



October

2024

UK 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
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extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

Hello Everyone!

Fall is officially in the air, and I'm so excited! I hope you'll join in on the fun and educational events we have coming up here at the Extension Office. Remember to pay your dues if you're a returning homemaker. If you're not and you're interested in getting involved, now is the perfect time to jump in! The cost per year is \$10.

Thank you to everyone for your continued support and participation in the Garrard County FCS Extension Program. You all make my job so rewarding and exciting. Hope to see you around the community or at an event here at the office soon.

Happy October!

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

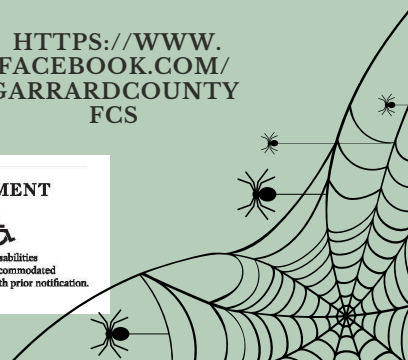


**CHECK US OUT ON
SOCIAL MEDIA!**



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

Cooperative Extension Service	MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT		
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development	<small>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</small>	<small>Disabilities accommodated with prior notification.</small>	



Upcoming Events



LUNCH AND LEARN FREE MONTHLY COOKING CLASS



NOVEMBER 12
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 2024 Food and Nutrition Calendar and explore the culture and cuisine of a new country!

**COUNTRY OF THE
MONTH: SPAIN**

**RECIPE: HEARTY
HARVEST BOWL**



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GARRARD COUNTY EXTENSION OFFICE PRESENTS:

PUMPKIN CARVING CONTEST



Pumpkin Pick-Up:
Anytime between October 9th
and October 11th, 8-4:30

Return Carved Pumpkin:
Monday, October 14th, 8-4:30

**Judging will take place at the
office on Tuesday, October
15th, and winners will be
announced after!**

Each household will receive one free fall goodie bag and one pumpkin. First come, first served. Pumpkins must be carved. 1st, 2nd and 3rd place winners will be chosen and announced on Facebook.



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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!

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!



KENTUCKY
COOPERATIVE EXTENSION

JOIN US TO LEARN HOW
TO CREATE YOUR OWN
MINIATURE GARDEN
OASIS! FROM SELECTING
THE PERFECT PLANTS, TO
ARRANGING THEM IN A
STUNNING DISPLAY, WE
HAVE IT ALL.

MAKE YOUR OWN

TERRARIUM WORKSHOP

OCTOBER 30, 2024 | 4PM
GARRARD COUNTY EXTENSION
OFFICE-1302 STANFORD RD.
LANCASTER, KY 40444

REGISTRATION FEE:

-\$25 FOR ALL SUPPLIES INCLUDING
CONTAINER

-\$20 IF YOU BRING YOUR OWN
CONTAINER

CONTACT US FOR REGISTRATION:

KAYLA.LUNSFORD@UKY.EDU



859-792-3026



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SEW A TOTE BAG

4-SESSION CLASS SERIES

INSTRUCTOR: DEBBY JORGENSEN

THIS CLASS WILL BE SELF-PACED AND OPEN-ENDED SO EVERYONE CAN FINISH WHAT THEY WANT TO MAKE. PARTICIPANTS WILL HAVE THE OPPORTUNITY TO MAKE:

- 2 STYLES OF TOTE BAGS
 - A COIN PURSE
 - A WALLET
- SEVERAL SIZES OF SMALL ZIPPERED BAGS FOR THINGS LIKE MAKE-UP, PENCILS, A SMALL FIRST AID KIT, ETC.

STUDENTS WILL NEED TO PURCHASE 100% COTTON FABRICS, ZIPPERS, AND COTTON THREAD TO MATCH. OTHER MATERIALS WILL BE PROVIDED.

A MORE DETAILED SUPPLY LIST WILL BE PROVIDED AFTER SIGN UP. PLEASE LET US KNOW IF YOU NEED TO BORROW A SEWING MACHINE FOR CLASS.

**COST OF CLASS:**
\$10



OCTOBER 3RD, 9AM-12PM
OCTOBER 10TH, 9AM-12PM
OCTOBER 17TH, 9AM-12PM
OCTOBER 24TH, 9AM-12PM

Class Limit: 6 people | Call 859-792-3026 or email kayla.lunsford@uky.edu to sign up for this class.

**LOCATED AT THE GARRARD COUNTY EXTENSION OFFICE
1302 STANFORD RD. LANCASTER, KY 40444**



FREE CLASS CANNING APPLE BUTTER

OCTOBER 8TH AT 6PM


CLASS LIMIT: 10 PEOPLE

HELD AT THE GARRARD COUNTY
EXTENSION OFFICE
1302 STANFORD RD. LANCASTER, KY 40444

PARTICIPANTS WILL LEARN THE BOILING WATER CANNING METHOD, DISCUSS SAFE FOOD PROCESSING TECHNIQUES, AND TAKE HOME A JAR OF APPLE BUTTER!

TO REGISTER, PLEASE CALL 859-792-3026
OR EMAIL [KAYLA.LUNSFORD@UKY.EDU](mailto:kayla.lunsford@uky.edu)

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Disability accommodations with prior notification.

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**KENTUCKY COOPERATIVE EXTENSION**

Acrylic Painting Workshop


October 15th at 6pm | \$5.00



Please RSVP by Oct. 12th by calling 859-792-3026 or by emailing kayla.lunsford@uky.edu
Held at the Garrard County Extension Office-1302 Stanford Rd. Lancaster
Instructor: Dante Stewart

Using acrylic paint, guests can follow along to create an original artwork based on seasonal themes. The step-by-step instruction makes painting fun for all skill levels and easy for beginners. Acrylic paint is a beginner-friendly medium, inexpensive and mixing easily with other paints or water (making experimenting with different techniques very easy).

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Disability accommodations with prior notification.



LAUGH & LEARN



MONTHLY PLAYDATE

October 22nd
10-11am

Garrard County
Extension Office
1302 Stanford Rd.

October Topic:
Pumpkins

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!

To RSVP: Please call 859-792-3026
or email Kayla.lunsford@uky.edu



Homemaker Happenings

KEHA Week 2024
October 13th-19th
Become an Olympic
Extension Homemaker



fppt.com

IN CELEBRATION OF THIS TIME, JUDGE EXECUTIVE CHRIS "ROO" ELLEMAN AND MAGISTRATES WILL BE PROCLAIMING OCTOBER 13TH-19TH, 2024 TO BE KEHA WEEK IN GARRARD COUNTY AT THE FISCAL COURT MEETING. THIS WILL TAKE PLACE ON MONDAY, OCTOBER 14TH AT 6PM ON THE 2ND FLOOR OF THE OLD COURT HOUSE. HOMEMAKERS ARE WELCOME TO ATTEND!



UPCOMING DATES

AREA ANNUAL MEETING: OCTOBER 12TH AT 10AM IN WOODFORD CO. (CALL THE GC EXTENSION OFFICE IF YOU NEED A RIDE)

HEALTHY EATING AROUND THE WORLD AREA LEADER LESSON: OCTOBER 16TH AT 11AM

COUNTRYSIDE CLUB: OCTOBER 17TH (CALL FOR MORE DETAILS)

GO-GETTER'S CLUB: OCTOBER 21ST AT 6PM AT GARRARD EXT.

NOT YO MAMA'S HOMEMAKER CLUB: OCTOBER 24TH AT 6PM (CALL FOR MORE DETAILS)

HERITAGE CRAFT CAMP-OCTOBER 25TH-26TH

IT'S TIME TO PAY DUES FOR THE 2024-2025 HOMEMAKER YEAR!

\$10 FOR THE YEAR-DUE DEC. 1

YOU CAN PAY AT THE GC EXTENSION OFFICE, OR MAIL IN YOUR CHECK AND RENEWAL FORM. RENEWAL FORM IS FOUND AT THE END OF THIS NEWSLETTER!



Healthy Eating Around the World



October 16th
11am - 1pm

Event will be held at the
Boyle County Extension Office

99 Corporate Drive
Danville, KY 40422

WE'RE GOING TO TAKE A TRIP AROUND THE GLOBE TO LEARN ABOUT DIETARY GUIDELINES FROM OTHER COUNTRIES. ALONG THE WAY, WE'LL LEARN ABOUT NEW FOODS AND WAYS OF EATING. JOIN US FOR THIS INTERACTIVE DAY OF TASTE TESTING AND FUN!

Free Program presented by the Fort Harrod Area FCS Agents - This is a Homemakers' Leader Lesson, but anyone can attend!

Please register by October 9th by calling the Boyle County Extension Office at **859-236-4484**.

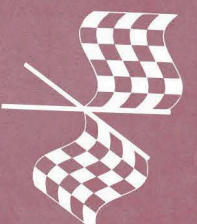
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FORT HARROD AREA ANNUAL MEETING



A Day at the Races

Come dressed in your favorite race day attire to enjoy lunch and our guest speaker, Michael Blowsen, founder of Old Friends Thoroughbred Retirement Farm.

When: October 12th, 2024, 10:00 AM
Registration begins at 9:30 AM.

Register by calling the Woodford County Extension Office.

Where: Versailles Baptist Church
125 E. Green St.

Make checks payable to: "Woodford County Extension Homemakers"

Program Cost: \$20

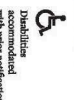
Registration Deadline: September 27th

(859) 873-4601



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Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

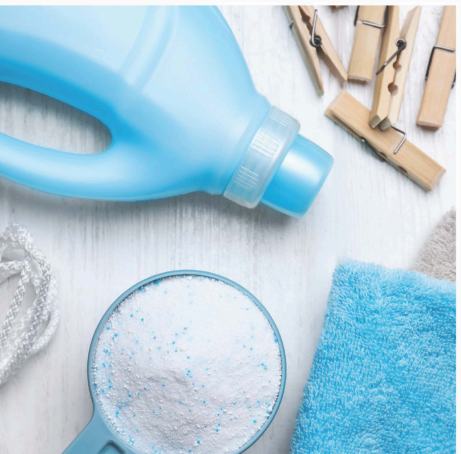
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results.

Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between laundings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips: <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>
Clothing Repair: <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmmb-147.pdf>

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University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties Cooperative

Letcher, KY 40306



Disabilities
accommodated
with prior notification



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____

County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lunch & Learn 12pm and 6pm	2 Bingocize 10am	3 Tote Bag Sewing Class 9am	4	5
6	7	8 Apple Butter Class 6pm	9 Pumpkin pick-up	10 Tote Bag Sewing Class 9am Pumpkin pick-up	11 Pumpkin pick-up	12 Area Annual Meeting in Wood- ford Co. 10am
13	14 Bingocize 10am, Homemaker Proclamation 6pm, Pumpkin drop-off	15 Acrylic Painting Class 6pm	16 Healthy Eating Around the World Seminar 11am	17 Tote Bag Sewing Class 9am Countryside Club	18	19 Village Fest in Paint Lick
20	21 Bingocize 10am Go-Getters Club 6pm	22 Laugh & Learn 10am	23 Bingocize 10am	24 Tote Bag Sewing Class 9am	25 Heritage Craft Camp	26 Heritage Craft Camp
27	28 Bingocize 10am	29	30 Bingocize 10am Make your Own Terrarium Class 4pm	31		