

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

 Cooperative Extension Service

Madison County Cooperative Extension
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
<https://extension.ca.uky.edu/>

July, 2024

2024 MADISON COUNTY FAIR

Willis Hall Fair Exhibits

The fair catalog for Willis Hall is available at <https://madison.ca.uky.edu/>. If you are unable to download the file, please come by to pick up a copy or call and we can mail it out to you. **Non-perishable entries will be taken at the Extension office on July 22nd, and perishable at the Fairgrounds on July 24th.** And for those of you with poultry, we have a new department - Eggs!

NOTE: To save yourself time when entering, you can drop by and pickup exhibitor tags ahead of time starting **July 8th!**



Non-Perishable:
@ Extension
July 22
9am-4pm

Perishable:
@ Fairgrounds
July 24
2-6pm

You can drop by Extension for Entry Tags ahead of time!

QUESTIONS: CALL 859-623-4072



Wednesday, July 31, 2024

Event opens 11-2 PM

Rides OPEN from 12-2

FREE EVENT!

This is a free event for children and adults with special needs to experience the fun of the carnival rides in a calmer setting. We know the fair can create sensory overload and hope this time will be beneficial. Please note that not all vendors or buildings may be accessible until 6:00pm when the gates open for the fair to begin.

Madison County Extension will host families in exhibit halls with free refreshments and activities!

**Family & Consumer Sciences Agent,
Madison County
Hunley.jessica@uky.edu
(859) 623-4072**



**MADISON COUNTY COOPERATIVE
EXTENSION WILL BE CLOSED FOR
JULY 4TH HOLIDAY.**

**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

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

SPECIALTY CLUBS & GROUPS

SEW MUCH OR SEW LITTLE (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 9-noon**, Room 3, annex bldg. (**Note, July 23, Room 3 only; no meeting on August 27.**)

July 9—Owl Pincushion Project!

They are sewn by hand. You will learn to make a yo-yo, and how to sew by hand. Free kits will be provided, but you need to bring scissors. Call Marylene to reserve a kit, 859-358-0185, so we can have enough supplies for everyone.



GIFTS FROM THE HEART (sewing; community projects), **2nd and 4th Tuesdays, 12-3pm**, Room 3, annex bldg., following Sew Much or Sew Little.

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 9-noon**, Room 3, annex bldg. (**No meeting July 4**, makeup date will be July 25.) Bring your sewing machine and a sandwich and quilt along with us. Questions: Linda Calico, 859-582-2252.

SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm**, at Southside Church on Lancaster Road. Questions: Terri Cooper, 859-866-4380.

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, For June and July meetings check with Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm, Room B**. Questions: Connie Lawson, 859-582-5505.

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

MONDAY NIGHT SEWING SALON (sewing) Will be taking a break so **no meetings until September 16th**.

HOMEMAKER CORNER:



REMINDERS:

Club Chairs: Please turn in your completed **Program of Work Reports**, they are due by **July 1st**, but we will accept them even if they are a little late.

Clubs: Please complete and return your **2024-25 Club Officer & Chair Roster and Leader Lesson Training Assignments**, due **July 31st**.

All Members: Please turn in your **Volunteer Service Unit Reports**, due **July 1**. These reports run from July 1—June 30.

Madison County Extension Homemaker Board Meeting is scheduled for Tues July 9th at 1pm (Room B). All Officers and chairs are requested to attend. Any extension Homemaker may attend as well.

Bluegrass Area Officer/Chair Training is scheduled for **August 8th**, from 9-12 noon, at Fayette Co. Extension Office.



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

BLUEGRASS AREA FCS AGENTS PRESENT:

ARE YOU PREPARED?

in recognition of National Preparedness Month



Locations:

- Bourbon County Extension Office: September 12th at Noon
- Clark County Extension Office: September 5th at 6:30 p.m.
- Estill County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 9 a.m.

SAVE THE DATE:
9/5/24 @ 5pm

**Madison County's
Location: Extension Office
Cost: FREE w/ optional
\$20 emergency kit**

Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or psfr222@uky.edu.

GAP (Grandparents As Parents) July 10, August 7 meetings: White Hall Park Pavilion, 11am to 1pm.

Bring a picnic lunch and drinks for your family and come for a great time outdoors. Please call Pam to reserve a place and for supplies.

SMALL FRIENDS July 15, August 20 meetings: White Hall Park Pavilion, 10:30am-noon.

Please bring a picnic lunch and drinks for your family, and come for a great time of fun, fellowship, and giggles. Please call Pam to reserve a place and for supplies.

PARENT MATTER (Parenting Encouragement):

- **Richmond Library** Room 136, **July 1 and August 5, 10-11:30am.**
- **Berea Library** Meeting Room, **July 11 and August 12, 10-11:30am.**

We use research based curriculum: *Active Parenting*, by Michael H. Popkin, PhD. These are parent only meetings; new members are welcome; coffee and tea provided.

KEYS TO GREAT PARENTING (KGP): Keys is an informal a FREE 10-week course designed for all parents, grandparents, to be parents, caregivers, relatives as parents, teen parents, single parents, and foster parents. This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided.



FAMILY & CONSUMER SCIENCES
Creating Healthier Sustainable Families

Laugh and Learn playdates

SUMMER SERIES!

- ✓ July 30th @ 10AM
- ✓ For children ages 5 and under!

Madison County Extension Office
230 Duncannon Lane
Richmond KY 40475

CALL THE OFFICE TO SIGN UP NOW!
CALL (859) 623-4072

contact Jessica Hunley: FCS Agent with questions
hunleyjessica@uky.edu



CALL OR EMAIL TO SIGN-UP
859-623-4072
HUNLEY.JESSICA@UKY.EDU

SUPER STAR CHEF Camp July 17-19th
10 AM-2PM Space is limited
for students ages 9-12 years old
hunleyjessica@uky.edu
(859) 623-4072

COOKING WITH KIDS

Berry Crunch Roll-Ups

- 4 (6 inches) flour tortillas
 - 1/4 cup strawberry cream cheese
 - 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
 - 1/4 cup crispy cereal of choice
4. Roll firmly, squeezing gently to seal edge. Serve right away.
 5. Store leftovers in the refrigerator within 2 hours.
- Makes 4 servings
Serving Size: 1 roll-up

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



PARENT

HEALTH BULLETIN



JULY 2024

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

Madison County Cooperative Extension Service
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THIS MONTH'S TOPIC: YOUR CHILD AND SKINCARE: WHAT YOU NEED TO KNOW



Skincare has become a popular topic among school-age kids lately, thanks to viral videos on social media and marketing campaigns from skincare companies targeting younger audiences. But how necessary, or even safe, are these products for kids?

Traditionally, skincare products have targeted adults. They make claims to address cosmetic problems such as wrinkles, dark spots, or loose skin. These are not problems that kids or teens typically need to fix. In fact, using products unnecessarily can cause problems, such as drying out skin, causing rashes, or making skin oilier and causing acne. In extreme cases, over-the-

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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Lexington, KY 40596

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Extension, Cooperative Extension, KY 40596

Sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

Continued from the previous page

counter skincare products have caused chemical burns and damage to eyes in young users.

But don't shut down the conversation about skincare products altogether. Consider this an opportunity to discuss with your child the valuable lessons of skin protection, hygiene, and peer pressure.

Skincare companies love to market multistep skincare routines that may include beaded cleansers, masks, scented moisturizers, and oils. Kids do not need many of these products. However, their interest in skincare products can be a terrific way to discuss the use of skin protection, like sunscreen. Your child may be interested to know that sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. There are many sunscreen products on the market today, and some products specifically made for faces. These face products tend to boast a few added benefits, such as being tear-free or not running into eyes and have applicators like roll-on sticks or small brushes. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

Kids of all ages also need to wash their face as a part of their daily hygiene routine. If your child has developed an interest in using special skincare products for their face, an age-appropriate choice may be to find a gentle face cleanser and moisturizer. There is no need to splurge on designer products though. Generally, avoid products that include fragrance, any harsh active ingredient, or abrasive additives like beads or sand. Drug stores or groceries have many affordable choices. Talk with your child about how to wash their face, using warm (not hot!) water, cleansing before moisturizing, and always washing off sunscreen at the end of the day.

As kids get older, it is normal for them to become more concerned about what others do and think. Your child may have become interested in skincare



because their friends are or because they have seen a favorite celebrity in a skincare ad. This is a great opportunity to discuss with your child that everyone has unique needs, skincare included. You may also want to bring up the money that skincare companies invest in influencer marketing, and the profits that those companies stand to make by convincing people to buy products that they may not need.

Always discuss concerns about your child's skin, breakouts, or potential reactions to skincare products with your child's doctor or other health-care provider.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.html>

Written by:
Katherine Jurek, MS
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Stock images:
Adobe Stock

ADULT HEALTH BULLETIN



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.

AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.

THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE



HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.

Cooperative Extension Service

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

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Disabilities accommodated with prior notification

WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

Contributing Author: Alexia Cassidy, Family Financial Counseling Student, University of Kentucky Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

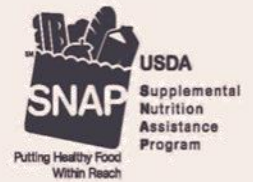
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Quick Couscous Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Makes 7 servings
Serving size: 2/3 cup
Cost per recipe: \$6.27
Cost per serving: \$0.90

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
 - 1 cup halved grape tomatoes or 1 large tomato, diced
 - 1/2 large cucumber or 2 small, diced
 - 1 small red onion, diced
 - 3 tablespoons olive oil
 - 2 tablespoons lemon juice
 - 1 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/4 cup grated parmesan cheese
 - 1/3 cup chopped fresh parsley (optional)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Prepare the couscous according to package directions. Set aside.
 3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
 5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
 6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
 7. Refrigerate leftovers within 2 hours.

Makes 7 servings

Cook with Cheri

Register Now for August 1!

Join Cheri for a **free** monthly lesson and healthy hands-on cooking class, then stay to enjoy your efforts!

11am-1pm, seating is limited.

Registration is a must for setup & supplies: Call 859-623-4072



Recipes from the 2024 Food and Nutrition

Recipe Calendar

“This new 4 hour course has been approved by the State of Kentucky and participants are advised that this course may NOT qualify them for a discount if licensed in another state.” Always check first with your insurance company for qualifying discounts.



AARP® September 18, 2024
10am—2:30pm
Driver Safety

Cost: \$20 AARP Member; \$25 non-member. Member must bring DL and AARP Card. Bring a sack lunch. Deadline to register 9/13/24.

Claim your safe driver discount!

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. * Plus safer driving can save you more than just money (be sure to check with your Insurance company for what discounts they offer.) The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving
- How to reduce driver distractions
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Call to register: 859-623-4072
Madison County Extension Service
230 Duncannon Lane, Richmond



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Food and Environment
University of Kentucky.

**BEGINNER CANNING
DEMONSTRATION**

Water bath and pressure canning

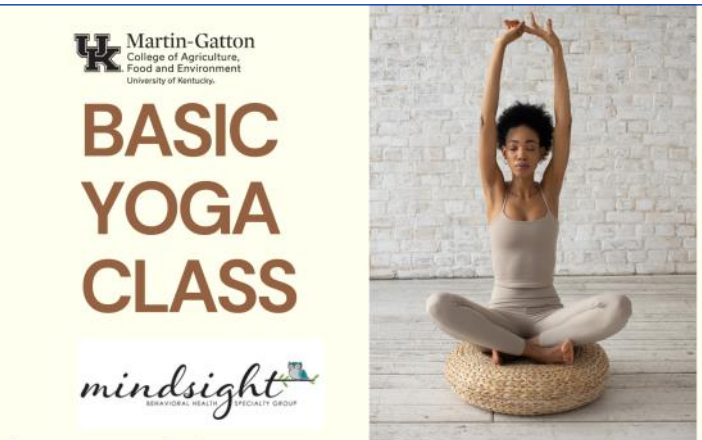
**August 13th
5-7PM**

Madison County Extension Office

Class is designed for beginners: learn the basics and differences of water bath and pressure canning.

SIGN UP NOW!
(859) 623-4072

for more info email Jessica at hunley.jessica@uky.edu



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

**BASIC
YOGA
CLASS**

mindsight
BIOMEDICAL HEALTH SPECIALTY GROUP

Join us for our Yoga Class, taught by Laura Cooper, in a welcoming and inclusive environment perfect for beginners and those looking to deepen their practice.

JULY 15TH @ 1PM : BEGINNER YOGA

WHY CHOOSE OUR CLASS:

- Suitable for Beginners
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

FREE!

**230 DUNCANNON LANE
RICHMOND KY**

☎ Reserve your spot now by calling the Madison Co Extension Office at (859) 623-4072. For questions contact Jessica @ hunley.jessica@uky.edu

SAVE THE DATE!
Madison County Extension Presents:
FARM, HOME, & GARDEN EXPO
Saturday, September 28th, 2024 from 9-2 at the Madison County Fairgrounds
Food and Horticulture demonstrations, activities for children, opportunities to meet local farmers, and so much more!

FOCUS ON CREATIVE ARTS IN MADISON COUNTY

SUMMER DELIGHTS:

Please contact the individuals indicated below to reserve your seat in the class. All classes will be held at the Madison County Extension Service, 230 Duncannon Lane, Richmond.

July 17, 1-3PM: Colorful Creations with Carla Prather. Carla helps you paint whimsical signs, and



door hangings. You can find her work on her Facebook page under: <https://www.facebook.com/profile.php?id=100063546939682> \$30, all supplies provided. **Text Carla for reservation or questions, 859-327-4828. Class is limited; deadline is July 10.**

August 7, 1-3PM: Lucy & Ethel's Candy Factory.

Madison County Public Library staff members Chloe and Megan, (Lucy and Ethel), will guide multiple stations of yummy dessert-making fun! **This is a drop-in program-stop by any time August 7, 1-3PM**, to try your hand at the different stations - make quick and easy sweets, and take home yummy goodies! **FREE at the Extension**



August 14, 1-3PM: Artfully Yours Studio. Painted Wine or Martini Glass with Jonathan Clark, email



barefootroyals@gmail.com or call 859-358-3580. All supplies provided, DIY with support, guidance, and templates, \$35 per painter, for pics visit <https://tinyurl.com/nhnx8796>

September 4, 1-3PM: Homemade Soap Making Sara from Licorice Ridge Farm and Jenna from KEO Farm will demonstrate 3 ways to make homemade soap using goat and sheep milk, then you will make three of your own bars! Class includes safety goggles and gloves, participants must be 18+. Cost is \$40@. Space is



limited. For reservations call 617-240-6031 or email licoriceridgefarm@gmail.com

September 11, 1-3PM: Watercolor Painting Techniques with Pat Banks - \$25, all supplies provided. For registration or questions email patbankswatercolor@gmail.com.

CRAFTING WITH THE BEST:

Class dates/crafts below, taught from 10-noon. Class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

July 8, Memory Angel Tie with Jennifer (Howard) Skaggs. Bring a favorite necktie. There will be a few on hand if you don't have one. *Reserve your seat by July 1. Seating is limited to 20.



August 9, Card Making with Kathy Langosh. Come

learn to make cards. Supplies to bring include: liquid craft glue, double-sided tape, small scissors and bone folder, if you have them, remainder will be furnished. Register by August 1. Questions, call Kathy, 720-243-0640.



OUT OF THE ART: THE HEART SPEAKS LECTURE SERIES

Featuring Renee Ray, Photographer & Technician: 8/28/24 @ 6pm: Renee is a portrait and nature

photographer, a freelance journalist and news correspondent and juried artist in the Kentucky Guild of Artists and Craftsman. Renee'



founded Silverartimages, LLC, a company in which portrait and nature photography is the essence of expression. Renee's photography reflects her love of light. The result is images with edge, poignancy and creativity. This presentation is free but seating is limited. Please reserve your seat by calling the Extension Office, 859-623-4072. (Image from <https://Silverartimages.com>)