



**FEBRUARY
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/>

A Bad Deal in Disguise: Types of Scams

Can you recognize common scams? Scammers may try to trick us by appearing in disguise. This makes it difficult to know when something is “too good to be true.” The Federal Trade Commission received 2.9 million fraud reports in 2021, with a total of \$6.1 billion in losses. Join us to learn about scammers who trick us with their disguises, as well as steps you can take to avoid fraud.

Lesson training on February 24, 2025 at 10:00am. Call 859-257-5582 to register.

Pressure Canning Class

**March 13, 2025 ~ 6-9pm or
March 14, 2025 ~ 10am-1pm**

Learn how to use a pressure canner. These will both take place at the Fayette County Extension Office. All materials will be provided. Class size is limited to 10, so register as soon as possible <https://fayette.ca.uky.edu/classregistration>. Class is Free and limited to one session per person!

2024-25 Homemaker Lesson Calendar

- Using Your Air Fryer ~ March 26 at 6:00pm
- Composition in Photography ~ April 24 at 6:00pm

Call (859) 257-5582 to register.

The Importance of Trees

The cold, dark days of winter are a good time to consider, research, and make plans for your yard and garden for when spring arrives.

Be sure to include trees in your landscape plans.

According to the Forest Service of the U.S. Department of Agriculture, trees have a great return on investment when properly cared for. Trees offer plenty of benefits:

They remove carbon dioxide from the air and turn it into life-giving oxygen,

Trees clean the air of other pollutants,

When planted properly, trees help to cut down on energy costs during the summer and winter months, and

Tree-filled neighborhoods and shopping areas have shown to have an effect behavior such as incidents of domestic violence and consumer shopping practices.

Trees are a wise investment for many reasons, but the most important one might be for all the people and animals that will benefit for years to come from the tree you plant today.

References:

<https://www.epa.gov/sciencematters/throwing-shade-exploring-benefits-trees>

<https://www.fs.usda.gov/learn/trees#:~:text=Benefit%20of%20trees&text=Healthy%20people%3A%20100%20trees%20remove,are%20safer%20and%20more%20sociable.>

<https://www.kentucky.com/news/local/article290918079.html>

Source: Hardin Stevens, Senior Extension Associate, University of Kentucky, College of Agriculture, Food and Environment, September 2024





Grandparents As Parents of Kentucky

www.gapofky.org

Wednesday, March 19, 2025

Clarion Hotel
1950 Newtown Pike
Lexington, KY 40511

\$10 for grandparents,
relatives or caregivers

\$75 for professionals
(includes for CEUs)

21st Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

**Registration required:
Deadline - March 5, 2025**

For complete program and
registration forms visit:

<http://gapofky.org>

or call: (859) 257-5582

to have the program packet mailed

Grandparents, caregivers, relatives and professionals are invited to the 21st GAP (Grandparents and relatives As Parents) Conference to acquire relevant information regarding the primary care of children.

8:00 AM-3:30 PM - Resource & Benefits Fair
(Limited number of legal consultations available throughout the day)

8:00 AM - Registration

8:30 AM Successfully Raised

*Dr. Demetrus Liggins, Fayette County Public
Schools, Superintendent*

9:00 AM Cultivating Resilient Seeds: Nurturing Children
Through Trauma

*Dr. Clarissa Roan-Belle, Licensed Psychologist
Higher Horizons*

10:45 AM Workshop Session One

1. Legal 101: The Basics of Family Court
Judge Tiffany Yahr & Hon. Corey Lee

2. The Impact of Social Media on Mental
Health

Geoff Wilson, Lexington Counseling & Psychiatry

3. Taking Care of Your Crown
*Maranda Brooks, Fayette County Extension Agent
for Family and Consumer Sciences
Montequa Jackson, Posh Salon*

12:00 PM Lunch & Door Prizes

1:00 PM Workshop Session Two

4. The Effects of Substance Use on Kids,
Parents and the Family System

Geoff Wilson, Lexington Counseling & Psychiatry

5. Navigating Financial Uncertainty

*Dale Morgan, CEO & Founder of
FOUNDATION47, LLC*

6. Navigating the Journey: Empowering
Families and Caregivers of Individual's with
Autism and/or Disabilities

Samantha Fields, A Different World Inc.

2:10 PM Keynote Session

7. Tending to the Gardener: Self-Care for
Caregivers Raising Trauma Exposed Children

*Dr. Clarissa Roan-Belle, Licensed Psychologist
Higher Horizons*

*For full workshop descriptions please visit www.gapofky.org



Grandparents As Parents Conference

Online registration available:
Scan the QR code



Grandparents/Relatives Signup for a FREE LEGAL CONSULT

Conference Committee:

Maranda Brooks, Fayette County Cooperative Extension Office
Lynn Byers, East Jessamine Middle School Youth Service Center
Ann D'Ambruoso, Family Law of Kentucky, PLLC
Melissa Dickey, Community Volunteer
Mary Jo Dendy, Meadowthorpe Family Resource Center
Carl Devine, Devine Law Group, PLLC
Kathy Distler, Grandmother
Anna Dominick, Osborne Fletcher, PLLC
Regina Goodman, Bluegrass Area Agency on Aging
Arion Jett-Seals, Council on Post Secondary Education

Kelly Justice, Division of Youth Services
Martha McFarland, LFUCG Aging Services
Lindsay Medley, LFUCG Aging Services & Independent Living
Kate O' Ferral, Deep Springs Family Resource Center
Donna Rash, Raised by Relatives
Sheila Rentfrow, UK College of Social Work
Dale Sanders, Grandfather
Samantha Sheets, Kindred Program Director, The Bair Foundation
Mary West, KET

An Evening of Love: Sound Healing Handpan Performance

Come out and experience an evening of soothing sounds that capture relaxation and wonder as Peter uses handpans to tell a story through each song.

February 12, 2025

6:00-7:00pm

EVENT COST: \$5.00
DINNER PROVIDED

FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY, LEXINGTON

REGISTER BY FEBRUARY 6, 2025

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

OR CALL THE OFFICE AT 859-257-5582



Pete Wallace is a handpan artist and sound healer at the Sound Healing Center of Lexington. Sponsored by Hamsa Handpans, Pete has composed over 40 original songs, recorded three albums, and believes his handpans tell a unique story. A former professional player for Rav Vast, Pete brings a lifetime of musical experience to his healing soundscapes.

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Cooperative Extension Service



JUMP START FITNESS 2025: ZUMBA WITH MARANDA

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

5:15-6:00PM
JANUARY 9TH AND 23RD
FEBRUARY 13TH AND 27TH

Space is limited and registration required.
<https://fayette.ca.uky.edu/classregistration>
or call the Extension office at 859-257-5582!

FREE!

ALL ARE WELCOME

SPECIAL INCENTIVES AT EACH CLASS!

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

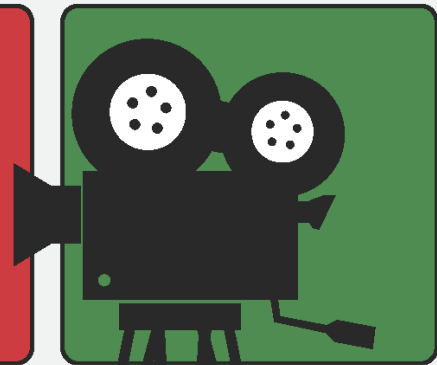
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Disabilities accommodated with prior notification.

FCS PRESENTS:
**BLACK EXCELLENCE
THROUGH FILM**

**FEBRUARY 23, 2025
5:30-8:00P**



1140 HARRY SYKES WAY, LEXINGTON

**ENJOY A COMMUNITY DINNER AND
VIEWING OF "THE SIX TRIPLE EIGHT"**

COST: \$5.00 PER PERSON

SPACE IS LIMITED. REGISTRATION REQUIRED BY FEBRUARY 18, 2025
REGISTER ON-LINE: [HTTPS://FAYETTE.CA.UKY.EDU/CLASSREGISTRATION](https://fayette.ca.uky.edu/classregistration)
OR CALL THE OFFICE AT 859-257-5582

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w/d. prior notification.



SENSORY SPRING EXTRAVAGANZA

DATE:
03/02/25

TIME:
1PM - 3PM

**SENSORY FUN • FOOD •
GIVEAWAYS • SENSORY
SPRING PHOTOS**

**WHERE: FAYETTE COUNTY EXTENSION
OFFICE
1140 HARRY SYKES WAY LEXINGTON KY
40504**



Call 859-257-5582 to register

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MARK YOUR CALENDARS...
MARCH 2, 2025
4:30pm-6:00pm

 Cooperative
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Sourdough Bread

BAKING CLASS

COME JOIN US FOR A FUN FILLED HANDS ON EXPERIENCE AS WE DIVE IN TO SOME OF THE BASIC SKILLS OF HOW TO MAKE YOUR VERY OWN SOURDOUGH BREAD AT HOME! COMES WITH FACE TO FACE INSTRUCTIONS, YOUR OWN KIT TO START IT OFF AND WHEN YOU LEAVE YOU CAN TAKE HOME YOUR DOUGH TO BAKE IN THE COMFORT OF YOUR HOME!

HOPE TO SEE YOU THERE!

Cost: \$15 (includes starter take home kit)

Space is limited so register soon!

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

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Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

\$50
Fee

March 10, 2025

9:30 a.m. - 2:30 p.m.

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

To register & for additional
dates/locations:
ukfcs.net/HBM

(859) 257-5582

fayette.ext@uky.edu

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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

February 6: Cauliflower Bites

March 6: Crunchy Air Fryer Fish

April 3: Lemon Broccoli Pasta

May 1: Banana Pancakes

June 5: Rice and Bean Salad

July 2: Chicken Burgers

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



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:

2/26	5/21	9/24
3/19	6/25	10/29
4/23	7/23	11/19
	8/27	12/17

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Charcuterie 101

 Cooperative
Extension Service

April 7, 2025

6:00-8:00pm

Fayette County Extension Office
1140 Harry Sykes Way, Lexington

Learn the art and safety of creating a charcuterie board.

Be sure to sign up soon for this FREE class as space is limited!

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

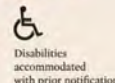


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EMERGENCY HEALTH INFORMATION CARDS

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April 21, 2025

6:00-7:00pm

Fayette County Extension Office
1140 Harry Sykes Way, Lexington

If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you.

The session focuses on who can benefit from carrying an EHI card, information that should and should not be included, and where to put copies of an EHI card.

Be sure to sign up soon for this FREE class as space is limited!

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



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For More Plate It Up Recipes, Visit:

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



Chicken and Brussels Sprouts One Pan Meal

2 skinless, boneless chicken breasts (about 1 pound)	12-14 Brussels sprouts, trimmed and quartered	1 medium yellow onion, diced, about 1 cup
1 tablespoon olive oil	1 cup sliced fresh mushrooms	2 cloves garlic, minced
Salt and pepper to taste	1 red bell pepper, diced, about 1 cup	½ cup half-and-half
		¼ teaspoon nutmeg
		¾ cup Parmesan cheese

Preheat oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

Finding flexibility with foods

We have all heard of different diet trends like the keto diet, the paleo diet, the low-carb diet, and so many more. There is a new one on the block. And rather than restricting what we eat, it focuses on flexibility with food. It is called the flexitarian diet.

The flexitarian diet was originally designed to be a flexible vegetarian diet. It was named for a diet that emphasizes beans, fruits, vegetables, whole grains, but still included animal products occasionally. It was then adapted to be a way of eating that might benefit many of us.

The flexitarian diet is a flexible diet, like the name suggests. Instead of strict calorie counting, monitoring your macronutrient intake, or removing a food group altogether, it focuses on flexibility with food. It encourages adding more plant-based foods to meals and snacks. This includes vegetables and protein foods that come from plants like beans, nuts, and legumes. It also promotes the balance of meat consumption with these plant-based options and encourages lean meats when you do choose animal products. These include fish, poultry, eggs, and lean beef like “loin” or 90% or higher.

While you can find “rules” for this diet online, you can make it what you want. Start small by cutting your ground beef consumption in half and balancing it with black beans in your Taco Tuesday meal. Eventually, you may choose to refrain from the ground beef altogether. But for now, take it one step at a time and find what works for you.

By incorporating more of these food items into your diet, it can increase your intake of the nutrients you want a higher amount of, such as fiber, vitamins, and minerals. It also naturally limits the intake of nutrients you might not want as much of like added sugar, sodium, and saturated fats. As the cherry on top, a lot of plant-based options are affordable and shelf-stable compared to animal-sourced products. In this way, it might save money and stretch your food dollar.

A diet is simply a way of eating. So, finding one with a label is not necessary. The flexitarian diet allows you to make it what you want while encouraging more health-benefiting foods and can save you a dollar or two in the long run.

Reference: <https://health.clevelandclinic.org/what-is-the-flexitarian-diet>

Source: Anna Cason, Extension associate for food and nutrition



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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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 AND KENTUCKY COUNTIES, COOPERATING

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