



**JUNE 2024**

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, 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.

### Agents' Note

Hello Everyone,

Summer is almost upon us! We hope you are all doing well and enjoying some warmth and sunshine. It has been a great start to the 2024 year here in Fayette County FCS. We have been working to bring programming and classes that serve the needs of this community and have loved seeing both new and familiar faces at those programs. As we approach summer, we hope to continue growing along with the flowers, fruits, and vegetables this season. Gardening takes patience, consistency, and dedication for things to come to fruition and thrive. As your agents, we have both been serving Fayette County for two years now. We have approached this program similar to a garden: we have worked to develop, tend to, and grow our relationships with the community. Gardens take time! We feel our roots taking place and are seeing exciting growth in both our programming and our connections to those we serve. We wanted to take a moment to reflect on this and thank you for being here with us and continuing to help our garden and community thrive. Happy summer!

Maranda Brooks and Caroline McMahan



### 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!



## Scholarship Recipient Update

My name is Alyssa Burns and I am a 2024 graduate of Sullivan University, I completed my courses in December 2023 and received my Certificate in Hospitality Studies, Cum Laude (GPA 3.5) on Saturday May 11<sup>th</sup>, 2024 at Southeast Christian Church in Louisville, KY. Having a disability (mild cerebral palsy) and a developmental delay, I wasn't sure if I would be able to succeed in college; but I was ready to face the challenge. I started out in pursuit of a Culinary Arts degree at Sullivan University, but after experiencing some difficulties in one of my courses I almost gave up and was ready to throw in the towel. I met with my student advisor and upon her advice, I decided to switch my major from Culinary Arts to Hospitality Studies. This was a huge game changer in my educational endeavors. I passed all of my Hospitality Studies courses and made the Dean's List twice.

Currently I continue to work as a crew member at McDonalds, but would like to eventually obtain a job in either a hotel restaurant, a hospital cafeteria, or a school cafeteria. My family and I are going on a much needed vacation – a five day Caribbean Cruise! When I return from vacation I plan to start the job search. I thank God for a strong support system that includes my family, my church family & friends, and the Fayette Co. Extension Homemakers. The scholarship you awarded me helped tremendously in accomplishing my goal and becoming a college graduate. Onward and Upward!!!



## Daily, healthy lifestyle tips to prevent high blood pressure

Does high blood pressure run in your family?  
Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.

- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.

*Source: Katherine Jury, Extension specialist for family health*

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!

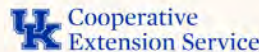
**FREE! Registration required.**

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



- June 18: Fruited Coleslaw
- 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](mailto:caroline.mcmahan@uky.edu)

**2024 Program Schedule:**

6/26	8/28	10/23
7/24	9/25	11/20
		12/11

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



**Cooperative Extension Service**

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



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.

Asian Asparagus Salad



- 1 pound fresh asparagus
- 1½ tablespoons low sodium soy sauce
- 2 teaspoons sugar or artificial sweetener
- 1 tablespoon olive oil
- 2 teaspoons sesame seeds

1. Snap off and discard the root ends of the asparagus.
2. Wash remaining stalks thoroughly.
3. Slice stalks into 1½ inch lengths on the diagonal.
4. Blanch asparagus for 1-3 minutes in boiling water, until bright green in color.
5. Cool immediately under cold water and drain.
6. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. Mix dressing until sugar is dissolved.
7. In a gallon zip-seal bag, add asparagus and dressing. Turn bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. Turn bag again and chill for an additional 15 minutes before serving.

**Yield:** 4, ½ cup servings.  
**Nutrition Analysis:** 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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

## Food Preservation Classes

Join us this summer to learn all about food preservation! We will kick off the summer with a lecture-style class that will examine important information about food preservation and canning, review the equipment to be used, and emphasize the importance of food safety and preventing food-borne pathogens when preserving food. This class is FREE and will be located at the Beaumont Branch of Lexington Public Library.

Then, 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 or returning the form below. Cost of each hands-on session is \$5 per person.


**July 6th** 2-4pm — FREE food preservation basics lecture @ Lexington Public Library, Beaumont Branch—3080 Fieldstone Way, Lexington, KY 40513




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

**July 18th** 1-4pm—Pressure Canning





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



**Food Preservation Classes Registration Form**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**I will attend:** July 15th \_\_\_\_\_ July 18th \_\_\_\_\_ **AMOUNT ENCLOSED:** \_\_\_\_\_

Please remember that classes are limited. Register early to assure a spot in the class. We suggest that you call the Fayette County Extension, (859) 257-5582, to inquire about the status of classes before registering. Hands on classes have a limit of 12 participants. Current or previous Food Preservation Basics Class required for any Hands-On Class.





# JUNETEENTH

PRE-CELEBRATION

A TIME TO REFLECT AND HONOR HISTORY

**WEDNESDAY, JUNE 12, 2024**

**5:30-7:00P**

JOIN US FOR A MEAL AND SPECIAL  
VIEWING OF  
“JUNETEENTH: FAITH AND FREEDOM”

**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)

**Cooperative  
Extension Service**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# TEA & TALKS

With

# Onshalique

## Navigating Medicare and Medicaid Waiver Programs



### What to Expect:

- Understanding what programs are available in KY
- What program is best for you?
- Facts and resources will be shared
- Conversations about Aging in Place & more...
- Tea & light refreshments

### Join us as we Spill the tea!




June 13th 11am-1pm




Fayette County Extension Office

1140 Harry Sykes Wy, Lexington KY 40504

setup/presentation by  
Onshalique SheaRoxx Winters  
Grand Rising & High Tea Co.

 Call me Roxx.com

 Roxx.pluto@icloud.com

**Call 859-257-5582 to Register!**

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# 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:



### CREATING A HEALTHIER KENTUCKY

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



# 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 2024 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

Sunday, January 7th 5:00-6:30p



### Handling Financial Changes

Sunday, February 18th, 5:00-6:30p



### Advance Medical and Legal Directives

Sunday, March 24th, 5:00-6:30p



### Estate Planning

Sunday, April 14th, 5:00-6:30p



### Choices in End-of-Life Care

Sunday, May 19th, 5:00-6:30p



### Final Wishes

Sunday, June 23rd, 5:00-6:30p

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4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



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**UK** Cooperative  
Extension Service

A DIFFERENT WORLD & FCS PRESENTS



# Sensory DONUTS & DANCE Party WITH DAD

**SUNDAY**  
**JUNE 23**  
1pm-3pm

Come & join us to  
celebrate Father's  
Day with donuts &  
sensory fun activities

To register please call the Fayette County  
Extension Office at 859-257-5582!  
1140 HARRY SYKES WAY LEXINGTON, KY  
40504



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with prior notice



**A DIFFERENT WORLD & FCS  
PRESENTS**

COME & JOIN US FOR OUR

**SENSORY SUMMER  
RODEO CARNIVAL**



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



**FREE ENTRY**

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



**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**





# FCS CLASSES

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 must be submitted to reserve a space.

## Rope Bowl

A new twist on using rope to make bowls with your sewing machine. Comes with a warning—”May be addictive”. This class taught by Rita Hardman will be held on **June 25, 2024—9:30am-2:00pm**.  
**Cost: \$10.**

Class will teach: How to get started. Different types of rope. Many ideas for decorating. How to make the bowl shapes. Different methods to apply fabric. Different results of changing thread color, variegated thread, fabric and rope color.

### Supply list:

Rope 3/16” or 1/4”. Rope can be all cotton or cotton with a synthetic core.

#16 needle

Sewing machine that has a zig zag stitch

Thread to match rope

Wind 3 bobbins of the matching rope color thread

1 piece of fabric 14” X 14” square



## FCS Class Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>	Please make check payable to: <b><u>Community FCS</u></b> and mail to: <b>Fayette County Extension Office</b> 1140 Harry Sykes Way Lexington, KY 40504
Rope Bowl - June 25th		\$10	\$10	
Getting to Know Your Sewing Machine - June 30th		\$25	\$25	
Getting to Know Your Sewing Machine - July 7th		\$25	\$25	
<b>TOTAL FEE DUE:</b>		\$ _____		



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Lexington, KY 40504

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

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