

May 2025

Building Strong Families in Scott County



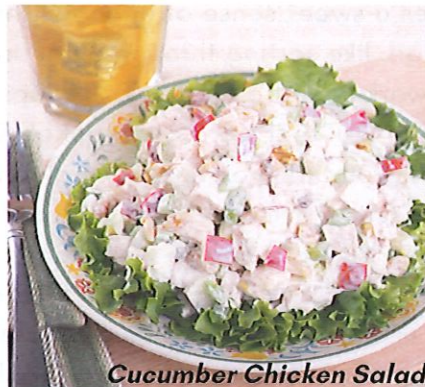
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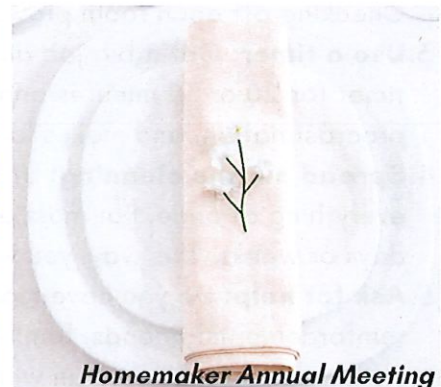
This month...



Cleaning for Mental Health



Cucumber Chicken Salad



Homemaker Annual Meeting

FCS Today

SPRING CLEANING FOR YOUR MENTAL HEALTH

Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do.

Continued on Page 2

Sincerely

Alivia Stevens

Alivia Stevens
Scott County Extension
Agent for Family and
Consumer Sciences



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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

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Disabilities
accommodated
with prior notification.

CLEANING *for your* MENTAL HEALTH

Continued from Page 1

On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Contact your local Scott County Extension office for more information on how to spring clean your house.



Upcoming Dates to Remember

May 2025



1st: Rug Hookers @ 10:00 AM
6th – 8th: KEHA State Meeting
8th: Rug Hookers @ 10:00 AM
8th: FCS Book Club @ 1:00 PM
10th: Elkhorn Creek Quilt Guild Sit-n-Sew @ 9:00 AM
14th: Tool Boxes for the Congo @ 12:30 PM
15th: Needlework Club @ 1:00 PM
15th: Homemaker Annual Meeting/Banquet @ 6:00 PM
20th: Homemaker Council Meeting @ 10:00 AM
20th: Elkhorn Creek Quilt Guild Monthly Meeting @ 12:00 PM
22nd: Rug Hookers @ 10:00 AM
23rd: FCS Book Club @ 10:00 AM
26th: OFFICE CLOSED
29th: Rug Hookers @ 10:00 AM

Creamy Cucumber and Chicken Salad

¼ pound chicken breast
1 tablespoon fresh lemon juice
1 cup slivered almonds
½ cup nonfat plain Greek yogurt
3 ounces reduced fat cream cheese
2 tablespoons Dijon mustard

½ teaspoon sea salt
1 teaspoon ground black pepper
2 tablespoons fresh chopped dill
2 medium cucumbers, chopped
1 cup dried cranberries
8 lettuce leaves

Marinate chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

Yield: 8 servings

Nutritional Analysis: 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.



Health Bulletins

Scan here to read full issues!

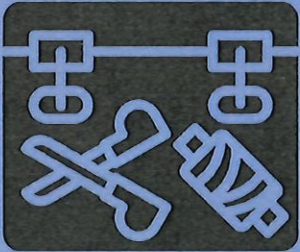


THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



International Skills Tool Box Assembly Afternoon



Join us May 14th at 12:30 PM

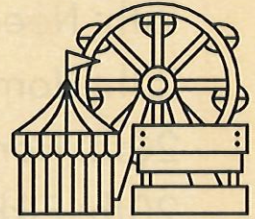
We will be working on a international service project, assembling skills tool boxes for the Congo.

The tool boxes will be filled with sewing supplies and sent to the Congo.

This should only take a few hours and make a huge impact!

Scott County Fair June 16th - 20th

More
information can
be found on
Pages 11- 14



**ATTENTION
PLEASE!**

Alivia is driving the van back and forth every day for KEHA State meeting, if you need a ride please let us know!

Space is limited on the van so you **MUST** call to sign up for the van list.

Call: (502) 863-0984

Homemaker Council Meeting

Tuesday, May 20th at 10:00 AM



The Scott County Extension
Office will be **CLOSED**
Monday, May 26th
In recognition of Memorial Day

A Note from the FCS Agent

Hello everyone!

I hope this message finds you well! I'm excited to remind you that our Annual Homemaker Meeting will be held on May 15th, and I truly hope to see you all there. It's always a wonderful time to celebrate our accomplishments and enjoy fellowship together.

As we prepare for awards, please submit your reports as soon as possible. Also, don't forget to turn in your Cultural Arts submissions. We look forward to seeing your creativity on display!

We are continuing our service project series with a meaningful cause; creating sewing tool kits for the Congo. Your participation in this project makes a real difference, and we appreciate your dedication.

Looking ahead, KEHA and the County Fair are right around the corner. Please remember to submit your exhibit hall items on June 16th. It's always exciting to see the talent and hard work of our members showcased at the fair. Thank you all for your incredible efforts throughout the year. Your commitment to the Homemakers and to our community is deeply appreciated.

Happy Spring!

Alivia Stevens
Scott County Cooperative
Extension FCS Agent

Bluegrass Area Annual Meeting
October 17th at the Scott County
Extension Office

*Save
The
Date*

Scott County Homemakers will be Hosting this year!



Scott County Extension Homemakers Annual Meeting

Thursday, May 15th

We will be
displaying
Cultural Arts
this year!

Door Opens at 5:30 PM

Dinner at 6:00 PM

Cost \$20 per person

Must RSVP by May 12th

**by completing the registration form and returning
the form and payment to the
Scott County Extension Office**

Checks should be made out to Scott County Extension Homemakers

Entertainment:

Paula Hunter as Rebecca Boone

Menu from Linda Aldridge Includes:

Turkey, dressing, mashed potatoes, green beans, cranberry salad, assorted desserts

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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



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with prior notification

**Return this page to the
Scott County Extension Office**

Scott County Extension Homemakers Annual Meeting

REGISTRATION FORM

Form must be submitted with full payment.

Cost is \$20.00 per person.

Name: _____

Address: _____

Home Phone Number: _____

Cell Phone Number: _____

Number of people attending (including
yourself): _____

Your Emergency Contact's

Name: _____

Your Emergency Contact Phone Number(s):

Please make checks payable to:

Scott County Extension Homemakers

**If paying with cash please ensure you have exact
change. We will be unable to provide change.**

Scott County Homemaker Annual Meeting

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Scott County Extension Office



H-328 Authorization to Obtain/Utilize Images
College of Agriculture, Food and Environment
Kentucky Cooperative Extension Service

Name: Alivia Faris

Professional Title: CES Agent

Department: Cooperative Extension

Address: 1130 Cincinnati Road
Georgetown, KY 40324

E-mail: alivia.faris@uky.edu

Send copy of form to:
University of Kentucky
Agricultural Communications Services
131 Scovell Hall
Lexington, KY 40546-0064

Phone: (502)863-0984

ADULT

☒ **General Use** ☐ **Specific Project:** _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the UK Alumni Association, UK Athletics Association, and UK Research Foundation, to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation:

Please check all that apply:

- ☐ UK Educational Publications/Videos
☐ UK Electronics Publishing (e.g., World Wide Web)

- ☐ UK Promotion/Advertising
☐ Local/Regional/National News Media
(w/permission of UK)

Signature: _____
Signature

Date: _____

Witness: _____
Signature

Date: _____

MINOR CHILD

☐ **General Use** ☐ **Specific Project:** _____

I, (print full name) _____, hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the UK Alumni Association, UK Athletics Association, and UK Research Foundation to interview, photograph, and/or videotape my minor child, _____, and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation:

Please check all that apply:

- ☐ UK Educational Publications/Videos
☐ UK Electronics Publishing (e.g., World Wide Web)

- ☐ UK Promotion/Advertising
☐ Local/Regional/National News Media
(w/permission of UK)

Signature of Parent or Guardian: _____
Signature

Date: _____

Relationship: _____

Witness: _____
Signature

Date: _____

More details
on categories
on page 10!

Best of The Bluegrass Cultural Arts

Scott County Extension Cultural Arts Submissions
will be accepted on

May 12th

at the Scott County Extension Office

8:30 AM - 4:30 PM

Submissions will be displayed at the
Scott County Homemaker Annual Meeting

In Loving Memory



We will be conducting a small ceremony
of remembrance for the Scott County
Extension Homemakers that we have lost
in the past year.

**To ensure their recognition, please call
the Scott County Extension Office at
(502)863-0984
and provide us with their name, club,
and years of membership.**

If you do not know their club and/or years of
membership, please contact us with their name.

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
2. ART, 3-Dimensional
 - a. Carving
3. ART, NATURAL
 - a. Wood
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
7. CERAMICS
 - a. Hand-formed
 - b. Molded
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
9. CROCHET
 - a. Accessories
 - b. Fashion
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
13. FELTING*
 - a. Needle Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
16. KNITTING (HAND)
 - a. Accessories
 - b. Fashion
17. KNITTING (OTHER)
18. NEEDLEPOINT
 - a. Cloth Canvas
19. PAINTING, ART
 - a. Acrylic
 - b. Oil
20. PAINTING, DECORATIVE
 - a. Metal
 - b. Wood
21. PHOTOGRAPHY
 - a. Black & White (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)
23. PAPER CRAFTING
 - a. Card Making
 - b. Origami
- d. Quilted
- e. Specialty
- b. Sculpture
- b. Other
- c. Other
- d. Novelty
- e. Plain
- c. Miscellaneous
- c. Pre-made
- c. Specialty Cloth (linens, etc.)
- c. Home Décor and Afghans
- d. Thread
- c. Porcelain/China
- d. Pencil or Charcoal-Black
- e. Pencil-Color
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous
- b. Wet Method
- c. Summer
- d. Winter
- c. Original Design
- c. Home Décor and Afghans
- b. Plastic
- c. Watercolor
- c. Other
- b. Color (mounted & framed)
- 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)
- 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.)

Cultural Arts Categories

Family and Consumer Sciences

OPEN CLASS:

1. Submissions must be made by the exhibitor.*
2. Exhibits will be received Monday, June 17, 2025, from 9:00 AM to 11:00 AM and 4:30 PM to 7:00 PM.
3. **Wednesday, June 19th, 2025.**
4. All exhibits must be classified by exhibitor.
5. Baked goods submissions need to be displayed on white paper plate.
6. No one except judges and general chairperson of the show will be allowed in exhibition display during judging.
7. Food submissions may be discarded due to spoilage. Exhibitor may not receive food submissions back at end of week.
8. Food preservation items will be checked for their seal during judging. If the lid is not properly sealed and comes loose, the item will be discarded, however the jar will be returned to the exhibitor.
9. Scott County Extension is not responsible for any lost or damaged items.
10. Limit of \$3 for top award
11. Open Class Premiums: 1st Place - \$3, 2nd Place - \$2, 3rd Place - \$1.

****Quilts can be pieced by one party and quilted by another. However this must be disclosed at the time of submission.***

Family and Consumer Sciences

1. APPAREL

- a. Accessory (purse, etc.)
- b. Fashion (pants, shirt, etc.)
- c. Quilted

2. ART

- a. Carving
- b. Sculpture
- c. Paint
- d. Drawing
- e. Paper
- f. ceramics
- g. Mixed Media

3. Baking

- a. Cookies (3)
- b. Brownies and Blondies (3)
- c. Cake (1/2)
- d. Pie (1/2)
- e. Tarts (3)
- f. Biscuits (3)
- g. Muffins (3)
- h. Bars (3)
- i. Cupcakes (3)
- j. Candies (fudge, buckeyes, etc.) (3)

4. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

5. BEADING

- a. Bead Weaving
- b. Jewelry
- c. Non-Jewelry

6. CROCHET

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

7. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/Chin

Family and Consumer Sciences

8. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Cross Stitch

9. Food Preservation

- a. Green Beans
- b. Corn
- c. Tomatoes
- d. Tomato Juice
- e. Salsa
- f. Carrots
- g. Jam, Jelly, and Preserves
- h. Pickles (Cucumbers)
- i. Pickled (Other)
- j. Fruit Pie Filling
- k. Meats
- l. Dehydrated

10. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

11. KNITTING

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

12. PHOTOGRAPHY

- a. Color (Framed)
- b. Black and White (Framed)

13. RUG MAKING

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

14. Miscellaneous

Family and Consumer Sciences

15. Quilts

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



Family and Consumer Sciences YOUTH OPEN CLASS

Youth Family and Consumer Sciences open class follows all of the same categories as the adult class. You must be 17 years of age or younger to participate in youth open class. **Youth open class will be indicated by a "Y" in front of the category number.**