Family and Consumer Sciences Program

- Community Resource Development
- Business and Career Education
- Life Skills and Leadership
- Foods And Nutrition Education
- Safety Education
- Environmental Cleanup and Education
2007-2008 FCS Council

- Greg Howard
- Kathy Rowland
- Danny Blevins
- Nancy Price
- Lillian Wheeler
- Ronnie Blair
- Dan Lyons
- Misty Hamilton
- Barb Lemaster
- Deborah Burchett
- Lynda Hill
- Karen Colvin
- Ratchel Vaughn
- Tony Tackett
- Tina Hughes
- Robin Barker
- Connie Meek
- Dianna Blackburn
Community Resource Development

- Map Title: Economic and Community Development
- Situation: The most pressing economic issue in Johnson County is state with one word: “Jobs.”
- SEEC: Tourism creates jobs, preserves historic sites, and impacts the local economy.
- Practices: Historic sites have skilled management in place and long-term management plans. Tourism attractions develop in the community.
- Impact Outcomes and Indicators:
  - Number of community infrastructure projects with Extension involvement and reporting an increase of individual incomes
  - Historic sites are preserved, refined and opened for tours, tourism activities are developed, and additional tourist sites are developed.
- Educational Activities:
  - Product Shows by local Artisans, Site Development, Marketing, Trainings (Hospitality…)
**Map Title:** Economic and Community Development  
**Program Plan:** Business and Career Education  
**Situation:** Need for jobs, citizens have poor credit and limited financial resources. There is a need for faster growth in entrepreneurship and home-based businesses, as well as for consumer education to help citizens make the best of their incomes.  
**SEEC**" Small and home-based businesses are sustainable. Artisans increase financial benefits gained from their skills. Citizens utilize tourism strategies to increase revenue.  
**Practices:** Small business operators refine their products and have business management skills. Artisans use knowledge and skills to gain financial benefits. Historic sites have skilled management in place and long term management plans.  
**KOSA:** Youth learn money management, small business use incubators to grow, artisans improve products, historic sites learn to market, manage and maintain, people capitalize on tourism  
**Impact Indicators:** small businesses are sustainable, artisans will report additional income,  
**Educational activities:** shows, events, classes and workshops.
Rt. 23 Cultural Heritage Network
Kentucky Heritage Collection-
Unique Products
From the area about the area
Paintsville’s Artist Regina Daniels with Rebecca Lynn Howard, featuring the mug with major stars.
Each star’s picture was hand painted
Johnson County’s Mug
Comments

“Historic sites are preserved, refined and opened for tours, tourism activities developed and additional tourist sites are developed.

Educational Activities:
Product Shows by local Artisans, Site Development, Marketing, Trainings (Hospitality…).
Small and home-based businesses are sustainable. Artisans increase financial benefits gained from their skills. Citizens utilize tourism strategies to increase revenue.”

- The above as stated in the past four year plan is the essence of a primary strategy for FCS’s economic development. Having respect for the history, culture, the arts have numerous effects on the economy. From the artists who are making money from their craft, to the tourist who brings money into the community in various ways, to the Dr’s wife who wants their children to be exposed to more than just “the 3 R’s” (this was an actual example from one of our leading surgeons.)
- The FCS program has worked diligently in this area, and has made great strides towards all the above mentioned. Historic sites preserved and with improved management plans are Oil Springs School, Van Lear Museum, Mine # 5 store, Loretta Lynn’s Home Place, Mayo Mansion and Church, and the Mountain Home Place. These are referred to as attractions. Events that bring tourists in are referred to as attractors. Those are Holiday Happenings, the Taste of Kentucky Food Show, the Big Sandy Quilt Art and Antique Show, the Festival of Artists, and rising to this level is Heritage Day.
- Johnson County’s numbers from tourism have increased from last year due to the success of the activities and sites; it is now multi-million dollar contribution to the economic base of Johnson County.
Historic Site Preservation
more than brick and mortar
Arts Classes of every type, community gatherings, hospitality classes, Heritage Days, Bread of Life Ministry, Shows and Events

Oil Springs Cultural Arts and Recreation Center
Festival of Artists
Kicks off the summer season
Festival of Artists to take place in June

STAFF REPORT

The OSCAR Center’s annual Festival of Artists takes place June 9 from 10 a.m. to 5 p.m., a time to celebrate the artists and arts programs for the Oil Springs center’s upcoming season.

The event will feature live music by the Lyons Family Gospel Musicians, Makala Meade and others. Arts and crafts booths will offer hand-made baskets and coal jewelry, as well as hand-painted mugs featuring country music stars. There will also be an antique car show and a face-painting, an old-fashioned corn hole game for the kids, antique appraisals ($2 each item), and good food. Finally, there will be a dog show, "The Good, the Bad, and the Ugly," and you decide where your dog is the best. Artists will be on hand to demonstrate skills, meet the public, and sign up students for the summer and fall classes.

For more information, contact the OSCAR Center at 297-7775 or Brenda Cockerham at 789-8108.

A painting provides hope in time of need

By Lorettie Tackett

If you could, whose would you go to if you could get away from cancer? OSCAR (the Oil Springs Cultural Arts and Recreation Center) master artist Regina Daniels, of Thedford, created a beautiful piece on the painting "Home in the Mountains," depicting the heaven she imagined. Kentucky Artist Council’s July statement, who is battling breast cancer, Paintsville Kiwanis meeting next week, selling herbs to win the country setting in order to help statement, who has no insurance, pay her medical expenses. The herbs raised $200 with the Paintsville Kiwanis Club winning the prize with a purchase of 500 plus tickets.

When the president of the museum, the Johnson County Extension Service and Daniels wrote an obvious attempt to assist a friend, the painting serves as a chance for someone in the American Cancer Society, and about 50000 who heard the phone in the last five years are expected to die from the disease. Awareness — the motif of a "Celebration of Life," breast cancer awareness week at the Country Music Highway, November, the county of the painting was chosen — is a greater weapon in the ongoing war against cancer.

Sewing class

Learn to make the nine-patch quilting design at a sewing class at the OSCAR Center. July 13, 1-4 p.m. Call 789-8108 or 297-7775 to pre-register (required) or for more details.

By Clyde Pack

This OSCAR is not a Hollywood award and neither is this OSCAR a grouch. It’s simply an acronym, and stands for Oil Springs Cultural Arts and Recreation Center, which has scheduled the third annual Festival of Artists events for Saturday, June 9 at the OSCAR Center at Oil Springs from 10 a.m. until 5 p.m.

The center is located inside the old Oil Springs High School.

Debra Buchett, maribo, Kaye Stever Hughes, weaver; Robin Bixton, deep mill wood carver; and Doris Sally Yank, wood carver.

Summer classes will be conducted in two sections: quilting, wood carving, stained glass, tapestry, etc. Classes are open to anyone at any level in the area.

Food, live music, and dog shows, and games for the kids are also planned for the event. For more information call the OSCAR Center at 297-7775. The center is open on Tuesdays, from 10 a.m. to 5 p.m. and Fridays and Saturdays from noon to 5 p.m.
OSCAR Classes are increasing in number and individuals are gaining in skills—both artisans and participants.
Entrepreneurs get new venues
OSCAR artists have provided the Governor’s Seasonal Projects featured in Frankfort for Easter and Christmas
Heritage Days

400 students participate in this annual event where 30 volunteers showcase our heritage. As many as 75 volunteers and 100 students have come to the events of the past. I will be proposing a curriculum, program training for teachers and presenters, to fully establish the program for the future.
Chatterawha Speaker
(John CC Mayo- by Ronnie Blair)
Holiday Happenings

Supported by tourism, this event coordinated by Extension Homemakers is one of the leading tourist attractions for the county. 600 attended this year.
600 attended

This year three quilt shows were united in marketing to create the first “Highway 23 Trail of Quilt Shows”
Big Sandy Quilt, Art, and Antique Show in Paintsville was one. Leaders from 5 counties join to host the event. As many as 900 have attended the event in the past 25 years, making it one of the top tourism attractors of the area.
Organizations calling for various displays

By Jennifer Lawson

Some participants will have an opportunity to free market for their individual business. For more information about this project, contact the Johnson County Extension Office at 789-4108.

Another office that is hoping to have a quilt with a Trail of Quilts is the town. The Johnson County Extension Service is encouraging community members to participate in the display of quilts to promote local business.

Trail of quilts

By Jennifer Lawson

While County Music Highway singer Billy Ray Cyrus may have sung about a "Trail of Trains," the Johnson County Extension Service is hoping to have a quilt with a Trail of Quilts as it area quilters prepare for the 22nd annual Big Hand Quilt. Art. and Antiques Show.

Quilt Block Contest rules announced

PAINTSVILLE — Entries for the annual Apple Day Quilt Block Contest will be on display during the Kentucky Apple Festival in the Maggard's Furniture window near the downtown courthouse on Friday, Oct. 6 and Saturday, Oct. 7.

The theme of this year's festival is "A Heart-warming Homescaping Celebration." The Quilt Block Contest entries require quilt blocks to be 12.5 x 12.5 inches, finished, of fabric or cotton/cotton blends and should be unbleached muslin. If block work remains the property of the Johnson County Pecanmen. Each entry must be labeled with name, address, phone number, and the name of the pattern, if it has one. The deadline for entering your block is Wednesday, Sept. 27. Entries must be brought to the Johnson County Extension Office, third floor of the downtown courthouse, and mailed to Johnson County Extension Office, P.O. Box 806, Paintsville, KY 41240. Winners will be announced.

Quilt blocks in Maggard’s window

A cultural clothesline

SPECIAL TO THE HERALD

The first quilt block has been clipped to the clothesline for a special display at the Country Music Highway Museum in Paintsville.

The block was painted by artist Debra Burchett. In addition to the painting commissioned by the museum, General Manager Nancy Price and local artist Alice Conley. Funding applications to represent the Kentucky Apple Festival, the quilt was given to Lorna Lynne a few years ago.

The "Clothesline of Quilts," project takes a portion of each quilt block created by the artist and displays them in public.

Quilt blocks have been displayed in a number of cities and they typically affect the local culture," said Alice Conley, according to the University of Kentucky Cooperative Extension Service, who was also present.

Entries may be brought to the Johnson County Extension Office, first floor of the downtown courthouse, Room 320; or may be mailed to Johnson County Extension Office, P.O. Box 806, Paintsville, KY 41240. Winners will be announced and announced on Oct. 6 at 11 a.m. in front of the downtown courthouse. Those winners who are not present to receive their award may pick it up at the Extension office. For more information, call the Extension office at 789-4108 or 789-4198.

Hazelett awarded for history preservation

ED HAZELLETT is presented with an award for history preservation.

STAFF REPORT

Entries for the annual Apple Day Quilt Block contest will be on display during the Kentucky Apple Festival in the Maggard's Furniture window near the downtown courthouse on Friday, Oct. 6 and Saturday, Oct. 7.

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Rising Star Program

Makayla is one of 8 talents identified through the first Country Music Review held at the Country Music Museum

Makayla Meade
Whitehouse, Kentucky resident Makayla Meade enjoys singing gospel, praise and worship, country and Bluegrass.

She said it best —
"Singing is a way to share feelings and praise. I like to make others feel good and share the joy of music."

Her songs were:
Daddy’s Hands
What the World Needs Now
Love Can Build a Bridge
The Rose
Highway 23 Country Music Review
Johnson County’s Country Music Quilt Block Project

Loretta Lynn, Crystal Gayle, Hylo Brown, Five Miles From Nowhere, Charlotte Conley, Herman Webb, Mrs. Davis—each quilt block has a connection to Country Music and are a part of the Country Music Highway Quilt Mural Trail.
Life Skills and Leadership

- **MAP Title:** Enhancing Individual and Organizational Development
- **Program Plan:** Life Skills and Leadership
- **Situation:** Johnson County is home to 24 civic and social organizations (Extension Homemakers are 8 of them.)
- **SEEC:** Individuals are civically engaged, Adults hold leadership positions, adults are wise consumers and productive citizens.
- **Practices:** Individuals are active in the political process, adults exhibit organizational and leadership skills, and exhibit key life skills.
- **KOSA:** Individuals learn about the political process. Adults exhibit skills.
- **Impact indicators:** Individuals are civically engaged, adults join organizations and hold leadership positions, individuals demonstrate skills by participating in various tasks and events.
- **Educational Activities:** County & area state Homemaker meetings, leadership trainings, Piecemakers organization, OSCAR board, CHN, County Extension Council, Extension District Board, Extension Homemakers Council, FCS council, OSCAR education Program
LEADERSHIP AND OTHER TOPICS MERGE

FCS works significantly with 6 additional councils/committees that are related to Program of Work activities:

- Paintsville Initiatives (Resources for low income living in the housing project)
- JCECC (Johnson County Early Child Care)
- OSCAR Board and committees
- Rt. 23 Cultural Heritage Network
- SEKTDA- Country Music Highway Corridor
- Agenda’s, minutes and records can be produced from all of these meetings. The FCS agent is sometimes in a teaching role and sometimes is one of the leaders in these settings.
- Johnson County Health Steering Committee is an extension of the FCS/CEC Council.

More detailed committees that oversee tasks for specific programs are numerous, such as the BSQAAS committee, the Rising Star Committee, the Kentucky Heritage Collection Committee, Leadership Toolbox. Agent’s participation is due to the participants level of training, responsibility and commitment.
There are 158 Homemakers, 8 clubs and 21 Members –at-Large. The clubs are Oil Springs, Flat Gap, King Addition, Wittensville, Red Bush, River, Whitehouse, and Thelma.
Wittensville Homemakers meet at W.R. Castle

**STAFF REPORT**

The Wittensville Homemakers met Oct. 18 at noon at the W.R. Castle Fire Department. President Dorothy Castle began the meeting at noon, leading the members in the Pledge to the Flag.

June Ella Arrowood took roll call and asked members to name their favorite Halloween costumes. Devotions followed, led by Betty Robinson, who read a poem called “God’s Storehouse.”

The lesson, given by Myma Clark, covered healthful holiday cooking. Several members picked recipes from the lesson for the club’s Thanksgiving dinner, and members also discussed going out for their Christmas dinner.

The club voted to pay $5 due for November and December instead of the regular $1, in order to increase funds in the treasury.

Each member was asked to bring four family photographs to the next meeting for a scrapbooking lesson to be given by Betty Price.

Present at the meeting were Dorothy Castle, Myma Clark, June Ella Arrowood, Dorothy Sharp, and Betty Robinson.

HOMEMAKERS MEET AT FIRE DEPARTMENT

**STAFF REPORT**

The Red Bush Busy Bees held their annual picnic at Paintsville Lake June 2.

Debbee Williams Shanbaugh was elected club president for 2007-08.

The busy bees have been involved in many projects this year and are planning others for later. Some members attended the county’s annual meeting in early June, and some are planning for this year’s Farm and Home Field Day. The group provides the county extension office for details.

The month’s lesson was about cancer screening, and they called the county extension office for details.

The month’s lesson also concerned a health issue, as the lesson titled “Sensational Skin” was aimed at not only cosmetic improvement but emphasized prevention of skin cancers. It was presented by Rachel Vaughn and Pam Parker.

The October lesson, “Healthy Holiday Foods,” also cooperates family health, and Johnson contributed the lesson brochure this, suggesting members some of the recipes for the meeting’s luncheon.

The two flower gardens maintained by the club were cursed, and since the plants fell chrysanthemums hadn’t done, no chores other than tending were planned for the remainder of the season.

The lap quilt project will in October, with a work session to begin each week of the month at 16 a.m. at the Red Church kitchen area. This project provides three small cakes and elderly citizens in the area.

A basket-making lesson was planned and will be scheduled as soon as possible, with the hope to lead this lesson.

The next meeting will be at Cold Springs Church Kitchen.

FLAT GAP HOMEMAKERS PRESENT QUILTS TO NURSING HOMES, ELDERLY COMMUNITY

**STAFF REPORT**

FLAT GAP — During Feb., March and April, the Flat Gap Homemakers have participated in a lap quilt project, and dozens of quilts have been presented to nursing homes and elderly community members. Most of these were pieced by member Christa Salyer and stratified by homemakers at weekly sessions.

Monthly meetings included lessons given by members on colonial cooking, women and heart disease, and a recycling lesson, “Trash to Treasure.” Several members attended the International Day celebration in February. Our club members, Augusta Castle and Nellie Caldwell were hosts for this countywide activity, which centered on Iraq.

Also, members participated in The Mountain HomePlace’s plan to include the Civil War era in its tourism appeal by creating underground quilts to be displayed in the craft shop. Flat Gap Homemakers who serve as council members at the county level are Pam Parker, Augusta Castle and Nellie Caldwell.

Homemakers are encouraged to keep a Volunteer Service Log which lists individual achievements of members. Examples are community activities such as caring for and providing food for elderly, attending county, area, district and state homemaker’s functions, trash pickup in the community, etc.

**ESTA’S EGG**

Eggs: Johnson’s egg — fried by straightenings and cut on outside of egg around with recycled materials — is some of the runt, Kentucky counties. It is one of the last of the year, at the Capitol in Frankfort.
Thousands of Hours donated for improving Johnson Countians
Many Awards Won for Outstanding Service
WSAZ’s Home Town Hero Award

- Flat Gap Club’s Christa Salyers as submitted by her club - The Nursing Home Project - making lap quilts.
Northeast Area’s Leadership Toolbox

Give them the Pickle!

Let Your Voice Be Heard
Johnson County’s Officer Training
County Officers:

President:
Name: Lynda Hill
Address: 6265 Ky. Hwy. 40W, Oil Springs, Ky. 41238
Phone: 297-4011
E-mail: rlhill@foothills.net

Vice-President:
Name: Esta Johnson
Address: 2986 Ky. Hwy. 689, Flat Gap, Ky. 41219
Phone: 265-3218

Secretary:
Name: Ratchel Vaughn
Address: 835 Sparks Branch, Flat Gap, KY 41219
Phone: 265-3203
E-mail: ratchelv@foothills.net

Treasurer:
Name: Sharon Fannin
Address: P.O. Box 716, W. Van Lear, Ky. 41268
Phone: 789-8412
E-mail: sjfannin@bellsouth.net
County Chairpersons:

1. Cultural Arts & Heritage
   Name: Esta Johnson
   Address: 2986 Ky. Hwy. 689, Flat Gap, Ky. 41219
   Phone: 265-3218

2. Environment, Housing & Energy
   Name: Sharon Fannin
   Address: P.O. Box 716, West Van Lear, Ky. 41268
   Phone: 789-6087

3. Individual & Family Development
   Name: Jane Tackett
   Address: 720 Murray, Paintsville, Ky. 41240
   Phone: 789-5862

4. Food, Nutrition & Health
   Name: Sandra Arrowood
   Address: P.O. Box 314, Thelma, KY 41260
   Phone: 789-9726
   E-mail: tgmeade@hotmail.com
5. 4-H Youth Development
   Name: Sharon Rowland
   Address: P.O. Box 640, Boonscamp, KY 41204
   Phone: 297-3351
   E-mail:

6. International Co-Chairs
   Name: Mabel Lemaster and Rebecca Kay Wright
   Address:
   Phone: Mabel - 789-4306    Rebecca -
   E-mail:

7. Leadership Development
   Name: Janet Smith
   Address: 2347 Hammond Rd., Whitehouse, Ky. 41240
   Phone: 297-5631
   E-mail: jipsy@foothills.net

8. Management & Safety
   Name: Jean VanHoose
   Address: 2067 Ky. Hwy. 993, Tutor Key. Ky. 41265
   Phone: 789-5084
9. Inspirational
  Name: Chris Fairchild
  Address: 165 Old Baldwin Place, Oil Springs, KY 41238
  Phone: 297-6553

10. Cancer
    Name: Sue Smith
    Address: 490 Ky. Rt. 469, Red Bush, KY 41219
    Phone: 265-4884
County Chairperson
Sue Smith
Health- Cancer Prevention
Area Treasurer
Sharon Fannin
Northeast Area Planning Committee
Extension Homemakers’ Lessons

- Lessons are featured Each Month:
- Sensational Skin
- Healthy Holiday Foods
- Back to the Dinner Table
- Energy Savings
- Investing on a Shoestring
- Women and Heart Disease
- Colonial Cooking Trash to Treasure
- Running Away from Alzheimer’s
- Flag Etiquette
- Antique Glassware
Sensational Skin
Skin Cancer
<table>
<thead>
<tr>
<th>Lesson Title</th>
<th>Month*</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensational Skin</td>
<td>September</td>
<td>Lucas, B. Clark</td>
</tr>
<tr>
<td>Healthy Holiday Foods</td>
<td>October</td>
<td>Scott, C. Rison</td>
</tr>
<tr>
<td>Back to the Dinner Table</td>
<td>November</td>
<td>S. Derifield, N. Buchanan</td>
</tr>
<tr>
<td>Energy Savings</td>
<td>December-Mail out</td>
<td>P. Powell &amp; G. Adkins</td>
</tr>
<tr>
<td>Investing on a Shoestring</td>
<td>January-Mail out</td>
<td>D. Cotterill</td>
</tr>
<tr>
<td>Women &amp; Heart Disease</td>
<td>February</td>
<td>S. Zornes, New Agent</td>
</tr>
<tr>
<td>Colonial Cooking</td>
<td>March</td>
<td>B. Jenkins, S. Mineer</td>
</tr>
<tr>
<td>Trash to Treasure</td>
<td>April</td>
<td>B. Cockerham, D. Fryman</td>
</tr>
<tr>
<td>Running Away from Alzheimer’s</td>
<td>May</td>
<td>R. Spence, M. Perkins, &amp; C. Honaker</td>
</tr>
<tr>
<td>Flag Etiquette</td>
<td>Summer-Mail out</td>
<td>T. Whalen</td>
</tr>
</tbody>
</table>

*Taught in counties the month before

Educational Class/Seminar will be arranged by the following agents for the District on Antique Glassware: Theresa Scott, Brooke Jenkins, Nellie Buchanan, & Debra Cotterill
An Example of Leadership Development in action:

- The committee meets to study the topic and prepare the agenda
- Select the speaker
- Make arrangements for the décor
- Secure funding for the items that need purchasing
- Market the program
- Manage the program
- Design and Administer Pre-tests and Post tests
- Assist in post marketing efforts
- Evaluate and repeat the process
International Day
Pennies for Friendship

Shawn Roop (Army Reserves) presented what it was like to be in Iraq.

1,000 Beanie Babies collected and sent to Iraq.
# "Operation Iraqi Families"

**International Day**  
**Tuesday, February 27, 2007**  
**Paintsville Recreation Center**

## AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Organizer(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REGISTRATION</strong></td>
<td>10:30 – 11:00 a.m.</td>
<td>Nellie Caldwell &amp; Augustine Castle</td>
</tr>
<tr>
<td><strong>WELCOME</strong></td>
<td>11:00-11:05 a.m.</td>
<td>Brenda Cockerham, FCS Agent</td>
</tr>
<tr>
<td><strong>UPCOMING HOMEMAKER EVENTS</strong></td>
<td>11:05-11:10 a.m.</td>
<td>Lynda Hill, President Johnson Co. Homemakers</td>
</tr>
<tr>
<td><strong>INTRODUCTION INTERNATIONAL CHAIRPERSONS/COMMITTEE</strong></td>
<td>11:10-11:15 a.m.</td>
<td>Brenda Cockerham (Chairpersons/Nellie Caldwell &amp; Augustine Castle and Committee Members, Sandy Salyers &amp; Chris Sexauer)</td>
</tr>
<tr>
<td><strong>PENNIES FOR FRIENDSHIP</strong></td>
<td>“Beanie Babies for Iraqi Children” 11:15-11:20 a.m.</td>
<td>Nellie Caldwell</td>
</tr>
<tr>
<td><strong>PRE-TEST</strong></td>
<td>11:20-11:35 a.m.</td>
<td>Augustine Castle, Nellie Caldwell, Sandy Salyers and Sheila Sparks</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>11:35 a.m. -12:15 p.m.</td>
<td><strong>EVERYONE</strong> sharing recipes/foods and viewing displays</td>
</tr>
</tbody>
</table>
| **INTRODUCTION OF SPEAKER** | 12:15 -12:45 p.m.                                                                       | Brenda Cockerham  
Speaker, Assistant Professor Shawn Roop, BSCTC                                               |
| **IRAQI FRUITS PRESENTATION** | 12:45 – 1:00 p.m.                                                                         | Brenda Cockerham  
Chairpersons/Committee Members                                                                   |
| **POST- TEST** | 1:15-1:30 p.m.                                                                             | Augustine Castle, Nellie Caldwell, Sandy Salyers and Sheila Sparks                               |
| **DOOR PRIZES** | 1:30 p.m-1:40 p.m.                                                                         | Brenda Cockerham, Sheila Sparks, Chairpersons & Committee Members                                |
Johnson County Homemakers Council

Wins Award for support to 4-H
Apple Dipping, Judging, Camp Scholarships
Membership Reward Trip

Top recruiters are treated to an educational trip throughout the region
Foods And Nutrition Education

- **MAP Title:** Health, Nutrition, and Safety
- **Program Plan:** Foods and Nutrition Education
- **Situation:** Johnson County’s death rates from diabetes, heart disease and cancer are among the highest
- **SEEC:** Decrease death rates from preventable diseases, increase youth and adults activity levels, youth and adults are well-nourished.
- **Practices:** Youth and adults engage in exercise and get preventive medical care, youth and adults prepare healthy meals and snacks.
- **Impact Indicators:** Youth and adults have increased opportunities for active lifestyles, coordinate, communicate and foster physical activity opportunities, youth and adults have the opportunity to choose better nutritionally valuable foods.
- **Educational Activities:** Homemaker lessons, Nutrition Programs, Wellness lessons, Physical Education Programs
Comments

- Decreasing death rates from cancer by increasing awareness and screening rates. Ban smoking in restaurants, and provide free or low cost smoking solutions.
- Increasing health by teaching about good nutritional skills.
- Thousands of Johnson Countians were reached with information, services and incentives.
- Main programs were Fight Back Against Cancer, Team Up, LEAP, Small Steps to Health and Wealth.
- Get Healthy Kentucky Award was received by the FCS Council.
Johnson County Health Steering Committee wins Governor’s Award for “Get Healthy Kentucky”
Take a voyage for health

Staff Report

The Johnson County Extension Service is coordinating a "Voyage for Good Health" event on Friday, Aug. 25.

While enjoying a relaxing boat ride on Paintsville Lake, you will learn ways to improve your health. Demonstrations of strength exercises and massage will be given. Healthy foods presentations with snacks will be provided, and ways to fight skin cancer will be showcased.

There is a fee of $15, which includes healthy snacks and health-related informational handouts. Four two-hour excursions are planned, but space is limited, so call the Johnson County Extension Service at 782-8188 to reserve your seat.

VOYAGE FOR HEALTH

IN APPRECIATION

Certificate of Appreciation

The Paintsville Herald

The Johnson County Cooperative Extension Service will have a "Family Health Safety Meeting" at 10 a.m. at the extension office. Topics of discussion will be self care, first aid kit contents, record keeping and more. To register call 606-789-8108.

The Johnson County Cooperative Extension Service will present a "Family Health Safety Plan" at 10 a.m. at the extension office located on the third floor of the downtown courthouse in Paintsville. Admission is free but registration is required.

A voyage for good health

Photo by Brenda Cockersham

A woman in a boat with a sign saying "A voyage for good health".

Physical therapist Tina Hughes demonstrated how to use a fin on a scuba diving mask.

SLIP, SLAP, SLOP

Sensational skin starts with coverage

By Amanda Staton

Skin cancer is the most common of all cancers, with more than one million cases diagnosed yearly in the United States considered to be non-melanoma skin cancer. According to the American Cancer Society, skin cancer is the most common of all cancers, with more than one million cases diagnosed yearly in the United States considered to be non-melanoma skin cancer.

The Johnson County Cooperative Extension Service will present a "Voyage for Good Health" event on Friday, Aug. 25.

While enjoying a relaxing boat ride on Paintsville Lake, you will learn ways to improve your health. Demonstrations of strength exercises and massage will be given. Healthy foods presentations with snacks will be provided, and ways to fight skin cancer will be showcased.

There is a fee of $15, which includes healthy snacks and health-related informational handouts. Four two-hour excursions are planned, but space is limited, so call the Johnson County Extension Service at 782-8188 to reserve your seat.

Painting to help treat cancer victim

By Tina Hughes

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Voyage to Good Health
Small Steps to Health and Wealth
over 100 participated
Governor’s Office requested Johnson County FCS to host the “Get Healthy Kentucky” Kick Off
LEAP for Good Health

Literacy Eating and Activity
for
Preschoolers
Over 100 preschoolers and 16 students were reached with the program. “Students increased their intake of healthy foods according to employees of the participating daycares.”
LEAP

Literacy, Eating, Activities, Program, may expand to the grade schools in 07-08 through the Teacher Cadet Program.
LEAP was on the WKYT News
Fight Back Against Cancer

- This program was taken to over 1,000 throughout the county.
- We were supported by the Paintsville Herald with front Page Coverage.
- Homemakers held the “I Saved My Life today Award” for all those getting their screenings. This was up from 20 reporting last year to 120 this year with two “finds”.
Cancer Awareness Tea
FCS Hospitality Class at Johnson Central served at the Cancer Awareness Tea
MAP Title: Health, Nutrition, and Safety

Program Plan: Safety Education

Situation: Drugs are pervasive, foodborne illness is a concern
SEEC: Youth and adults avoid foodborne illness, drug use is eradicated, property owners prevent drug production on their land.

Practices: use food safety practices, knowledge to prevent personal drug abuse, property owners can be more aware.

KOSA:
Youth and adults know prepare food safety practices, youth and adults understand the dangers of abusing drugs, property owners know signs of possible drug production on their land.

Impact Indicators: Increased number of youth and adults lead healthier lifestyles, avoid foodborne illness as a result of awareness, increase in treatment facilities and drug prevention awareness.

Education: Drug awareness education, Drug treatment programs, Homemaker lessons
Home Safety-Environmental Chair
Jean Vanhoose
Accomplishments

- Safety Chairmen Training facilitated
- Martha Fields support
- Food Safety was taught to FCS teens administering LEAP.
Environmental Cleanup and Education

- MAP Title: Natural Resources and Environment, Program Plan: Environmental Cleanup and Education, Situation: Proper treatment and disposal of wastewater remains a key water quality issue. Environmental and potential health impacts form open dumps and other forms of contamination. Roadside litter is an issue as well.
- SEEC: Johnson County is clean, without illegal dumps, roadside litter, and polluted water and soil.
- KOSA: Youth and adults are actively involved in community cleanups, citizens are aware of the importance of proper disposal of solid waste and sewage.
- Impact Indicators: The number of know illegal dumps decreases, roadsides have less litter, increased number of Johnson Countians realize the importance of having and achieving clean water. Educational Activities: H2O and Beyond, Water Wise Through the Arts, Extension Homemaker Litter Cleanup Projects and Community beautification projects.
Johnson County Fiscal Court and the PRIDE office extended thanks to the Johnson County Extension Homemakers for their work in community cleanups and beautification.
H2O and Beyond

EYE

Explore Your Environment
Martha Fields

- Brenda
  I forwarded your e-mail to Jim Dinger head of the water division at the Kentucky Geological Survey. He copied me his e-mail that he sent to the asst director of the KGS. He has been doing field work and was not able do any further work on this at this time. There was a question in his remarks that you might be able to clarify.
  JDK and BN: Joe Taraba sent this and the next email to me while I was out last week. Either of you want to take this on? I do not know who, when or where this speech was given, nor if the governor or other secretary-level were present. I remember the issue clearly and thought Ashland had cleaned it up, but apparently the "locals" don’t think so. My plate is just too full with field work to think about getting involved as a PI in this, but it could be really important and just to look into this. best, jsd

- Jim:
  This issue came to my attention from the Home Extension Agent in Johnson County, Brenda Cockerham. She was looking for additional help to assess whether there is a problem and to educate and inform about whether this issue is valid.
  Joe

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**Governor to announce ‘Get Healthy’ in Paintsville**

**Staff Report**

Gov. Ernie Fletcher will be touring the commonwealth, including a Jan. 24 visit to Paintsville, to spread the “Get Healthy, Kentucky” message.

The initiative, which will be led by the GHK Council, includes a Web site (www.GetHealthyKy.gov) that gives readers an in-depth look at the GHK approach to living well, the Governor’s Challenge Program, and a host of unique incentives, awards, and programs to encourage people to join GHK.

Gov. Fletcher will make stop-offs to promote GHK in Owensboro on Jan. 23 and Ashland and Paintsville on Jan. 24, where he will present the program and answer questions from members of the public and media.

The Jan. 24 Paintsville visit will take place at the Country Music Highway Museum at 3 p.m. In addition to the GHK presentation, there will be community awards given, and an assortment of healthy finger foods as refreshments.

In coming weeks, the GHK Web site will include a Governor’s Challenge to engage individuals, families, businesses, schools, churches, and other organizations in setting and meeting individualized physical activity goals. The initiative also will include the appointment of leaders across the state to the Governor’s Council on Wellness and Physical Activity which will provide oversight of the Healthy Kentucky.

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**Martha citizens ROAR at Fletcher**

By Jennifer Lawson

MEMBERS OF ROAR (Residents on Arza Radiation) addressed Gov. Ernie Fletcher when he visited Paintsville Wednesday, to make him aware of the problems they are having.

“The citizens of Martha Oil Field are here today not only to plead for your help, but to make you apprised of the hardships our area has endured for years because a company [Ashland, Inc.] continues to blatantly dismiss any wrong-doing here, and to inform you this is not true and we can offer proof of this fact if we can only get the appropriate officials that can help us to hear and see for themselves,” said ROAR member Lotsie.

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**MAKING HIS ROUNDS**

Gov. Ernie Fletcher addresses large crowd at the Country Music Highway Museum in Paintsville. Fletcher also visited other counties on Wednesday. (Photo by Jennifer Lawson)
“EYE”
is a new addition to our environmental program thanks to environmentalist Misty Hamilton.

- EYE Lessons Available
  - Lesson 1: The Water Cycle
  - Lesson 2: How Water Works
  - Lesson 3: Wetlands are Wonderful
  - Lesson 4: H2O and You
  - Lesson 5: It’s Raining, It’s Pouring
  - Lesson 6: Population Ecology
  - Lesson 7: Beneath the Earth’s Surface
  - Lesson 8: Stream Ecology
  - Lesson 9: Tree ID
  - Lesson 10: Reduce, Reuse, Recycle

Each two-hour lesson consists of a brief lecture on each topic and several hands-on activities that will allow the students to experience their environment in new and challenging ways. Some lessons also include field excursions, weather permitting.

The EYE program features lessons customized to fit the needs of each grade, K – 12. Our lessons have also been specifically tailored to address each grade’s Core Content requirements for science. We work in cooperation with the University of Kentucky Johnson County Extension Service FCS program, with special thanks to the PRIDE program.
Bat-woman lives in Paintsville

By Loretta Tackett

As the area’s official bat catcher, a Paintsville woman is among the ranks of those who boast unusual jobs.

Environmental consultant Misty Hamilton, 29, has seen all nine common Kentucky bat species in her line of work, but she mostly looks for the endangered Indiana bat.

Of the 45 species of bats found in the contiguous United States, six are federally-listed as endangered under the Endangered Species Act of 1973: the Indiana, gray, Ozark big-eared, Virginia big-eared and Hawaiian hoary – reports the U.S. Fish and Wildlife Service.

The Indiana bat is the only bat species in Eastern Kentucky on the list, Hamilton said.

Because the bats hibernate in caves and mines, mining companies are required by state law to contact an environmental consultant before opening or re-opening a mine, Hamilton said. Companies like Lexington-based Round Mountain Biological and Environmental Consultants or Prestonsburg-based Turner Technology call on her to set up her 20-foot

Letters to the Editor

Setting the facts straight

Dear Editor:
The State of Kentucky, first of all, should already know who is to blame for the radiation contamination, as the first lawsuit won against Ashland Inc. over Ashland overpressuring during their water flooding operation, which cracked the oil well casings and allowed NORM (naturally occurring radiation) to seep into the oil and oil produced brine.

The contamination was then spread through pipe, dumped into sludge pits and was in all

Few show for meeting on Martha Oil Field

By Jennifer Lawson

While nearly 100 Martha residents have filed lawsuits seeking compensation for alleged health and property damage against Ashland Inc., only three showed up at a meeting Tuesday evening held by the Kentucky Department of Public Health Protection and Safety to inform residents of the progress being made with the cleanup. Others allege they were never notified there was going to be a meeting.

Lawuits against Ashland Inc., which operates an oil field located on the Johnson-Lawrence county line in the early 1990s, claim the company left residents’ land contaminated with radiation due to the lack of federal and state regulations at the time of the cleanup, exposing residents to potentially harmful radiation.

Full completion of the project will take approximately three years. While the cleanup will be paid for and completed by Ashland Inc., the state plans in support of a million dollars in funding from the next General Assembly, most of which will be used to pay for technical expertise and support.

Clyde Bolton, director of the Division of Public Health Protection and Safety, said 53 residents (23 properties) that have been granted access to their property for purposes of cleanup and assessment.

However, with the passage of time, property values and family changes, multiple owners are identified in relationship with some affected properties.

Bolton also said that through time, Ashland has either sold some wells or purchased some, therefore it must first be determined exactly which company is responsible and who is responsible for cleanup. Other companies that may be

See BATS Page A2

See FIELD Page A2
EYE
Explore Your Environment
EYE- Explore Your Environment

- The lessons available in the EYE program include:
- Lesson 1: The Water Cycle
- Students will travel through the water cycle as a drop of water. This journey follows water molecules from their entrance into the watershed, through the soil, ground and surface water, into plants and animals, and back into the atmosphere. Through hands-on activities, students will learn about possible water contaminants and how water can be purified.
Lesson 2: How Water Works

The molecular structure of water gives it many special properties that make it critical for life on earth. In this lesson, students will learn about water’s structure and about several characteristics of water, including its function as a universal solvent, cohesiveness, adhesiveness, and changes in density.

Lesson 3: Wetlands are Wonderful

Students will learn about wetland delineation and the many functions of wetlands. A field excursion to find and study a real wetland is possible if weather permits. Students will also study wetland plants and soils and learn about animals that depend on wetlands.
Lesson 4: H2O and You

As a major component of the body, water is critical to our health and survival. In this lesson, the role of water in the human body is explored through student activities and life-like models. Students will also learn about diffusion, osmosis, microbes, and contaminants that can be found in water.

Lesson 5: It’s Raining, It’s Pouring

Students will learn why certain weather conditions occur and how humans have influenced the weather. They will participate in hands-on activities involving the weather and seasons, and discuss global warming and its effects on plants, animals, and humans.
Lesson 6: Population Ecology

Populations are greatly influenced by human activity. In this lesson, students will participate in activities that demonstrate the effects of human activity on the diversity of insect and animal populations in various ecosystems.

Lesson 7: Beneath the Earth’s Surface

In this lesson, interactive visuals allow students to learn about groundwater, aquifers, sources of natural purification, contamination, rocks, and minerals. Students will also learn about how soils form, the characteristics of different soils, and how fossils are formed.

Lesson 8: Stream Ecology

If weather permits, students will experience a trip to a nearby stream to observe the plants and animals that live there. Collection and identification of benthic macroinvertebrates is possible. Students will also learn about and test several important chemical properties of stream water, including dissolved oxygen, pH, and alkalinity.
Other FCS Activities

- HES/Ag Alumni
- Newsletters
- FCCLA Scholarship
- FCCLA/ FCS connections built
- Taste of Ky Food Show
- Farm and Home Field Day
- Agri-tourism
- Gardening
- FCS Agents District 1 Meetings
Northeast Area Ag HES Alumni coordinated and held in Paintsville
Representative Hubert Collins
Auctioning Country Music Highway Mug (Representative Collins coined the phrase “Country Music Highway” and secured funds to put signage up for each nationally famous star.)
6 Newsletters per year

213 people

159 Homemakers

CEC Council

4-H Council

District1 FCS Agents

Newspaper

Interested Citizens
FCCLA Scholarship
FCCLA and FCS build a bridge
Taste of Kentucky Food Show
The First Agri-Tourism Loop
Gardening
AGENDA

Old Business:
- Leader Trainings - Allison Luca
- Family Chair Interviews - Peggy Powell

New Business:
- Jungle Jims - Brooke Jenkins
- Highway 23 Trail of Quilt Shows - Brenda
- Retreat Report - Martha Perkins
July 10, 2007 – FCS Council Minutes

The Johnson County Family and Consumer Services Advisory Council met on Tuesday, July 10, at 10:00 a.m. in the Johnson County Extension Service meeting room on the third floor of the Old Courthouse building with the following individuals present: Ratchel Vaughn, Flat Gap Homemakers, President; June Rice, King Addition Homemakers, Secretary; Sue Fairchild, Thelma Homemakers, Neva Rowland, Johnson Central Family and Consumer Sciences teacher, Lynda Hill, Oil Springs Homemakers, Esta Johnson, Flat Gap Homemakers; Nancy Price, Paintsville Tourism; and Brenda Cockerham, Family and Consumer Sciences Agent for Johnson County.

Ratchel Vaughn called the meeting to order and immediately turned the meeting over to Brenda Cockerham, who explained the purpose of the meeting to the group. She said the group was a Steering Committee for all the work that was going on coming from the Family and Consumer Sciences Program, and this guidance directly influenced the County Extension Council and the new four-year plan. The objective of the day's meeting was to help the group understand the way the Extension Office works and its protocols as well as to help formulate the new four-year plan.

She reminded the group of the current major categories that the program is organized into: 1) Business and Career Education, 2) Community Resource Development, 3) Leadership, Citizenship and Life Skills, 4) Safety Education, 5) Food and Nutrition Health Education, 6) Environmental Cleanup and Education. She said there were others under Agriculture but Brian Jeffers, the agriculture agent, did those.

She gave examples of current programs under each, for example: Community Resource Development would be where she works on the OSCAR Center and Tourism. Leadership, Citizenship and Life Skills would be where she works on Extension Homemakers. Foods and Nutrition Health Education would be where programs like “Fight Back Against Cancer”, the LEAP (Literacy Education Activities for Preschoolers) program, and Small Steps to Health and Wealth would be found; and under Environmental Cleanup and Education would be the H2O and Beyond, Waterwise Through the Arts, and EYE (Explore Your Environment) programs. She also said that some programs were under more than one topic, for example: the Big Sandy Quilt Art and Antique Show could be reported under both Leadership and Community Development efforts, since there is an element of both in the program.

After the structure of the organization was explained, she proceeded to explain the importance of the committee’s input; that each of the members needed to think about the current needs in Family and Consumer Sciences. Each committee member was handed different colored post it notes for each major topic and asked to share her thoughts about where she thought the next four years’ emphasis should be. After collecting those ideas, Cockerham urged the committee not to lose sight of the original intent.

“Sometimes we get caught up in programs and forget why we were doing them to begin with”, she stated.

She mentioned that next time the committee meets the group will focus on goals and objectives for issues to keep the steering committee on track with the program efforts. The last topics mentioned were the Importance of Preserving and Creating Healthy Families and Communities- both of which, she suggested, seem to her to be fading away.

The next date for working on the plan of work was set at September 14th, at 10:00 a.m. at the Courthouse. The summary of July 10th’s discussion, a PowerPoint of this year’s program efforts, and another phase of planning will be featured at that time.

Lunch will be provided.

The meeting adjourned at 12:00.

Respectfully submitted,

June Rice, Secretary