



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service

## FAMILY AND CONSUMER SCIENCES AUGUST 2023 NEWSLETTER

I HOPE EVERYONE AS BEEN ENJOYING THEIR SUMMER! I WAS ABLE TO PARTAKE IN MY FIRST POWER OF PRODUCE PROGRAM AND COUNTY FAIR. THE POWER OF PRODUCE HAS BEEN SO FUN, I LOVED WATCHING THE KIDS GET EXCITED TO LEARN NEW THINGS AND TRY OUT NEW FOODS. FAIR WEEK WAS A SUCCESS AND WE HAD VERY TALENTED PEOPLE ENTER ITEMS INTO THE EXHIBITS.

THIS MONTH I WILL BE JOINED BY OUR TWO MASTER CLOTHING VOLUNTEERS TO TEACH A SEWING CRAFT TO THE KIDS AT 4-H CAMP.

AS ALWAYS, IF YOU HAVE IDEAS ON PROGRAMS YOU WOULD LIKE TO SEE DO NOT HESITATE TO REACH OUT.

I HOPE YOU ENJOY THIS NEWSLETTER!



*Alex Sallie*

County Extension Agent for  
 Family & Consumer Sciences

Bath County  
 Cooperative Extension  
 Service  
 219 East Hwy. 60  
 Owingsville, KY 40360  
 Phone: 606-674-6121  
 Fax: 606-674-6687  
 Email:  
 alexandra.sallie@uky.edu

**Waiting for you inside!**

- **Homemaker News**
- **Calendars of Events**
- **Program Flyers**
- **Health Bulletin**
- **Money Wise**
- **Recipe**



# BATH COUNTY HOMEMAKERS



Scholarship Winner: Haley Withrow

## Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below:

Alex Sallie

606-674-6121

[alexandra.sallie@uky.edu](mailto:alexandra.sallie@uky.edu)

## Licking River Kentucky Homemakers Association

### Leadership Day

When: August 8th

Time: 10 AM

Where: Montgomery County Extension  
Office

Register by calling the office.



## Bath County Homemaker Kick-Off Meeting

When: August 21st

Time: 5:30 PM

Where: Bath Co. AG Center  
Everyone brings their favorite  
appetizer dish!

## Club Meeting Dates

**Bethel Nite:** TBD

**Country @ Heart:** Second  
Monday each month @ 5:30 PM  
\*Location TBD\*

**Hill N' Dale:** TBD

**Salt Lick:** TBD

**Sharpsburg:** TBD



# HOMEMAKER CULTURAL ARTS WINNERS

Mary-Ann Lewis : Apparel- Accessory

Joy Warren: Apparel- Basic Sewing

Jan Carmen: Counted Cross-Stitch -- 16-24

Kitty Lentz: Drawing- Charcoal

Joy Warren: Embroidery - Swedish

Kitty Lentz: Painting, Art -Watercolor

Kitty Lentz: Painting, Decorative - Metal

Kitty Lentz: Photography- Black & White

Kitty Lentz: Photography- Color

Jan Carmen: Quilts - Novelty

Brenna Stamm: Paper Crafting- Card Making

Brenna Stamm: Miscellaneous- Collage Picture Frame



Overall Winner: Kitty Lentz  
Turkey Charcoal Drawing



Overall Winner: Joy Warren  
Swedish Weaving Tea Towel

# Family and Consumer Sciences Extension Calendar

# August

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>Project Linus @ 10</b>	2 <b>Paper Hugs @ 10 Am</b>	3 <b>Matter of Balance 5 PM</b>	4 <b>Power Of Produce @ 9 AM</b>	5
6	7	8	9 <b>Driver Safety Program @ 12 PM</b>	10 <b>Matter of Balance 5 PM</b>	11	12
13	14	15	16	17 <b>Sew Day @ 9:30 AM</b> <b>Matter of Balance 5 PM</b>	18	19
20	21 <b>Homemaker Kick Off Meeing @ 5:30</b>	22	23	24 <b>Matter of Balance 5 PM</b>	25	26
27	28	29 <b>Savor the Flavor: Cooking Methods @ 5 PM</b>	30	31 <b>Matter of Balance 5 PM</b>		



# Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center  
unless noted otherwise.

# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 <b>Labor Day: Office closed</b>	5 <b>Project Linus @ 10 AM</b>	6 <b>Paper Hugs @ 10 AM</b>	7 <b>Matter of Balance 5 PM</b>	8	9
10	11	12	13 <b>Veterans Day of Honor &amp; Valor</b>	14 <b>Matter of Balance 5 PM</b>	15	16
17	18	19	20	21 <b>Matter of Balance 5 PM</b>	22	23
24	25	26 <b>Savor the Flavor: Appliances @ 5 PM</b>	27 <b>Medicare Scams Presentation @ 12 PM</b>	28 <b>Matter of Balance 5 PM</b>	29	30

# RECIPE CLUB

Expand your menu



## MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

## POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

## COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



### Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

**Preheat** oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. Place over high heat and bring to a boil. Reduce heat and simmer 12-15 minutes, or until vegetables are tender. Drain the vegetables and place in a mixing bowl. Stir in the cheese, margarine, milk and seasonings until combined. Spread the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. Bake for about 20 minutes or until bubbly. **Yield:** 12, 1/2 cup servings  
**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://plateitup.ca.uky.edu>



### Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink. Drain. Raise the heat to medium-high. Add the canola oil to the same pot. Return the beef to the pot. Add the zucchini, bell pepper, onion and garlic. Cook together for 5-7 minutes, until onion is translucent. Add the eggplant to the mixture and continue to cook for 5

minutes. Add the beef broth, pasta sauce, water and basil. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender. **Yield:** 12, 1 cup servings  
**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



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



### Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup chopped pecans

**Preheat** oven to 375 degrees F. Combine the oats, granola, flour and brown sugar in a medium mixing bowl. Cut small pieces of softened butter over the top. Cut butter into dry ingredients until well combined and crumbly. Lightly coat an 8-by-8-inch baking dish with cooking spray, add peaches. Sprinkle the dry ingredients and butter mixture over the peaches. Add spices and chopped nuts evenly

over the top. Place rack in the middle position in oven. Bake 25 to 30 minutes, or until topping is golden brown. **Yield:** 9 servings  
**Nutritional Analysis:** 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrates, 2 g fiber, 20 g sugars, 3 g protein.

## INTERESTED?!

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or [bath.ca.uky.edu](http://bath.ca.uky.edu)

### COOPERATIVE EXTENSION



# DO YOU HAVE CONCERNS ABOUT FALLING?



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Conducted by the Berkshire Public Health Alliance and supported by a grant from Elder Services of Berkshire County, INC.

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Who should attend:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns

Classes offered every  
THURSDAY

5:00pm – 6:00pm

Beginning Thursday

August 3, 2023

8/3, 8/10, 8/17, 8/24, 8/31, 9/7,  
9/14, 9/21, 9/28

Held at the

Bath County Extension  
Office

2914 East HWY 60  
Owingsville, KY 40360

To sign up: You may call Tonya  
Sanders at (606) 783-2105





# SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!\*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

## THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

### Date & Time:

August 9, 2023 at 12 PM

### Location:

Bath Co. Ag Center  
2914 E. HWY 60 Owingsville, KY 40360

### Register:

Call 606-674-6121

### CLASSROOM COURSE

**\$20** for AARP members  
**\$25** for non-members

### TO FIND ADDITIONAL COURSES

Visit: [www.aarp.org/driving36](http://www.aarp.org/driving36)  
Call: **1-888-773-7160**



# Savor *the* Flavor



The *Savor the Flavor* program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

*We look forward to seeing you!*

Cooking Methods: August 29th

Time: 5 PM

Where: Bath Co. Ag Center

Appliances: September 26th

Time: 5 PM

Where: Bath Co. Ag Center

Registration is required.

To register call: 606-674-6121



# COOPERATIVE EXTENSION



WE SALUTE YOU WITH PRIDE  
**HAPPY**

# VETERANS' DAY OF VALOR AND HONOR

HONORING ALL WHO SERVED



WEDNESDAY, 13th SEPTEMBER 2023  
10 AM TO 2 PM

• SERVICE OFFICERS

- VA MEDICAL CENTER
- VET CENTER
- COMMUNITY PARTNERS
- CLAIMS
- JOBS
- OTHER RESOURCES

FOR VETERANS, THEIR FAMILIES and CAREGIVERS

**FOOD WILL BE PROVIDED**

Bath County  
Extension Office  
2914 E Hwy 60  
Owingsville, KY 40360

**1 64 - EXIT 123**

**UNDER THE GREEN HOOP**

If your organization is interested in having a booth to provide information for Veterans, please contact:

Sassia 859-294-7490

Phyllis 859-806-4297



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4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.





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# MEDICARE SCAMS

SEPTEMBER 27TH, 12 PM  
BATH COUNTY AG CENTER

FOR ACCOMMODATIONS OF PERSONS WITH SPECIAL NEEDS AT MEETINGS, PLEASE CALL (TTY: 711)606-674-6121

THIS EVENT IS FOR EDUCATIONAL PURPOSES ONLY. NO PLAN OR BENEFIT INFORMATION WILL BE SHARED

TO REGISTER CALL  
606-674-6121

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LEXINGTON, KY 40546



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accommodated  
with prior notification.

**ADULT**

# HEALTH BULLETIN



**AUGUST 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

**THIS MONTH'S TOPIC:**

## LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

**Continued on the next page** ➔



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# Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

## ➔ Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk. The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit [ky.gov](http://ky.gov) and search “lung cancer screening.”

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

#### REFERENCE:

[https://www.cdc.gov/cancer/lung/basic\\_info/screening.htm](https://www.cdc.gov/cancer/lung/basic_info/screening.htm)

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**ADULT**  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

123RF.com





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their

dollars

spent on supplies, clothes, shoes, and electronics several ways, according to a recent National Retail Federation survey. Some will compare prices before buying (45%). Others will shop sales

### BEFORE YOU SHOP

45% of shoppers have a list of products they need for their child. The list goes on. To help you save, we've compiled a list of tips to help you save on school supplies. Before heading out to buy new items, you might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.



## TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



### AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

### STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

### REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). [https://www.bls.gov/regions/southeast/news-release/consumerpriceindex\\_south.htm](https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm)

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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# Skillet Pork Chops with Peaches



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat\*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained\*\*
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

\* Boneless pork loin chops can also be used in this recipe.  
\*\*Fresh in-season or frozen peaches

may be substituted for canned peaches.

**1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.

**2.** If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.

**3.** Heat a large skillet over medium-high heat. Add oil.

**4.** Season pork chops with garlic powder, salt, and black pepper. Add to pan.

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- 5.** Rewash hands after handling raw meat.
- 6.** Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
- 7.** Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes). Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes). Serve each pork chop topped with peaches.
- 9.** Refrigerate leftovers within 2 hours.
- 10.**

**Makes 4 servings**  
**Serving Size: 1 pork chop**  
**Cost per recipe: \$7.78**  
**Cost per serving: \$1.95**

**Nutrition facts per serving:**  
280 calories;  
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University of Kentucky  
Cooperative  
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