Join us as we celebrate

Liz Kingsland’s RETIREMENT
June 18, 2019 - 4:00-6:30 PM
Fayette County Extension Office, 1140 Harry Sykes Way, Lexington, KY

Homemaker Annual Meeting Highlights

Volunteer Hours: 500 Hours: Mary Anne Brown, Nancy Butler, Angela Carpenter, Linda Frame, Bessie Guerrant, Pam Johnston, Barbara Marcus, Carolyn Martin, Doris McKay, Julia Moore, Jo Neuzel, Debbie Rice, Victoria Ricketts-Pratt, Eddie Salone, Ruth Sharrard, Carolyn Tilson, Renate Votaw ~ 1000 Hours: Mary DeMattina, Carolyn Edwards, Lorraine Kilcoyne, Jean Scaravilli ~ 1500 Hours: Marilyn Caudell, Alyce Emerson, Mariann Harlan ~ 2000 Hours: Jackie Brown

Gift Baskets Raffle and Quilt for Scholarships: $1,017.

2018-19 Community Service Report:
*Membership of 464.
*Collected $574 to benefit our Ovarian Cancer Screening project
*Volunteered 26,779 (valued at $573,606.18) community leadership volunteer service hours in Homemaker clubs, neighborhoods, schools, churches and civic clubs.

*Seved 85 Reach for Recovery Pillows for breast cancer recovery patients.
*Collected 90 lbs. of pop tabs. The monetary value per pound of aluminum is donated to the Ronald McDonald House.
*Donated $275.00 for 4-H Youth Camp Scholarships.
*Contributed $216.69 to Coins for Change.
*Supported Military Missions through volunteer service, donations and $100 for postage.
*Presented 14 Quilts of Valor to military veterans.
*Donated 550 diapers and 500 wipes to a local diaper bank.
*Collected 60 pieces of luggage, provided 39 hand sewn duffle bags and collected $145 for Foster Children Project.
*Collected $625 for Homemaker Scholarship Fund.
*Have sewn 120 shorts & t-shirts for the International Project.
*Collected items for the Family Care Center “Mommy Store”.

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
Attention: Homemakers and Young Adults
Pass on your cooking and cultural arts skills, and learn from the cream of the crop in the Fayette County Extension Homemakers Mentorship Program, courtesy of the Fayette County Extension intern!
For more information, contact Jaeana Gates at jaehana.gates@uky.edu or at (859) 257-5582.

Be sure to check out the Food, Creativity & Solutions Classes
(Registration form in newsletter)

“Eggstra” Special - Deviled Egg Carrier Basket ~ Thursday, June 6th, 10:00 a.m.-4:00 p.m.: This Basket is woven on a 12” round base with lidded plastic insert to carry and protect the cargo. Red rosewood handles on the rim and outside trim if desired. Cost: $42.00 for Fayette Co. Homemaker members or $50.00 for non-members.

Food Preservation Boot Camp ~ Monday-Wednesday, June 10th-12th, 10:00 a.m.-3:00 p.m.: This three day class series covers most aspects of food preservation including canning, freezing and drying - including pickling, jams and jellies. Lecture and hands on activities. Cost: $50.00

Be a Bag Lady: Molly Maker Bag ~ Thursday, June 13th, 10:00 a.m.-3:30 p.m.: The soft-sided design allows the bag to sit open for easy access to project supplies for a variety of crafts such as hand sewing, knitting, crocheting and more. Holds a full size skein of yarn. Approximate size: 11” x 8” x 3.5”. Cost: $5.00, supply list will be provided after registration

Monthly Table Runner-July ~ Monday, July 1st, 9:30 a.m.-2:30 p.m.: Table runners are an excellent opportunity to learn a new block or pattern, try it to see if it meets your expectations and complete a project without the commitment of a whole quilt. Throughout the year we will explore some traditional blocks, do some appliqué work, dabble in foundation piecing, and explore the principles and tasks of setting blocks on point, all while keeping the runners seasonal. These classes will focus on learning or reinforcing basic and more advanced quilting skills. Samples will be hung in the office quarterly. Cost: $13.00, supply list will be provided after registration. NO KIT available for this class. Fabric MUST be cut before class.

Cooking Through the Calendar: Easy Sheet Pan Chicken Bake ~ Wednesday, August 7th, 12:00-1:00 p.m.: Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. Cost: Free, but must register in advance.

Food, Creativity & Solutions Classes
(Continued)

Monthly Table Runner-August: Bargello ~ Monday, August 5th, 9:30 a.m.-2:30 p.m.: Table runners are an excellent opportunity to learn a new block or pattern, try it to see if it meets your expectations and complete a project without the commitment of a whole quilt. Throughout the year we will explore some traditional blocks, do some appliqué work, dabble in foundation piecing, and explore the principles and tasks of setting blocks on point, all while keeping the runners seasonal. These classes will focus on learning or reinforcing basic and more advanced quilting skills. Samples will be hung in the office quarterly. Cost: $13.00, supply list will be provided after registration. NO KIT available for this class. Fabric MUST be cut before class.

Basket of Flours ~ Thursday, July 18th, 10:00 a.m.-12:00 p.m.: Curious about the various flours on the market? Wonder how they taste or how you would use them? Interested in adding to the variety of your diet or working to become ‘gluten-free’? This class will delve into the origins and use of different kinds of flours, such as millet, spelt, sorghum, amaranth, tapioca, rice, and quinoa. We’ll discuss their flavors, nutritional qualities, and uses, and even have a taste-test. Cost: $8.00 for Fayette Co. Homemaker members or $12.00 for non-members.

Get Ahead of Canning Season
Pressure Canner Gauge Testing
To ensure that your food is canned safely and properly, get your gauge tested every year.

Save the Dates
Homemaker Board Meeting - July 2 at 6:00pm
Homemaker Club Kick Off - August 20 at 6:00pm
Bluegrass Area Homemaker Meeting - October 25 at the Fayette County Extension Office.
Kentucky Proud Evenings, a series of monthly author talks. These events will occur at 6:00pm at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. Plate it Up! Kentucky Proud food samples will be available for those attending. Reserve your spot at a talk by calling the Fayette County Extension Office (859-257-5582). Copies of the book being discussed will be available for sale at the events.

**Monday, June 24: Dan & Judy Dourson, Wildflowers and Ferns of Red River Gorge and the Greater Red River Basin**

Wildflowers and Ferns of Red River Gorge and the Greater Red River Basin is designed to be accessible to the casual hiker and of use to the seasoned naturalist. Rare and endangered species are highlighted as well as a few other important, but often ignored, non-flowering plant groups, including green algae, fungi, slime molds, lichens, and mosses. In addition, a small section on flowering woody vines, shrubs, and trees is included, making the book the most comprehensive natural guide to one of Kentucky's most well-known natural recreational areas.

**Wednesday, July 31: Nancy O'Malley, Boonesborough Unearnted: Frontier Archaeology at a Revolutionary Fort**

Boonesborough Unearnted: Frontier Archaeology at a Revolutionary Fort is the result of more than thirty years of research by archaeologist Nancy O'Malley. This groundbreaking book presents new information and fresh insights about Fort Boonesborough and life in frontier Kentucky. O'Malley examines the story of this historical landmark from its founding during a time of war into the nineteenth century. O'Malley also delves into the lives of the settlers who lived there, and explores the Transylvania Company's dashed hopes of forming a fourteenth colony at the fort. This insightful and informative work is a fascinating exploration into Kentucky's frontier past.
Family and Consumer Sciences
Specialty Club Meetings

Specialty Clubs focus on learning, developing and preserving a specific skill, interest or activity. There is a deliberate focus on sharing members’ skills with others to strengthen the community. Participants do not have to be an expert - as the objective is to learn. During the monthly meetings, members work on personal projects, participate in group projects and learn new techniques and methods from fellow members. Specialty clubs meet at the Fayette County Extension Office. You are welcome to join us at anytime.

ª Sew Mores
Meets the 1st Saturday of each month at 9:00 a.m.

º Savings Lifestyle 101 “Coupon Club”
Meets the 1st Monday of each month at 6:30 p.m.

® Quilters Guild of the Bluegrass
Meets the 2nd Tuesday of each month at 6:00 p.m.

¾ Grandparent/Caregiver Support Group
Meets the 4th Monday of each month at 6:30 p.m.

± Kentucky Krafters
Meets the 4th Monday of each month at 6:00 p.m.

° Lost Ways
Meets the last Tuesday of each month at 6:30 p.m.

¼ Open Sewing Room
June 11, 18, 25, July 2, 9, 16, 23, 30 - 8:00am-4:00pm

ºº Strength and Stability
Meets on Wednesdays at 6:30pm

ººº Knitting Club
Next meeting June 13 at 1:30pm. Items to bring knitting needles size 6, 7, or 8. One skein of worsted weight yarn, preferably a solid, light color with smooth finish. Appropriate yarns might include Red Heart worsted (Walmart), I love this Wool (Hobby Lobby) or I Love This Yarn (Hobby Lobby), Cascade 220 (Rebelle) or Woolease (Walmart, Michaels or JoAnns).

Gluten Free Peach Blueberry Muffins

Preheat oven to 400 degrees F. Grease the wells of a muffin tin or line with paper liners and spray with non-stick spray. Rinse blueberries and drain well. Remove skin from peaches and dice. In a large bowl, mix together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. Melt butter in a microwave safe bowl. In a medium bowl, whisk the eggs, milk and melted butter together. Pour the wet ingredients into the dry ingredients and use a spoon to mix just until incorporated. Fold the blueberries and peaches into the batter gently. Fill muffin cups ⅔ full.

For the streusel topping: In a medium bowl, place gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, cut in butter until mixture resembles fine crumbs. Spoon streusel topping over the batter evenly. Bake muffins 18-20 minutes. Do not overbake. Remove muffins from pan to cool.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein

Fayette County Homemaker
President’s Message

Greetings to all on this hot and sunny day!

Let me first thank everyone for their support in our recent Annual Meeting on May 7th! It was a great way to end the year and continue to share in our “BEE” theme. It was a great celebration for all!

Please SAVE the DATE for TUESDAY—JUNE 18TH! This will be another celebration—we will be celebrating the retirement of our agent Liz Kingsland as she leaves her post at the Extension office. Please share with us on that date from 4:00 pm—6:30 pm at a reception planned in her honor. Come out and show her our love and support!

As we plan ahead for next fall, please save July 2nd for the first Board meeting (6 pm) for the 2019-2020 year. Please come with new ideas for next year, along with final ideas, as we work on the Bluegrass Area meeting to be held on October 25th—being a host for nine counties! We have a busy fall calendar.

As summer is quickly heading our way—please take time to enjoy vacation time with family and friends. Be safe in your travels and take time to enjoy some new places whether they be near or far. Take advantage of classes and programs the Extension office has to offer.

Happy Memorial Day! Happy 4th of July!

“BEE” SAFE! “BEE” HAPPY! “BEE” RE-FRESHED”!

Blessings to all, Alyce S. Emerson, President
Liz Kingsland has worked for the University of Kentucky for 32 years. She began her career teaching classes in the Hospitality Program and managed the Lemon Tree Restaurant. Liz completed a short stint at the Markey Cancer Center before joining the Extension team in 1998. Her UK Extension tenure includes Hardin County for 10 years, Bourbon County for 8, only to return to her home county, Fayette County, for the last 5 years. Liz is a past Kentucky Extension Association for Family and Consumer Sciences President and has held many leadership positions throughout her career. She is a creative teacher, great leader, helpful colleague and good friend to all. Liz has accepted a part time post retirement position within the College of Agriculture, Food and Environment.

Join us as we celebrate

Liz Kingsland’s
RETIREMENT
June 18, 2019 - 4:00-6:30 PM
Fayette County Extension Office
140 Harry Sykes Way
Lexington, KY 40504

Please take this opportunity to express your best wishes for Liz. Hopefully you can fill out and bring the page below to the reception, mail to the Fayette County Extension Office or email remarks to srsmith@uky.edu.

Congratulations Liz!
2019 Schedule: June – August

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 (cash or check only) must be submitted to reserve a space.

* *List will be updated as new classes/events are added. Please check back.* *

**NOTE:** Photos for items made in the creative classes will be available at [http://fayette.ca.uky.edu/content/family-consumer-sciences](http://fayette.ca.uky.edu/content/family-consumer-sciences) under Upcoming Classes/Events.

**Strength and Stability ~ on Wednesdays, 6:30-7:30 p.m.:** Bring a friend or come alone to a fitness class, Strength and Stability, that is sure to meet your 2019 physical activity goal. The class will be lead by Beth Leistensnider, CYT, 200. This is a beginner level class, accessible to most, that is yoga based with added strength and stability training techniques. **Cost:** $4.00 per week (exact amount, cash or check only, payable at door). Registration in advance is encouraged but not required.

**Heat Embossing on Paper ~ Saturday, June 1st, 9:00 a.m.-12:00 p.m.:** Participants will have the opportunity to create elegant stationary and note cards embellished with the technique of heat embossing. Heat embossing creates a raised, stamped design on paper through application of embossing powder while the stamp is still wet and then quickly dried with a heat gun. Participants will learn how to create a simple jig for centering their designs on paper. Commercially available rubber stamps will be used for the workshop. Participants may bring their own rubber stamps, though not all designs emboss well. Plain stationary sheets and notecards with envelopes will be provided, as will black, gold and silver embossing powders. **Cost:** $10.00, covers materials and use of tools needed for the class.

PLEASE NOTE: Heat guns are used in this class, not blow dryers. Heat guns get hot enough to cause serious burns if handled carelessly. Therefore, this class is for **adults only**.
Cooking Through the Calendar: Hawaiian Pizza ~ Wednesday, June 5th, 12:00-1:00 p.m.: Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. Cost: Free, but must register in advance.

“Eggstra” Special - Deviled Egg Carrier Basket ~ Thursday, June 6th, 10:00 a.m.-4:00 p.m.: This Basket is woven on a 12” round base with lidded plastic insert to carry and protect the cargo. Red rosewood handles on the rim and outside trim if desired. ** Supplies YOU must provide: 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. Materials for making the actual basket (reed, etc.) will be provided. Please 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. SKILL LEVEL: Advanced Beginner. Cost: $42.00 for Fayette Co. Homemaker members or $50.00 for non-members.

Food Preservation Boot Camp ~ Monday-Wednesday, June 10th-12th - Class meets on Monday, June 10th, 11:00 a.m.-4:00 p.m. and Tuesday & Wednesday, June 11th & 12th, 10:00 a.m.-3:30 p.m.: This three day class series covers most aspects of food preservation including canning, freezing and drying - including pickling, jams and jellies. Lecture and hands on activities. Please bring a sack lunch with you as lunch will not be provided. Cost: $50.00

Be a Bag Lady: Molly Maker Bag ~ Thursday, June 13th, 10:00 a.m.-3:30 p.m.: The soft-sided design allows the bag to sit open for easy access to project supplies for a variety of crafts such as hand sewing, knitting, crocheting and more. Holds a full size skein of yarn. Approximate size: 11” x 8” x 3.5” Cost: $5.00, supply list will be provided after registration.

Dan & Judy Dourson, Wildflowers and Ferns of Red River Gorge and the Greater Red River Basin and Wild Yet Tasty: A Guide to Edible Plants of Eastern Kentucky ~ Monday, June 24th, 6:00 p.m.
Authors Dan and Judy Dourson introduce the geology and cultural history of the gorge but focus on the incredible diversity of both common and rare flora of this unique ecosystem. With over 1,000 color images and numerous illustrations covering over 1,500 species currently known to exist in the watershed, Wildflowers and Ferns of Red River Gorge is designed to be accessible to the casual hiker and of use to the seasoned naturalist. Rare and endangered species are highlighted as well as a few other important, but often ignored, non-flowering plant groups, including green algae, fungi, slime molds, lichens, and mosses. In addition, a small section on flowering woody vines, shrubs, and trees is included, making the book the most comprehensive natural guide to one of Kentucky’s most well-known natural recreational areas.
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**Cost:** $13.00, supply list will be provided after registration. Kit available for an additional fee of $12.00 (for a total of $25.00, class and kit - kits will include all fabric for runner top). Pre-registration is required. **Kit:** While the integrity of the fabrics (color, holiday theme) will remain true for each pre cut kit, actual fabrics will change according to availability. Choice of blue or teapots/daisy design.

**Basket of Flours ~ Thursday, July 18th, 10:00 a.m.-12:00 p.m.:** Curious about the various flours on the market? Wonder how they taste or how you would use them? Interested in adding to the variety of your diet or working to become ‘gluten-free’? This class will delve into the origins and use of different kinds of flours, such as millet, spelt, sorghum, amaranth tapioca, rice, and quinoa. We’ll discuss their flavors, nutritional qualities, and uses, and even have a taste-test. **Cost:** $8.00 for Fayette Co. Homemaker members or $12.00 for non-members.

**Nancy O’Malley, Boonesborough Unearthed: Frontier Archaeology at a Revolutionary Fort ~ Wednesday, July 31st, 6:00pm:** Boonesborough Unearthed: Frontier Archaeology at a Revolutionary Fort is the result of more than thirty years of research by archaeologist Nancy O’Malley. This groundbreaking book presents new information and fresh insights about Fort Boonesborough and life in frontier Kentucky. O’Malley examines the story of this historical landmark from its founding during a time of war into the nineteenth century. O’Malley also delves into the lives of the settlers who lived there, and explores the Transylvania Company’s dashed hopes of forming a fourteenth colony at the fort. This insightful and informative work is a fascinating exploration into Kentucky’s frontier past.

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**Cooking Through the Calendar: Easy Sheet Pan Chicken Bake ~ Wednesday, August 7th, 12:00-1:00 p.m.:** Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. **Cost: Free, but must register in advance.**

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**PLEASE NOTE:** Minimum enrollment is required on all classes/events and is determined by class/event type. If possible, classes/events that do not meet the minimum enrollment number will be rescheduled one time.

*Last Update: 05/28/2019*
2019 FCS - REGISTRATION FORM: JUNE - AUGUST

Name: ______________________ Phone: ___________ E-Mail: ______________________
Address: ______________________ City: ___________ State: ____ Zip: ___________

TOTAL Amount Enclosed $ ________

IMPORTANT REMINDERS!

- Classes are designed for adult level learners.
- Sign up early for classes to avoid being turned away because class is full.
- Please place a checkmark by the classes/events you are registering for.
- ALL classes/events, including the “Free” ones are “PRE-REGISTRATION” only. Must register and pay the fee, if required, to reserve your space. Fee listed is per person.
- Accepted forms of payment are exact cash or check.
- If you need to cancel, you must do so one week prior to the class/event time to receive a refund or credit for a different class.
- Minimum enrollment is required on all classes/events and is determined by class/event type. If possible, classes/events that do not meet the minimum enrollment will be reschedule one time.

Please Make Check Payable To: Community FCS Programs
Mail Payment and Completed Registration Form To: FCS Registration ~ Fayette County Extension Office ~ 1140 Harry Sykes Way ~ Lexington, KY 40504
For more information, call (859) 257-5582

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<td><strong>Fayette County Homemaker membership</strong> ~</td>
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<td>Saturday, 6/1: Heat Embossing on Paper, 9:00 a.m.-12:00 p.m. ~ <strong>Cost: $10.00</strong></td>
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<td><strong>Cost per person: $8.00 annually</strong></td>
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<td>Monday, 7/1: Monthly Table Runner - 9:30 a.m.-2:30 p.m. ~ <strong>Cost: $25.00 for class and pre-cut fabric kit for top - BLUE DESIGN.</strong></td>
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<td><strong>Times: 6/10, 11:00 a.m.-4:00 p.m. and 6/11 &amp; 6/12, 10:00 a.m.-4:00 p.m.</strong></td>
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<td>NEW Monday, 7/1: Monthly Table Runner - 9:30 a.m.-2:30 p.m. ~ <strong>Cost: $25.00 for class and pre-cut fabric kit for top - TEAPOT DESIGN.</strong></td>
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<td>**NEW Monday, 6/24: Dan &amp; Judy Dourson, Wildflowers and Ferns of Red River Gorge and the Greater Red River Basin and Wild Yet Tasty: A Guide to Edible Plants of Eastern Kentucky, 6:00 p.m. ~ <strong>Cost: Free</strong></td>
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<td><strong>NEW</strong> Monday, 8/5: Monthly Table Runner - 9:30 a.m.-2:30 p.m. ~ <strong>Cost:</strong> $13.00, supply list will be provided after registration.</td>
<td><strong>NEW</strong> Wednesday, 8/7: Cooking Through the Calendar: Easy Sheet Pan Chicken Bake, 12:00-1:00 p.m. ~ <strong>Cost:</strong> Free</td>
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**FCS Class Policy Update**

Please be aware of our new class policies.

1. Please notify the office if you will be late. If you come to class 30 minutes late without prior notice the teacher may ask for you to wait while other students are taught so they do not get behind. We cannot guarantee that you will have a chance for complete instructions.
2. Only the person who has paid for the class is allowed in the classroom. If you want for someone else to attend, there must be space and they must pay for the class.
3. Please be prepared for class. Have required items, material cut, pre sewn or other instructions completed in advance. The class instructors and other member will not wait for you to catch up. People who are prepared will be helped first.
4. Be respectful of teachers and other class members as the class is taught. Keep talking to a minimum.