



**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](mailto:fayette.ext@uky.edu)  
<http://fayette.ca.uky.edu/>

**March 2023**

**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.



**Green Cleaning**  
 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.  
 Join us for this Homemaker Lesson Leader Training on **March 27, 2023 at 6:00pm** at the Fayette County Extension Office. Please call the office 859-257-5582 to RSVP if you plan to attend.

The next Homemaker Board meeting will take place on April 11<sup>th</sup> from 6-7pm at the Extension office. County officers, chairpersons, club Presidents, and club Vice Presidents and/or club representative are all invited to attend. We look forward to seeing you soon!

QUILTERS GUILD OF THE BLUEGRASS PRESENTS

*Quilter's Day Out*

MARCH 18, 2023 9 AM - 3:00 PM, \$5.00

FAYETTE COUNTY EXTENSION OFFICE  
 1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Featured Speaker - Deb Strain,  
 Quilter, Moda Fabric Designer

Vendors+Food+Quilts  
 Door prizes + Show & Tell



*Quilters Guild*  
 of the  
 Bluegrass

Bring a Fat Quarter for the  
 Charity Basket Door Prize

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 4-H Youth Development  
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 LEXINGTON, KY 40546



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!

**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.

**Wednesday, May 17, 2023:** Randolph Paul Runyon, The Assault on Elisha Green

In *The Assault on Elisha Green: Race and Religion in a Kentucky Community*, historian Randolph Paul Runyon recounts one man's pursuit of justice over violence and racism in the nineteenth century. He tells the story of Green's life and follows the network of relationships that led to the event of the assault. Tracing these three men's lives brings the reader from the slavery era to the eve of the First World War, from Kentucky to New Mexico, from Covington to the Kentucky River Palisades, with particular focus on Mason and Bourbon Counties.

### Homemaker Scholarship Recipient Update

I am in the middle of my second semester at Sullivan University, Lexington and I wanted to send another note thanking the homemakers for awarding me the scholarship last year. As I stated in my previous thank you letter I was able to use the funds to purchase a laptop computer. This has been very helpful since some of my classes are online courses. Thank you again for the scholarship. Your kindness motivates me to keep trying to do my best to succeed.  
*Alyssa Burns*



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)



## Homemaker President Greetings

### Happy March to All! March Madness!

I want to pinch myself to make sure that the month of February is almost gone, and we are getting closer to **SPRING!** Hope everyone had a great **Valentine's Day!**

Yes, my calendar says that **February is leaving**, and **March is arriving soon**. The meteorologist says **March** is the true start of spring—however the weather does not always reflect that! In shopping around, I am getting excited to see beautiful flower arrangements and Easter decorations—along with delicious and colorful jellybeans on the store aisles. With the warm days we have been having, I can see small sprouts of spring plants trying to come forth in yard! There is **HOPE!**

As our hearts and minds turn to **March** here are a few reminders and updates:

- **March Madness** means Basketball hoops everywhere! Cheer for your favorite team! Go CATS???
- **March is Women's History Month!!!!** Let's celebrate the many special women and their accomplishments!
- March is filled with many special holidays like **Mardis Gras and Fat Tuesday**—wear your beads and celebrate by preparing some great New Orleans dishes! (delicious) Many restaurants serve great meals too in honor of that celebration too!
- St. Patrick's Day—wear your **GREEN** and Celebrate the Luck of the Irish!
- Read Across America and Dr. Seuss Birthday—read some good books or share with your book clubs and children/grandchildren
- National Pancake Day and National Peanut Butter Day (don't those sound yummy?!)
- Daylight Savings time starts too on March 12—I can tell the time is slowly changing.... **Spring is coming soon!**
- March 20<sup>th</sup> is the first day of **Spring!**

Continue to read the newsletter and check out upcoming lessons and classes in March. **Quilters Day out** sounds like a great way to learn about Quilting and fellowship with others! Let's Support the **International Day events too!**

The early warm weather feels great for now! We must all try to remain motivated and active after coming out of winter and as we continue to deal with flu, COVID and other winter ailments!

Lastly, continue to check your mail-- you should receive information from **KEHA**: It will be held in Louisville this year—Crown Plaza Hotel May 9-11, 2023

Please continue to stay warm—safe and cozy until we can officially shed our coats, hats and gloves!

**Happy early Spring!**

Be blessed!

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

#### March 14: Kentucky Community Resources for Active Job Seekers

Panelists include representatives from UK Alumni Career Services, Lexington Public Library, KY Career Center, Kentucky Office of Vocational Rehabilitation, Goodwill Industries of Kentucky

This session will feature a panel of job search support services from across the state of Kentucky. Use this opportunity to learn about resources that may support your unique job search needs.

ONLINE ATTENDEES REGISTER

HERE: <https://bit.ly/JC31423>

#### March 28: Job Applications 101

**Presented by Nicole Waite, HR Employment Specialist, UK**

Many organizations still require candidates to complete an application in addition to a resume. Attend this session for best practices on completing a thorough application to help you move along in the applicant tracking system.

ONLINE ATTENDEES REGISTER

HERE: <https://bit.ly/JC032823>

## 2023 Homemaker Leader Lessons

### 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!

The Kentucky Christmas Tree Association's 17th Annual Plant Auction will be held 10:00 a.m. until 12 noon, Saturday, April 15, 2023, at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington, Kentucky 40504. Bid and take home some Kentucky grown nursery stock. It is a perfect time to plant. A variety of annuals, perennials, balled and burlapped trees and shrubs will be for sale. A portion of the proceeds will be used to provide one or more scholarships for students majoring in Forestry or related sciences in the College of Agriculture, Food and Environment at the University of Kentucky. For further information please call 859 223-1140.

## Charity Quilt Sew Day

### Sponsored by Quilt Guild of the Bluegrass

Calling all Homemaker clubs, come join us to make quilts and pillowcases to share with local hospitals, nursing homes and other charitable organization.

Saturday April 1<sup>st</sup> 9:30 am to 3 pm Fayette County Extension office.

No fooling! Open to all – if you don't sew but would like to help there are jobs for you! Please let us know if you are coming so we can have the food etc ready!

Patterns and fabrics are furnished. We will have food, games, and door prizes. Please come help us to create these gifts for others who might need a comfy quilt or a pretty pillowcase to brighten their day.

For more information email Liz Kingsland  
[liz.kingsland@uky.edu](mailto:liz.kingsland@uky.edu)



## 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 <b>tablespoon</b> dried basil, crushed
1 red bell pepper, chopped	½ <b>cup</b> margarine, melted	¼ <b>teaspoon</b> salt
	½ <b>cup</b> low-fat milk	¼ <b>teaspoon</b> black pepper
	2 <b>tablespoons</b> 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>



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# SUNSET YOGA SERIES



**AN AFFIRMING AND LOVING  
 HEALING SPACE FOR YOGA,  
 MEDITATION, AND MINDFULNESS**

- **\$5.00 PER CLASS**
- **NO PREVIOUS YOGA EXPERIENCE REQUIRED**
- **COMFORTABLE CLOTHES RECOMMENDED**
- **BRING YOUR MAT! LIMITED MATS AVAILABLE**

## MEET YOUR INSTRUCTOR



Natalie Malone, MS 200RYT (she/her), is a certified yoga instructor, PhD-psychologist-in-training, and business owner who assists people in their holistic wellness journey.



## MARCH/APRIL 2023 SCHEDULE

Mondays, March 13 & April 3  
 Wednesday, March 22 & April 12  
 Wednesday, March 29 & April 19

All classes meet from  
 6-6:45 PM EST

### Location:

Fayette County Extension Office  
 1140 Harry Sykes Way

Outdoor Class  
 (weather permitting)

Call the extension office at  
 859-257-5582 to register!

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

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# A Different World

Presents

**BINGO NIGHT Fundraiser**

**March 15, 2023**

**6pm-8pm**

**Proceeds will help fund  
sensory events for our  
community**

**Prices:**

**\$5.00 per person includes 1 Bingo Card & 2  
raffle tickets Extra Bingo Cards-\$1.00 each  
Raffle Tickets-\$1.00**

**Held at the Fayette Co. Extension Office-  
1140 Harry Sykes Way, Lexington, KY**

**Call the Extension office at 859-257-5582 to RSVP**

**Bake Sale - Prizes - Raffles**

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**Attention!**

**Please join us for a “Lunch & Learn”**

**During World Doula Week**

Visit to learn more about Kentucky’s only statewide doula initiative:

*Hope’s Embrace*

Hope's Embrace is a community doula initiative that provides maternal Healthcare mentoring and services from pregnancy through the critical first year of life throughout Kentucky. The mission of Hope’s Embrace is to make birth support accessible to all, and they do that by offering financial support so that underserved communities have the same access to prenatal, birth, and postpartum care as those who can afford to pay for it.

Whether it be support through birth or postpartum doulas, childbirth education, maternity education, or lactation, come learn how Hope’s Embrace is helping families throughout Kentucky. **When:** Thursday, March 23, 2023, from 11:30am-1:00pm

**Location:** Fayette County Extension Office

1140 Harry Sykes Way Lexington, KY 40504

**Cost:** \$5 per person paid at the door

**Lunch will ONLY be provided to those that register—**

**Please call the Extension office by 4:30pm on Monday March 20th-859-257-5582**

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# JOIN US FOR... *2023* Calendar Cooking

## COOKING THROUGH THE CALENDAR Fayette County Cooperative Extension Office

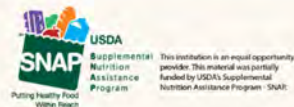
Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

**FREE!** Registration required to plan for food samples.

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



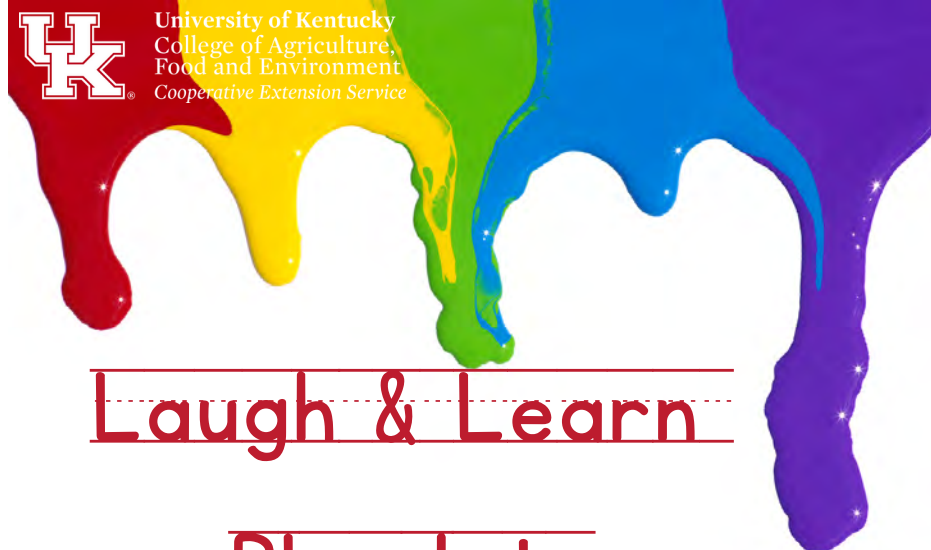
- March 28: Vegetarian Taco Soup
- April 13: Rainbow Pasta Salad
- May 24: Easy Tortilla Breakfast Pizza
- June 21: Blueberry Cheesecake Bars
- July 19: Tuscan Chicken and Pasta
- August 16: Skillet Pork Chops with Peaches
- September 27: One Pan Shrimp and Veggies
- October 25: Italian One Pot Pasta and Beans
- November 29: Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes







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# Laugh & Learn

## Playdate



Join our 2023 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)

### 2023 Program Schedule:

- March 29
- April 26
- May 31
- June 28
- July 26
- August 23
- September 27
- October 26
- November 29
- December 13th





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NATIONAL EXTENSION WORKING GROUP

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.



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**A DIFFERENT WORLD PRESENTS**  
**1st Annual Sensory**  
**EASTER**  
 **WITH EASTER BUNNY**

▪ **EGG HUNT** ▪

**SUN, APRIL 2ND**  
Time: 2pm-4pm

**SNACKS - SENSORY FUN - EGG COLORING SHEET CONTEST**

Location: The Fayette County Extension office

1140 Harry Sykes Way, Lexington, KY 40504

Please call 859-257-5582 to RSVP

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# **Wisely Use Your Tax Refund**

It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

Source: Kelly May, senior extension associate for family finance and resource management



# 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.

**Windmills Table Runner:** April 24 and May 8 – 5:30-9:00pm or May 5 and 19 – 10:00am-3:30pm. Do you want to learn how to quilt? This basic table runner is just the thing for a beginner. In this class you will learn the beginning techniques for quilting. Practice using a mat and rotary cutter, techniques such as making flying geese and sewing blocks together. We will talk about how to put together the quilt "sandwich" to complete the project and how to finish the edges with binding or other methods. The project calls for a charm pack, this will help you get the project complete. Fabrics can be of any design, just make sure they are 100% cotton. The runner can be made as a long table runner or sewn together in a block to make a table mat. Instructor: Liz Kingsland. Cost: \$30 for Homemaker members or \$38 for non-members. Yardage and cutting instructions will be provided upon registration.



**Beautiful Blooms Quilt Class:** May 11 & 25 – 10:00am-3:30pm. In this class you will create a bright floral quilt. Choose fabrics with flowers, small polka dots and stripes to make your tulips, or go completely scrappy for a completely different look. A large floral border works well too. A single coordinating fabric for the centers of the tulips will make it all come together. This pretty quilt will enhance any space. Instructor: Liz Kingsland. Cost: \$30 for Homemaker members; \$38 for non-members. Yardage and cutting instructions will be provided upon registration.



**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
Windmills Table Runner		\$30 (for Homemaker Member-\$38 for non-members)
Beautiful Blooms Quilt		\$30 (for Homemaker Member-\$38 for non-members)
<b>TOTAL FEE AMOUNT</b>	<b>\$</b>	

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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

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