



UK University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service
Cooperative Extension Service
 Fayette County Extension
 1140 Harry Sykes Way
 Lexington, KY 40504
 Phone (859) 257-5582
 Email: fayette.ext@uky.edu
<http://fayette.ca.uky.edu/>

JUNE 2023

Bloom where you are planted

Monday, May 22, Fayette County Homemakers gathered for the annual May Meeting. The theme was “bloom where you are planted” to celebrate growing together as homemakers. Thank you to all the clubs who came to decorate a table, donate a basket, and share the evening together.

The following awards were presented at the meeting.

Reading Awards—Marilyn Caudell, Chris Cull, Barbara Ecton, Carolyn Edwards, Gail Evans, Elaine Evans, Mariann Harlan, Mary Alice Heard, Sandy Johnson, Lorriane Kilcoyne, Charlotte Lubawy, Emily Mayberry, Julia Moore, Angie Napier, Ruth Sharrard, Betty Spickard, Pat VanMeter, Carol Vaughan

New Members—Ruth Lawton

50 Year Member—Peggy Haynes, Mary Jo Standafer

Volunteer Hours

500 Hours—Doraine Bailey, Anna Lou Blair, Mary Anne Brown, Angela Carpenter, Viola Clements, Mary Colvin, Sandy Elliott, Alyce Emerson, Barbara Farrell, Linda Frame, Lorraine Kilcoyne, Elisa Layhue, Charlotte Lubawy, Barbara Marcus, Elizabeth Marek, Cindy Maynard, Julia Moore, Eve Rhoads, Bernadette Salone, Jean Scaravilli, Ruth Sharrard

1000 Hours—Brenda Richards, Jo Neuzel

1500 Hours—Rita Hardman

2000 Hours—Mary DeMattina

3500 Hours—Hazel Forsythe

4000 Hours—Robin Fisher

Names listed are based on reports returned.

Help Wanted: Planning the Homemaker Kick-Off Party!

Do you like party planning? Want to energize old and new Homemakers for our new 'year'? Join together to plan our Homemaker Kick-Off Party! Meet up on Wednesday, July 12, 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 Party itself will be Monday, August 21. Questions or RSVP to FCHA Vice President Doraine Bailey at doraineb@hotmail.com or text to 859-397-5360.

Attention Homemakers: Volunteer Hours Report

Homemaker members need to send in volunteer hour forms for January 2022— June 30, 2023 (this time frame is to get us back on the State schedule for hours reporting) by **July 14, 2023**. Please be sure that your total hours are listed on the bottom of the form. Club Vice Presidents, collect and forward all individual club members’ forms to the Extension Office in order for the office to keep track of accumulative hours. Please contact the Fayette County Extension office with any questions. Thanks so much for your participation in this request!

Hours can now be entered on-line. Visit our website: <https://fayette.ca.uky.edu/homemakers> scroll down and click on Submit Your Homemaker Volunteer Hours. You have the option to enter records by month or by the year.



Homemaker Officers/Chairs Needed for 2023-2024

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!



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, June 22, 2023

Sarah L. Hall, Sown in the Stars: Planting by the Signs

A timely and illuminating look at the custom of planting by the signs and its past, present, and future, as told from the perspectives of farmers in central and eastern Kentucky.

Thursday, July 27, 2023

Heather Wibbels, Bourbon is My Comfort Food
The definitive primer on mixing elegantly crafted bourbon cocktails for those looking to imbibe on the spirit and history of one of the world's most sought-after liquors.

Albert W.A. Schmid, Bourbon 101

A distinctive and introductory approach to learning about all-things bourbon including its history, production, and enduring cultural identity.

Michael Veach, Kentucky Bourbon Whiskey: An American Heritage

This book shines a light on bourbon's pivotal place in our national heritage, presenting the most complete and wide-ranging history of bourbon available.

Wednesday, August 30, 2023

Elizabeth DiDavino, Katherine Jackson French: Kentucky's Forgotten Ballad Collector

The life and legacy of a pivotal scholar and how her collection of traditional Kentucky ballads elevated the status of women, gave testimony to the complexity of balladry's ethnic roots and influences, and revealed more complex local dialects.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the Summer 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

June 13: Networking 101

Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC, Director of Alumni Career Services, UK

Successful people know how to build, nurture, and maintain mutually beneficial relationships that help each other accomplish their goals. A robust network is the best insurance policy you can have in life. In this session you will learn how to be a more strategic connection, build your own personal board of directors, and make the most out of future conferences and social events.

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC061323>

June 27: Preparing A Federal Resume

Presented by Ken Wocher, Volunteer Job Coach, Northern Kentucky Accountability Group, Kenton County Library

This presentation is divided into three sections:

1. The federal resume process / secrets to success
2. Understanding the usajobs.gov job listings
3. An example of a federal resume Outline Format from the Federal Resume Guidebook, 7th Edition by Kathryn Trautman

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC062723>

Meal Prepping Saves Time and Frustration

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

Source: Heather Norman-Burgdolf, assistant extension professor



Broccoli Salad with Creamy Feta Dressing

½ cup reduced-fat feta cheese, crumbled

½ cup non-fat plain yogurt

1 tablespoon lemon juice

2 cloves garlic, minced

½ teaspoon black pepper

3 cups broccoli, chopped

1 can (7 ounces) chickpeas, drained and rinsed

½ cup red bell pepper, chopped

½ cup red onion, chopped

Mix feta, yogurt, lemon juice, garlic and pepper in a medium bowl.

Add broccoli, chickpeas, red pepper and onion.

Toss to coat.

Serve at room temperature or chilled.

Yield: 5, 1 cup servings.

Nutritional Analysis: 100 calories, 3 g fat, 7 g protein, 13 g carbohydrate, 5 mg cholesterol, 260 mg sodium.

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>



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

A PERSON-CENTERED APPROACH TO TRAUMA

HEROES, SURVIVORS, AND EVERYONE IN-BETWEEN

Presented by
Lee Look, PhD

JOIN US

Friday June 2nd, 2023

10:00am EST - 2:30pm EST

Lunch provided for
in-person session

Where & When

KDN HYBRID QUARTERLY MEETING DETAILS

Join us In-Person or Virtually

Friday June 2nd, 2023

10:00am EST - 2:30pm EST

In-Person will be held
at the

UK Cooperative Extension

1140 Harry Sykes Way

Lexington, Kentucky

Virtual



In-Person



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.

EARLY STAGE DEMENTIA SUPPORT GROUP KICK OFF !!

TWO SUPPORT GROUPS FOR EARLY STAGE DEMENTIA: ONE FOR THE PERSON LIVING WITH THE DISEASE AND ONE FOR THE CARE PARTNER. Join us to meet facilitators and learn how the groups will work.

June 6th Kick off! 12:00pm -1:00pm

NEW LOCATION!!

**Fayette County Extension office
1140 Harry Sykes Way**

For questions or to register contact

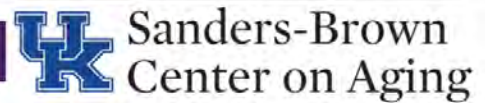
**Sarah Hatch, 859-323-6380 or
Erin Gillespie 502-473-5342**

.....
**Regular meetings will be on the
2nd Tuesday of the month**

**Registration
Required**



ALZHEIMER'S ASSOCIATION



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.

SENSATIONAL SALADS



Salads have been a mainstay in menu planning for years as they add color, texture, and freshness to a meal. They are always a great way to add vegetables and other nutritious foods into the diet. Please join us for a lesson about building salads that are nutritious and balanced!



WHEN:

Thursday, June 15th
10-11am

WHERE:

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

FOR MORE INFORMATION:

Register Online:
<https://fayette.ca.uky.edu/classregistration>
or call
(859) 257-5582

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.



FCS Agent **Maranda Brooks** Presents:
"Afternoon June": *A lunch and cultural artistic experience in
Honor of celebrating Juneteenth*

Featuring special performances by:



Lunch will be provided

When: **Thursday June 15th 12:30p-2:00pm**
1140 Harry Sykes Way Lexington, KY 40504

Cost: \$5

Call Fayette County Extension Office (Call 859-257-5582 to register) .
Limited spots available

Special thanks to our sponsor!



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.



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



Adult Beginning Garment Sewing



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

Summer Classes

Thursday, June 22, 29, July 6, 13, 20, 27; August 3 and 10

6:30 p.m. 9:30 p.m.

Class Fee: \$82.00 for non-homemaker members
(**\$72 for existing Homemaker members**)

Class limited to 10 participants.

Registration deadline: Monday, June 5

A supply list and pattern choices will be sent after registration received.

Class sessions will include the following fundamentals:

- ✕Supplies (Fabric, Patterns, Needles Thread and other Notions)
- ✕Pattern Instructions
- ✕Terms & Techniques (pockets/closures and more)
- ✕Sewing Machines
- ✕Tools, Layout & Cutting

You will create a pair of Simple Pants or Skirt (your choice) while learning the following techniques:

- ✕Inserting or applying pockets
- ✕Removing bulk removal and clipping
- ✕Inserting elastic
- ✕Applying trim/piping
- ✕Understitching/Topstitching
- ✕Applying a waistband and casting
- ✕Hemming

This class is designed to get you started in the world of garment sewing. We will help you to understand the "whole" process of sewing and how to use design, patterns, fabric, findings (i.e.: zippers, buttons, embellishments, etc.) and techniques appropriately. You will come to understand and appreciate the "whole" process and why learning the foundations will free you up to truly explore your creative side, learn to be flexible, daring and have fun as you begin your journey of learning to sew garments.

We are here to help you embrace the love of sewing with fun and creativity.



Adult Sewing Lessons for Beginners ~ Spring Session - Cost \$82.00 (\$72 for homemaker members)

Name _____ Phone _____

Address _____ City _____ Zip _____

E-mail _____

Mark one: Need to use a machine from Fayette Extension or Will bring my own my own machine

Make check payable to: Community FCS Program. Please include payment with registration

Mail to: Fayette County Extension Service, 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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

A DIFFERENT WORLD & FCS

Presents



DAD & ME

Sensory Celebration



Saturday
JUNE 24



TIME
1-4 PM

CRAFTS | SNACKS | GAMES

Please RSVP by calling the Fayette Co. Extension Office
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

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.

Vision Therapy as we get Older Lunch and Learn

Join us for lunch as FCS hosts Dr. Rick Graebe as he provide an informative talk on vision therapy as you get older.
Lunch will be provided.

Date/Time: Thursday June 29th 12:30p-2pm

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

Cost: Free

Registration Required: Call extension office at 859-257-5582 to register or register online at <https://fayette.ca.uky.edu/classregistration>

Space is limited!



Dr. Graebe received both his B.S degree in Visual Science and Doctorate of Optometry from Indiana University. He is a Behavioral and Neuro Rehabilitation Optometrist and learning expert. He has been in private practice here in the Bluegrass area for the past 35+ years. He offers Vision Therapy and Neuro-rehabilitation services for patients of all ages. Dr. Rick Graebe is one of a select group of international optometrists who have completed board certification in Vision Therapy, Pediatric Developmental Vision Care and Vision Rehabilitation with the College of Optometrists in Vision Development (FCOVD). Dr. Graebe is an expert in the type of specialty optometric care that is also called behavioral optometry, developmental or pediatric optometry, or neuro rehabilitation optometry, etc.

*Please inform the office of any dietary restrictions at the time of registration.

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



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

▶▶▶▶ **A DIFFERENT WORLD & FCS** ◀◀◀◀
Presents

SENSORY SUPER HERO DAY

 **Saturday, July 1st**
Time: 10am-1pm

Dress in your favorite
costume & come show off
your super powers & have
some fun!



Please RSVP by calling the Fayette Co. Extension Office
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

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.



Food Preservation Classes

Join us this summer to learn all about food preservation! We will kick off the series with a lecture-style class that will examine important information about food preservation and canning, review the equipment to be used, and emphasize the importance of food safety and preventing food-borne pathogens when preserving food. Then, we will have 3 classes to follow with hands-on opportunities to learn how to use a water bath canner, a pressure canner, and how to freeze and dehydrate properly. Attendance at the first lecture session is required to register for the remaining 3 classes. All materials will be provided. Class size is limited to 12, so register as soon as possible by calling 859-257-5582. Cost: \$20 for the series.

July 6th 1-4pm – Food Preservation and Canning Overview Lecture



July 20th 1-4pm – Water Bath Canning

August 7th 1-4pm – Pressure Canning

August 28th 1-4pm – Freezing and Dehydrating



Please make \$20 check payable to: *Community FCS*
and mail: Food Preservation Classes
Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504



Food Preservation Classes Registration Form

Name: _____ **Phone:** _____

E-Mail: _____

Address: _____ **City:** _____ **Zip:** _____

Please remember that classes are limited. Register early to assure a spot in the class. We suggest that you call the Fayette County Extension, (859) 257-5582, to inquire about the status of classes before registering. Hands on classes have a limit of 12 participants. Current or previous Food Preservation Basics Class required for any Hands-On Class.





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



AMPERSAND
 Sexual Violence Resource Center
 of the Bluegrass

THE RISE:

RISING TO ADDRESS SEXUAL VIOLENCE

JULY 15, 10AM-4PM
1140 HARRY SYKES WAY



Join us for free family
 activities, food, speakers,
 and vendor fair and more!

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



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

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