March 2024

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS









Cooperative Extension Service Bourbon County 603 Millersburg Rd Paris, KY 40361 (859) 987-1895 Fax: (859) 987-3120 bourbon.ca.uky.edu

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."

Lexington, KY 40506

Kay Denniston

Family & Consumer Sciences Agent Bourbon County



Please join us in welcoming

Levi Broeking

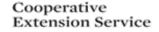
as the Bourbon County 4-H & Youth Development Agent!

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



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

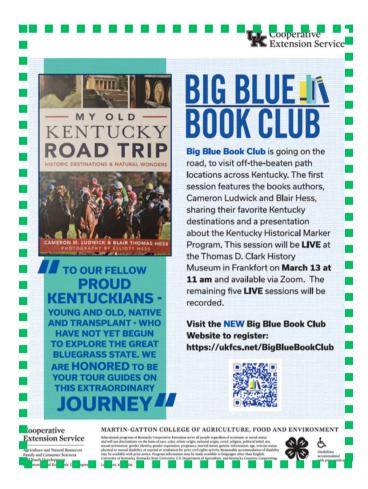




Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

















	
March 1	Farm Machinery Auction
March 3-5Exter	nsion Conference-Agents Out
March 13	Big Blue Book Club
March 17Levi	Broeking Welcome Reception
March 19P	eter 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 6-8KE	HA State Meeting, Lexington
June 23-28	Bourbon County Fair

SAVE THE DATE

3

21

24

GAP

Grandparents As Parents of Kentuck

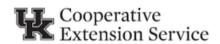
20th Annual Bluegrass Regional
Grandparents Raising
Grandchildren Conference

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 Follow us on Facebook-Grandparents as Parents Conference





COOKING THROUGH THE

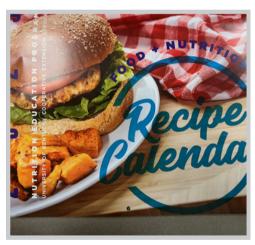
March 7th at Noon
Bourbon County Nutrition
Education Program
Facebook Page

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



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.

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



DATE: March 20th TIME: 10:00 am

CALL TO REGISTER: 859-987-1895 LOCATION: Bourbon County

: Bourbon County Extension Office

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
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



Questions: email

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 highquality 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

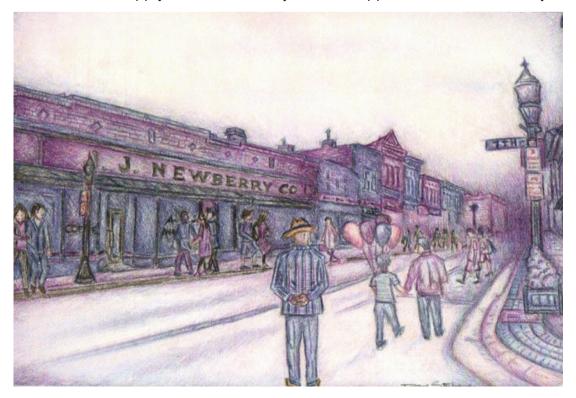
As Bourbon Boot Supply continues to thrive, Cindy is looking forward to expanding into online sales while maintaining the personal, small-business feel of her retail store. "We will always keep our current store size, but I want to keep up with customer trends," she explains.

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.







Cooperative Extension Service ADULI



MARCH 2025

of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: Download this and past issues 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 choi the time, it's not helpful to label hat provide our body with the nourishment it needs most of PROPERTY OF THE PROPERTY OF THE PARTY OF THE ood as all good or all bad. CONTRACTOR OF TRACE PROPERTY.

Continued from the previous page

us that food is not the enemy — it's something We often talk about food in ways that make our bodies need to stay strong and healthy.

food as all good or all bad. All foods can be good about food without judgment, it can help us feel nutrients it provides us or the enjoyment we get not perfection. If we can learn to talk and think 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 it seem like some foods are "good" and others for us in one way or another. Whether it's the from eating it. The key is to focus on balance, more relaxed and less stressed about eating.

'ood 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

a healthier relationship with what we eat. A healthy

respectful language around food, it helps us build relationship with food means not feeling guilty or stressed about what we eat but instead enjoying

take care of our bodies. When we use positive, he way we talk about food can have a big

impact on how we feel about it and how we

ANGUAGE AROUND FOOD THE POWER OF POSITIVE

THIS MONTH'S TOPIC

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

Continued on the next page 💍

words like "balanced" or "nourishing," it reminds

is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use

start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this

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

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? Ellyn Satter Institute. https://www.ellynsatterinstitute.org/family-mealsfocus/96-are-you-ready-to-stop-feeling-bad-about-your-ea - Ellyn Satter Institute, (n.d.). The joy of eating: Being a compr eater. Ellyn Satter Institute https://

HEALTH BULLETIN

Edited by: Alyssa Simms Designed by: Rusty Mar Written by: Anna Cason, RDN

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development

Cooperative











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.

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

Laughter Is A Must in Marriage

money, and save time.

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.

teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save

DEADLINE APRIL 7TH

VOTE TODAY