

NEWSLETTER



MAY 2025



BOURBON COUNTY'S OWN BIG RED

Bourbon County's own Secretariat! He was the ninth winner of the American Triple Crown. He set the fastest time record in all three races. Fifty-two years later that record has not been broken. Bourbon County fans loved his spirit and were not surprised that upon his death it was discovered that his heart was almost three times the size of an average Thoroughbred's. Truly a horse with a big heart.



NOTHING LIKE DERBY TIME IN KENTUCKY!

May is often seen as the gateway to summer and is filled with special family celebrations—Derby events, Mother's Day, graduations, Memorial Day, vacations, birthdays, and time with friends. Take time to enjoy each moment, prioritize self-care, and rejuvenate. Bourbon County FCS also offers a variety of fun and educational activities this month—check the dates in this newsletter and mark your calendar. Most importantly, stay safe and enjoy the season!



Living with Alpha-gal Syndrome

Thursday,
May 29th
6-8:30pm

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension. We will create alpha-gal friendly recipes and watch a statewide webinar.

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

Call (859) 987-1895 or email bourbon.ext@uky.edu to register!

Bourbon County Cooperative Extension
603 Millersburg Road
Paris, KY | 40361

Cooperative Extension Service



AGS affects up to 450,000 people in US*

HOW MUCH DO YOU KNOW (OR NOT KNOW)

- Symptoms?
- Treatment?
- Prevention?
- Diagnosis?

Let's learn together—join us May 29 for evidence-based info you can count on!

AGS friendly recipes will be available for sampling at 6:00 pm

MULTI PROGRAM AREA EVENT

*ACCORDING TO CDC

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.

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



BASIC BUDGET BITES

Finding the best buy on food

Finding the best deal on food is a skill you can learn with a bit of practice.

The first step starts with the price tag. Each price tag on the front edge of the grocery shelf shows helpful tips. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart, etc.) between two items. Look for the lowest price per unit. You can use the unit price to compare brands and sizes to figure out which one costs less.



- **Buy in bulk.** It is almost always cheaper to buy food in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. You can also buy



grains, such as brown rice, millet, barley, and oats, in bulk. Beans, lentils, some nuts, and dried fruit come in bulk. Buy fresh, low-fat milk, yogurt, and cheese in the largest size you can use before it spoils. Larger sizes often cost less per unit than smaller ones.

Before you shop, check to make sure you have enough freezer space. You can buy canned or frozen fruits or vegetables in large amounts when they are on sale.

- **Buy in season.** Fruits and vegetables that are in season are often cheaper and fresher. If you buy too much, you can freeze the rest or add it into future meal plans. Farmers' markets always carry what is in season. When you can't buy in season, buy frozen. Frozen produce is just as healthy, and you can buy it at any time during the year.

- **Stay away from convenience foods.** Convenience foods like frozen dinners, frozen veggies with added sauces or butter, pre-cut vegetables, pre-bagged salad mixes, flavored rice, oatmeal, or grits will cost you more. The better buy is to prepare your own. Pre-cut, pre-washed, ready-to-eat, and processed foods are handy, but often cost much more.

- **Stock up during sales.** When products you use are on sale, stock up to save money. Make sure the products won't go out of date before you have time to use them. It won't save you money if you end up throwing it out later.

Source: Adapted from Finding the Best Deal on Food | Kentucky Nutrition Education Program (planeatmove.com)



Cooperative Extension Service

COOKING THROUGH THE Calendar

Bourbon Bite Size Learning

May 2nd at Noon

Bourbon County FCS

Facebook Page

For more information about the NEP calendars or program contact the Bourbon County Extension Office 603 Millersburg Road Paris, KY 40361

May 9th featured recipe:

"Banana Pancakes"



Save the Date

May 4.....Kentucky Derby
May 5.....Button Class
May 6-8.....KEHA State Annual Meeting
May 12.....Wreath Fabric Cutting
May 13.....COUNCIL MEETING
May 20-21.....Rug Class
May 22.....Fabric Wreath Sewing
May 27.....Fabric Wreath Assembly
May 29.....Alpha Gal Syndrome Program
June 20 & 21.....Horse Show Hospitality Tent
June 23-28.....Bourbon County Fair



NOTICE OF OFFICE CLOSURE

The Bourbon County
Extension Office
will be **closed**
Monday, May 26
for Memorial Day



PRESIDENT'S NOTES

In 1557 Thomas Tusser, an English poet, wrote a poem from which the saying "April showers bring May flowers" probably originated. If that saying holds true then May should be a marvelous bouquet!

Once again, I want to take my space in our newsletter to thank those who have made April Homemaker activities possible. Those who organized and participated in the Shred-It event, the Ovarian Cancer luncheon making it possible for the county to contribute to the cancer foundation and all the committees that have held meetings this month in preparation of upcoming events. May will be an active month for homemakers so please take the time to read, sign-up and participate in the classes and activities mentioned in this newsletter. Those who organize these classes spend lots of time and energy to make them available for us so please consider participating.

As the quote mentioned above relates to the anticipated flowers of May it also conveys the idea that hardships and adversity can lead to positive outcomes. It is a reminder that difficult periods are not permanent and can be followed by good times. So, keep planning, participating and be involved in homemaker activities.

**"ALONE WE CAN DO SO LITTLE,
TOGETHER WE CAN DO SO
MUCH"**
HELEN KELLER

Elizabeth B Rankin
Bourbon County
Homemaker Presidnet



Make plans to attend the 2025
State Meeting
at Hyatt Regency Lexington
401 West High Street, Lexington!
May 6-8, 2025





BUTTON CLASS

Learn to sew on various types of buttons and create a piece of art!

After sewing on different types of buttons, the design will be filled in with fabric coloring pencils.

May 5th, 2025
3:00am- 5:30pm

Fun for all ages!
Free of charge

Please call to RSVP at (859) 987- 1895

Bourbon County Extension Office - 603 Millersburg Rd.
Paris, KY. 40361



FREE

FABRIC WREATH CLASS

May 12th, 2025
Cutting with Kay time allotted from 4pm-6pm

May 22nd, 2025
Sewing with Kay time allotted from 4pm-6pm

May 27th, 2025
4:00pm- 6:00pm
Wreath Assembly with Kathy Previs

Supplies Needed:

- Sewing machine- Up to 10 reservable at the extension office.
- Assorted Fabrics- If using fat quarters will need up to 10
- 1/2 a yard of muslin for wrapping the Styrofoam wreath circle
- 14" Styrofoam wreath circle

PLEASE CALL TO RSVP YOUR SPOT

Bourbon County Extension Office:
(859) 987- 1895



SEWN RUG CLASS

Come learn to sew fabric into a fabulous rug!

Participants will also need the following:

- One Jelly Roll (fabric- 40 2.5x 40" strips. If you are cutting your own fabric instead of a jelly roll. It MUST be cut before class.
- 5 spools of thread
- Sewing Machine
- Walking Foot for Machine

May 20th & 21st
9:00am- 4:00pm

Cost- \$32
Includes a special tool and batting for each participant.

Limited to 10 Spots- Please call to RSVP at (859) 987- 1895

MENTAL HEALTH AWARENESS MONTH

Dr. Natese Dockery, Assistant Clinical Professor & Extension Specialist, Mental Health & Well-being

With so much talk about mental health, there are many people who do not fully understand what mental health is, the right language to use when talking about mental illness, or where to go when they or others need mental health help. May is mental health awareness month. It is the perfect time to talk about mental health and ending mental health stigmas.

What is mental health? According to the Substance Abuse and Mental Health Services Administration (SAMHSA), mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps decide how we handle stress, relate to others, and make choices.

What is mental illness? Mental Illness refers to mental health disorders, such as depression, anxiety disorders, and stress-related disorders. These disorders negatively affect how we feel, think, and act.

How can we end the mental health stigma? Before we can end mental health stigma, there are a few things that we must do:

- Educate ourselves on mental health, signs of mental illness, and where we can go for help.
- Talk openly about mental health and mental illness.
- Be aware of the language we use.
- Keep in mind that mental health is just as important as physical health.
- Show kindness toward those who are experiencing mental illness.

Where can we go when we need mental health help?

There are several places where people can seek mental health help. Websites such as psychologyToday.com and [Your paragraph text](#) are great starting points. If you are in crisis, you can contact the Suicide and Crisis Lifeline at 988.

GARDEN YOUR WAY TO BETTER HEALTH

Monica Mundy, Extension Specialist for Community and Family Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It does not matter how old you are. It is a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

1. **Burning Calories:** Gardening can burn 200-400 calories an hour, based on how hard you work.
2. **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
3. **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.
4. **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
5. **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.



THE PARIS FARMERS MARKET A LOCAL TREASURE ROOTED IN COMMUNITY

Nestled in the heart of Paris, Kentucky, the Paris Farmers Market has grown into a vibrant centerpiece for local food, artisan goods, and community connection. Since 2016, the market has been managed by Toni Wells, a longtime resident and devoted advocate for education, wellness, and local agriculture.

Toni has worked in the Paris community since 1974, with a 25-year career in the Bourbon County Schools' Head Start program, where she was known for her dedication to early childhood education. After retiring from the school system, she brought that same commitment to service when she took the reins of the Farmers Market. Her leadership has helped turn the Market into a flourishing space that highlights the best of what local producers have to offer.

The Paris Farmers Market is not just a place to buy fresh food—it's a collaborative, community-driven effort. Governed by a board of directors, the market also empowers its vendors by involving them directly in key decision-making processes. This unique structure ensures that the market stays rooted in the values of fairness, transparency, and local support.

Working alongside Toni is Amanda Sparks. Together, they coordinate weekly market operations, oversee special events, and manage the City Barn, a rental space that supports both private functions and community programming.

Under their leadership, the Market offers local goods—from fresh produce and farm-raised meats to handmade crafts and homegrown eggs. Shoppers know that every dollar spent supports neighbors, families, and small businesses in Bourbon County and surrounding areas.

The Paris Farmers Market continues to thrive thanks to the dedication of its staff, the guidance of its board, and the passion of its vendors. With Toni Wells at the helm, the market has become more than a place to shop—it's a place to connect, learn, and grow together as a community.

Plan to make a visit soon to the Paris Farmers Market and be sure to thank them for their support when using your Shop Local Card!



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

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

THIS MONTH'S TOPIC:

BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read <https://ukfcs.net/TravelingMeals>.

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

Cooperative Extension Service

priority and Natural Resources
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MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40546



Disability
accommodations
with prior notice

AVOID TRAVEL SCAMS

Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-in-you-travel>. Common travel scams are travel deals, pressuring you to make quick decisions, or asking for money by wire transfer if cards. Book your travel with reputable companies, be careful of unexpected requests, stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventures/index.html>

MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenagers to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

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Edited by: Nichole Huff and Alyssa Simms | Designed by: Keri Thompson | Images by: Adobe Stock

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

PLEASE REVIEW AND SIGN UP FOR 2025-2026 EXTENSION HOMEMAKERS LESSONS

Return to the Extension Office by August 1, 2025 and remember to keep one copy for your club records.

September Lesson	"Laughter is a Must in Marriage" Shonda Johnston	August 21 ,2025 – 6:00 pm
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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.

Name	Email:	Phone #
1.		
2.		
October Lesson	"Blackstone Grilling" Maranda Brooks	September 25, 2025 – 6:00 pm

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!

Name	Email:	Phone #
1.		
2.		
November Lesson	"Stretching Your Dollar" Ashley Vice	October 30, 2025 – 6:00 pm

"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.

Name	Email:	Phone #
1.		
2.		
January Lesson	"Yoga Try This" Shelley Meyer	November 18, 2025 – 10:00 am

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.

Name	Email:	Phone #
1.		
2.		

February Lesson	"Mastering Mindfulness" Alivia Stephens	January 22, 2025 – 10:00 am
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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.

Name	Email:	Phone #
1.		
2.		
March Lesson	"Building a Better Bowl" Caroline McMahan	February 25, 2025 – 10:00 am

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.

Name	Email:	Phone #
1.		
2.		
April Lesson	"Mental Health Matters" Jessica Hunley	March 10, 2025 – 10:00 am

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.

Name	Email:	Phone #
1.		
2.		
May Lesson	"The Big Freeze" Shelley Meyer	April 21, 2025 – 6:00 pm

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.

Name	Email:	Phone #
1.		
2.		

ADULT

HEALTH BULLETIN

MAY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://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

TICK PROBLEM PREVENTION

Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters . . . ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page



Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
- If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.

- Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>

- Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
- It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
- Do a tick check on your pets too.
- Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
- Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a "tick kit" with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK's Tick Submission Program: <https://entomology.ca.ukv.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don't let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating "bite safe" spaces around your home, check out UK's Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK's From the Woods Today series, episodes 212 and 214.

- **Episode 212:** https://youtu.be/pr2_iPdndI?si=z1u72TXK556QQAOL
- **Episode 214:** <https://youtu.be/DNTXXDIGA4?si=F-EsaDdTMW-XFdUT>

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Assistant Professor, Dept. of Entomology

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Designed by: Rusty Manseau

Stock images: Adobe Stock



2025 Bourbon County Horse Show Hospitality Tent



Homemakers,

Another year has rolled around, and we are preparing for the 2025 Fair and Horse Show session. 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.

This year I need seven (7) 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 workers time will be like last 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. Please return forms to the Extension Office or to me, so I can plan accordingly. Items can be brought to the Extension Office on Friday the 20th by 4:00 pm.

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

Connie Vaughn
Hospitality Chair

Friday, June 20th Horse Show

Name	Phone	Cookies	Sandwich Fixings	4-8 PM	8-Closing

Saturday, June 21st Horse Show

Name	Phone	Cookies	Sandwich Fixings	4-8 PM	8-Closing