

March



25'



 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
(859) 792-3026
Fax: (859) 792-3026
extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

Hello and Happy March!

I hope the promise of coming spring is filling you with joy and a renewed sense of energy! I know it is for me! I'm very excited about all of our upcoming events we have going on here at the Garrard County Extension Office. Please take time to look through and, as always, reach out if you have any questions!

Take note that Lunch and Learn will take place on the 2nd Tuesday this month. I will be out of town at State Extension Conference the first week of March. Let me know if you need anything!

County Extension Agent for
Family and Consumer Sciences
kayla.lunsford@uky.edu



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTYFCS](https://www.facebook.com/garrardcountyfcs)

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.

Upcoming Events

 **Martin-Gatton**
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LUNCH AND LEARN FREE MONTHLY COOKING CLASS



March 11th
12PM OR 6PM

Garrard County Extension
Office
1302 Stanford Road

Call the office at
859-792-3026, comment on
Facebook or email
kayla.lunsford@uky.edu to
register.

We're taking our taste buds on a trip! Come along as we sample this month's recipe from the 2025 Food and Nutrition Calendar and explore the culture and cuisine of a new country!

**COUNTRY OF THE
MONTH: GREECE**

**RECIPE: AIR FRYER
FISH**



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Lexington, KY 40546



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Garrard's Gardeners

Open to the public
Call for more info: 859-792-3026
Held at the Garrard Co. Extension
Office



Next meeting: March
20th at 4pm

Topic: Fruit Trees

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YOGA CLASS!

INSTRUCTOR: KRISTINA BEAMAN

COST: \$5 PER CLASS

TIMES:

TUESDAYS AT 7PM (BEGINNER AND ADVANCED)

THURSDAYS AT 9AM (CHAIR YOGA)



FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE
"YOGA W/ KRISTINA" FACEBOOK GROUP!

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THURSDAY MORNING "SEW"CIAL CLUB

THURSDAYS 9AM-12PM
GARRARD COUNTY EXTENSION OFFICE

OPEN TO ALL- COME HANG OUT, WORK ON UNFINISHED
PROJECTS, AND MAKE FRIENDS ALONG THE WAY!

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FRIENDLY FIBERS
GROUP MEETS EVERY
4TH MONDAY AT 1:30
AT THE OFFICE. JOIN
ANYTIME IF YOU LIKE
KNITTING, CROCHET,
OR OTHER TYPES OF
NEEDLEWORK!



LAUGH & LEARN

MONTHLY PLAYDATE

March 18th
10am-11am

Garrard County
Extension Office
1302 Stanford Rd.

March Topic:
Rainbows

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

Please call to RSVP: 859-792-3026



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GARRARD COUNTY PHOTOGRAPHY CLUB



GARRARD COUNTY EXTENSION OFFICE
MARCH MEETING DATE: TBA

For more info, call
859-792-3026 or email
eric.comley@uky.edu or
kayla.lunsford@uky.edu.
This class is for adults
only.

CHECK THE GARRARD COUNTY EXTENSION FACEBOOK PAGE FOR THE MARCH MEETING DATE AND TOPIC!



JEWELRY UP-CYCLING PROJECT



**GARRARD COUNTY
EXTENSION OFFICE
APRIL 28 & 29
(2-PART CLASS)
6:00-9:00 PM
COST: \$17**



This jewelry up-cycling class will be an opportunity to put together jewelry pieces into one decorative framed piece.

To get ready for class you need:

- Wooden frame without glass
(size matters; minimum of 12" x 14")
- Jewelry: variety of sizes and shapes, with sparkle or not, variety of color or plan with a certain color palette: brooches, earrings, cuff links, stick pins, bracelets, strands of beads and chains. This project lends itself to use vintage jewelry, un-worn jewelry and broken pieces.

**PLEASE REGISTER BY APRIL 21ST VIA [EVENTBRITE.COM](https://www.eventbrite.com).
JUST SCAN THE QR CODE AND FOLLOW INSTRUCTIONS
FOR CHECKOUT! CALL THE GARRARD COUNTY
EXTENSION OFFICE AT 859-792-3026 IF YOU NEED
ASSISTANCE WITH REGISTRATION.**



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Homemaker Happenings



MARCH LEADER LESSON

Watch Party on: KEHA Plays Pickleball

Led by Mercer County FCS Agent, Tara Duty

March 27th at 10am
Garrard County Extension Office
Call or Email to Register:
859-792-3026 or kayla.lunsford@uky.edu
Everyone is welcome!



Pickleball is fun and interactive for ALL ages and a GREAT way to move your body!
If you can't make it in person for Tara's lesson, join us for the viewing party!

PLEASE FILL OUT THE 25'-26' LEADER LESSON BALLOT AND RETURN TO THE EXTENSION OFFICE BY MARCH 30TH! YOUR INPUT HELPS DETERMINE NEXT YEAR'S LESSONS! FOUND AT THE END OF THE NEWSLETTER.



GARRARD COUNTY HOMEMAKERS 2025

Cultural Arts Contest

Entry Time: March 17th, 9am-12pm
Pick Up Time: March 21st, 8am-4:30pm

Blue Ribbon Winners will advance to the Fort Harrod Area Contest in April and compete against 7 other counties.

To view the list of categories and rules, visit:
<https://tinyurl.com/yey3jjw6> or scan the QR code.
You may also stop by the office for a hard copy.



Show off your creative talent by entering the 2025 Cultural Arts Contest! Open to all Garrard County Homemakers!

UPCOMING DATES

NOT YO MAMA'S HOMEMAKER CLUB: TBA (CALL FOR MORE INFO)

GO-GETTER'S CLUB: MARCH 17TH, 6PM, EXTENSION OFFICE
COUNTRYSIDE CLUB: MARCH 20TH

HOMEMAKER COUNCIL MEETING: MARCH 24TH AT 6PM (CULTURAL ARTS PLANNING COMMITTEE AT 5PM)

HOMEMAKER FUNDRAISING MEETING: MARCH 31ST AT 1PM

PICKLEBALL LEADER LESSON: MARCH 27TH AT 10AM

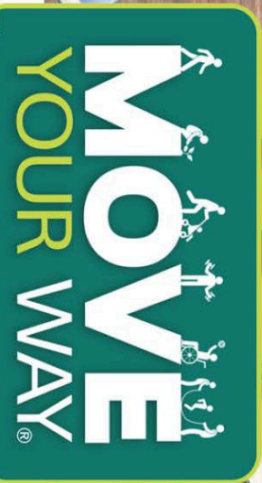
COUNTY CULTURAL ARTS CONTEST: MARCH 17TH

AREA HOMEMAKER COUNCIL MEETING: APRIL 3RD AT 5:30PM (FRANKLIN COUNTY)

save the date

97TH ANNUAL
GARRARD COUNTY HOMEMAKER
MEETING
FRIDAY JUNE 6, 2025 / 6PM

Rides Available-Call to reserve a seat!
You don't have to be a homemaker to attend!



With **B I N G O** *Ortiz*

Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

Date: April 24, 2025

Time: 10am

**Location: Franklin Co. Extension Office
101 Lakeview Court, Frankfort KY**

Please call (502) 695-9035 to register.

Registration deadline is April 17th.

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LEXINGTON, KY 40546



Disabilities and with prior notification.



Homemakers Learn Pickleball

Pickleball is fun and interactive for ALL ages and a GREAT way to move your body! Join us for a hands on explanation of how to play!



Tara's leader lesson will be available as a video on the Fort Harrod FCS YouTube OR you can join her at the Mercer County Office on March 24th to learn how to play Pickleball HANDS ON! **RSVP IS REQUIRED 859-734-4378**

3/24/2025

At 10.00AM

**Mercer County
Extension Office
1007 Lexington Road, Harrodsburg**



2025-2026 Fort Harrod Area Extension Homemakers Lesson Ballot



Please check one: Individual Ballot _____ Club Ballot, Club Name _____

Please choose the top 8 lessons you would like taught in the 2025-2026 Extension Homemaker year. Return your ballot to your County Extension Office **no later than March 30, 2025**.

Cultural Arts and Heritage

_____ **Composition in Photography** – Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

Environment, Housing, and Energy

_____ **Carbon Monoxide** – Carbon monoxide (CO) is a poisonous gas that you can't smell or see. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

_____ **Radon: A Silent Killer** – Do you know which cancer is the nation's leading cause of deaths? It may surprise you. The answer is lung cancer. And something in Kentucky homes may be contributing to the cause. Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also because of Kentucky's high radon levels.

International

_____ **Creating Welcoming Communities** - All societies experience shifts in culture, and modern America is no exception. With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

Family and Individual Development

_____ **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.

_____ Navigating Trauma After a Natural Disaster - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

Food, Nutrition, and Health

_____ Yoga-ta 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.

_____ How to Get Out of a Mealtime Rut - When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

_____ Inspiring Grandchildren to Become Grand Cooks - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

_____ Gardening Safely - Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

_____ Using your Air Fryer - 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 buying an air fryer.

_____ Planning Thrifty and Healthy Holiday Meals - Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

Leadership Development

_____The Power of Civic Engagement: Strengthening Our Communities - Ready to make a difference? In this session, we'll dive into the power of civic engagement and discover how each of us can help shape a more vibrant, inclusive community. Participants will learn about different ways they can get involved — whether through volunteering or participating in local boards and organizations. This lesson is designed to inspire action and provide tools for making a positive difference in your community.

_____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.

Management and Safety

_____Stretching Your Dollar: What to Do When the “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.

_____Understanding Your Credit Score - Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

_____Selecting Sheets - Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it’s easy to get confused. Let’s put these questions to bed and unravel the mystery of thread count, too!

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Punch Needle Embroidery 1pm and 6pm	7	8
9	10	11 Lunch & Learn 12pm and 6pm	12	13	14	15
16	17 Go-Getters Club 6pm County Cultural Arts	18 Laugh & Learn 10am	19	20 Countyside Club Garden Club 4pm	21	22
23	24 Friendly Fibers 1:30pm, Homemaker Council 6pm	25	26	27 Pickleball Viewing Party 10am	28	29
30 Leader Lesson Ballots Due to Kayla	31 Fundraiser Planning Meeting 1pm					