



**APRIL 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/

**Savor the Flavor:  
 Building Flavor with Herbs  
 April 18 at 6:00pm**

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking. Call 859-257-5582 to register.

**International Sew Day**

Friday, April 19 from 9:00am-3:00pm is a day set aside to sew for International needs. Dresses, shorts and sanitary pads will be constructed. The items are mostly cut and ready for sewing. Demonstration will be available for all items. Hope you can save this date and join the fun. Bring your sewing machine. RSVP to 859-257-5582.

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

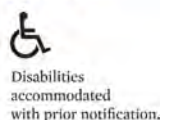
One of Fayette County Extension Homemakers most meaningful community contributions is the 'duffle bag' project. Led by Sierra Smith, this program is based upon the need for children to have their own spacious bag to use for moves between placements, personal use, and storage. These kits are pre-cut, 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!

Almost 14% of all Kentuckians have diabetes and 34% have prediabetes, making the state the 8th highest in the country for diabetes prevalence.

Learn how to prevent or manage diabetes! Join the Fayette County Diabetes Coalition for a FREE Diabetes Expo 10 a.m.-2 p.m. Saturday, April 27, at 1140 Harry Sykes Way (the Fayette County Cooperative Extension office).

The event will feature more than 25 vendors with cooking demonstrations, Primary Care and Education services, vision screenings, Q&A with experts, free vaccines and much more!

Admission is FREE, but there will be a prize drawing for those who pre-register by calling 859-257-5582. You can also pre-register at: <https://forms.office.com/g/BBSBWUWUsF>.



# 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



**April 17:** Lentil Sloppy Joes

**May 21:** Taco Pie

**June 18:** Fruited Coleslaw

**July 16:** Quick Couscous Salad

**August 20:** Peanut Butter Oatmeal Bites

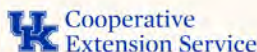
**September 24:** Ramen Skillet Dinner

**October 15:** Sweet Potato Hash

**November 19:** Hearty Harvest Bowl

**December 17:** Slow Cooker Navy Bean Soup

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



USDA Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



## 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:

4/24	7/24	10/23
5/22	8/28	11/20
6/26	9/25	12/11



#### 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.



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!

**April 4, 2024:** *Sky Watch: Chasing and American Saddlebred Story* by Emma Hudelson  
*Sky Watch: Chasing an American Saddlebred Story* is not only the tale of a remarkable horse, but of the American Saddlebred breed and the way these horses carried one rider back to herself. Tracking the path of Sky Watch's success, Hudelson's book is a deeply personal homage to one of the sport's greatest show horses and the indelible impression he left on the breed and in the hearts of those who loved him.

**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.

**Job Club Meeting Schedule:**

**April 9: Leveraging AI in the Job Search**  
*Presented by Amy Gamblin, CCC, CPRW, Associate Director, UK Alumni Career Services*  
 Discover ways to leverage Artificial Intelligence (AI) generative software to assist in your job search strategies. In this session, we want to empower participants to feel confident in using AI in resume writing, interviewing techniques, and other job search strategies. We will also explore some limitations and why having a career service professional in your corner is essential when utilizing the tool.

**ATTENDEES REGISTER HERE:**

<https://bit.ly/JC040924>

**April 23: Tips for Negotiating Your Salary**  
*Presented by Yoshie Reid, Director of Global Compensation and Benefits, Lexmark International*  
 Have you ever wondered if you should negotiate your salary? If so, how, and when? This presentation will share steps to take when you are considering salary negotiations, and things you need to be aware of. Yoshie will provide some practical examples of ways to negotiate your salary, and help you prepare your next negotiation strategies.

**ATTENDEES REGISTER HERE:**

<https://bit.ly/JC042324>



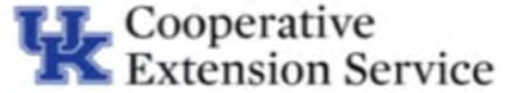
Asian Asparagus Salad

- |  |  |                                 |
|--|--|---------------------------------|
| <b>1 pound</b> fresh asparagus             | <b>2 teaspoons</b> sugar or artificial sweetener | <b>2 teaspoons</b> sesame seeds |
| <b>1½ tablespoons</b> low sodium soy sauce | <b>1 tablespoon</b> olive oil                    |                                 |
- 1. Snap** off and discard the root ends of the asparagus.
  - 2. Wash** remaining stalks thoroughly.
  - 3. Slice** stalks into 1½ inch lengths on the diagonal.
  - 4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
  - 5. Cool** immediately under cold water and drain.
  - 6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
  - 7. In** a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.
- Yield:** 4, ½ cup servings.  
**Nutrition Analysis:** 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

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



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



**JOIN US FOR OUR  
SENSORY CELEBRATION EXTRAVAGANZA**

**Sensory Fun • Food • Crafts**

Please **RSVP** by calling the Fayette Co.  
Extension Office  
859-257-5582

1140 Harry Sykes Way, Lexington, KY 40504

**April. 14th • 1:00 PM - 3:00 PM**

**adwinc.org**

**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.

## Become a smoothie-making pro with these simple, nutritional steps

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. □ If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.

Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It's that simple. For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at the Fayette County Extension office.

*Source: Heather Norman-Burgdolf, UK Extension Specialist for Food and Nutrition; Anna Cason, UK Senior Extension Associate*

Smoothie



# MyChart

*Your secure online health connection*

## INFORMATION SESSION

Monday April 15<sup>th</sup> @ 5pm

1140 Harry Sykes Way

Your online access platform for all major  
healthcare systems in Lexington

- Account Access
- Navigation
- Features and benefits
- Appointments, test results & more

Call 859-257-5582  
to register.

Presented by:

UK College of Nursing BSN Students

Eleanor Moscoe & Victor Yates

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

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



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# 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

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# 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.

A background image showing a close-up of a sewing machine's needle and foot stitching a piece of light blue fabric. A spool of pink thread is visible in the upper right corner.

## 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  
April 7th | 4:30-7:30 PM  
Cost: \$25 per person

A background image of a piece of white fabric with a complex, geometric woven pattern in shades of green and brown.

## Swedish Weaving

Join us for an introductory lesson into Swedish weaving on huck toweling. All materials will be provided, and no prior sewing/embroidery experience is necessary.

April 14th | 4:30-7:30  
Cost: \$25 per person

Open to all ages.  
Instructors: Rachel Robertson and Loretta Gomez-Haley

### **Patriotic Star Wall Hanging Class:**

April 16, 2024 – 9:30am-5:00pm.

Grab your favorite red/white/blue fabrics and let's make this beautiful wall hanging that will showcase your patriotic love for those special holidays. I display mine for Memorial Day, 4th of July, Veterans Day, and many more.

Instructor: Patty Pruitt. Cost: \$20. Yardage and cutting instructions will be provided upon registration.





**Welcome Back Birdies Basket Class**  
**Tuesday, April 16, 2024 ~ 10:00am**

Birdhouse measures 8 x 10 x 6" and is woven primarily from 1/2" flat reed in natural. Basket is done in 2 pieces - house body and roof section which are attached with a leather strip. Decorations will be included. Instructor Mary McAllister. Cost: \$45.



**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!***

## FCS Class Registration Form

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

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

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

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>	Please make check payable to: <b><u>Community FCS</u></b> and mail to: <b>Fayette County Extension Office</b> 1140 Harry Sykes Way Lexington, KY 40504
Getting to Know Your Sewing Machine - April 7		\$25	\$25	
Swedish Weaving - April 14		\$25	\$25	
Patriotic Star Wall Hanging - April 16		\$20	\$20	
Welcome Back Birdies Basket - April 16		\$45	\$55	
<b>TOTAL FEE DUE:</b>		\$		



**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:

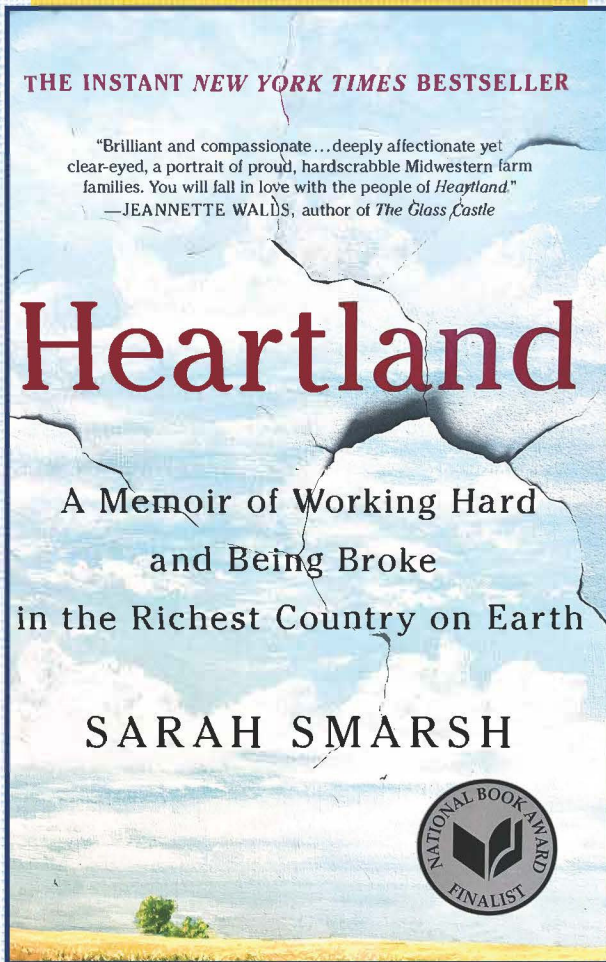
<https://www.embracingthenextbestyears.org/>

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



**Come join  
the fun!!**

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



# BIG BLUE BOOK CLUB

**Big Blue Book Club** is back with ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country*** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

Join us as we join the book club zoom at the  
**Fayette County Extension Office**  
1140 Harry Sykes Way, Lexington, KY 40504

- April 11, 2024, 11:00am
- April, 18, 2024, 11:00am
- April 25, 2024, 11:00am

Light refreshments will be provided.  
A limited supply of used books are available  
for free (first-come-first-serve).

Call 859-257-5582 to register!  
For questions contact: [Maranda.brooks@uky.edu](mailto:Maranda.brooks@uky.edu)

WE ARE EXCITED TO  
READ WITH  
**YOU**  
THIS YEAR!

Cooperative  
Extension Service

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

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Lexington, KY 40506





# GROW YOUR OWN FOOD

## WOODHILL COMMUNITY CENTER



422 Codell Drive  
Lexington, KY 40509  
Saturday, May 4th  
10:00 am – 1:00 pm



Stop by these info booths & collect FREE plants & seeds along the way!



- Container Gardening
- Soil Prep & Planting
- Watering
- Feeding Plants
- Straw Bale Gardening



**FREE SNACKS!**  
Kid's activities provided by Alpha Kappa Alpha Sorority Beta Gamma Omega Chapter. All materials while supplies last. First come first served.



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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.*



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