

# FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



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

Cooperative Extension Service

Fayette County Extension

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<http://fayette.ca.uky.edu/>

FEBRUARY 2023



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!

**Thursday, February 23, 2023:** Dr. Alicestyne Turley, The Gospel of Freedom: Black Evangelicals and the Underground Railroad

An evocative exploration of the Underground Railroad and the important contributions of white and black antislavery southerners who united to form organized networks of assisted slave escapes in Kentucky and the Deep South.

**Thursday, March 23, 2023:** Kevin Cook, House of Champions: The Story of Kentucky Basketball's Home Courts

The first comprehensive history of the UK basketball program that focuses on the team's various arenas—how and why they were built, and the contemporary political, social, and athletic forces which shaped them and which they in turn influenced—and tells the story of Wildcat basketball told through the lens of their home courts.

**Thursday, April 20, 2023:** Travis L. Martin, War & Homecoming: Veteran Identity and the Post-9/11 Generation

A timely, important, and engaging analysis of how society views the millions of veterans in this country, and how that perception has a profound impact on how veterans perceive themselves, their roles in society, and their relationships with others.

## Transferring Cherished Possessions: Estate Planning for Non-Titles Property

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate". Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions.

Join us for this Homemaker Lesson Leader Training on February 28, 2023 at 10:00am at the Fayette County Extension Office. Please call the office 859-257-5582 to RSVP if you plan to attend.

## Help Wanted

Help Wanted: Planning the Homemaker End of Year Celebration!

Do you like party planning? Want to celebrate our Homemaker successes? Join together to plan our Homemaker End Of Year Celebration! Meet up on Tuesday, March 7, 6 - 7 pm at the Extension Office. Bring ideas for food, entertainment, and FUN!!! It would be great to have a representative from each club as well as our Chairs. The Celebration itself will be Monday, May 22. Questions or RSVP to FCHA Vice President Doraine Bailey at [doraineb@hotmail.com](mailto:doraineb@hotmail.com) or text to 859-397-5360.



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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Homemaker President Greetings

Hope everyone is doing well and staying warm and cozy! I think WINTER has really hit and we are even having a few predictions of snow! Now is the time to re-visit those cocoa recipes, good books, movies and of course football and the BIG game the SUPER Bowl!!!!

I know winter to some does mean more INDOOR time, but many positive things can be done while we are inside our homes. In fact, some of my best work occurs inside:

- Any unfinished sewing or quilting projects? Work near a sunny window (the sun always inspires me) and get those projects finished!
- The Homemakers are planning a spring event in May—now is the time to work on some Cultural Arts projects—if you are like me—there are many corners of new crafts that would probably fit into a category!
- Try some new recipes—maybe a Superbowl treat or even a sweet treat for Valentine's Day!
- Speaking of Valentine's Day—that is a great motivator for the month of February!
- Now is the time to plan special Valentine activities with your families and of course if there are grandchildren around—they still love Valentine cookies—making homemade cards and treats!
- February means “I love to read month” so find a favorite book and read or check out “The Big Blue Book Club” or Kentucky Proud Evenings “ with various authors! (check out the newsletter)
- Remember for February to be a short month there are lots of special events like:
  - \*African American History Month
  - \*Ground Hog Day
  - \*American Heart Month
  - \*Presidents Day
  - \*Random Acts of Kindness Day—on the 17<sup>th</sup>
  - \*And many more....I am sure I have left off!!!!

Even though February is our shortest month—Celebrate each and every day! I just celebrated my birthday in January and have learned to appreciate every morning... new blessing and new mercy I am witnessed to see. With all that has gone on in the world over the past three years...we need to view life from a different lens!

Happy February! Be safe!

Be warm....keep cozy and stay healthy!

Blessings!

Alyce Emerson, President



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the winter/spring 2023 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. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Participants may attend online via zoom or at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

### Job Club Meeting Schedule

#### February 14: Beat the Bots! Get Your Resume Past the Applicant Tracking System

Presented by Shelly Trent, SHRM-SCP, SPHR, CAE, JCTC, JCDC, CDF, Career Coach, Your Career Collaborator, LLC

Most mid-size and larger organizations use an Applicant Tracking System (ATS) to pre-screen resumes. If your resume does not match 85% of the criteria from the job posting, your resume may never be seen by human eyes. This program will share tips and tricks to “get around” the ATS to land your resume in the “yes” pile and will also provide general resume advice.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC21423>

#### February 28: Current Economic and Workforce Trends

Presented by Ryan Kaffenberger, Senior Associate, Finance and Workforce Development, Kentucky Council on Postsecondary Education

This presentation will examine the status and trends in the national and state economy and implications on the current and future workforce as well as the pipelines that produce skilled labor.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC22823>

## 2023 Homemaker Leader Lessons

### Green Cleaning ~ Training – March 27 at 6:00pm

Want to go green as you clean? Reduce exposure to harsh chemicals and opt for safer, more natural cleaning methods for your home. By swapping your cleaning products with common household staples, such as white vinegar, lemon juice, baking soda and salt, you can effectively clean your home while also improving the environment and reducing waste.

### Healthy Outdoor Cooking ~ Training – April 19 at 6:00pm

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

“Potatoes are a fun and easy crop to grow. Digging for potatoes during harvest is almost like a treasure hunt!

Americans eat an average of 126 pounds of potatoes each year. They are easy to cook and can be prepared in many ways, including baking, microwaving, frying, and roasting. They are available for purchase canned, frozen, or dehydrated, but fresh Kentucky Proud potatoes are always the best!

Of the many varieties available today, the most common are the russet, round white, and the red potato.

Potatoes are tough and durable. They store well and have an impressive nutrient content. Potatoes are a rich source of vitamin C, vitamin B complex, potassium, and complex carbohydrates. Eating the peel also makes the potato a good source of fiber. A medium potato has about 100 calories. Potatoes store well in well-ventilated places that are cool, dark, and humid. The ideal storage temperature is 45 degrees Fahrenheit.

To prepare potatoes, they should be rinsed and scrubbed under running water to remove excess dirt. Peel if desired, but be sure to cook peeled potatoes right away. Holding in water more than a few minutes can result in vitamin loss. Green potatoes and sprouts contain an unsafe chemical and should be peeled or discarded. Waxy potatoes, such as red or new potatoes are best for dishes that call for boiled potatoes. Russets are best for baked or mashed potatoes. There are also many new varieties of unique potatoes on the market, including yellow, blue/purple, and fingerling.

In Kentucky, potatoes can be grown as an early crop for fresh use in early summer as well as a late crop for use in the winter. The time to plant early potatoes is from March 1-April 10; for a late crop, plant no later than June 15. The late planting will usually produce a smaller yield than the early crop.”



### Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¼ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

**Preheat** oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

**Yield:** 12, ½ cup servings

**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

For More Plate It Up  
Recipes, Visit:

<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



## Family Mealtime: A Tasty Base for Healthy Youth Development

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family mealtimes help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment, especially for teenagers, and stronger family bonds.

Family meal times also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy relationship with food.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food. You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.


Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-make recipe is the most time-efficient. Remember you don't have to have family meals every night; work around your family's schedule. Even just one or two meals a week can make a lasting impact. If a full meal doesn't fit into the schedule, consider stopping to enjoy a snack with the young person in your life.

Involving your whole family in meal preparation can reduce time spent "working" while maximizing bonding time. Have a family member set the table while you make the main course. Ask others to pour drinks or clean up the table. This spreads the chores out and allows you to spend time together. Encouraging the whole family to invest in the meal makes it more enjoyable and less time-consuming.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.

Source: Heather Norman-Burgdolf, UK Extension Specialist in Food and Nutrition



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Sciences Extension*

## Freezing Eggs Safely

### Whole eggs or yolks

- Crack and mix until blended. Don't whip in air.
- To prevent graininess and gelling of the yolks for one cup (or more) of eggs or yolks:
  - Add 1 ½ tablespoons sugar or corn syrup per cup of eggs for use in sweet dishes
  - Add ½ teaspoon salt per cup of eggs for use in savory dishes
- Pour into a freezer safe container\*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date

### Egg whites

- Crack and separate the whites. Gently mix.
- Pour into a freezer safe container\*
- Leave ½-inch space at top
- Label and date

### Using frozen eggs and egg whites

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

\*For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.



## HOW TO GET OUT OF A *Mealtime Rut*

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut! Samples from the Plate it Up! Kentucky Proud Recipe Broccoli Brunch Casserole will be provided.

**We look forward to seeing you!**

**Tuesday, March 7, 2023  
10:00-11:00a.m.**

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

Register on-line:

<https://fayette.ca.uky.edu/classregistration>  
or call the office at 859-257-5582 to register!

For more information, contact:  
FCS Agent Caroline McMahan  
859-257-5582 or [caroline.mcmahan@uky.edu](mailto:caroline.mcmahan@uky.edu)



## **Honor a Caregiver: February 17 is National Caregivers Day**

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc.

RespectCaregivers.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

*Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging*

# JOIN US FOR... *2023* 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 to plan for food samples.

Register on-line: <https://fayette.ca.uky.edu/classregistration>  
or call 859-257-5582.

**February 13:** Cajun Seasoned Fish with Rice

**March 28:** Vegetarian Taco Soup

**April 13:** Rainbow Pasta Salad

**May 24:** Easy Tortilla Breakfast Pizza

**June 21:** Blueberry Cheesecake Bars

**July 19:** Tuscan Chicken and Pasta

**August 16:** Skillet Pork Chops with Peaches

**September 27:** One Pan Shrimp and Veggies

**October 25:** Italian One Pot Pasta and Beans

**November 29:** Slow Cooker Buffalo Chicken

Stuffed Sweet Potatoes



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



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



FCS Agent **Maranda Brooks** Presents:

*“FCS Night of Black Excellence A Night Honoring Black Food, Agriculture, Entertainment and African Americans in the Extension and Family Consumer Science Field”*

Featuring special appearances by:



Dinner and Desserts provided by :

***Aunt Peaches' Catering and Tammy's Sweet Tasty Treats***

When: **Thursday, February 9<sup>th</sup> ~ 6:00pm-7:30pm**

Cost: \$5

Where: Fayette County Extension Office, 1140 Harry Sykes Way

**Register on-line: <https://fayette.ca.uky.edu/classregistration>**

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

**\*\*Deadline to Register Monday February 6<sup>th</sup>, 2022\*\***



Special thanks to our sponsors!



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Disabilities  
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# A DIFFERENT WORLD & FCS KID FUN DAY!

Saturday, February 18th | 11am-1pm

1140 Harry Sykes Way Lexington KY 40504

**MISSION | To offer autism support to families & friends**

Register on-line:

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

or call the office at 859-257-5582

- **SENSORY ACTIVITIES**
- **CRAFTS**
- **GAMES**
- **FOOD**

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## 2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot

Please choose the top 8 lessons you would like taught in the 2023-2024 homemaker lesson year.  
Return to the \_\_\_\_\_ County Extension Office no later than \_\_\_\_\_.

### Understanding Your Credit Score

Does one number define you? What is "good credit?" Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

### KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

### A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

### Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

### Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

### Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

(OVER)

### Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

### Savor the Flavor: Seasoning with Spices

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 spices 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.

### Savor the Flavor: Building Flavor with Herbs

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.

### Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

### Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

### Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

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Please complete and return to the Extension Office by March 31, 2023.

Complete on-line: <https://fayette.ca.uky.edu/homemakers>

### THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

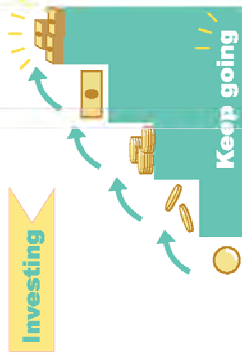
#### UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

#### PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

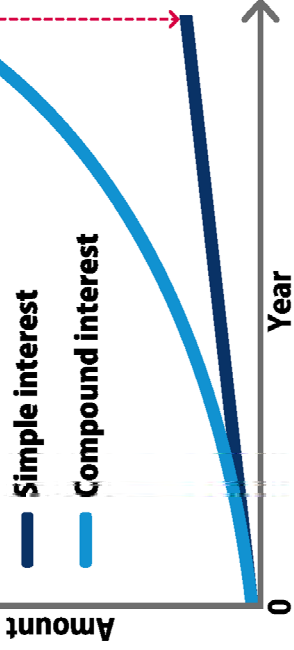
#### RIISING INTEREST RATES

The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.

## THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

### THE POWER OF COMPOUNDING

Compound interest VS Simple interest



#### COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually, if no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

\*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at [www.kentuckysaves.org](http://www.kentuckysaves.org). The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

#### REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>



# 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.

## **Chief's Hamper Basket, February 21 and 28, 10:00am**

This basket has a base measuring 10 x 14" and is 24" high. This will need to be a 2 day class and using a wood base to speed up completion. The basket uses natural and one dyed color to create the Cherokee design. Two choices will be offered, brown or teal. This intermediate level class is taught by Mary McAllister. **Cost: \$68 for homemaker members and \$76 for non-homemaker members.**



## **Any Way You Want It Quilt Classes**

**Finishing School:** March 7, 2023 - 9:00am-2:30pm. Bring your unfinished quilting projects, those you need extra help with or just extra time. These can be classes I taught or those taught by others, those you just need a boost to get it done. Please send me a heads up on what you will be bringing so I can prepare in order to be an effective support for your project. \$20 [nancycann10@gmail.com](mailto:nancycann10@gmail.com).

## **Smokey Mountain Basket - March 21 and 28, 10:00am**

This basket is woven on a 6" x 12" D handle and stand 12" high. The basket is woven primarily from smoke reed with some natural. Lots of different techniques will be emphasized, shaping to fan out the basket, double-triple twine, stacking method, and finishing with a rewoven border. This intermediate level class is taught by Mary McAllister. **Cost: \$46 for homemaker members and \$54 for non-homemaker members.**



**\*\*Supplies YOU must provide for all basket:** 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 as you will be working through lunch. Materials for making the actual basket (reed, etc.) will be provided. *Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you **MUST** call 72 hours prior to class.

**Make Checks Payable to:**  
Community FCS Programs

**Return registration form and payment to:**  
Fayette County Extension  
1140 Harry Sykes Way, Lexington, KY 40504

## **2023 FCS CLASS REGISTRATION FORM:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**TOTAL Amount Enclosed \$** \_\_\_\_\_

FCS CLASS	AMOUNT	CLASS FEE
Chief's Hamper Basket		<b>\$68 (for Homemaker Member - \$76 for non-members)</b>
Finishing School Quilt Class		<b>\$20 (for Homemaker Member - \$28 for non-members)</b>
Smokey Mountain Basket		<b>\$46 (for Homemaker Member - \$54 for non-members)</b>
<b>TOTAL FEE AMOUNT</b>	<b>\$</b>	

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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  
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