

# FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



## Cooperative Extension Service

MAY 2024

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

### Charity Quilt Sew Day: Jelly Roll Race!!

Saturday, May 11, 9:30-3:00

We will use a jellyroll kit and race to make 30 x 40" lap quilts. The top finishers will receive: fabric fat quarters and high praise! Sounds like it will be a "fast & furious" competition with a few laughs thrown in! I hope to see you there!

Only need to bring a sewing machine, sewing supplies and lunch. We would like to know who is coming- RSVP to Fran O'Connor [fsoofssi@gmail.com](mailto:fsoofssi@gmail.com) or call 912-617-3076.

### Foster Care Sewing Project May 10, 2024, 9:00am-3:00pm

One of Fayette County Extension Homemakers most meaningful community contributions is the 'duffle bag' project. Led by Sierra Smith, this program is based upon the need for children to have their own spacious bag to use for moves between placements, personal use, and storage. These kits are precut, so if you can press, pin or sew, your help is definitely needed. These bags will be delivered both locally and statewide. Volunteers can arrive late and/or leave early. There is no charge for all the fun you will have!

### Getting Ready for our Homemakers Annual Meeting!

#### Clubs Preps:

- Donate a **Raffle Basket**, following the theme of "Springtime Swing." Consider gardening, plants, and indoor/outdoor living ideas. Proceeds go to support our Scholarship program.
- Plan to **decorate your Club table** for dinner.

**Send pictures** of your club activities since August for our annual Slideshow. Email digital pictures to Caroline McMahan ([caroline.mcmahan@uky.edu](mailto:caroline.mcmahan@uky.edu)) by May 21.

**Arts and Crafts:** Judging will take place at our **August** meeting. So, keep working on your projects over the coming months!



### 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!

## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

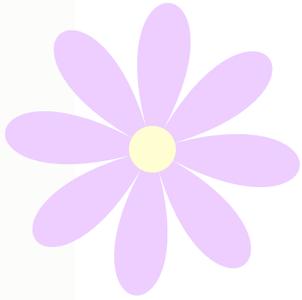


Disabilities accommodated with prior notification.

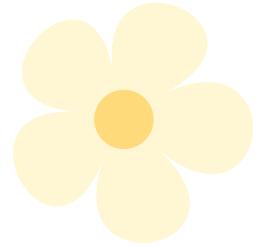
Lexington, KY 40506



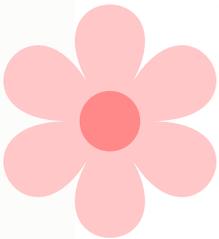
University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 Family and Consumer Sciences



**YOU'RE INVITED!**



**2024 FAYETTE COUNTY EXTENSION  
 HOMEMAKER ANNUAL MEETING**



**MAY 23, 2024, 6:00PM  
 FAYETTE COUNTY EXTENSION OFFICE**

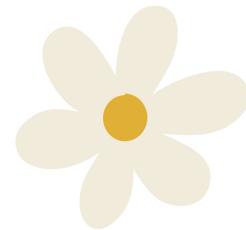
The Fayette County Homemakers are hosting their annual meeting!  
 The theme this year is "Springtime Swing."  
 We look forward to seeing you there!

Menu: pimento cheese/chicken salad and croissants (make-your-own sandwich), cole  
 slaw, pasta salad, fruit salad, sweet tea/lemonade/water. Catering by Aunt Peaches.

Cost: \$12

Entertainment: LexSwing Dance

Basket Raffle to support our scholarship program.



Make check payable to: Fayette County Extension Homemakers  
 Return to: Homemaker Annual Meeting, 1140 Harry Sykes Way,  
 Lexington, KY 40504  
 Registration Deadline: May 10, 2024

**Fayette County Homemakers Annual Meeting Registration**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Club \_\_\_\_\_ Chicken Salad \_\_\_\_\_ or Pimento Cheese \_\_\_\_\_

**Cooperative Extension Service**  
 Agriculture and Natural Resources  
 Family and Consumer Sciences  
 4-H Youth Development  
 Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
 LEXINGTON, KY 40546



Disabilities  
 accommodated  
 with prior notification.

# 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!

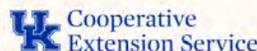
**FREE! Registration required.**

Register online: [fayette.ca.uky.edu/classregistration](http://fayette.ca.uky.edu/classregistration)  
or call 859-257-5582



**May 21:** Taco Pie  
**June 18:** Fruited Coleslaw  
**July 16:** Quick Couscous Salad  
**August 20:** Peanut Butter Oatmeal Bites

**September 24:** Ramen Skillet Dinner  
**October 15:** Sweet Potato Hash  
**November 19:** Hearty Harvest Bowl  
**December 17:** Slow Cooker Navy Bean Soup



## 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](mailto:caroline.mcmahan@uky.edu)

### 2024 Program Schedule:

5/22	7/24	10/23
6/26	8/28	11/20
	9/25	12/11

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



#### Cooperative Extension Service

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



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!

**May 15, 2024:** *Between a Bird Cage and a Bird House* by Katerina Stoykova

The fall of the Iron Curtain in the early 1990s ushered in a new tide of European immigrants to the United States. These populations, which hailed primarily from Eastern Europe and the former Soviet Union, were largely adrift in America's cultural melting pot. Laden with their belongings and informed by their experiences, these immigrants became citizens of a new diaspora searching for space to exist in their adopted home.

In *Between a Bird Cage and a Bird House*, author Katerina Stoykova follows that which "calls / the roaming mind / looking for land" with the shell of her homeland at her back. Through themes of domestic abuse, the death of a parent, the loss of a friend, and the search for cultural identity, the poems in this collection transcend the borders of language and nation-states. As a Bulgarian immigrant, Stoykova weighs the differences between safety and captivity, exploring how one can feel sheltered yet still not feel at home.

**May 29, 2024:** *Foraging Kentucky* by George Barnett  
*Foraging Kentucky* is an expansive beginners' guide to safely and ethically foraging in the state. The species covered in the book are divided into three categories: herbaceous plants, fungi, and woody plants. Author, forager, and environmental educator George Barnett shares his extensive knowledge on the proper identification of the featured species, where and when they grow, and how to harvest and prepare them for consumption. Complete with high-definition color photographs, recipes, and short history lessons, this guide is chock-full of crucial information for readers who want to forge an enlightening relationship with the delectable foods naturally available in Kentucky's great outdoors.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the 2024 Job Club schedule.

The purpose of Job Club is to provide a positive environment for job seekers to meet, connect, share, and learn. Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. Sessions begin at 9:00am on Zoom.

#### **Job Club Meeting Schedule:**

#### **May 14: Leveraging LinkedIn for Your Job Search and Network Growth**

*Presented by Betsy Davies, Associate Director of Career Development and Employer Relations, University of Kentucky College of Engineering*

Do you have a LinkedIn profile but rarely use it? Have you been nervous about jumping into LinkedIn? Then this conversation is for you because LinkedIn is a tool used by recruiters, companies, and candidates every single day. Join us to learn about how to build your professional "brand" to best leverage LinkedIn to maximize your job search, to attract recruiters, and to build/maintain a strong professional network for whatever your next career move is!

ATTENDEES REGISTER HERE: <https://bit.ly/JC051424>

#### **May 28: Job Search Strategy Tips from HR & Recruiter Panel**

*Presented by: Nicole Waite, Employment Specialist, University of Kentucky STEPS Temporary Employment  
Laura Mobley-Corn, Owner, Express Employment Professionals*

*Sara Soard, Senior Human Resources Generalist, Marine Solutions*

*Rachel Manzullo, Human Resources Business Partner, University of Kentucky Federal Credit Union*

Join us for a panel discussion with Human Resources Specialists and Recruiters in the community who will share job search strategy tips that will help prepare you for your next career. Themes will include interviewing strategies, how to answer difficult questions, salary negotiation and networking tips.

ATTENDEES REGISTER HERE:

<https://bit.ly/JC052824>



**UK** Cooperative  
Extension Service

# A DIFFERENT WORLD & FCS Presents



# SENSORY DAY

Celebrate the MOM in your life with

## COOKIES & DRUM STICK FITNESS



**Date: 05/19/24**  
**Time: 1pm-3pm**



Call the Fayette Co. Ext. Office to register:  
+1 (859) 257-5582

1140 HARRY SYKES WAY LEXINGTON, KY 40504

**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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506.



Disabilities  
accommodated  
with prior notification.

# PLANNING AHEAD:

**BUILDING A TOOLKIT TO HELP  
PREPARE YOU FOR CHANGES  
THAT ARISE IN LIFE**

## About this series:

Join Maranda Brooks and special guests in 2024 throughout this 6-month series as they help prepare you for changes that arise in life. As you learn you will build a toolkit that will keep all your resources accessible and in one place! Light refreshments will be provided.

## Cost:

\$10.00 for the series

## Location:

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

## Registration:

Register on-line:

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

**OR** call the extension office at 859-257-5582

## Series Schedule:



### Getting Started

Sunday, January 7th 5:00-6:30p



### Handling Financial Changes

Sunday, February 18th, 5:00-6:30p



### Advance Medical and Legal Directives

Sunday, March 24th, 5:00-6:30p



### Estate Planning

Sunday, April 14th, 5:00-6:30p



### Choices in End-of-Life Care

Sunday, May 19th, 5:00-6:30p



### Final Wishes

Sunday, June 23rd, 5:00-6:30p

## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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



Disabilities  
accommodated  
with prior notification.



**UK** Cooperative  
Extension Service



# RED RIVER GORGE VERTICAL EXPERIENCE JUNE 21-24, 2024

**What is the BEST way to spend a summer weekend in Kentucky? On a FREE wilderness adventure in the WORLD FAMOUS Red River Gorge!**

Join us for an action-packed rock climbing and rappelling experience. Race at speeds up to 55 MPH soaring 300 feet over the Gorge on the zipline tour. No experience or equipment is needed! Our guides provide everything you need. Gather with good food, parents and peers for campfire programs at night.

This camp is for a military parent (service member or spouse) and their teen children ages 13-19. Families are welcome from any state and branch of the military (including Active, Guard, Reserve and Veteran). Meet other military teens, reconnect and build teamwork skills with your parent, and participate in a once-in-a-lifetime adventure!

**To register your family please visit:  
<https://fcs-hes.ca.uky.edu/MTAC>**

**Contact: [tcatki2@uky.edu](mailto:tcatki2@uky.edu) or call 859-218-1546**



## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# BARN QUILT PAINT PARTY

BY: LIZ'S BARN QUILTS & QUILTERS GUILD OF THE BLUEGRASS

SATURDAY JUNE 15 2024  
FAYETTE COUNTY EXTENSION OFFICE  
9 AM - 3 PM



1



2



3

**Outdoor Signs: 2'x2' = \$110, 3'x3' = \$170, 4'x4' = \$240**

Prices include:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in **full** by May 16, 2024 with the decision of the board you want to choose.

Sorry **NO** refunds on missed event- alternate arrangements will be available. Please bring your own drink, hair dryer and .94" Frog Tape  
Prepayment is required



4

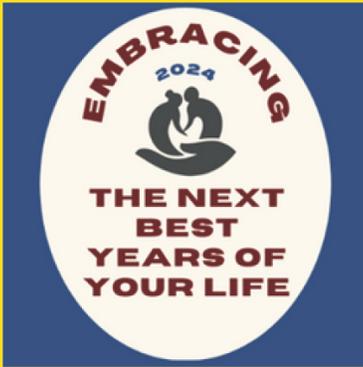


5



6

Contact Vicki Coleman (vickiecoleman@aol.com) or  
Liz Kingsland (liz.kingsland@uky.edu) to register.



**May 16, 2024  
8:30am-3:00pm**

**Clarion Hotel  
1950 Newtown Pike  
Lexington, KY**



Join us in person for the 37th annual one-day seminar about how to live your best life as you grow older!

**Social Connections and Well-Being**

**Tony Bardo, PhD**

**Medication and Aging**

**Dr. Daniela Moga, MD, PhD**

**Connecting Our Voices**

**Sylvia Lovely, JD**

**Sleep and Cognition**

**Lauren Whitehurst, PhD**

**Disaster Preparedness**

**Hardin Stevens and Annhall Norris**

**Exploring Lexington and the Bluegrass Region**

**Patricia Knight, VisitLEX**

**Steps to Healthy Aging Through Nutrition to Prevent Cognitive Decline**

**Yolanda Jackson, MS, RD, LD**

**Estate Planning**

**Amy Dougherty, B.A. History, J.D.**

**Physical & Social Benefits of Pickleball + Safety Concerns**

**Dan Stone, PhD, University of KY, Treasurer of the KY Pickleball Association,**

**Faculty Advisor to the UK Pickleball Club**

**Dan Ewing, President of the KY Pickleball Association**

**Registration Deadline:**

**May 8, 2024**

For complete registration forms and to register online visit:

<https://www.embracingthenextbestyears.org/>

Call: (859) 257-5582 to have the program packet mailed



**Come join  
the fun!!**

**You won't  
want to  
miss this  
day of  
learning!**

**APPROACHING 65:**

# Making the most of Medicare

**COME LEARN HOW TO NAVIGATE THE  
COMPLEXITIES OF MEDICARE**

**FAYETTE COUNTY EXTENSION  
OFFICE**

**1140 HARRY SYKES WAY  
LEXINGTON, KY 40504**

**05 / 22 / 2024**

**5:30 PM**

**FOR MORE INFORMATION AND TO RSVP  
PLEASE CALL:**

**BLAKE ANDERSON**

**859-489-7165**

**EXTENSION OFFICE**

**859-257-5582**

**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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# FCS CLASSES

We are happy to offer you the following opportunities. Classes/events have limited enrollment so register **early** to assure a spot in the classes/events you wish to attend. All classes/events, including the "Free" ones, are "PRE-REGISTRATION" only. For classes/events with a class fee, registration and fee must be submitted to reserve a space.



## **Super Shopper Basket Class** **Tuesday, May 28, 2024 ~ 10:00am**

Basket will be woven in navy blue and natural. Measurements are 17 x 7 1/2" x 12"H. Handles will be 30" leather straps in dark chestnut or a variety of color choices of Shaker tape. Cost: \$60 plus \$15 for the leather handles and \$8 for the Shaker tape - your choice. Let me know a week in advance if leather—Handle cost will be payable at class. Instructor Mary McAllister.

**SUPPLIES YOU MUST BRING FOR CLASS:** Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. ***PACK A LUNCH/ SNACKS, or bring something to share. You will be working thru lunch.***  
**BASKET CLASSES SIZE ARE LIMITED, REGISTER EARLY!**

*Please note: Supplies are specially cut for each basket two days prior to class. If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time. **NO EXCEPTIONS!***





# GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?  
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project.

Fayette County Extension Office  
June 30th | 4:30 - 7:30 PM  
Cost: \$25 per person



# GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?  
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project.

Fayette County Extension Office  
July 7th | 4-7 PM  
Cost: \$25 per person

## FCS Class Registration Form

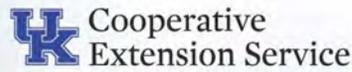
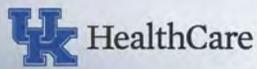
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>
Swedish Weaving - May 21st		\$25	\$25
Super Shopper Basket - May 28 Handle Choice _____ Leather (\$15) _____ Shaker Tape (\$8) (Handle fee payable at class)		\$60	\$70
Getting to Know Your Sewing Machine - June 30th		\$25	\$25
Getting to Know Your Sewing Machine - July 7th		\$25	\$25
<b>TOTAL FEE DUE:</b>		<b>\$</b>	

Please make check payable to:  
**Community FCS**  
and mail to:  
**Fayette County Extension Office**  
1140 Harry Sykes Way  
Lexington, KY 40504



# JOIN US AT THE BE HEALTHY BASH

**FESTIVAL DATE**  
**June 8, 2024**  
**10 a.m. - 1 p.m.**

**Location**

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

Free parking will be available on site.

To be entered into a **prize drawing**, pre-register by visiting [ukhealthcare.com/be-healthy-bash](http://ukhealthcare.com/be-healthy-bash)

Registration will also be available the day of the event.

**Key partners**

- UK Barnstable Brown Diabetes Center
- UK HealthCare's Healthy Kentucky Initiative
- Fayette County Extension Office
- Lexington-Fayette Urban County Government (LFUCG)
- Lexington Farmers Market



**CREATING A HEALTHIER KENTUCKY**

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

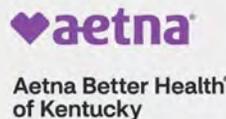
Eat, play and kick off summer with our **free** family-friendly health and wellness festival. Attendance is open to the public. The Be Healthy Bash will go on rain or shine!

**FOOD, FUN & PRIZES**

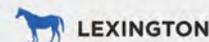
**Activities**

- Health screenings
- Wellness resources and activities
- Safety education at Safety City
- Cooking demonstrations
- Taste testing
- Free lunch
- Inflatables
- Smoothie bike
- Meet & greet with UK's Wally Cat
- Petting zoo
- Walk with us for a free T-shirt
- Free farm stand voucher
- Vaccinations
- Sports physicals – must call ahead for appointment **859-487-9153**
- Firetruck & Copsicle Van
- Face painting
- Balloon animals
- Music & more

**Key Sponsors**



Aetna Better Health<sup>®</sup> of Kentucky



**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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





NONPROFIT ORG  
US POSTAGE PAID  
LEXINGTON KY  
PERMIT 112

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

RETURN SERVICE REQUESTED

# 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

*The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*



facebook.com/FayetteCoFCS  
 facebook.com/FayetteCoHM