

Hancock County ● 1605 US Highway, 60 West Hawesville, KY 42348 ● 270-927-6618

Newsletter

MAY 2025



KENTUCKY 
COOPERATIVE EXTENSION
UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

 **KENTUCKY STATE UNIVERSITY**
Cooperative Extension Program
Angelia (Angie) Swihart
Angelia Swihart
Hancock County Extension Agent
for
Family & Consumer Science
Education


FAMILY & CONSUMER SCIENCES

Hancock County Building Strong Families for Kentucky

Upcoming Events

- 5/9** Senior Health Fair @ HC Senior Services
- 5/19-5/20** Service Project Duffle Bags 9-2 (bring lunch - supplies provided)
- 5/22** Fabric Bowl Cozy Workshop 9-1 OR 6-8
- 5/26** Memorial Day - Office Closed
- 5/27** How to make Continuous Bias Strip (for Homemakers) 9-1
- 5/29** Living with Alpha-gal Syndrome - Watch Party @ Hancock County Development Complex (Career Center/Ext Office) - 6-7:30pm
- 5/29-5/31** Lewisport Heritage Festival
- 5/31** HC Health Coalition 5K Run - Lewisport - AM
- 6/2-6/4** Super Star Chef -10a-2pm

Fairgrounds
CLEAN UP
Tuesday, July 29th
5 PM
All volunteers welcome!
High School students receive Community Service Hours
Supper Provided



*Hancock County Fair
July 30th - August 2nd*

Service Project:
We will be making duffle bags. Open to anyone, but will need some sewing experience. Bring a serger if you have one.

Eat local to celebrate Cinco de Mayo!



Mother's Day is May 11th



Our office is closed for



*Memorial Day
May 26th*

Fabric Bowl Cozy Workshop

May 22nd

TWO TIME OPTIONS:
9a-1p OR 6-8p



SMALL

- Fits 4 - 5" bowls
- Width: 5.5"
- Height: 1.75"

MEDIUM

- Fits 5.5 - 6" bowls
- Width: 6.75"
- Height: 2.25"

LARGE

- Fits 6.5 - 7" bowls
- Width: 8"
- Height: 3"

Supplies:

2 pieces of 100% cotton fabric
1 piece of 100% cotton batting
(same size as your fabric)

Fabric Size Options:

small cozy: 10"x10"
medium cozy: 12"x12"
large cozy: 14"x14"

Fabric size is determined on if you want to make a small, medium or large bowl cozy. See picture above and options to left.

Call the office to sign up
270-927-6618

Location: Hancock County Extension Office



3-DAY COOKING CAMP

KENTUCKY COOPERATIVE EXTENSION
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

Shine in the kitchen with your new cooking skills!



Register by May 30th

Calling all chefs ages 11 to 13!
Join Super Star Chef's FREE 3-Day Camp!

Get your own recipe book and learn about:

- Knife Skills
- Nutrition/Healthy Snacks
- Nutrition Facts and Labels



Dreaming of owning a restaurant hosting a cooking show, or making your friends an after school snack? This camp is for you!

Angie Swihart
Hancock County Extension Agent for Family & Consumer Sciences

Date: June 2nd, 3rd, and 4th
Time: 10 am -2 pm
Ages: 11-15
Location: Hancock County Career Center, HWY 60 W, Hawesville, KY 42348

Call 270-927-6618 to sign up



USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development
Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, USA Department of Agriculture and Horticulture, Lexington, KY 40546

VOLUNTEERS NEEDED:

for the Heritage Festival Tractor Pull Breakfast
Saturday, May 31st.

and for the Pancake Breakfast

Saturday, August 2nd.

Contact Paula Mason or Lori Hodskins for more information.

LIVING WITH ALPHA-GAL SYNDROME WATCH PARTY AT HANCOCK COUNTY EXTENSION OFFICE

MAY 29TH

TO JOIN OUR WATCH PARTY CALL THE OFFICE AT 270-927-6618 TO RSVP.

IF YOU WANT TO WATCH FROM HOME, REGISTER USING THE QR CODE.

6 PM CST



Living with Alpha-gal Syndrome

When: Thursday, May 29
Time: 7:00 PM EDT/6:00 PM CDT
Where: Zoom

Presenters: Heather Norman-Burgdorf, PhD Associate Extension Professor Department of Dietetics and Human Nutrition

Jonathan Larson, PhD Assistant Extension Professor Department of Entomology

Hannah Tiffin, PhD Assistant Professor Department of Entomology

Heather Shaw Area Agent Nutrition Education Programs



Martin-Gatton College of Agriculture, Food and Environment

Cooperative Extension Service



Health AND WELLNESS FAIR

FREE Admission * Open to the Public

Friday May 9th from 9 am-11am
 Hancock County Senior Services
 315 Ridgewood Drive, Hawesville, KY
 We will have refreshments and door prizes.
 There will be 20+ agencies on hand to share
 information about the services they offer.
 For more information please call 270-927-8313
 We look forward to seeing you!

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

HOW TO WORKSHOP: MAKING CONTINUOUS BIAS STRIPS



May 27th
 at the Hancock County
 Extension Office
 9a-1p

You will just need a 22.5" x 22.5" fabric square minimum. You can make a larger square if preferred.

Other materials will be provided.

**THIS WORKSHOP IS BEST SUITED FOR
 HOMEMAKERS AND INDIVIDUALS WITH
 SOME SEWING EXPERIENCE**

Homemaker Happenings

Dates to Remember

5/6-5/8 KEHA Annual Mtg - Lexington, KY

5/7 Scholarship Photo @ HCHS - 3:30

5/12 Hawesville Homemakers: Karon Jackson's House @ 5:30pm

5/13 Sunshine Circle Meeting: HC Career Center. @ 5:30pm

5/27 How to make Continuous Bias Strip 9-1

****Quilt Square due to HC Extension Office before 12pm on May 1st****

Open Sew Days every Wednesday @ 9:30

Roll Call

In May, we celebrate mothers. Share a favorite memory with your mother.

Thought for the day

"There's no load I cant hold - A road so rough, this I know - I'll be there when the light comes in - Just tell 'em we're survivors"

Life is a Highway - Rascak Flatts (2006)
 Tom Cochrane (1991)



Monthly Meetings

Hawesville Homemakers meet the **second Monday** of the month, 5:00pm at **Kenergy**
May 21st - 5:30

Sunshine Circle meets the **second Tuesday**, at 5:30pm at HC Career Center
May 13th - 5:30



Homemaker Happenings

2025 KEHA STATE MEETING LODGING INFORMATION



The 2025 KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. The lodging room blocks are now open for reservations!

Hyatt Regency Lexington
401 West High Street, Lexington, KY 40507
Room rate \$149.00 + tax (1-4 people per room)
Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>
Phone Reservations: 800-233-1234
(group code **G-KEHA** for conference rate)

**Make your reservations by April 7, 2025
to secure the conference rate.**

2025 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the tenth year at the KEHA State Meeting. Anyone wishing to participate should make a

12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and

finish the edges just like you would a complete quilt. Finished applique squares also are eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state.

As you prepare your quilt square(s), consider designs that you would want to purchase.

Bring the 12-inch finished square(s) to the KEHA State Meeting in Lexington. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter,

KEHA 1st Vice President,
606-584-2510 annporter42@gmail.com

State Meeting Registration Refund Policy

The KEHA Finance Committee and State Board have determined some clarifications to the State Meeting refund policy.

- **The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.**
- **Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.**
- **Registration may be transferred to another individual rather than canceling.**

Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025

Order your KEHA Shirt

This Bella Canvas short sleeve, V-neck T shirt comes in a deep heather teal blue and shows off our logo on the back and "Discover KEHA" on the front shoulder. Available in all sizes from small to 3X for \$18 per shirt.



View the 2025 KEHA Newsletter and registration form at:
<https://keha.ca.uky.edu/>

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.