

FAMILY & CONSUMER SCIENCES/BOURBON
COUNTY EXTENSION HOMEMAKERS

NEWSLETTER



Kay Deniniston
Bourbon County Extension Agent
for Family & Consumer Sciences

UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Cooperative Extension Service
Bourbon County
603 Millersburg Rd
Paris, KY 40361
(859) 987-1895
Fax: (859) 987-3120
bourbon.ca.uky.edu



Bourbon County Fair was a success!

There were close to 800 entries in Exhibit Hall. The picture to the right is the “Best of Bourbon County” exhibits for the 2025 year.

From the Agent

Summer always seems to fly by! As we wrap up a busy season, I want to extend a sincere thank you to everyone who helped make the 2025 Bourbon County Fair and Horse Show a success. Your time, energy, and support are greatly appreciated.

We’re kicking off the new Homemaker year with an active planning session, and there’s so much to look forward to! Leader trainings begin in August, so be sure to sign up for any topics that interest you.

Mark your calendar for the Cultural Arts Fair on October 2nd—a great opportunity to showcase your skills and talents! We encourage you to bring any items you’ve created over the past two years.

With school back in session, our Homemakers stepped up to prepare back-to-school packets for students in several local elementary schools—thank you for your continued community involvement!

Be sure to check out the newsletter for upcoming activities and save the dates. We’re looking forward to an exciting and enriching 2025–2026 year.

And remember: if you have any suggestions, needs, or requests—please share them with us! We want to offer programming that meets the needs of our members and community, but we can’t do that without your input.

Kay Deniniston

Bourbon County
Family & Consumer Sciences Agent





2025-26 Bourbon County Extension Homemakers Council

OFFICERS

President.....Elizabeth Rankin
Vice President.....Shelby Kissick
Secretary.....Chantel Langfels
Treasurer.....Lee Ann Stipp

CHAIRS

Cultural Arts & Heritage.....Linda Ramage
Environment, Housing & Energy.....Julie Ferrell
Family & Individual Development.....Judy Roberts
Food Nutrition & Health.....Mallory Lowe
Sarah

Handman
International.....Susan Harris
4-H Youth Development.....Celia Tock
Leadership Development.....Patty Caswell
Management & Safety.....Lynn Cloyd
Publicity/Marketing.....Emily Kucela
Brenda Mason

CLUB PRESIDENTS

Bourbon Belles.....Katie Kinsel
Mallory Lowe
Country Friends.....
Ewalt.....Brandi McCarthy
Lazy Daisy.....Ann Davis McClain
Lynnwood.....Bonnie Sousley
Silver Belles.....Kay Bridges
Janet Compton
Village Square.....Connie Vaughn



Bourbon County Extension Homemakers:

Time to pay your dues!

Don't miss out!
Mail in or drop off **\$10 dues**
to the Bourbon County
Extension Office
November 1, 2025


Time to Renew

County Fair Homemakers Exhibit Winners

1st Place with 21 entries
Connie Vaughn - \$75

2nd Place with 13 entries
Rebecca Lawyer - \$50

3rd Place with 11 entries
Veda Miracle - \$25

Cooperative Extension Service
Bourbon County

Join us for an evening of food, stories, & community

VOICES GROWN

Bring the family and enjoy locally sourced appetizers & celebrate the stories of minority farmers in our community.

6 PM - 7:30 PM
TUESDAY, JULY 22 | 2025
Paris-Bourbon County Library

Presented by intern, Lexi Robin
Come and go as you please. While you eat, explore local black history and learn about the powerful stories of underrepresented growers in our region-past & present-through photos, quotes, and community voices featured throughout the space.

Lexi Robin Summer Intern Voices Grown Project





President's Notes

Summer is flying by! Fairs, vacations, VBS, heat, and humidity have all left us breathless at times. A big thank you to everyone who helped with the Bourbon County Fair in any way! I won't try to name names—I'd be sure to leave someone out—but please know how much your help was appreciated.

Now, I want to issue a challenge to every Homemaker Club member and Mailbox Member: Enter at least one item in the Bourbon County Fair next year! Start thinking now about what you can create, bake, grow, or sew to take part in this fun tradition.

I can hardly believe my first year as president has come and gone. As we look toward the upcoming year, we're already planning new activities and events. One exciting addition is a new Caregiver Support Group.

If you're a caregiver—or know someone who is—we invite you to join us on August 18th at 6:00 PM Fellowship Hall, Central Baptist Church.

We'll be discussing potential topics and would love to hear what would be most helpful to you. Support groups are one of the best ways to deal with the emotional and physical challenges that caregiving brings. Please help us spread the word about this important new group.

As we schedule more Homemaker activities for the year ahead, we need your ideas. If there's a class, topic, or service you'd like to see offered, please let me or Kay know. Your input helps us grow and continue supporting our community and families through meaningful, educational programming.

I look forward to seeing everyone at the Annual Meeting!

Elizabeth Rankin

President Bourbon County
Extension Homemakers

"Alone we can do so little, together we can do so much."
Helen Keller



Calendar of Events

August 5.....Homemakers Annual Meeting
August 9.....POP Club/Farmer's Mkt
August 11-12.....Kay at KY State Fair
August 14-24.....KY State Fair
August 18.....Caregiver Support Group
August 21.....Leader Lesson
September 1.....Labor Day/Office Closed
September 4-5.....Recipe for Life
September 13.....POP Club/Farmer's Mkt
September 22.....Cultural Arts Chair Training
September 23.....Farm Field Day
October 1.....Bo Co Cultural Arts Fair Entries
October 2.....Bo Co Cultural Arts Fair
October 2.....Homemaker Council Mtg
October 12-18.....KEHA Week
October 17..Bluegrass Area Homemaker Mtg
October 20-24.....Kay at NEAFCS
October 27.....Management/Safety Chairs
October 30.....Leader Lesson
November 1.....2025 Memberships Due



 Martin-Gatton
College of Agriculture,
Food and Environment

CAREGIVER SUPPORT GROUP

MONDAY, AUGUST 18TH AT 6:00PM

Please join us for our next meeting to help plan topics for the coming months. We need to know your needs. Also help us name our group! Light refreshments will be provided. Hope to see you there.

CENTRAL BAPTIST CHURCH FELLOWSHIP ROOM
829 High St. Paris, Ky. 40361

Cooperative
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



September 1st
Bourbon County
Extension Office
CLOSED



The Mediterranean Diet is the best diet of 2025

Each year, U.S. News ranks the best diets. A team of medical and nutrition experts looks at different diets and decides how healthy they are. They check whether the diet has the right balance of nutrients, whether it is safe, how easy it is to follow long-term, and if the diet really works. The diets on the list are backed by science and can help manage weight long-term while providing your body with the nutrition it needs and supporting overall health and well-being. Year after year, the Mediterranean Diet ranks first on the list.

There is not one standard Mediterranean diet. The Mediterranean Diet is based on the eating patterns of people who live in countries around the Mediterranean Sea. These 16 countries have different cultures, religions, and ways of living, but their diets share some common ideas. These include:

- Eat a variety of foods from plants like fruits, vegetables, and grains (like bread, potatoes, beans, nuts, and seeds).
- Eat dairy, eggs, fish, and poultry in small amounts and prepare them in a variety of ways.
- Reduce how often you eat red meat.
- Use olive oil as a main source of fat.
- Enjoy wine in small amounts with meals, if desired.

The Mediterranean Diet is a way to modify your eating pattern to support your health. It has similarities to MyPlate, which represents the Dietary Guidelines the U.S. Department of Agriculture sets. MyPlate suggests these main ideas:

- Focusing on whole fruits,
- Varying your veggies,
- Making half your grains whole grains,
- Varying your protein routine,
- Moving to low-fat or fat-free dairy milk or yogurt, and
- Drinking and eating less sodium, saturated fat, and added sugars.

The Mediterranean Diet follows these ideas, too. For example, eating a variety of plant foods includes focusing on whole fruits, eating a variety of vegetables, and choosing whole grains. The typical Western diet is heavy on meat, so varying your protein routine can include adding dairy, eggs, fish, and poultry. And by reducing how often red meat is in a meal, eating or drinking low-fat or fat-free dairy, and using olive oil, we can reduce the saturated fat in our diet.

The Mediterranean Diet is a heart-healthy way to eat that can support weight management while providing your body with the nutrition it needs. This is why experts vote it as the best diet. But it is not the only way to eat healthy. Following the nutrition guidance that makes up MyPlate and many of the top diets on the list of Best Diets for 2025 can meet your goals in a flexible way

Source: Anna Cason, Senior Extension Associate for Food and Nutrition



National Immunization Month (August)

Vaccines, also called shots, are important because they help protect us from serious diseases. When we get vaccinated, our bodies learn to fight off illnesses without us getting sick first. This keeps us healthy and stops diseases from spreading to others. Getting vaccinated on time is important. Vaccines work best when we get them at certain ages. By following the recommended schedule, we stay protected from diseases like measles, whooping cough, and chickenpox. If we miss a shot, we might not be fully protected.

Vaccines are safe. Before a vaccine is given to people, scientists test it carefully to make sure it's safe and works well. Sometimes, after getting a shot, we might feel a little sore or have a mild fever, but these side effects usually go away quickly.

By getting vaccinated, we're not just protecting ourselves but also those around us. Some people can't get certain vaccines because of their health, so when we're vaccinated, it helps stop the spread of diseases and keeps everyone safer.

Remember, vaccines are a simple and effective way to stay healthy and help others stay healthy too.



RECIPES FOR LIFE

- ✓ Kitchen Safety
- ✓ Measuring
- ✓ Meal Preparation
- ✓ MyPlate
- ✓ Cross-contamination

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September 4th & 5th

Volunteers Needed

Session 1 Thursday Noon-2:00	Session 3 Friday Noon-2:00
Session 2 Friday 8:30-11:30	

To volunteer or to request additional information call the Extension Office at 859-987-1895

POP CLUB

NEW!
THIS YEAR
PARTICIPATING KIDS
CAN RECEIVE UP TO
\$6 IN POP TOKENS
EACH WEEK

**2ND SATURDAYS IN
AUGUST
SEPTEMBER**

AGES
9AM-1PM

EARN AN ORANGE TOKEN (\$2) FOR PARTICIPATING IN THE PHYSICAL ACTIVITY

EARN A GREEN TOKEN (\$2) FOR TASTE TESTING A NEW HEALTHY SNACK

EARN A PURPLE TOKEN (\$2) FOR PARTICIPATING IN THE ACTIVITY OF THE WEEK

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Bourbon County Cultural Arts Fair

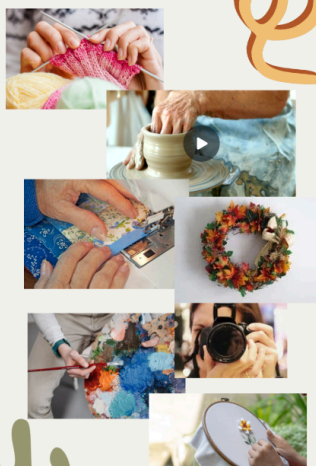
October 2nd
Entries due October 1st

SHOWCASE HOMEMAKER TALENTS

Winners advance to
Bluegrass Area Cultural Arts
October 17

Every member is eligible to enter.
Not a member? Ask about joining!

For More Information :
Call or text Linda Ramage 859-707-7185
Call Extension Office 859-987-1895



Laughter is a Must in Marriage

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.

Join us August 21st, 6:00 pm
Bourbon County Extension Office

The lesson will:

- test your knowledge on laughter
- identify short & long term benefits of laughter
- explore what keeps us from laughing with spouse
- share ways to increase laughter in your relationship

Everyone is welcome.
Please RSVP



NATIONAL EMERGENCY MANAGEMENT AWARENESS MONTH

The International Association of Emergency Managers is excited to announce
AUGUST 2025 is the inaugural National Emergency Management Awareness Month!

This is the perfect time to
check out all the emergency
items in the home to make sure
everything is up to date. If you
do not have an emergency kit,
now may the time to create
one. Stay safe!



- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt



Air Fried Okra Tots with Tangy Dipping Sauce



Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.

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.		

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

1.	Name	Email:	Phone #
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.

1.	Name	Email:	Phone #
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.

1.	Name	Email:	Phone #
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.

1.	Name	Email:	Phone #