

JULY 2024

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

Attention Homemakers: Volunteer Hours Report

Homemaker members need to send in volunteer hour forms for July 1, 2023–

June 30, 2024 by **July 15, 2024**.

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.

Food Preservation Classes

Join us this summer to learn all about food preservation!

We will have 2 classes to follow with hands-on opportunities to learn how to use a water bath canner and a pressure canner. These will both take place at the Fayette County Extension Office. All materials will be provided. Class size is limited to 12, so register as soon as possible by calling 859-257-5582. Cost of each hands-on session is \$5 per person.

July 15th - 1-4pm - Water Bath Canning

July 18th - 1-4pm - Pressure Canning



Foster Care Sewing Project July 20, 2024, 9:00am-3:00pm

One of Fayette County Extension Homemakers most meaningful community contributions is the 'duffle bag' project. Led by Sierra Smith, this program is based upon the need for children to have their own spacious bag to use for moves between placements, personal use, and storage. These kits are precut, so if you can press, pin or sew, your help is definitely needed. These bags will be delivered both locally and statewide. Volunteers can arrive late and/or leave early. There is no charge for all the fun you will have!

SAVE THE DATE:

Homemaker Kick-off
 September 4, 6:00pm

More information in the August newsletter.

Homemaker Officers/Chairs Needed for 2024-2025

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!



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 Wednesday, September 4, 2024 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 Officer/Chairmen Training Kickoff beginning at 5:00pm on Wednesday 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

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. ART, RECYCLED (Include a before picture) a. Clothing b. Household c. Other
 5. BASKETRY a. Cane b. Dyed Material c. Miniature (under 4 inch) d. Novelty e. Plain
 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. Fashion c. Home Décor and Afghans d. Thread
 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. Fashion c. Home Décor and Afghans
 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.

JOIN US FOR... **2024**
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

July 16: Quick Couscous Salad

August 20: Peanut Butter

Oatmeal Bites

September 24: Ramen Skillet Dinner

October 15: Sweet Potato Hash

November 19: Hearty Harvest Bowl

December 17: Slow Cooker Navy Bean Soup



Laugh & Learn
Playdate

Join our 2024 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

2024 Program Schedule:

7/24	9/25	11/20
8/28	10/23	12/11



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"Use These Simple Clothing Tips For Sun Protection:

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- 50+ UPF = Excellent protection (less than 2% of UV rays can pass through)
- 30 UPF = Good protection (about 3% of UV rays can pass through)
- 15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

- **Darker, vivid-colored clothing offers more protection.** Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- **Look for denser or more tightly woven or knit fabrics.** These fabrics limit the amount of light that can pass through.
- **Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays.** Untreated natural fibers – such as cotton – absorb UV rays.
- **Avoid clothing that is too tight or that stretches.** Gaps in the fabric may allow UV rays to pass through.
- **Wet clothing offers less protection.** Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.

Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Contact Fayette County Extension Office for more resources, tips and information to help you and your family continue to make healthy decisions.

Source: Jeanne Badgett, senior extension associate for clothing, textiles and household equipment"

For More Plate It Up Recipes, Visit:
<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



One-pot Pasta with Fresh Tomato Sauce

12 ounces tri-colored pasta	1 teaspoon dried oregano	6 ounces baby spinach with stems removed
8 medium tomatoes, diced**	1 tablespoon fresh basil, chopped or to top	Parmesan cheese
2 cups low-sodium chicken broth	1 teaspoon dried basil	Fresh basil for garnish (optional)
1 small yellow onion, sliced	1 teaspoon salt	
4 garlic cloves, minced or 2 tablespoons garlic powder		

Place all of the ingredients except the spinach, parmesan, and additional fresh basil in a large pot. **Cover** pot with lid and **bring** to boil over medium-high heat. **Reduce** heat to medium-low and let **simmer** for 6 minutes or until pasta is slightly al dente, **stir** occasionally. **Remove** from heat. **Stir** in spinach; **cover** and let stand 5 minutes. **Top** with parmesan cheese and basil just before serving.

**Substitute 2, 14-ounce cans low-sodium diced tomatoes when tomatoes are out of season.

Yield: 6, 1 ½ cup servings

Nutritional Analysis:
260 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 51g carbohydrate, 3g fiber, 8g total sugars, 0g added sugars, 12g protein



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**SUNDAY,
JULY 14TH** AT FAYETTE
COUNTY
EXTENSION OFFICE
1:00PM - 3:00PM



FREE ENTRY

**1140 HARRY SYKES WAY
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**BOUNCE HOUSES, PONY RIDES,
COMMUNITY PARTNER RESOURCES,
SENSORY STATIONS, MUSIC & MUCH
MUCH MORE!!**

**To register call the Fayette County
Extension office at 859-257-5582**



DINING WITH DIABETES: AIR FRYER EDITION

July 22, 2024 5:30-8:00PM

Fayette County Extension
1 140 Harry Sykes Way
Lexington, KY 40504

July 29, 2024 5:30-8:00PM

Franklin County Extension
101 Lakeview Court
Frankfort, KY 40601

Join us for an overview of Dining with Diabetes and air fryer education, and enjoy a demonstration of a healthy air fryer recipe. One air fryer will be given away at each session.

Space is limited.

Pre-registration is **REQUIRED**.

Please contact:

Fayette CES (859) 257-5582

Franklin CES (502) 695-9035

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**FAYETTE COUNTY EXTENSION
OFFICE**

**1140 HARRY SYKES WAY
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07 / 24 / 2024

5:30 PM

**FOR MORE INFORMATION AND TO RSVP
PLEASE CALL:**

BLAKE ANDERSON	EXTENSION OFFICE
859-489-7165	859-257-5582





BE A DIABETES A.C.E.

(ACTIVE. CONFIDENT. EDUCATED.)

Join us to develop effective strategies to enhance your diabetes control and review practical tips you can use in your everyday life.

Register early – space is limited!

If you, or a friend, or loved one have type 1, type 2 or prediabetes, you don't want to miss this event hosted by the UK Barnstable Brown Diabetes Center. Our highly qualified experts will walk you through how you can live your best life while managing diabetes. **Be a Diabetes A.C.E.** is designed for people both with a newer diagnosis of diabetes as well as those who have had diabetes for many years.

Session content:

- Learn practical tips to eat healthy, deal with stressful situations, manage your medications and be more active.
- Participate in safe exercises that you can replicate at home.
- Learn about the latest medications for treating diabetes.
- Develop strategies for coping with diabetes.
- Learn about glucose sensors, insulin pumps and other state-of-the-art technologies.

If you have questions about diabetes, don't miss this opportunity to meet and interact with UK HealthCare's diabetes experts.

A healthy lunch will be provided.

Class date

July 31, 2024
8:30 a.m. - 2:00 p.m.

This event will be FREE.

Location

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

Free parking is available. Enter through back doors.

Registration

Spaces are available on a first-come, first-served basis. Registration is required. To register, please scan the QR code or call **859-257-5582**.



Funding and support provided by UK HealthCare's Healthy Kentucky Initiative. In collaboration with:

 Cooperative
Extension Service



CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.



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!

July 30, 2024: *Simplicity and Excellence*, by Deirdre Scaggs and Elizabeth Kremer Settle

Born at the turn of the twentieth century in Cynthiana, Kentucky, Elizabeth Cromwell Kremer was a woman who strove for excellence in all things. Ever resistant to the constraints of social conventions, at a time when roughly 20 percent of the US workforce was female, Kremer worked her way up the ranks of the service industry. From the home economics classrooms of the University of Kentucky to the fine dining restaurants of Louisville and New York City, Kremer's tenacity, unconventionality, and dedication helped her build a legacy that celebrated the simplicity of good, traditional Kentucky country cooking. In 1967, after taking a twenty-seven-year hiatus from work to raise her family, Kremer reentered the business world at the age of sixty-five to open a restaurant for Kentucky's newly restored Shaker Village at Pleasant Hill. Under her guidance, what began as a small sandwich shop flourished into the iconic Trustees' Table restaurant at Shaker Village, which continues to attract guests from all over the world. In *Simplicity and Excellence: Elizabeth Kremer from Beaten Biscuits to Shaker Lemon Pie*, authors Deirdre A. Scaggs and Evalina Settle compile the first-ever biography of this incredible woman. Each of Kremer's classic recipes is bookended by charming and inspiring stories of her life, drawn from oral history passed down by Kremer's family and friends as well as archival materials. A gastronomic history like no other, *Simplicity and Excellence* effortlessly paints a portrait of one of the most influential forces behind the preservation of Kentucky's culture through its cuisine.

August 8, 2024: *The Coal Miner Who Became Governor* by Paul E. Patton

In *The Coal Miner Who Became Governor*, Patton, with Jeffrey S. Suchanek, details his personal, professional, and political life in Kentucky, starting with his career in the coal industry. After working for his father-in-law, J. C. Cooley, in the 1950s, he partnered with his brother-in-law to establish their own coal company, which they sold for millions in 1978. Patton leveraged his business connections into a political career, raising money for Democratic candidates before becoming the chair of the Kentucky Democratic Party. He first took elected office in 1981 as Pike County judge/executive; he then served a term as lieutenant governor (1991–1995), followed by an unprecedented two consecutive terms as governor. His overhaul of higher education in Kentucky led to his role as the University of Pikeville's president and chancellor, even after his political career.

In this compelling account, Patton reveals the decision-making process for campaign strategies, selection of running mates, postsecondary education and workers' compensation reforms, early childhood development initiatives, and attempts at tax reform. He gives his unfiltered opinion about Mitch McConnell's "scorched-earth political philosophy" and how it has failed Kentucky, and he draws connections between public policy and party machinations during his time in office and the present day. He also addresses his fall from grace—his extramarital affair with Tina Conner and its effects on his personal and professional life.



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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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