

March 2024

# Newsletter



FAMILY & CONSUMER SCIENCES  
BOURBON COUNTY EXTENSION HOMEMAKERS



*Kay Denniston*

Bourbon County Extension Agent  
for Family & Consumer Sciences



Cooperative Extension Service  
Bourbon County  
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## AGENT'S CORNER

Looking forward to a 2025 spring and hoping it is finally here, bringing with it longer days, fresh blooms, and a renewed sense of energy! As we welcome this vibrant season, we're excited to share a variety of upcoming activities and events happening with FCS programming, Bourbon County Homemakers and in our community. Be sure to check out this month's newsletter for all the details—there's something for everyone! If you have questions or need more detailed information call 859-987-1895. Mark your calendars and don't miss out on the wonderful opportunities ahead.

Take special note of the ballot for the 2026-27 Homemakers Lessons. This ballot is the last two pages of newsletter. This is your opportunity to share input.

Wishing you all a joyful and lucky St. Patrick's Day! May your days be filled with good fortune, laughter, and plenty of green!

I'll leave you with this Irish blessing:

"May your troubles be less, your blessings be more, and nothing but happiness come through your door."

*Kay Denniston*

Family & Consumer Sciences Agent  
Bourbon County

Martin-Gatton College of Agriculture, Food and Environment

Event sponsored by  
Bourbon County Homemakers  
and First Christian Church

**Free Community Event!**

# Shred Day

April 19th  
First Christian Church  
911 High Street  
10am-11:30am

For additional questions please call 859-987-1895.  
*All paper is shredded onsite*

Paper Products Only!  
No hard bound books

Please join us in welcoming

## Levi Broeking

as the Bourbon County  
4-H & Youth Development Agent!

Drop by for a  
welcome reception on  
Monday, March 17th,  
between 3:30-5:30 p.m. at  
the Bourbon County  
Extension Office,  
to meet Levi!

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Cooperative Extension Service

**MY OLD KENTUCKY ROAD TRIP**  
HISTORIC DESTINATIONS & NATURAL WONDERS

CAMERON M. LUDWICK & BLAIR THOMAS HESS  
PHOTOGRAPHY BY ELLIOTT HESS

## BIG BLUE BOOK CLUB

**Big Blue Book Club** is going on the road, to visit off-the-beaten path locations across Kentucky. The first session features the books authors, Cameron Ludwick and Blair Hess, sharing their favorite Kentucky destinations and a presentation about the Kentucky Historical Marker Program. This session will be **LIVE** at the Thomas D. Clark History Museum in Frankfort on **March 13 at 11 am** and available via Zoom. The remaining five **LIVE** sessions will be recorded.

Visit the **NEW Big Blue Book Club Website** to register:  
<https://ukfcs.net/BigBlueBookClub>

**TO OUR FELLOW PROUD KENTUCKIANS - YOUNG AND OLD, NATIVE AND TRANSPLANT - WHO HAVE NOT YET BEGUN TO EXPLORE THE GREAT BLUEGRASS STATE. WE ARE HONORED TO BE YOUR TOUR GUIDES ON THIS EXTRAORDINARY JOURNEY**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

**BOURBON COUNTY HOMEMAKERS**  
PRESENTS  
**OVARIAN CANCER LUNCHEON**

**SPEAKER CHERI HAUBER**  
FROM OVARIAN AWARENESS OF KENTUCKY

**BOX LUNCH**  
**COST \$12**

**ALL PROCEEDS WILL BE DONATED TO OVARIAN CANCER RESEARCH**

**APRIL 23, 2025**  
**12 PM**  
**ST PETERS EPISCOPAL CHURCH**  
**311 HIGH ST. PARIS, KY 40361**

**RSVP BY APRIL 17TH TO BOURBON COUNTY EXTENSION**  
**859-987-1895**



### Calling all homemakers!

**Bourbon County Homemakers are challenged to help raise money for 4H camp for 2025!**

**Congratulations to Country Friends Homemaker for donating a total of**

**\$630**

**for 4-H Camp Scholarships**

**Thanks to everyone that participated.**

**Total donations**

**\$730**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

Save the Date



- March 1.....Farm Machinery Auction
- March 3-5.....Extension Conference-Agents Out
- March 13.....Big Blue Book Club
- March 17.....Levi Broeking Welcome Reception
- March 19.....Peter Rabbit on WTVQ @ Noon
- March 21.....GAP Conference
- March 20.....Leader Lesson
- March 20.....Council Meeting
- April 14-16.....FCS Retreat-Kay Out
- April 25.....Safety Day
- May 6-8.....KEHA State Meeting, Lexington
- June 23-28..... Bourbon County Fair

SAVE THE DATE

3 21 24 **GAP**  
Grandparents As Parents of Kentucky

20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

WE WILL BE BACK AT THE NEWLY RENOVATED - CLARION HOTEL, 1950 NEWTOWN PIKE, LEXINGTON, KY

For more information and to view helpful resources, please visit our website at [www.gapofky.org](http://www.gapofky.org)  
Follow us on Facebook-Grandparents as Parents Conference



UK Cooperative Extension Service

COOKING THROUGH THE *Calendar*

March 7th at Noon  
Bourbon County Nutrition Education Program  
Facebook Page

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

March 7th featured recipe:  
"Crunchy Air Fryer Fish"





## Spring Clean Your Pantry

Spring cleaning doesn't just apply to the house. Some items in your pantry may have been there longer than you realize. It's a good idea to clean out your pantry at least once a year. Cleaning the pantry can help you use items before they expire, eliminate expired items, and make room for new ones. Follow these simple tips when cleaning your pantry:

1. Remove each item and look at the expiration date. Pile items into these groups:

\*Expired items to throw away.

\*Items expiring within the next few months.

\*Items that you don't see yourself eating and you can donate.

\*All other items.

2. Wipe off containers, wipe down shelves or drawers, and get rid of any crumbs that may attract pests.

3. Place items back on shelves with these tips in mind:

\*Put items expiring within the next few months toward the front to remind yourself to use them.

\*Keep items you eat often, such as cereal, toward the front of the pantry.

\*Group similar items together to avoid buying items you already have. Put all canned vegetables together, all canned tomato products, canned fruit items, etc.

\*Consider putting snack items in bins.



Source : Jeannie Noble, MS, RD

## PRESIDENT NOTES

Have you seen petite flowers poking their petals through the snow? It is nature's way of reminding me that spring will be here soon. As spring approaches, the activities of Bourbon County Homemakers increase. Please make note of all the activities upcoming mentioned in this newsletter.

I want to commend the county International Chair, Susan Harris and her committee for the wonderful international dinner and presentation. If you were unable to attend this year, make sure you plan on next year. Mallory Lowe, and her committee for our annual fundraiser, have been busy planning. By the time you read this we hope to have completed another successful year of fundraising. Thank you to all that organized, volunteered their time and donated to this activity. All the county chairs have been busy promoting the state contests in their educational area. I anticipate that there will be numerous entries recognized at the state meeting.

Last month I encouraged everyone to take some time to start a new hobby, finish some projects, try a new recipe well FYI, I have not finished any projects but started several new ones and cooked my way thru the snowy weather. I hope each of you endured and looking forward to a promising spring.

*Elizabeth Rankin*

Bourbon County  
Homemaker President



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

*Thank You*

This is one of those times when say "Thank You" does not seem like enough. I really appreciated all the homemakers that braved the cold to attend the "Surprise 80th Birthday Party" hosted by my daughter Veda, grandson, Mason and his friend Jenna Thompson. You as Homemakers do not know how much I appreciated the cards, gifts and most of all your attendance. This sure made me feel special. Again, thank you.

*Connie Vaughn*

## LEADER LESSON

### AIR FRYERS



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.

**DATE:** March 20th  
**TIME:** 10:00 am  
**CALL TO REGISTER:** 859-987-1895  
**LOCATION:** Bourbon County Extension Office

Join us to learn more about air fryers, pickup some cooking tips and recipes!

## QUILTERS' DAY OUT

MARCH 8, 2025

9:00 A.M. - 3:00 P.M.

1140 HARRY SYKES WAY, LEXINGTON

**SPEAKER:** Sandy Fitzpatrick

"Why Didn't I Think of That?"

[www.HissyfitzDesigns.com](http://www.HissyfitzDesigns.com)

Applique Mug Rug Class on Mar 9

### ● Theme: *The Wonder Years*

- Gift Bags to first 175 Attendees!
- Fabulous Door Prizes!
- Silent Auction
- 10+ Vendors
- Demonstrations
- Box Lunch, \$10
- Admission \$5, no fat quarter



**QUILTERS GUILD**  
of the Bluegrass

Questions: email

[QGBG.commteam@gmail.com](mailto:QGBG.commteam@gmail.com)

## Meet the People Behind Your Shop Local Card



### Bourbon Boot Supply A Paris Staple with a Heart for Community

For 15 years, Bourbon Boot Supply has been a go-to destination for high-quality boots in Paris, Kentucky. At the heart of this successful business is Cindy Hedges, a lifelong Bourbon County resident who has built more than just a store—she’s built a community

#### A Local Legacy

Cindy has lived in Bourbon County her entire life, and her deep roots in the community make her business more than just a retail shop. It’s a place where customers become family. “I love connecting with the customers; they are an extension of my family!” she shares.

#### Commitment to Community

For Cindy, Bourbon Boot Supply is more than just a business—it’s a way to give back. “I want my customers to know how much I appreciate them! When they shop small and local, it allows me to give back to the community,” she says. From sponsoring local ball teams to supporting various organizations, Cindy takes pride in making a difference in Paris.

#### Looking Ahead

As Bourbon Boot Supply continues to thrive, Cindy is looking forward to expanding into online sales while maintaining the personal, small-business feel of her retail store. “We will always keep our current store size, but I want to keep up with customer trends,” she explains.

#### A Fun Fact

In addition to her passion for boots and community, Cindy has a unique personal preference—she refuses to drink out of plastic containers!

With her dedication to quality products, customer relationships, and community support, Cindy Hedges and Bourbon Boot Supply remain a beloved part of Paris, Kentucky.

Stop by Bourbon Boot Supply and thank Cindy for her support of Bourbon County Homemakers!





Eggs are nutritious and delicious, but like meat, fish, and poultry, they are perishable. Read on to learn about food safety practices for storing and preparing eggs.

Eggs are a nutritious and versatile food. You can enjoy them for breakfast, lunch, dinner, or as a snack. You can prepare them in a variety of ways. Food safety is important before, during, and after you prepare eggs.

The most commonly eaten eggs come from chickens; however, you can eat eggs from other birds like turkey, geese, quail, and duck. Egg shells have thousands of tiny holes to allow gases to be transported to and from the contents of the egg. Nature's way of protecting the egg from bacterial contamination is with a coating or film on the outside of the shell. Eggs sold in retail stores have been properly washed and sanitized to reduce the risk of contamination from bacteria. Washing and sanitizing removes the protective coating. Because of this, you need to store eggs in the refrigerator to reduce the risk of bacterial growth and prolong shelf life. It is best to keep eggs in their original cartons to help retain their moisture and prevent odor and flavors in the refrigerator from entering the shell. Store eggs in the coldest part of the refrigerator (center or back), not in the door. When stored properly, eggs can stay fresh for 3 to 5 weeks.

Do not wash or rinse egg shells at home before use. Cook eggs until whites and yolks are firm. Egg dishes, like quiches and casseroles, should be cooked through. Use a food thermometer to measure the temperature in the center of the dish. Egg dishes should reach 160 degrees F. Never eat raw or undercooked eggs or products with eggs like batter or dough. You can refrigerate leftover eggs and egg dishes for up to four days. When ready to eat, reheat to 165 degrees F.

Eggs can be fried, scrambled, baked, boiled, poached, and microwaved. Eggs are also used in a variety of dishes including custards, icing, ice cream, salad dressings, mayonnaise, baked goods, and more. The USDA advises against eating products containing raw or undercooked eggs. If preparing a recipe that calls for uncooked eggs, use in-shell eggs that have been pasteurized.

Eggs can be prepared in a variety of ways and consumed throughout the day. Regardless of how you choose to prepare your eggs, proper storage is important.





**ADULT**

# HEALTH BULLETIN



**MARCH 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



**While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.**

**THIS MONTH'S TOPIC**

## THE POWER OF POSITIVE LANGUAGE AROUND FOOD



**T**he way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this" or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

**Continued on the next page** →



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Accessibility accommodations with prior notification

→ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are "good" and others are "bad." While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like "savoring," "appreciating," we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

**REFERENCES:**

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus-95-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Elyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Elyn Satter Institute <https://www.elynsatterinstitute.org/how-to-sat/the-joy-of-eating-being-a-competent-eater>

**Written by:**  
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Adobe Stock

**ADULT HEALTH BULLETIN**





# 2025 - 2026 Bluegrass Area Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2025-2026 homemaker lesson year.  
Return to the Extension Office no later than April 7, 2025.

## **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.

## **Mastering Mindfulness**

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.

## **Yoga 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.

## **Building A Better Bowl**

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? Building a Better Bowl serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

## **Building A Better Smoothie**

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

## **Making Friends With Food: The Power of Positive Food Talk**

Can you think of a time that you labeled specific foods as “good” or “bad”? Or called yourself or someone else a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might just have a big impact on a child’s mental and physical health, and yours too. This lesson discusses the importance of and provides opportunity to practice reframing how we talk about food.

(OVER)

## **Stretching Your Dollars: What To Do When Your 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.

## **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.

## **Blackstone Grilling**

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!

## **Hunger In Kentucky: Know More Do More**

Learn more about the realities of Hunger in Kentucky through an interactive simulation appropriate for Extension Homemaker Club meetings in person or through virtual platforms. Increase your odds of succeeding at the simulation by identifying service projects appropriate for KEHA members in all 120 Kentucky counties.

## **The Big Freeze**

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.

## **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. 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.

DEADLINE APRIL 7TH

**VOTE TODAY**