



**AUGUST
2025**

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
Phone (859) 257-5582
Email: fayette.ext@uky.edu
<http://fayette.ca.uky.edu/>

“KICK-OFF FALL PROGRAM”

“IT’S A SMALL WORLD: A CELEBRATION OF CULTURES” FAYETTE COUNTY HOMEMAKERS

MONDAY, AUGUST 18, 2025 - 6:00 PM

The Fayette County Homemakers are hosting their annual Fall Kickoff event! The theme this year is “It’s a Small World: A Celebration of Cultures.” We are excited to kickstart our new year with the fall event and we look forward to seeing you at this free event!

Each club decorates their table with a theme from a different country
- contact Caroline (caroline.mcmahan@uky.edu) to signup for a country so we don’t have duplicates of one country.

Food: Mediterranean catered by a local restaurant

****Visit the Cultural Arts displays!!!!

Cost is free! Plan to bring a friend.

RSVP to 859-257-5582 or email: srsmith@uky.edu
by August 13, 2025.

Homemaker Planning Meeting

Upcoming meeting: Fayette County Officer and Chairperson training + 2025-2026 program year planning meeting on August 6th at 12-2pm. Anyone interested in learning more about not just the homemaker positions, but also the program of work for Homemakers at the county, area, and state level is welcome to attend. We will be setting goals for the upcoming year including theme/focus of homemaker programs, volunteer opportunities, and planning ahead for awards and reporting. Please RSVP to FCS Agents so we know how many to expect at this meeting. RSVP to caroline.mcmahan@uky.edu or maranda.brooks@uky.edu or call 859-257-5582.



Fayette County Homemaker Annual Meeting Cultural Arts

Below you will find the listing of the Cultural Arts Categories for the Fayette County Homemaker Cultural Arts Judging Day. All exhibits must be the work of the extension homemakers, completed within the past year.

Entries will be accepted from 9:00 a.m.-12:00noon on Monday, August 18, 2025 for judging. Although there will be attendants at the exhibit and every effort will be made to safeguard the exhibits, there will be no assumption of risk or liability.



The Cultural Arts entries will be on display at the Fayette County Extension Homemaker Kickoff beginning at 5:00pm on Monday evening. Entries can be picked up following the Kickoff or thereafter at the extension office. First place category winners will be eligible for judging at the Bluegrass Area Extension Homemaker Annual Meeting in October.

CULTURAL ARTS EXHIBIT CATEGORIES

*****NOTE CATEGORY CHANGES FOR 2025-26 ARE BOLDED*****

1. SEWING (Apparel & Home Décor), a. Basic Garment Apparel b. specialty Garment Apparel c. Accessory Apparel d. Basic Home Décor e. Specialty Home Décor (b. and e. may include appliqued and quilted)
 2. ART, 3-Dimensional a. Carving b. Sculpture
 3. ART, NATURAL a. Wood b. Other
 4. **Repurposed & Upcycles (MUST include a before picture)** a. Clothing b. Household c. Other
 5. BASKETRY a. Cane (**includes Nantucket**) b. **Wooden Base (excludes Nantucket)** c. Miniature (under 4 inch) d. Novelty e. **Non-Ribbed, Traditional, f. Ribbed, Traditional**
 6. BEADING a. Bead Weaving b. Non-jewelry Item/Wearable c. Miscellaneous
 7. CERAMICS a. Hand-formed b. Molded c. Pre-made
 8. COUNTED CROSS STITCH a. 14 Count & Under b. 16-22 Count c. Specialty Cloth (linens, etc.)
 9. CROCHET a. Accessories b. **Garment** c. Home Décor and Afghans d. Thread, **e. Figurine**
 10. DOLL/TOY MAKING a. Cloth b. Handmade Toy other than Porcelain/China or Cloth c. Porcelain/China
 11. DRAWING a. Pastels b. Pen and Ink c. Pen and Ink with Oil Roughing d. Pencil or Charcoal-Black e. Pencil-Color
 12. EMBROIDERY a. Basic b. Candle Wicking c. Crewel d. Machine e. Ribbon f. Smocking g. Swedish h. Tatting/Lace Making i. Chicken Scratch j. Punch needle (under 60" diameter) k. Miscellaneous
 13. FELTING* a. Needle Method b. Wet Method
 14. HOLIDAY DECORATIONS a. Autumn b. Spring c. Summer d. Winter
 15. JEWELRY a. Beaded b. Mixed Media (wire, chain maille, mixed with beads) c. Original Design
 16. KNITTING (HAND) a. Accessories b. **Garment** c. Home Décor and Afghans **d. Figurine**
 17. KNITTING (OTHER)
 18. NEEDLEPOINT a. Cloth Canvas b. Plastic
 19. PAINTING, ART a. Acrylic b. Oil c. Watercolor
 20. PAINTING, DECORATIVE a. Metal b. Wood c. Other
 21. PHOTOGRAPHY a. Black & White (mounted & framed) b. Color (mounted & framed)
 22. QUILTS** a. Baby-size or Lap-size (hand quilted) b. Baby-size or Lap-size (machine quilted) c. Hand Appliqué (hand quilted) d. Hand Pieced (hand quilted) e. Machine Appliqué (machine quilted) f. Machine Pieced (hand quilted) g. Machine Pieced (machine quilted) h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) j. Technology Based (hand or machine quilted) k. Miscellaneous (hand or machine quilted)
 23. PAPER CRAFTING a. Card Making b. Origami c. Quilling d. Scrapbooking***
 24. RUG MAKING a. Braided b. Hooked c. Punch Needled, Rug (over 60" perimeter) d. Woven
 25. WALL or DOOR HANGING a. Fabric b. Other c. Diamond Art Mosaic
 26. WEAVING a. Hand (macrame, caning) b. Loom
 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)
- *All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.
- **Quilts must be completely done by the KEHA member exhibitor. This includes quilting.
- *** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



DINING
WITH
DIABETES

**MOVING TOWARD
MEDITERRANEAN**

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.

**Thursdays in
September (4th, 11th, 18th, & 25th)
10:30 am - 12:30 pm
Tates Creek Branch Library
Large Meeting Room**

Lexington Public Library

reserve your spot



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



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

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LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

Laughter is a Must In Marriage

Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.

Lesson training on August 19, 2025 at 6:00pm. Call 859-257-5582 to register.

Cleaning Your Grill

Many of us enjoy the wonderful taste of food cooked on a grill, but cleaning the grill — not so much. Regular grill cleaning is important to help extend the grill's life and for food safety purposes. Plus, it makes your food taste better.

The easiest way to remember to clean your grill is to do so immediately after using it. This way, you don't forget about it, and you are not faced with a greasy, caked-on mess the next time you go to grill.

You must have the right tools to properly clean your grill. These include a wire grill brush or other type of scraper, a 5-gallon bucket, durable gloves and disposable sponges and rags. You will also need warm water and dish soap, and/or a paste comprised of 1 cup of baking soda and 2 cups of vinegar. If you have a grill with exterior stainless-steel features, you'll want to add a stainless-steel cleaner or vinegar to your material list.

After cooking, remove the food and allow the grill to continue to burn to remove residue.

Once the residue has burned off, turn off the grill. When the grill cools but is still slightly warm, use your wire brush to remove any remaining debris on the grates unless your grates have a nonstick coating. If they do, use either a wood or heat-resistant plastic scraper to clean your grates.

If your grill still has a lot of residue, you may want to soak the grates and other removable parts in either warm water and dish detergent or a mixture of 2 cups vinegar to 1 cup baking soda. If the grill components fit in your sink, they can soak there. If not, use a five-gallon bucket. You can use your wire brush again after the grates have soaked. Allow grill parts to air dry before putting them back on your grill. Remember to wash your brush after each use.

Use a disinfectant to clean surfaces like the grill's side table that may have had exposure to uncooked meat. Keep raw and cooked food separate by using different plates and utensils for each.

Depending on the type of grill you have, you may have additional cleaning considerations. Consult your owner's manual for more information.

Source: Sarah Hanks, senior extension associate



FAYETTE COUNTY EXTENSION OFFICE

8TH OF AUGUST

NOURISHING SOUTHERN *Soul* FOOD: EXPLORING HERITAGE RECIPES

With The Food Connection's Chef Tanya Whitehouse
and KYNEP's LaToya Drake

AUGUST 8 2025

11AM - 2PM EST



1140 HARRY SYKES WAY
LEXINGTON KY 40504

REGISTER FOR THIS FREE CLASS HERE:

https://docs.google.com/forms/d/e/1FAIpQLSfFq2GR227bbXdSdTBgoHOAZVDss4dCO7G3pG-iBBs8_19tgQ/viewform?usp=header

Or call the Fayette County Extension Service:
(859) 257-5582

Extension professionals should also register in KERS



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

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Disabilities
accommodated
with prior notification.



Food as Health Series

This practical session, designed by nutrition experts, will show you how to plan meals, shop smarter, and prepare nutritious, budget-friendly meals. In this series you will:

- Learn how to plan affordable, balanced meals.
- Get tips for making the most of seasonal and sale items.
- Discover smart strategies to reduce food waste and stretch your dollars further.
- View food demonstrations of healthy, budget friendly recipes.

Series Schedule

All sessions meet 4:30-6:30pm

Sunday, August 10th

Food as Health: General

Sunday September 7th:

Food as Health for Heart Disease

Sunday October 12th:

Food as Health for High Blood Pressure

Sunday November 16th:

Food as Health for Diabetes



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

To register go to:

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

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SEWING CLASS FOR BEGINNERS

COME OUT FOR THIS BEGINNER SEWING CLASS! ALL
SUPPLIES WILL BE PROVIDED AND YOU CAN BRING
YOUR OWN MACHINE OR LEARN ON ONE OF OURS!

*PLEASE BRING MANUAL IF USING YOUR MACHINE

WHAT YOU'LL LEARN:

BASIC STITCHES

MACHINE OPERATION

FABRIC SELECTION

PROJECT CREATION

COST: \$5.00

SUNDAY, AUGUST 10, 2025

1:00-5:00PM

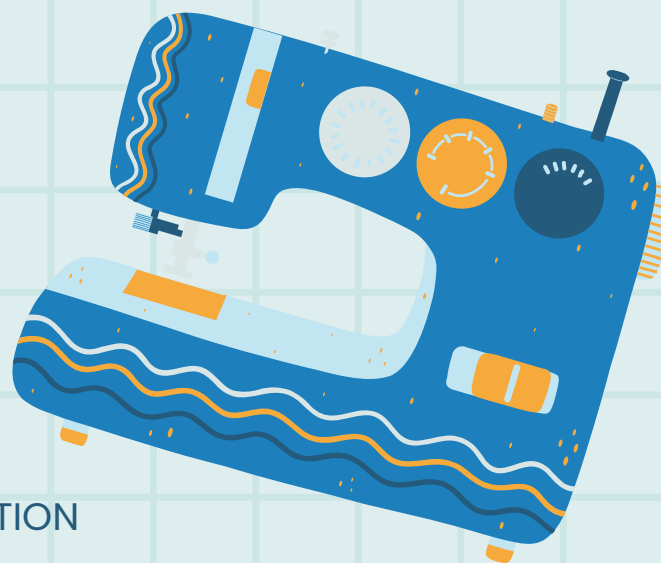
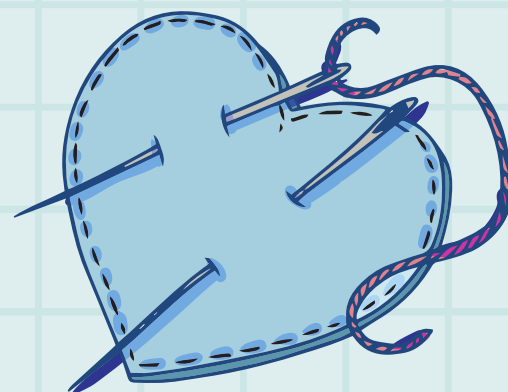
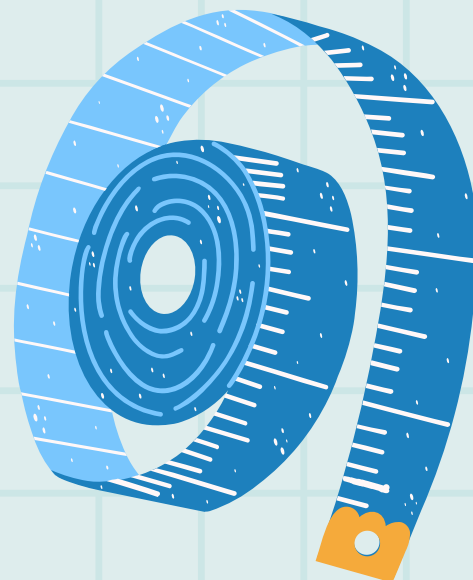
FAYETTE CO. EXTENSION OFFICE

1140 HARRY SYKES WAY, 40504

TO REGISTER GO TO:

[HTTPS://FAYETTE.CA.UKY.EDU/CLASSREGISTRATION](https://fayette.ca.uky.edu/classregistration)

OR CALL 859-257-5582



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FIRE ALARM & CARBON MONOXIDE SAFETY LUNCH



Join us for lunch as we discuss smoke detectors and carbon monoxide safety. We will cover installation, resources, and safety considerations when moving into a new space.



| | |
|--|--|
| EVENT COST: \$10.00 | <div>08.14.2025</div> <div>FROM 12:00 TO 1:30PM</div> |
| LUNCH AND EDUCATION | |
| <div>DETECTOR GIVEAWAY</div> <div>MUST BE PRESENT TO WIN</div> | |
| FREE INSTALLATION SCHEDULING | <div><div></div><div>FAYETTE COUNTY EXTENSION OFFICE 1140 HARRY SYKES WAY LEXINGTON, KY 40504</div></div> |

To register by 8.12.25 go to <https://fayette.ca.uky.edu/classregistration> or call the Extension Office at 859-257-5582

PLANNING AHEAD:

BUILDING A TOOLKIT TO HELP
PREPARE YOU FOR CHANGES
THAT ARISE IN LIFE

About this series:

Join Maranda Brooks and special guests in 2025 throughout this 6-month series as they help prepare you for changes that arise in life. As you learn you will build a toolkit that will keep all your resources accessible and in one place! Light refreshments will be provided.

Cost:

\$10.00 for the series

Location:

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

Registration:

Register on-line:

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

OR call the extension office at 859-257-5582

Series Schedule:



Getting Started

Thursday, August 7th, 5:30-7:30p



Handling Financial Changes

Thursday, September 4th, 5:30-7:30p



Advance Medical and Legal Directives

Thursday, October 2nd, 5:30-7:30p



Estate Planning

Thursday, November 6th, 5:30-7:30p



Choices in End-of-Life Care

Thursday, December 4th, 5:30-7:30p



Final Wishes

Thursday, January 8th, 5:30-7:30p

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Dillard's

Cooperative
Extension Service

Master Your Look Workshop

Gentlemen's Guide to Dress for Success



Our workshop is designed to educate parents & sons on business etiquette, appropriate dressing for different occasions, and fashion tips.

Text *MasterYourLook*
to RSVP YOUR SPOT
859-227-4667

Sunday, Sept 7



1pm-3pm

Small Bites Provided

1140 Harry Sykes Way

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Social Security Planning Seminar: What Baby Boomers Need to Know About Their Retirement Income

UK Cooperative
Extension Service

Problem:

People are hurting
their retirement by
making costly
decisions about
Social Security.
People Often come
to the issue of
claiming Social
Security with little
knowledge about
how it works.

DISCUSSION TOPIC'S

1. Social Security is inflation-protected income.
2. Your monthly benefit will be reduced if you claim early.
3. Couples should always maximize the higher earners benefit to protect the surviving spouse.
4. If you are widowed you maybe be eligible for survivor benefits.

When: November 25th 5:30-6:30

Where: 1140 Harry Sykes Way, Lexington

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

Presented by:
JQ Financial Solutions
Wyatt Finnell
502-432-2480
wfinnell@moneyconcepts.com



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ARE YOU PREPARED?



In the Face of DISASTER



August 26 - Food and Water

September 30 - Financial Management

October 28 - Aging and At-risk Populations

**November 18 - Navigating Trauma After a
Natural Disaster**

Time: 6-8pm

Location: Fayette County Extension

1140 Harry Sykes Way, Lexington, KY 40504

Register online:

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

Kentuckians have experienced firsthand how natural disasters can occur at any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. The In the Face of Disaster series will cover the topics below in a 5-part, monthly series in order to educate community members on the importance of disaster preparedness while exploring topics from family and home considerations to how to navigate trauma post-disaster. Attendees will gain knowledge of how to develop their own disaster preparedness plans so that they are ready in the face of a disaster.



Martin-Gatton
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The Mind Body Connection Series

6:00-7:30pm ~ Fayette County Extension Office



August 14–Basic standing and seated stretching exercises
September 11 – Beginner level balance and standing stretches



This series introduces safe, simple meditation techniques, deep breathing methods, and basic standing and seated stretching exercises. This program will introduce you to physical activities and flexibility exercises and you will learn how to release stress and tension when needed. Each session will build on the previous session, and practice of techniques learned is encouraged between sessions.



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



Recipe

CHEESY SQUASH MEDLEY



For More Plate It Up
Recipes, Visit:

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

- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 pound yellow squash, sliced into half moons
- 1 pound zucchini, sliced into half moons
- 2 tablespoons olive oil
- 1½ teaspoons salt, divided
- 1 teaspoon black pepper
- 1 12-ounce can fat free evaporated milk
- 8 ounces low fat cream cheese
- 2 cups low fat shredded cheddar cheese, divided
- ¼ cup Italian bread crumbs
- 2 tablespoons melted butter

Preheat oven to 325 degrees F. **Coat** a 9-by-9-inch baking dish with non-stick spray. **Sauté** onions and garlic in oil over medium heat, stirring often. **Toss** sliced zucchini and squash in a bowl with 1 teaspoon salt and

black pepper. In a small saucepan, **whisk together** evaporated milk and cream cheese over low heat, until warm. **Add** zucchini and squash mixture to sautéed onions and garlic and continue to **cook** over medium heat until tender. **Stir** 1 cup shredded cheese and ½ teaspoon salt into the cream cheese mixture. In prepared dish, **layer** half of vegetable mixture, half of the cheese sauce and ½ cup of shredded cheese. **Repeat** layers. **Sprinkle** bread crumbs on top of shredded cheese and **drizzle** with melted butter. **Place** dish in preheated oven and **bake** for 15 minutes. **Broil** (watch closely) for about 4 minutes or until top is golden brown.

Yield: 12 servings

Nutritional Analysis: 190 calories, 12 g fat, 7 g saturated fat, 20 mg cholesterol, 590 mg sodium, 9 g carbohydrate, 1 g fiber, 5 g sugars, 10 g protein.

JOIN US FOR... *2025* *Calendar Cooking* COOKING THROUGH THE CALENDAR

Fayette County Cooperative Extension Office

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

FREE! Registration required.

Register online: fayette.ca.uky.edu/classregistration
or call 859-257-5582

August 7: Slow Cooker Asian
Pork Tacos

September 4: Grits, Greens and
Egg Bowl

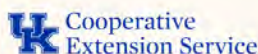
October 2: Cheesy Pumpkin Pasta Bake

November 6: Parmesan Carrot Chips

December 4: Lasagna Soup



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



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



Laugh & Learn Playdate

Join our 2025 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

2025 Program Schedule:

8/27

9/24

11/19

10/29

12/17



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Lexington, KY 40506



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Quilting for Beginners

Interested in learning how to quilt?

This three-part class covers the basics of fabric, thread, needles, and rotary cutting, as well as squaring up blocks and quilt assembly, correct seam allowance, proper pressing technique, pinning, marking, basting and machine quilting.

Kits in three different color palettes will be provided. When you're finished, you'll have two placemats OR a pieced table runner!

Skills needed: Be able to thread your sewing machine, wind a bobbin, and sew a straight seam

Supply list will be given at the first class.

Session (Aug 29, Sept 12 and Sept 26 - 1p-4p or 5p-8p)

Part 1 – Decisions, Decisions! - How to select fabrics, thread, and needles for basic sewing. Select kit for class and cut fabric using rotary cutter and rulers. No sewing machine or supplies needed for the first class. Cutting mats, rulers and rotary cutters provided.

Part 2 – Putting it Together - Sewing strips and squaring up, quilt assembly, marking, and basting. Sewing machine required, basic sewing supplies from provided list.

Part 3 – The Finish Line - Machine quilting, quilt finishes, and make binding. Sewing machine required, basic sewing supplies from provided list.

Session cost: \$50

Minimum number of students: 6 **Maximum number of students:** 12 **Minimum age:** 18



Quilting for Beginners Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-Mail: _____

| <u>Classes</u> | <u>I will attend</u> | <u>Cost</u> |
|--|----------------------|-------------|
| Session 2 (Aug 29, Sept 12 and Sept 26 - 1p-4p) | | |
| Session 2 (Aug 29, Sept 12 and Sept 26 - 5p-8p) | | |
| TOTAL FEE DUE: | | \$ |

Please make check
payable to:
Community FCS
and mail to:
Fayette County
Extension Office
1140 Harry Sykes Way
Lexington, KY 40504



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

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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

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