



AUGUST 2024

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
Phone (859) 257-5582
Email: fayette.ext@uky.edu
<http://fayette.ca.uky.edu/>

“KICK-OFF FALL PROGRAM”

“REACHING NEAR AND ACROSS THE GLOBE” FAYETTE COUNTY HOMEMAKERS

WEDNESDAY, SEPTEMBER 4, 2024 - 6:00 PM

The Fayette County Homemakers are hosting their annual Fall Kickoff event! The theme this year is “Reaching Near and Across the Globe.” We are excited to kickstart our new year with the fall event and we look forward to seeing you there!

Featuring special guest speaker from the Congo “CeCe”



Food will be brought to us by:
A Taste of Africa- Grass to Grace Catering

Menu: Joleff Rice, Coconut Rice, Fried Rice w/ Veggies, Fried Plantains, Chicken Skewers, White Beans with Veggies and Sample Natural Fruit Juices

****Visit the Cultural Arts displays!!!!

Clubs:

- Choose the decorations for your own table – be excited!



Cost is free! Plan to bring a friend.

**RSVP to 859-257-5582 or email: srsmith@uky.edu
by August 15, 2024.**

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.

Fayette County Homemaker Annual Meeting Cultural Arts

Below you will find the listing of the Cultural Arts Categories for the Fayette County Homemaker Cultural Arts Judging Day. All exhibits must be the work of the extension homemakers, completed within the past year.

Entries will be accepted from 9:00 a.m.-12:00noon on Wednesday, September 4, 2024 for judging. Although there will be attendants at the exhibit and every effort will be made to safeguard the exhibits, there will be no assumption of risk or liability.



The Cultural Arts entries will be on display at the Fayette County Extension Homemaker Officer/Chairmen Training Kickoff beginning at 5:00pm on Wednesday evening. Entries can be picked up following the Kickoff or thereafter at the extension office. First place category winners will be eligible for judging at the Bluegrass Area Extension Homemaker Annual Meeting in October.

CULTURAL ARTS EXHIBIT CATEGORIES

1. SEWING (Apparel & Home Décor), a. Basic Garment Apparel b. specialty Garment Apparel c. Accessory Apparel d. Basic Home Décor e. Specialty Home Décor (b. and e. may include appliqued and quilted)
 2. ART, 3-Dimensional a. Carving b. Sculpture
 3. ART, NATURAL a. Wood b. Other
 4. ART, RECYCLED (Include a before picture) a. Clothing b. Household c. Other
 5. BASKETRY a. Cane b. Dyed Material c. Miniature (under 4 inch) d. Novelty e. Plain
 6. BEADING a. Bead Weaving b. Non-jewelry Item/Wearable c. Miscellaneous
 7. CERAMICS a. Hand-formed b. Molded c. Pre-made
 8. COUNTED CROSS STITCH a. 14 Count & Under b. 16-22 Count c. Specialty Cloth (linens, etc.)
 9. CROCHET a. Accessories b. Fashion c. Home Décor and Afghans d. Thread
 10. DOLL/TOY MAKING a. Cloth b. Handmade Toy other than Porcelain/China or Cloth c. Porcelain/China
 11. DRAWING a. Pastels b. Pen and Ink c. Pen and Ink with Oil Roughing d. Pencil or Charcoal-Black e. Pencil-Color
 12. EMBROIDERY a. Basic b. Candle Wicking c. Crewel d. Machine e. Ribbon f. Smocking g. Swedish h. Tatting/Lace Making i. Chicken Scratch j. Punch needle (under 60" diameter) k. Miscellaneous
 13. FELTING* a. Needle Method b. Wet Method
 14. HOLIDAY DECORATIONS a. Autumn b. Spring c. Summer d. Winter
 15. JEWELRY a. Beaded b. Mixed Media (wire, chain maille, mixed with beads) c. Original Design
 16. KNITTING (HAND) a. Accessories b. Fashion c. Home Décor and Afghans
 17. KNITTING (OTHER)
 18. NEEDLEPOINT a. Cloth Canvas b. Plastic
 19. PAINTING, ART a. Acrylic b. Oil c. Watercolor
 20. PAINTING, DECORATIVE a. Metal b. Wood c. Other
 21. PHOTOGRAPHY a. Black & White (mounted & framed) b. Color (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) 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)
 23. PAPER CRAFTING a. Card Making b. Origami c. Quilling d. Scrapbooking***
 24. RUG MAKING a. Braided b. Hooked c. Punch Needled, Rug (over 60" perimeter) d. Woven
 25. WALL or DOOR HANGING a. Fabric b. Other c. Diamond Art Mosaic
 26. WEAVING a. Hand (macrame, caning) b. Loom
 27. 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.
- **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.



Savvy Online Grocery Shopping

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around since the early 2000s, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way.

Join us for this lesson training on August 29 at 6:00pm. Call 859-257-5582 to register.

Homemaker Officers/Chairs Needed for 2024-2025

We need to fill the following positions:

President - Vice President - Secretary -

Chairman of Special Committees

(ex--Environmental, Leadership Development, Management and safety, Family and Individual development, Joy of Giving. International, Cultural Arts and Food and Nutrition) See your handbooks! Contact the Extension Office if interested!



THE FAYETTE COUNTY
EXTENSION OFFICE WILL
BE CLOSED MONDAY,
SEPTEMBER 2, 2024

**HAPPY
LABOR
DAY**

Tee Shirt Quilt Class

This class will teach you the basics of making a tee shirt quilt. You will need at least 20 tee shirts and at least 5 yards Pelon 906F Sheerweight or a similar fusible stabilizer. The cost is \$25 and directions/pattern will be provided. During the first class we will discuss the how/what etc. of tee shirt making. Bring basic swing tools, and rotary cutter to class. This class taught by Liz Kingsland will meet on August 22 and 29 from 10:00am-4:30pm. Class is limited to 12 persons. Choose the layout in the picture or a more traditional layout.



FCS Class Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

<u>Classes</u>	<input checked="" type="checkbox"/>	<u>Cost</u>
Tee Shirt Quilt Class - August 22nd and 29th		\$25
TOTAL FEE DUE:		\$

Please make check
payable to:
Community FCS

and mail to:

Fayette County
Extension Office

1140 Harry Sykes Way

Kentucky youth vaping leads to smoking: What you need to know

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed.

This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high.

Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains.

In fact, most adult smokers began smoking before the age of 18.

Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The [Kentucky Incentives for Prevention survey](#) shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021.

In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month.

In response, the state has launched a confidential quit line for youths called My Life, My Quit at ky.mylifemyquit.org/, which offers free coaching 24/7 via text, chat or call.

Vaping facts (accordingly to ky.mylifemyquit.org):


- **Nicotine leaves you stressed out.** Vaping to handle stress can make you more stressed! When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.
- **Nicotine causes other problems.** Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.

Vape and tobacco companies want you to get hooked on nicotine. By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.

Source: Alex Elswick, assistant professor and Extension specialist

For More Plate It Up Recipes, Visit:
<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>




Blackberry Lemon Upside Down Cake

2 teaspoons melted butter	1 1/4 cup all-purpose flour	1 large egg
1/2 cup brown sugar	1 1/2 teaspoons baking powder	3/4 teaspoon vanilla extract
1 1/2 teaspoons grated lemon peel	1/4 teaspoon salt	1 teaspoon lemon juice
2 cups fresh blackberries	3/2 cup sugar	1/2 cup skim milk
	2 tablespoons butter	

Preheat oven to 350°F.
Place melted butter in the bottom of a 9-inch round cake pan.
Sprinkle with brown sugar and lemon rind.
Top with berries. Set aside.
Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.
Beat sugar and butter together in a large bowl with a mixer on medium speed until well blended.
Add egg, vanilla, and lemon juice. Mix well.
Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.
Spoon the batter over the blackberries.
Bake at 350 degrees for 40 minutes.
Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.
Serve warm.
Yield: 8, 3 inch wedges.
Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



JOIN US FOR... *2024* *Calendar Cooking* COOKING THROUGH THE CALENDAR

Fayette County Cooperative Extension Office

Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

FREE! Registration required.

Register online: fayette.ca.uky.edu/classregistration
or call 859-257-5582

August 20: Peanut Butter Oatmeal Bites **November 19:** Hearty Harvest Bowl
September 10: Ramen Skillet Dinner **December 17:** Slow Cooker Navy Bean Soup
October 15: Sweet Potato Hash



Laugh & Learn Playdate

Join our 2024 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session is at the Fayette County Extension Office from 10-11:30am.

FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. For more information, contact our office at 859-2575582 or email Caroline McMahan at caroline.mcmahan@uky.edu

2024 Program Schedule:

8/28	10/23	12/11
9/25	11/20	



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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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Kentucky Proud Evenings is a series of monthly author talks hosted at the Extension Office. Each author is local to Kentucky and is connected to the community and history of the Commonwealth. Each event will have Plate It Up! Kentucky Proud food samples for those attending. Each session is FREE and will begin at 6:00pm. Register on-line: <https://fayette.ca.uky.edu/classregistration> or call the office at 859-257-5582 to register!

September 25, 2024: No You Didn't by S.B. Pearce

October 9, 2024: Drama Under the Skin by Juana Moriel Payne

Utilizing local analysis to make global conclusions, Drama Under the Skin uses ritual as a lens to examine race and identity formation of both free and enslaved people of African descent and Indigenous groups in northern New Spain. Juana Moriel-Payne proposes that Baroque-Catholic ideology, as social culture, incited and promoted the participation of those peoples in religious rituals.

November 12, 2024: Forever Belle: Sallie Ward of Kentucky by Randolph Paul Runyon

Forever Belle is the intriguing story of a nineteenth-century socialite, Sallie Ward Lawrence Hunt Armstrong Downs (1827–1896). Beautiful, charming, and kind—but also reckless and bold—she was born in Scott County, Kentucky, to a family of means beset by tragedy—early deaths, suicides, and even murders. Sallie basked in the national spotlight, appearing in newspapers as far-flung as Milwaukee and Charleston, written up for her exploits, which included such scandalous behavior as smoking cigars, dressing in “Turkish pantalets,” wearing rouge, and getting divorced.

Fall is the Perfect Time for Annual Vaccines

Fall, specifically the months of September and October, is the most ideal time of the year to receive annual vaccines, including the flu and Covid vaccinations. This is because these vaccines get annual updates, and the updated vaccines are released in the late summer to early fall. The vaccines are modified slightly from year to year to provide the best protection to those receiving it for the upcoming year against the most common strains of those viruses.

Many contagious diseases become more common as the seasons change from fall to winter, because of changes in weather patterns, people spending more time indoors with poor ventilation, and holiday gatherings where people are in close proximity. Vaccines do take some time to reach peak effectiveness, so you want to receive your vaccines several weeks before planning to travel or attend large gatherings, to be most protected against severe effects of disease.

While you are receiving your annual flu and Covid vaccines, ask your health-care provider if there are other preventative vaccines that may benefit you based on your age or lifestyle, such as the shingles or pneumococcal vaccines.

Reference:

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

Source: Katherine Jury, Extension Specialist for Family Health



UK Cooperative
Extension Service

BACK TO SCHOOL BASH

25TH AUGUST, 2024

1PM-3PM

WHAT TO EXPECT

- ★ SCHOOL SUPPLIES & GIVEAWAYS
- ★ FOOD & DRINKS
- ★ SENSORY STATIONS & FUN

1140 HARRY SYKES WAY LEXINGTON, KY 40504

Please call the Fayette County
Extension Office to REGISTER:
859-257-5582

ADWINC.ORG

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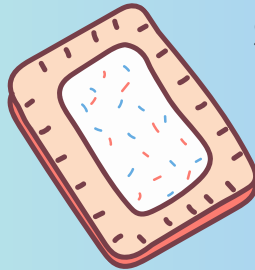
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Back to School Baking Basics

August 30, 2024 3:30-5:00pm

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
(859) 257-5582



September 5, 2024 5-6:30pm

Woodford County Extension
184 Beasley Drive
Versailles, KY 40383
(859) 873-4601

Start your school year right by learning some basics of baking! Each participant will learn to make homemade toaster pastries, taste samples of other baked goods, and go home with some baking essentials! Open to adults and school aged children accompanied by an adult.



Please call Fayette or Woodford
County Extension with
questions and to register.
Space is limited and registration
is REQUIRED.



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Hispanic Heritage Month

Join us in celebrating and exploring the rich cultural cuisines of Latin America, featuring the vibrant flavors of Chile and Peru.



Tuesday, September 17th
6:00-7:30p
Pastel de Choclo
Corn Pie



Tuesday, October 1st
6:00-7:30p
Seco de Pollo
Stewed Chicken in Cilantro Sauce

Fayette County Extension Office- 1140 Harry Sykes Way, Lexington, KY 40504

Space is limited. Registration is required

Register on-line:

<https://fayette.ca.uky.edu/classregistration>

or call the office at 859-257-5582 to register!



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Empowering Independence and Safety Day



Join us on October 18th to learn from health & safety professionals
how to live safely & independently in your community.

Preregistration required for attendees & caregivers

Register here: <https://bit.ly/octsafetyday>

Who?

Anyone who has an intellectual or developmental disability and
community members wanting to learn about technology safety,
relationship safety, disaster preparedness, and fire safety.

When?

Friday, October 18th 8:45am-3pm

Where?

Fayette County Extension Office
1140 Harry Sykes Way



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Lexington, KY 40506



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September is National Preparedness Month

ARE YOU PREPARED?



Date: Thursday, September 26th

Time: 6-8pm

Location: Fayette County Extension

**1140 Harry Sykes Way, Lexington, KY
40504**

FREE!!

Option to purchase a disaster preparedness tote for discounted price of \$20. Kit is complete with NOAA weather radio with solar battery charger, can opener, fire/waterproof document holder, first aid kit, and more!

Locations:

- Bourbon County Extension : September 12th at Noon
- Clark County Extension : September 5th at 6:30 p.m.
- Estill County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 9 a.m.

**REGISTER
NOW!**



**Register by using QR code above
or call the office at 859-257-5582**



Fayette County Cooperative Extension
1140 Harry Sykes Way
Lexington, KY 40504

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Fayette County Extension Family and Consumer Sciences Newsletter

Maranda Brooks *Caroline McMahan*

Maranda Brooks Caroline McMahan
County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service
1140 Harry Sykes Way
Lexington, KY 40504
(859) 257-5582

Office Hours: 8:00am - 4:30pm - Monday-Friday

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
AND KENTUCKY COUNTIES, COOPERATING



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