



**MARCH
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/>

Air Fryers

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers.

This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

Join us to learn more about air fryers, pickup some cooking tips and recipes!

Lesson training on March 26, 2025 at 6:00pm.
Call 859-257-5582 to register.

Foster Care Sewing Project

March 14, 2025, 9:00am-4:00pm

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!

2024-25 Homemaker Lesson Calendar

- Composition in Photography ~ April 24 at 6:00pm

Call (859) 257-5582 to register.

Quilt Art: Examining the Narrative in Kentucky Quilts

Are you intrigued by the history, time, love, and skill involved in the making of quilts? If you are, then you won't want to miss Dr. Pearlie Johnson's program at the Fayette County Extension Office. She will discuss 19th century quilts made by black women living and working on slave plantations, traditional quilts made by African American women of the 20th century, as well as contemporary art quilts made by women of all cultural groups of the 21st century.



Quilts and Brunch

Saturday, April 19, 2025

Join us for a light brunch at 10 am and presentation at 10:30 am

FREE! Registration required to plan for brunch. Register on-line at <https://fayette.ca.uky.edu/classregistration> or call 859-257-5582.

"West African textile techniques, particularly narrow-strip weaving has influenced 19th and 20th century African American strip quilting in North America. As a result of the trans-Atlantic slave trade, Africans brought unique skills in textile making with them to North America."

- Dr. Pearlie M. Johnson

This program was funded in part by Kentucky Humanities, the National Endowment for the Humanities, and Quilters Guild of the Bluegrass.





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

QUILTERS' DAY OUT

MARCH 8, 2025

9:00 A.M. - 3:00 P.M.

1140 HARRY SYKES WAY, LEXINGTON

SPEAKER: Sandy Fitzpatrick

"Why Didn't I Think of That?"

www.HissyfitzDesigns.com

Applique Mug Rug Class on Mar 9

- **Theme: *The Wonder Years***
- Gift Bags to first 175 Attendees!
- Fabulous Door Prizes!
- Silent Auction
- 10+ Vendors
- Demonstrations
- Box Lunch, \$10
- Admission \$5, no fat quarter



QUILTERS GUILD
of the Bluegrass

Questions: email
QGBG.commteam@gmail.com

In the Face of Disaster Classes

Saturday, April 12th at 2pm at Beaumont Library - In the Face of Disaster: Family and Home

Kentuckians have experienced firsthand how natural disasters can occur at any time. Disasters take many forms, and most areas of family life feel their effects. While you have little control over disasters, there are steps you can take before a disaster occurs to keep your family safe. Preparing in advance may be especially helpful when disaster comes with little warning. Join us for a program on how to prepare your family and home for a natural disaster, learn steps to take if/when one occurs, and learn about emergency preparedness home kits.

Saturday, May 10th at 2pm at Beaumont Library - In the Face of Disaster: At-risk and Aging Populations

Disaster can strike at a moment's notice. Therefore, it is important to have a plan and know in advance what to do in case of an emergency. This is especially true for older adults and people with disabilities. People with access and functional needs or disabilities face a special challenge when staring down a natural disaster. Their needs do not go away in a state of emergency. As a result, preparedness planning requires more considerations.

Classes are free. Contact Caroline McMahan with questions. Register through the Beaumont Library on their website (<https://www.lexpublib.org/locations/beaumont-branch>) or contact adult programmer Ezra Nix, email: enix@lexpublib.org

Save the Date

Embracing the Next Best Years of Your Life

Attend this day-long conference to gain knowledge and practical skills to better understand the aging process, address needs of older adults, and promote healthy aging practices.

Experts will address a variety of topics including medical marijuana, funeral planning, AI, travel, music therapy, nutrition, brain health, gardening and KY Real ID requirements.

This conference is open to healthcare professionals and other professionals in the aging field, caregivers, community leaders and individuals interested in managing their next best years.

Be sure to save the date and spread the word! Registration opens **March 24, 2025.**

May 15, 2025

8:30am-3:00pm

Clarion Hotel

1950 Newtown Pike, Lexington KY

More details will be available soon. Visit:

<https://www.embracingthenextbestyears.org/>



Lexington Humane Society Donations

As the largest pet adoption agency in Central KY, the Lexington Humane Society relies on the kindness of the community to support them in their efforts to provide love and care to abandoned animals. They rely solely on private donations and community support. Items they use daily and are happy to have donated:

Dog

- * Purina Dog Chow (Chicken Flavor)
- * Milk Bone Pill Pouches
- * Peanut Butter
- * Soft canine training treats, such as Moist & Meaty

Please note: We are not able to accept rawhide donations

Cat

- * Purina Cat Chow (Chicken Flavor)
- * Paté-Style Wet Cat Food
- * Unscented Cat Litter (Clumping & Non-Clumping)
- * Canned Chicken (In water only, please)

Miscellaneous

- * Small Animal Pet Food & Bedding (No cedar bedding, please)
- * Timothy Hay/Alfalfa for small animals
- * Paper Towels
- * Gas Cards or other Gift Cards
- * High-grade AA and AAA Batteries
- * HE Laundry Detergent
- * Copy Paper
- * Liquid Bleach
- * Generator
- * Industrial Dishwasher

We will be collecting these items for the month of March. Please bring any donated items to the Fayette County Extension Office by 12pm on Monday, March 31st.

*All LHS animals are fed a consistent, nutritious diet of Purina Dog Chow and Purina Cat Chow (Chicken Flavor). LHS feeds this brand exclusively.

Big Blue Book Club

After so many sessions and reading so many books together, we have reached our tenth book. We are pleased to announce that in 2025 we will read together, *My Old Kentucky Road Trip - Historic Destinations and Natural Wonders* by Cameron M. Ludwick and Blair Thomas Hess.

This delightful book is filled with locations throughout our great state that may be familiar to you and many that you will learn about for the first time.

In the spirit of the book, we will be taking Big Blue Book Club "on the road." Our kick-off session will be offered in our traditional format via zoom, but also LIVE from the Thomas D. Clark History Center in Frankfort. The book's authors will join us there for an informative session about some of their favorite Kentucky destinations and we will also hear from Dr. Jim Seaver about the Historical Marker Program. This session will be on March 13 at 11 am Eastern. During the next few months we will travel to destinations across the state where you might choose to join us LIVE as we share this book and our great state.

So put on your reading glasses, buckle up, and let's go on an "Old Kentucky Road Trip" together!

Meeting dates: March 13, April 1, April 15, April 29, May 13, June 13.

Register online: <https://fcs-hes.ca.uky.edu/BBBclub>





Register Here!

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF WEBCAST

FAMILY DYNAMICS AND GRIEF: STRATEGIES FOR SUPPORTING YOUNG PEOPLE THROUGH LOSS




Dr. Jamie Eaddy, CT®, CTP



Doneila L. McIntosh, M.Div., M.A., LAMFT

 **20** | MAR 2025

 **1:00 - 5:00 PM EST**

 Fayette County Extension Office
1140 Harry Sykes Way,
Lexington KY

 The NASW Kentucky Chapter

Who Should Attend: Social workers, outreach workers, student support staff, case managers, grief support professionals, funeral professionals, and others working with children and families.

What to Expect: The Kentucky Center for Grieving Children and Families, in partnership with Fayette County Cooperative Extension presents the 2025 NACG National Webcast. This three-hour training features bereavement experts Dr. Jamie Eaddy, CT®, CTP, and Doneila L. McIntosh, M.Div., M.A., LAMFT.

3.0 free CEs with the ASWB, NBCC, & NYSED are available and will be generously sponsored by the NASW Kentucky Chapter.

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

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



Disabilities accommodated with prior notification.

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

 Cooperative
Extension Service

**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

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



Disabilities
accommodated
with prior notification.

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

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:

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

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

Save on Auto Insurance


Taking the AARP Smart Driver Safety Course could earn you a discount on your automobile insurance premiums for three to five years, and you will be a better driver. The AARP Smart Driver Safety Course will be held on March 27, 2025 from 10:00 a.m. to 2:30 p.m. at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. The AARP Smart Driver Safety Program is a classroom course for drivers aged 50 and over. The course identifies many of the changes which occur as we age and suggests strategies for accommodating those changes for safer driving. Participants who complete the course will receive a certificate which many car insurance agencies honor with a discount. A small fee covers course expenses: \$20.00 for AARP members (bring your membership card), \$25.00 for non-members. Please no cash, you can pay via personal check, cashier check or money order. Feel free to bring a sack lunch if you would like, the class will continue through the lunch hour. Seating is limited.

Pre-register by calling the Fayette County Extension Office at 859-257-5582.

Kentucky Christmas Tree Association Plant Auction

Spring is here! It is the perfect time to plant. The Kentucky Christmas Tree Association's 19th Annual Plant Auction will be held 10:00 a.m. until 12 noon, Saturday, April 12, 2025, at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington, Kentucky 40504. Bid and take home some quality Kentucky grown nursery stock. A variety of annuals, perennials, balled and burlapped trees and shrubs will be for sale. A portion of the proceeds will be used to provide one or more scholarships for students majoring in Forestry or related sciences in the Martin-Gatton College of Agriculture, Food and Environment at the University of Kentucky. For further information please call 859 223-1140.

EMERGENCY HEALTH INFORMATION CARDS

 Cooperative Extension Service

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.



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


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



Disabilities accommodated with prior notification.



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

 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 may be eligible for survivor benefits

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

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



Disabilities
accommodated
with prior notification.



When and Where:

When:

May 27th 5:30-6:30

July 15th 5:30-6:30

November 25th 5:30-6:30

Where:

**1140 Harry Sykes Way
Lexington, KY 40504**

PRESENTED BY:

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



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

DISCLOSURE:

All securities through Money Concepts Capital Corp. Member FINRA/SIPC
JQ Financial Solutions, LLC is an independent firm and not affiliated with
Money Concepts

Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2025-2026 homemaker lesson year.

Return to the Extension Office no later than March 31, 2025.

Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Mastering Mindfulness

Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

Yoga Try This

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

Building A Better Bowl

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? Building a Better Bowl serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

Building A Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

Making Friends With Food: The Power of Positive Food Talk

Can you think of a time that you labeled specific foods as “good” or “bad”? Or called yourself or someone else a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might just have a big impact on a child’s mental and physical health, and yours too. This lesson discusses the importance of and provides opportunity to practice reframing how we talk about food.

Stretching Your Dollars: What To Do When Your Ends Don't Meet

“Making ends meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

Sharing Your KEHA Message

Have you ever been asked “What does your group do?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

Blackstone Grilling

This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

Hunger In Kentucky: Know More Do More

Learn more about the realities of Hunger in Kentucky through an interactive simulation appropriate for Extension Homemaker Club meetings in person or through virtual platforms. Increase your odds of succeeding at the simulation by identifying service projects appropriate for KEHA members in all 120 Kentucky counties.

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

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.





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	1/2 cup half-and-half
		1/4 teaspoon nutmeg
		3/4 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.

FCS CLASSES

Oak Island Tote Basket ~ March 25, 2025 ~ 10:00am-4:00pm

Basket measures 10" x 8 1/2" x 14" high. Basket is woven in natural, smoke and dyed Reed (eggplant) employing several techniques- French randing, overlay, triple twine, Cherokee Wheels and lattice weaving to fill the base. Instructor Mary McAllister. Cost: \$48

SUPPLIES YOU MUST BRING FOR BASLET CLASSES: Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. **PACK A LUNCH/SNACKS, or bring something to share. You will be working thru lunch.**

BASKET CLASSES SIZE ARE LIMITED, REGISTER EARLY! Please note: Supplies are specially cut for each basket two days prior to class If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time. NO EXCEPTIONS!



FCS Class Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-Mail: _____

Classes	<input checked="" type="checkbox"/>	Cost
Oak Island Tote Basket - March 25 at 10:00am		\$48
TOTAL FEE DUE:		\$

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



NONPROFIT ORG
US POSTAGE PAID
LEXINGTON KY
PERMIT 112

Fayette County Cooperative Extension
1140 Harry Sykes Way
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

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



facebook.com/FayetteCoFCS
 facebook.com/FayetteCoHM