

April 2024

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



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

Kay Denniston

Bourbon County Extension Agent
for Family & Consumer Sciences



Please stop by and welcome our front office staff! Shelby Miles has been with us since September 2023 and Julietta Puryear will start on April 22nd. We are excited about being fully staffed again! They will welcome you with pleasant personalities and contagious smiles.

It is spring and Bourbon County Extension Homemakers are BUSY! Peter Rabbit just finished promoting March – Nutrition Awareness month with every kindergarten class in the county. Be sure to check out the pictures from each school on page 8. It was a historical year in that we had two male participants this year portraying Mr. McGregor. The family participation was exciting.

Tickets for the 87th Bourbon County Homemakers Annual Meeting are now on sale at the Extension Office. No tickets will be sold at the door. The event promises to be filled with great fun, fellowship and food. All are encouraged to participate in the Helping Hands Auction that will take place. All proceeds from the auction go toward the Homemaker Scholarship Fund. Remember to report the number of books read during the year, paying close attention to the change in categories listed on page 3. We hope to see you at this year's annual meeting.

Kay Denniston
Agent for Family Consumer Science
Karen.denniston@uky.edu

87th BOURBON COUNTY HOMEMAKERS ANNUAL MEETING



THURSDAY, APRIL 25, 2024
6:00 PM

CHURCH OF ANNIATION
PARISH HALL
1007 MAIN ST. PARIS, KY

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

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Disabilities
accommodated
with prior notification.

Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, it is still available on FB and YouTube.



Stop
by the
Extension
Office
and pick up
your
2024
calendar
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kay preparing “Lentil Sloppy Joes” or even better get your ingredients and prepare along with us. Mark your calendar April 5th at noon!



Ovarian Cancer Screening

The UK Markey Cancer Center Screening Program provides free sonographic screenings to women across Kentucky with the goal of detecting ovarian cancer in early stages. When detected early, ovarian cancer is a treatable and curable disease.

All women over the age of 50 and women over the age of 25 with a family history of ovarian cancer are eligible for free screening

For more information about UK Markey Cancer Center free screenings please call the Bourbon County Extension Office.

\$1 of every homemakers dues goes toward supporting this program.

MARKEY CANCER
CENTER

Make plans to attend the 2024 KEHA State Meeting
at Sloan Convention Center
and Holiday Inn University Plaza in Bowling Green!



May 7-9, 2024
Blazing the Way with KEHA

Leader Lesson

Savor the Flavor



BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best — fresh versus dried? How do I know when to use them? These are common questions people have about using herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

We look forward to seeing you!

April 18, 2024

6:00 pm

Bourbon County Extension Office
Call 859-987-1895 to register.
Everyone is welcome to attend if registered.



PRESIDENT'S NOTES

“Bourbon County Homemakers, let’s get started thinking outside the box!”

It is Bourbon County Homemakers Annual Meeting time! This is one of my favorite events. A time to enjoy my club as well as members of other clubs and it is always entertaining!!!!

I would like to encourage everyone to put on their creative thinking caps for donations to the Helping Hands Auction which will be held at the meeting. This is a fun activity as well as fundraiser for the Homemaker Scholarship Fund. Bidding on the creative (and beneficial) items is fun and sometimes challenging. I look forward to seeing everyone at this event. This will be my last Annual Meeting as County President.

And please do not ever forget –
We are better together Bourbon County Extension Homemakers!

Mallory Lowe
President Bourbon County Extension Homemakers



Attention all members!
Reports of books read are due April 19th!

The top “Book Readers” will be recognized in the program of the 87th Bourbon County Homemakers Annual Meeting on April 25th.

Bourbon County Homemakers encourage and promote reading at all levels. Please label your number of books in the following three categories:

- Fiction
- Non-fiction
- Children’s

The top readers in each category will be recognized.

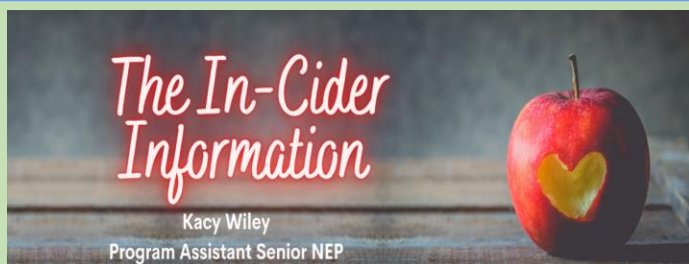


Hello Spring!

Save the Dates

April 5.....	Bourbon Bite Size Learning
April 8.....	2025 Lesson Ballots Due
April 11,18,25.....	Book Club
April 18	Leader Lesson
April 19.....	Helping Hands Auction Papers Due
April 19.....	Last Date for Annual Meeting Ticket Sales
April 25	Annual Meeting
May 7-9.....	KEHA State Meeting
May 17-25.....	Kay Out of Office
June 14 & 15.....	Horse Shows
June 24-29.....	Bourbon County Fair





Basic Budget Bites – Food Label Dates

- Use-by, best if used by, best by, best before: “Use-by” and “best” dates are often found on shelf-stable products such as ketchup, salad dressings, and peanut butter. The date tells you how long the product is likely to stay at its best quality when unopened. It is not a safety date. Check the product to gauge the quality after the date and throw away foods that have an off odor, or flavor, or do not look good.
- Sell-by: Most sell-by dates are found on foods like meat, seafood, poultry, and milk. The date is for stores to know how long they can display the item. Buy products before the sell-by date. You can still store it at home for some time beyond that date if you follow safe storage methods. Milk that has always been refrigerated will be good for about a week after you bring it home, even if the sell-by date runs out during that time.
- Expires on: The only place you are likely to see this type of date is on baby formula or baby foods. The federal government controls this dating. Always use the product before this end date.
- Stamped dates on packages: Products like bagged salad greens, bread, and precut veggies often feature a date stamped on the package. This date helps the store decide how long to leave it on the shelf. It can also help the buyer know the time limit to use the product at its best quality. It is not a safety date.

Source: Adapted from Iowa State University Extension and Outreach: Spend Smart. Eat Smart.

Kacy Wiley
Program Assistant Senior NEP

**Prevent Child Abuse
Kentucky™**

Wear Blue Day

April 5, 2024

#WearBlue4KyKids!

BIG BLUE BOOK CLUB

THE INSTANT NEW YORK TIMES BESTSELLER

Heartland

A Memoir of Working Hard and Being Broke in the Richest Country on Earth

SARAH SMARSH

WE ARE EXCITED TO READ WITH YOU THIS YEAR!

There are still two copies of the book *Heartland*, if anyone is interested in joining in on the Book Club but did not sign up. The books are first come, first basis. They are free and watch party participation starts at 11:00 am on April 11th

**All are invited to
Join us at the Extension Office
for a Watch Party
to participate in Book Club**

If you have limited or no internet access for Zoom connection, please join us each Thursday morning of Book Club to watch together and share our thoughts on the book.

Everyone is welcome – even if you have internet service but would like to enjoy in person book club with others.

Link: <https://ukfcs.net/BBBC24book1>

Earth Day 2024

Earth Day is held each year on April 22 and has been since 1970.

According to the website, www.earthday.org, this year's theme is "*Planet vs. Plastics*." The focus is to raise awareness of the health risks of plastics and the environmental impact of single-use plastics. The world's plastic problem has recently been in the news.

The Environmental Protection Agency (EPA) reminds everyone that each day should be Earth Day and that we can make daily choices to protect our environment.

Everyday steps that you can take include actions like:

- Reduce, reuse, and recycle as much as possible.
- Take your own reusable bags when shopping instead of having your items placed in plastic bags each time.
- Plant a tree.
- Save water by not leaving the water running in the sink as you brush your teeth.
- Take shorter showers to use less water.
- Install and use a rain barrel to collect rain runoff to water your lawn and landscaping.
- Drive less. Walk or ride a bike whenever possible.
- Do not run your car while parked. After a few minutes of idling, turn your car off. Save gas and eliminate car exhaust.
- Volunteer or start a community litter or trash cleanup program in your area.
- Turn the lights off when you leave a room.
- Use energy efficient lightbulbs throughout your home.
- Properly insulate your home to use less energy when heating and cooling.

By taking these steps and others, we can make choices that will contribute to a cleaner and healthier environment for all.

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2024

Know Before You Go: Travel Health

Many people make travel plans for the summer months, when the weather is warm and children are out of school. If you are planning to travel internationally, consider any additional health and safety precautions you should take based on your travel destination.

The Centers for Disease Control and Prevention provides both a list of recommended vaccinations and other preventative health measures that travelers can take. They also have specific disease information by country and region. One way the CDC notifies travelers of important health information is through Travel Health Notices (THNs). They use these notices to inform travelers about global health risks during outbreaks, special events or gatherings, and natural disasters. The CDC also gives advice about protective actions travelers can take to prevent infection or adverse health effects.

There are four different kinds, or levels of notices. Level 4 notices advise travelers to avoid a country or region entirely. Level 3 notices caution travelers to reconsider nonessential travel due to limited precautions available. Level 2 notices encourage travelers to practice enhanced precautions for this destination and describe additional precautions or specific populations at risk. Level 1 notices inform travelers of outbreaks of disease uncommon to Americans but common at their destination location and describe usual precautions for this destination.

Also, the CDC provides destination-specific information for more than 200 international travel destinations, including recommended vaccinations, a prevention guide for common diseases, and a Healthy Traveler Packing Guide specific to your destination.

For more information, and to access CDC travel health notices, visit <https://wwwnc.cdc.gov/travel/notices>

Reference: <https://wwwnc.cdc.gov/travel/notices>

Source: Katherine Jury, Extension specialist for family health



2024 BOURBON COUNTY HORSE SHOWS

Homemakers and clubs,

Another year has rolled around, and we are preparing for the 2024 Fair and Horse Show. The hospitality tent is instrumental in the success of the Horse Shows. First, I want to THANK everyone that has worked or prepared food for the hospitality tent in previous years. To serve the people better, there are some changes in the program.

This year I need eight (8) dozen cookies from each club. Any kind of cookie is fine, but if you put nuts of any kind in the cookies or sandwich fixings the packages must indicate that nuts are in the product. We will be needing sandwich fixings such as pimento cheese, chicken salad, ham salad, olive nut, cucumber etc. Please sign up for the fixings that you can provide and if you change item or are unable to prepare item, please contact me at 859-707-7189 so that we can plan accordingly. Country ham, city ham, sliced cheese, buns and bread will not be needed as they will be furnished both evenings.

The starting time for serving will be earlier this year. The first shift of workers will be 4-8 pm. This shift will set up tables, get food ready and start the serving. The second shift will work 8pm-closing and will help with closing and packing up for the night.

I know it is early in the year to be thinking about June and the Horse Shows, but it is almost here, and we must plan and be prepared. If you or your club has any questions, please call me at 859-707-7189. If there is no answer leave a message and I will return your call.

Thank you for all your assistance with making the Horse Show Hospitality Booth successful!

Connie Vaughn
Hospitality Chair

Friday, June 14th Horse Show

NAME	PHONE	COOKIES	SANDWICH FIXINGS	4-8 PM	8PM-CLOSING

Saturday, June 15th Horse Show

NAME	PHONE	COOKIES	SANDWICH FIXINGS	4-8 PM	8PM-CLOSING

PARENT

HEALTH BULLETIN



APRIL 2024

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

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 987-1895

THIS MONTH'S TOPIC EYE SAFETY FOR EVERYONE



Your child's eye health affects how well they can see, learn, and enjoy life. You can help protect your child's eyes and their developing vision by making healthy choices with their eyes in mind. The Centers for Disease Control and Prevention recommends the following as ways to protect and maintain eye health for kids.

- **Eat well:** Vegetables and fruit contain minerals and vitamins your kids need for healthy eyes and vision. Eating a wide variety of fruits and vegetables helps kids get the amount of vitamins that they need. Encourage your family to "eat the rainbow" by including different colors of fruits and vegetables in their meals each day.

Continued on the next page →

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Lexington, KY 40506

Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.

Continued from the previous page

- **Limit screen time:** Limit screen time each day to 30 minutes or less of non-educational screen time. Also, have your child take frequent breaks when using any type of digital device. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities that need concentration, such as drawing, writing, and reading.
- **Get enough sleep:** Our bodies, including our eyes, require sleep to heal and recharge. Not getting enough sleep can keep your child's eyes from healing from everyday eye strain and irritants. They need time to heal from allergens, pollutants, and dry air.



- **Spend time outdoors:** Many children spend hours each day doing near-vision activities, such as reading, writing, and using computers or tablets. Just like other muscles in the body, our eye muscles need time to relax. Going outside allows children's eyes to look at objects in the distance, which gives them a break. Playing outdoors also helps kids be physically active, improve coordination, and get essential vitamin D from the sun.

- **Wear sunglasses:** Protect your eyes from the sun while enjoying the health benefits of spending time outdoors. Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.

- **Use protective eyewear:** You can prevent most eye injuries by wearing protective eyewear, such as glasses or goggles, if your child is involved in sports or other activities, make sure they protect their eyes to avoid serious injury.

- **Get regular exams:** Eye screenings are a part of regular well-child exams. Your child's doctor will continue to check their vision through each stage of development. Based on your child's screening and family history, your child's doctor may recommend a formal eye exam by an optometrist, a doctor who specializes in eye care.

You can treat common eye discomforts by rinsing out the eyes with water or applying a cold compress, but always consult a doctor if you think your child's eyes may be injured. If your child gets chemicals in their eye, such as cleaner or battery acid, begin flushing it out immediately for 10 minutes. Follow up immediately with a doctor. If a large object gets stuck in your child's eye, such as a stick or pencil, do not try to pull it out. Get medical help immediately to reduce the amount of trauma to the eye and socket.

REFERENCE:
<https://www.cdc.gov/eyehealth/resources/features/vision-health-children.html>

ADULT HEALTH BULLETIN
Written by:
Katherine Jung, MS
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Designed by: Ruthy Malinova
Stock image:
Adobe Stock

PETER RABBIT GOES TO SCHOOLS

March - Nutrition Month 2024



North Middletown



Cane Ridge



St Mary



Paris



Thanks to all cast members:

- Eric Horine
- Sadie Horine
- Elizabeth Rankin
- Jim Rankin
- Emily Kucela
- Julie Ferrell
- Peggy Tracy

Bourbon Central



Bourbon Christian



NEXT PERFORMANCE MARCH 2025

2024 - 2025 Bluegrass Area Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.
Return to the Extension Office no later than April 8, 2024.

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 have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

Creating Welcoming Communities

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? 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.

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. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. 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 purchasing an air fryer.

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.

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 can be used 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.

Understanding Your Credit Scores

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

Understanding Medicare and Medicaid

Understanding the [in](#) and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the [best informed](#) decision of what is the best option and plan for you.

Savy Online Grocery Shopping

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.

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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.



COOPERATIVE EXTENSION



2024

**BOURBON EXTENSION
HOMEMAKERS**

"HELPING HANDS" AUCTION

Item/Service Donated:

(please describe and identify any restrictions)



Donated by:

----- Club

Contact Information:

Name -----

Phone -----

Email -----

All proceeds go to

Bourbon County Homemakers Scholarship Fund

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

DIRECTIONS FOR HELPING HANDS AUCTION

The Helping Hands Auction has successfully funded EIGHT \$1,000 scholarships over the last eight years - even the two years without a "Helping Hands" Auction!

Let's have some fun with it AND make some money too!

- Pick a service (or item) that you are willing to share or teach another homemaker.
 - Complete the other side of this certificate.
- Return to the Extension Office by April 19th There will be no auction certificates accepted after that date.
- A list will then be compiled of all certificates received and handed out at registration the night of the meeting
 - Decide what service you or your club would enjoy purchasing.
 - Bid, bid, bid!
 - SOLD to top bidder.
 - Buyer will receive certificate with information to contact seller to schedule time to carry out service.

Each club has at least one marketable service to offer. Hopefully the larger clubs will have more than one.

Extra benefit—While having fun offering this service you will get to know fellow homemakers that are not in your club!

If you have questions, do not hesitate to call the Extension office for clarification!

859-987-1895

Get the certificates in early this year as the number of services/items being sold is being limited to shorten the length of the live auction.