

# FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



## Cooperative Extension Service

**JUNE  
2025**

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/>

## Attention Homemakers: Volunteer Hours Report

Homemaker members need to send in volunteer hour forms for July 1, 2024– June 30, 2025 by **July 15, 2025**.

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.

## Foster Care Sewing Project

**June 28, 2025, 9:00am**

**(note this is a date change from last newsletter)**

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!



For More Plate It Up  
Recipes, Visit:

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



## Berry and Basil Pizza Crisp with Honey Balsamic

<b>Balsamic Honey Glaze:</b>	<b>Flatbread:</b>	<b>1 ½ cups</b> strawberries, chopped
½ cup balsamic vinegar	6 flatbreads	15 basil leaves, chopped and divided
3 tablespoons honey	12 pieces of cheese, such as Havarti (2 per flatbread)	
	1 cup blackberries, halved	

**Preheat** oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

**To make the glaze:**  
**Add** balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

**Serves:** 6 Flatbreads

### Nutritional Analysis:

340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein

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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# 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 Officer/Chairmen Training 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.

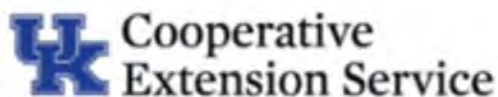
## CULTURAL ARTS EXHIBIT CATEGORIES

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.



# Sensory Paint & Pot

WORKSHOP FOR TEENS & ADULTS



DATE: SUNDAY, JUNE 8, 2025

TIME: 1:00 PM - 3:00 PM

LOCATION: FAYETTE COUNTY

EXT OFFICE

1140 Harry Sykes Way  
Lexington, KY 40504

**Cooperative  
Extension Service**

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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Disabilities  
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Let's dance to the rhythm of our souls

# Afrobeat

## What you will learn

- \*Foot work
- \*Body movement.
- \*Amapiano
- \*Skelewu
- \*Lots more



Feel the rhythm of the motherland

## Presented By:

Safari Entertainment, Lexington KY

Join us in this 45 minute of movement.

We will open with stories and close with reflections

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

**Wednesdays, June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>  
from 5:30-6:30pm**

**Cost:** \$5 per person per session

**Bring:** A water bottle, towel, and good footwear

Register on-line for each date you wish to attend:

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

or call the office at 859-257-5582

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# FCS PRESENTS: SMALL SELF-CARE STEPS

SUNDAY, JUNE 8, 2025



HOMEMADE JAPANESE  
FACE MASK

SUNDAY, JUNE 29, 2025



HOMEMADE TEA/TEA  
BAGS

SUNDAY, JULY 13, 2025



ESSENTIAL OIL  
BATH BOMB

1140 HARRY SYKES WAY, LEXINGTON, KY 40504

We will be introducing you to some fun and economical ways to enjoy self-care. Learn to take small steps towards improving your mental health and overall wellbeing.

Join us for one or all sessions of this series!

**Time:** All sessions are from 4:30–6:00pm

**Cost:** \$5.00 per session

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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# SWEATSHIRT JACKET CLASS

## *SESSION ONE*

**6/17/2025 9:30A-12:00P**

START BY LEARNING THE MANY DIFFERENT  
JACKET STYLES YOU CAN CREATE FROM A  
SWEATSHIRT. NO SUPPLIES NEEDED.

## *SESSION TWO*

**7/15/2025 9:30A-12:00P**

ASSEMBLE AND SEW YOUR JACKET.  
SUPPLY LIST WILL BE PROVIDED AT FIRST  
SESSION.

**\$25**

PER PERSON



**FAYETTE COUNTY EXTENSION OFFICE- 1140 HARRY SYKES WAY, LEXINGTON**

REGISTER BY JUNE 13<sup>TH</sup> AS SPACE IS LIMITED!

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

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# JUNETEENTH

DOUBLE-FEATURE CELEBRATION  
A TIME TO REFLECT AND HONOR HISTORY

**THURSDAY, JUNE 17, 2025**

JOIN US FOR REFRESHMENTS AND  
VIEWINGS OF:

“MISS JUNETEENTH” 1:00-3:00PM

AND

“THE BOY WHO HARNESSSED THE WIND” 3:00-5:00PM

**1140 HARRY SYKES WAY  
LEXINGTON, KY 40504**

TO REGISTER:

CALL THE FAYETTE COUNTY EXTENSION OFFICE AT  
859-257-5582 OR GO TO  
[HTTPS://FAYETTE.CA.UKY.EDU/CLASSREGISTRATION](https://fayette.ca.uky.edu/classregistration)

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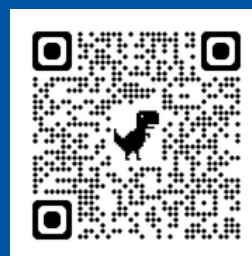


Classes are FREE, you do not need to be a YMCA member.

Wednesdays  
June 18th- August 6th  
High Street YMCA  
6:00 PM-7:00 PM.



Learn More  
About BINGOcize



BINGOcize® is an evidence-based health promotion program that brings together exercise and health education in a fun game of Bingo! Come play, get active, learn about making healthy choices, and win prizes!

This universally designed module is appropriate for all ages, abilities, and audiences!

**YMCA membership joining fee will be waived for any BINGOcize participant; a \$50 savings!**

Register online:

<https://bit.ly/bingocizehighstreetymca>

For more information contact:

Fayette County Extension Office | (859) 257-5582 | [fayette.ext@uky.edu](mailto:fayette.ext@uky.edu)



Thursday, July 10, 2-3pm



**UK** Cooperative  
Extension Service



# ETIQUETTE 101

## HOW TO ARRANGE YOUR DINNER TABLE

Come learn some great table manners tips with Maranda Brooks from the University of Kentucky's Family & Consumer Sciences Extension!

**EASTSIDE LIBRARY  
LARGE MEETING ROOM**

Registration is recommended! Open to kids ages 8 and up. For more information, visit [lexpublib.org/summer](http://lexpublib.org/summer).



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# ***JUMPSTART JUNE CAR CARE WITH JOROME***

 Cooperative  
Extension Service

**JUNE 29<sup>TH</sup>  
1PM-3PM**

***\$10 CLASS***



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

**Come for information, demonstrations and a little hands on learning. In this class you will learn about:**



**Checking  
Fluids**



**Tire Changing**



**Tire  
Pressure**



**Car Care  
Importance**



**Register Online: <https://fayette.ca.uky.edu/classregistration> OR call 859-257-5582**

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# ARE YOU PREPARED?



## In the Face of DISASTER



**July 29 - Family and Home**

**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**

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.

**Register online:**

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





# 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](http://fayette.ca.uky.edu/classregistration)  
or call 859-257-5582

**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



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



**UK** Cooperative  
Extension Service



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](mailto:caroline.mcmahan@uky.edu)

## 2025 Program Schedule:

6/25

9/24

11/19

7/23

10/29

12/17

8/27

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# UNDERSTANDING YOUR CREDIT SCORE

July 14, 2025 ~ 6:00pm  
Fayette County Extension Office

Credit scores provide lenders with an estimate of a person's ability to pay back borrowed money. Credit scores affect the ability and cost of obtaining loans, housing, insurance, credit cards, and many other financial transactions. Many factors impact credit scores. Join us for this program to gain the knowledge and understanding of these factors to empower yourself as a consumer to make decisions that positively impact your financial future.



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

## Vegetarian

### 101

## History, Health and Tips

July 7, 2025 ~ 6:00pm  
Fayette County Extension Office

*Every day we make choices about what we will eat. Some of us choose foods without much thought. Others make choices based on their health goals. For those electing a plant-based eating pattern, choices might range from foods with no animal connections to those with mostly plant-based foods and minimal animal connections. This program focuses on vegan and vegetarian eating patterns.*

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

# The Mind Body Connection Series

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

**June 12** - Introduction and exercise practice for adults

**July 10** - Deep breathing and simple meditation

**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>

## CREATING WELCOMING COMMUNITIES



**June 26, 2025 ~ 6:00pm**  
**Fayette County Extension Office**

The demographic makeup of Kentucky is changing. Our communities are improved by initiatives and strategies that build the capacity of local community members as the social and cultural fabric of the state evolves. To better prepare community members for service and community stewardship, Creating Welcoming Communities seeks to engage participants in better knowing their own culture and in gaining respect for culturally related strengths.



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





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1140 Harry Sykes Way  
Lexington, KY 40504

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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



facebook.com/FayetteCoFCS  
facebook.com/FayetteCoHM

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