able to get out much. Pictured above L to R: Jenny Sosh, Sarah Ford, Roberta Shewmaker and Susan Crase.

Calming the Storm: The Body's Response to Stress

What happens to your body when you encounter a stressful event or situation? Follow the process below to understand how your body responds to stress in normal and distressed situations. • Your body has an automatic physical reaction to any form of stress. • Your brain and your body interact in an effort to protect you from harm. • Changes take place in your body chemistry, heart rate, and blood pressure. • In highly stressful situations, this stress response allows you to act quickly; sometimes with increased physical strength. • In normal situations, when the stressful event is over, your body returns to its normal level of functioning. • However, in distressful situations, when stress is constant or near constant, your body's stress response does not get a chance to rest. • In a natural effort to help in distressful situations, your body stays tense. The chemical and hormonal responses to distress are continuously flowing, like a water faucet that doesn't turn off. • This continuous response can begin to have damaging effects on different parts of the body – the heart, kidneys, circulatory system, even the bones. • The damaging effects will weaken your immune system, making you more vulnerable to diseases, illness, and infections. • Your body is giving you the signal that it is time to change your behaviors and the way you respond to stressful events.

Sources: Bruno, Leonard. Stress Reduction. Health A to Z (Medical Network, Inc.). Retrieved September 30, 2003. <http://www.healthatoz.com> McEwen, Bruce. (2000). The end of stress as we know it. Washington, D.C.: Joseph Henry Press.

Prepared by: Doug Burnham Health Specialist UK Cooperative Extension HEEL Program

Been Here, Going There

Written by Brandi Potter

Let me say busy, busy, busy! That's what the Passport schedule was this past month. On March 2nd, Nancy Lanham and I experienced a wonderful, live performance of *Pride and Prejudice* from almost-front-row seating at the Carson Center. After visiting the historical Big Springs Cherokee camp site, we then tried our hand at watercoloring at a class at Caldwell County Extension office. The next day, six members braved the weather, and ventured out on the very first Passport Crew overnighter. Upon leaving for Bowling Green, we had no clue that our entire itinerary would be a no-go. Even though we didn't go caving in a boat or attend a stage comedy act, we had a blast. The party game Apples to Apples might just be the perfect AirBnB activity for homemakers. We learned about BG native Duncan Hines and viewed a very impressive crazy quilt collection at the Kentucky Museum located on the WKU campus. Pimento cheese fries was a favorite at our notable eatery, The Bike Rack.

Of course the cultural arts passport program-driven group would attend the Pennyrile Area Cultural Arts event. Along with viewing the exhibits, each of us made cute little junk journals before heading to our notable eatery, The Mixer, with our former FCS agent, Janeen Tramble. A couple of us wandered off to the Pennyrile Museum there in Hopkinsville. Interesting fact: in 1909 Booker T Washington spoke to an interracial audience of 4500 for 2 hours in Hopkinsville.

On March 23rd, several members tried their hand at glass fusion. I can't wait to see how our pieces turned out. I would like to thank Darl for sponsoring me on this day's project. Lunch at Popi followed.



Duncan Hines' actual kitchen



My pre-fused glass design



Sue at Pennyrile Museum



The Crew at the Kentucky Museum at WKU

For the month of April I have only planned one outing. On Thursday April 6th, we are going to explore Muhlenberg County.

Greenville and Central City both have interesting sites that I have not seen. Philly's will be our notable eatery. Hopefully we can add another state park, more monuments, and a couple museums to our Passport. We will be leaving the annex at 8:00 that morning.

As always, call the office if you want to join in our adventures.

Cultural Arts Contest 2023

Crittenden County Homemakers had quite the showing at the 2023 Pennyrile Area Cultural Arts Exhibit Day. The contest was held at the Christian County Extension office on March 17th. Several Homemakers attended the event and many brought home ribbons. First place ribbons will go on to compete at the KEHA state meeting in May. Congratulations to all our winners and thanks to all that had entries!!!! Special thanks to Brandi Potter for pictures and contest information. Below top row: Homemakers Sue Ledford, Nancy Lanham, Darl Henley and Sandy Wells with their entries. Below bottom row: Homemaker entries



- | | |
|---------------|--|
| Nancy Lanham | Cross-stitch, Blue
Quilted throw ,Red
Appliqué, Red
Recycled art household, Red
Fabric wall hanging, white
Quilt machine pieced/quilted |
| Sandy Wells | Quilt machine pieced/ quilted , white
Crochet, Blue
Knitting, red |
| Sue Ledford | Fall décor, blue
Ceramics molded, Blue
Acrylic painting. Blue
Color photography, red |
| Darl Henley | Recycled art other, red
Holiday decor Spring ,red |
| Tabby Tinsley | Decorative painting wood ,red
Drawing , blue
Color photo |

- | | |
|----------------|---|
| Debbie Padgett | Holiday décor winter, white |
| Kristi Harris | Black and White photo, Blue
Color photo, white |



**KEHA State Meeting
May 9-11, 2023
Crowne Plaza,
Louisville, KY 40209**

“Let’s Take A Hike with KEHA” is the theme for our 2023 KEHA State Meeting in Louisville! The Wilderness Trail Area is hosting this year and they have been working hard to make this year’s State Meeting an enjoyable and memorable meeting we will not soon forget. The three-day agenda is packed with wonderful learning sessions and hands-on craft classes that include a wide number of topics and activities. There is sure to be something for everyone! The State Meeting kicks off this year with the Tuesday opening luncheon. This change will give all the participants more free time on Tuesday evening. This means there are changes in times on the agenda. Please pay careful attention to these time changes. For the opening luncheon, please wear colors that represent things you might see on a hike – yellow for the sun, green for the grass, blue for the sky, and other bright colors (purple, pink, red, orange, etc.) to represent flowers blooming on your hike. Let’s show off the colors of nature! The KEHA Choir will be featured at the General Session on Wednesday night as the only performers. We are always so excited to hear those lovely voices raised in song.

The lodging room blocks are now open for reservations!

Crowne Plaza Louisville Airport Expo Ctr

830 Phillips Lane, Louisville, Kentucky 40209
866-888-0620 (group code PZ5 for conference rate)
Standard Room \$124 + Tax (1-4 people)

Make your reservations by April 10, 2023, to secure the conference rate.

Individual reservations can be cancelled up to 48 hours prior to arrival date. No-shows and late cancellations will be charged one night's room and tax.

For the agenda, registration and information on workshops offered go to the KEHA.org website.

We hope you will join us in Louisville!

Dates to Remember

- April 5 – Area Showcase forms due to 1st Vice-President. Deadline extended and fillable form posted on the state meeting page.
- April 8 – Postmark deadline for state officer and chair election credentials.
- April 10 – Ending date for the group room block at the Crowne Plaza.
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.