



April 2022 Newsletter

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Cooperative Extension Service

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Sweet April showers do spring May flowers - Thomas Tusser



Cooperative Extension Service
Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

March 2022

Nutrition

Education

Program

Calendar Recipe

CARROT AND ZUCCHINI BARS



Nutrition facts

per serving:

130 calories; 5g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 75mg sodium; 21g total carbohydrate; 1g dietary fiber; 13g total sugars; 9g added sugars; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Rosie Allen, NEP Area Agent, University of Kentucky Cooperative Extension Service

- 2 beaten eggs
 - 1/3 cup oil
 - 1/2 cup unsweetened applesauce
 - 2 teaspoons baking powder
 - 1 teaspoon cinnamon
 - 1 teaspoon vanilla extract
 - 3/4 cup brown sugar
 - 1 1/2 cups shredded carrot
 - 1 cup shredded zucchini
 - 1/2 cup raisins (optional)
 - 1 cup all-purpose flour
 - 1/2 cup rolled or old-fashioned oats
1. Preheat oven to 350 degrees F.
 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 3. Scrub carrot and zucchini with a clean vegetable brush under cool running water before preparing.
 4. In a large bowl, combine the eggs, oil, applesauce, baking powder, cinnamon, vanilla, brown sugar, carrot, zucchini, and raisins, if using. Stir with a spoon until mixed well.
 5. Stir in the flour and oats until combined.
 6. Spread batter evenly in ungreased 9-by-13 pan.
 7. Bake for 25 minutes.
 8. Cool completely, and cut into 3 rows by 6 columns to make 18 bars.
 9. Store leftovers in the refrigerator within 2 hours.
- Makes 18 servings**
Serving size: 1 bar
Cost per recipe: \$4.26
Cost per serving: \$0.24

BAKED EGG CUPS

GROCERY LIST

- Deli style turkey or ham
- Eggs
- Finely shredded 2% cheddar cheese
- Red and green bell pepper

MAKE IT A MEAL

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk

TIP

Cut calories by drinking water or unsweetened drinks. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.



- *Cooking spray*
- *6 slices of thin cut deli style turkey or ham*
- *6 eggs*
- *Pepper*
- *½ cup finely shredded 2% cheddar cheese*
- *½ cup diced red and green bell pepper (or vegetables of choice)*

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook

for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.

7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

MAKES 6 SERVINGS

Serving Size: 1 egg cup

Cost Per Recipe: \$3.00

Cost Per Serving: \$.50

SOURCE: Adapted from Vanessa Lair, Madison County Extension Volunteer

NUTRITION FACTS PER SERVING:

110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

Taken from: March 2013 Nutrition Education Program Calendar

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

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Extension Homemaker Club Meetings

Sunnybrook - April 7th @ 6:30 p.m. - Downstairs Meeting Room

Charity - April 8th @ 5:00 p.m. - New Charity Baptist Church

Country Charmers - April 11th @ 6:00 p.m. - Downstairs Meeting Room

Dough Rollers - April 12th @ 12 noon - Upstairs Meeting Room

Odds 'N Ends - April 14th @ 12 noon - Downstairs Meeting Room

Pots & Pans - April 18 @ 6:00 p.m. - Downstairs Meeting Room

Creative Characters - April 19 @ 1:00 p.m. - Downstairs Meeting Room

Happy Chippers - April 21 @ 1:00 p.m. - Downstairs Meeting Room

Mudslingers - April 26 @ 1:00 p.m. - Downstairs Meeting Room

Thank you Wayne County Homemakers
for sponsoring a community blood
drive!

Thank you to the 48 volunteer donors
who helped save a life!



Blood Drive!

April 12th

Aspire Center

Dough Rollers 11:45am-3 pm

Pots & Pans 3 pm-6:15 pm



Upcoming Meetings - Mark Your Calendars!

Thursday, March 31st - LCA Extension Homemaker Council Meeting
@ 10:30 a.m. - Taylor County Extension Office

Thursday, March 31st - Wayne County Extension Homemaker
Executive Council Meeting @ 4:30 p.m. Upstairs Small Meeting Room

Monday, April 11th - Wayne County Extension Homemaker Budget
Committee Meeting @ 5 p.m. Upstairs Meeting Room

Thursday, April 14th - Wayne County Extension Homemakers
Christmas Village Planning Meeting @ 5 p.m. Downstairs Meeting Room

Thursday, May 5th - Lake Cumberland Area Extension Homemaker
Annual Meeting in Taylor County - Details & registration coming soon.

KEHA State Meeting!

We have rooms reserved. Please let us know if you are planning to attend. Also, let us know if you are planning to ride in the vans with us to the state meeting. See enclosure sheet for more information.

Hold the Dates!

Thursday, July 21st - Saturday, 23rd for our
first annual Get Creative Days! We are
seeking teachers!!

Enclosed in the newsletter you will find a
Get Creative Teacher Form. If you are
interested in teaching classes, please fill out
and return by April 29th. We are looking for
ALL kinds of creative classes. Sewing,
Quilting, Crafting, Fine Arts, Cooking....etc.



National Volunteer Week

Extension Homemakers - Thank you for all that you do for your club and for other county organizations. You volunteer countless hours, money, and talents to Homemakers and the community. Remember, any volunteer time, not just Homemakers, can be counted (church, civic clubs, doing for others not living in your home). Be sure to keep track of your hours. Hours are kept from July 1-June 30.



2022 KEHA Quilt Square Showcase & Auction

The KEHA Quilt Square Showcase and Auction is back for the seventh year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finished edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Be sure to write your name and county on a small slip of paper and attach to the back of the square. Bring your 12-inch finished square(s) to the Extension Office by May 3, and we will take to the state meeting the following week.

Lake Cumberland Area Homemakers Cultural Arts Competition Winners!

**Congratulations to our Blue Ribbon winners in
the Area Homemakers Cultural Arts Competition!
Their items will now compete at the State KEHA
Competition in May.**

Carson Payne - Art 3D Carving - Mountain Men

Brenda Corder - Basketry - Novelty - Multicolored Reed

Daria Whalen - Ceramics - Hand-Formed - Leaf

Bonnie Buchman - Ceramics - Molded - Cockatiel

Bonnie Buchman - Painting Art - Water Color - Beach

Denise Grady - Doll/Toy Making - Handmade Toy Chicken
Marionette - Name "Corona Iris Pandemy"

Vera Duvall - Embroidery - Basic - Purple Embroidery
Pillowcases

Marilyn Rush - Photography - Color - Lenta Rose in the
Snow

Marilyn Rush - Photography - Black & White - Winter Beauty

Marilyn Rush - Quilts Miscellaneous - Blue Butterflies Table
Runner

Polly Sartin - Quilts - Machine Pieced/Hand Quilted -
Double Irish Chain

Polly Sartin - Quilts - Novelty - Cross Stitched/Hand
Quilted - Cross Stitched



Area Homemakers Cultural Arts Blue Ribbon Winners



Small Appliances Workshop

Thursday, April 14th

12 noon EST

Wayne County Extension Office

Upstairs Meeting Room

Free & Open to Everyone!

**PRE-REGISTRATION IS
REQUIRED!**

To Register - Contact the
Wayne County Extension Office

606-348-8453



Air Fryer



**Electric Pressure
Cooker**

Herbs in the Kitchen

Tuesday, April 19th @ 10 a.m.

Wayne County Extension Office

Downstairs Meeting Room

Please register as space is limited.

606-348-8453

Learn how to grow your own herbs in your kitchen
as well as how to use herbs to season your food.

Class is FREE but please bring the following:

Supplies Needed: 3-4 quart-size jars (these can be recycled
spaghetti sauce jars, canning jars, tin cans, etc.)

Clean with labels removed.



Cooking Thru the Calendar!



Wayne County Extension Office
Downstairs Meeting Room
12 Noon

Recipe Demos & Taste Testing!
Free Classes!

Must register so we can be prepared for
you!

Call (606) 348-8453

Wednesday, April 27th - No Fuss Oven Frittata

Wednesday, May 25th - Farmer's Market Strawberry Sorbet

Wednesday, June 22nd - Zubeanie Boats

Monday, July 11th - Garden Fresh Tomato Pizza

Wednesday, August 24th - Easy Baked Fish with Pineapple Salsa

Jams & Jellies

Thursday, May 19th @ 1 p.m.
Wayne County Extension Office
Upstairs Meeting Room



Hands On Class - Class fee is waived for those who attend 😊

Learn the art of Jam & Jelly Making - Fun & Tasty!

REGISTRATION REQUIRED BY MONDAY, MAY 16TH

If you register and then cannot attend, you **MUST** notify us **NO LATER** than **MONDAY, MAY 16TH**, or you will be charge a \$10 cancellation fee as supplies for your attendance will have already been purchased.



Seth Hart,
Extension Program
Assistant of Fine Arts

At the Kentucky Volunteer Forum, Fine Arts Program Assistant Seth Hart provided resources and instruction to educators and volunteers from across the state, covering project options in hand-building and pottery for the state-fair curriculum.

Instructions are also on our YOUTUBE Channel.

Creative Sculpting 101 - Pinch Pottery, Hand-building and Resources

<https://www.youtube.com/watch?v=4ENJTnqFhxY&t=1060s>



At the Kentucky Volunteer Forum, FCS Agent Debbie Shepherd and FCS Assistant Joy McGinnis conducted two workshops, Bloomin' Stitches and Hoppin' Into Spring. In both workshops participants created a decorative kitchen towel.



In-Stitches

Wednesday, April 20th @ 10 a.m.

Wayne County Extension Office - Downstairs Meeting Room

PROJECT: THREAD CATCHER

With pockets and weighted pincushion.

Pattern by: Annette Rose - Quilted Sunshine

Materials Student Needs to Bring to Class:



- 1/4 yd. main fabric
- 1/4 yd. lining fabric
- 1/8 yd. accent fabric (or 1/4 yd. for directional print)
- thread to match all 3 fabrics
- chalk pencil
- two 6-1/2" squares of pre-washed muslin (optional)
- coordinating threads
- Sewing machine and sewing supplies (scissors, pincushion, seam ripper, etc.)

Supplies Provided:

- Pattern & Instructions
- Walnut Shells
- Stabilizing Band

Cost: \$5 per student. Please register so we can be prepared for you!

Reminders: Please bring your **SHOW & TELL!**

We have a refrigerator and microwave available for your lunch and snack items or several local eateries.



Joy McGinnis, FCS
Program Assistant

Tips for Spring Cleaning

Spring cleaning is a long-time ritual. In the past, common winter sources caused soot and grime to collect in homes and on home furnishings. After winter subsided, spring was a time to open the windows and remove the dirt and soot buildup. While many of us have cleaner heat sources for our homes today, spring cleaning is still a ritual many of us practice. Here are some tips and tricks for making spring cleaning more effective and less daunting.

- Develop a plan of attack. Think about where, when, and how you are going to clean and what cleaning products you will need. You may want to dedicate an entire weekend to cleaning or you want to space it out an hour or two at a time over several days. You may want to tackle one room at a time or one project, such as washing all your curtains at once. There is no wrong answer. It depends on your cleaning style.

- Gather your supplies beforehand. Go through your cabinets to determine the products you already have on hand and those you need to purchase. Common cleaning items you may need include an all-purpose cleaner, abrasive cleanser, non-abrasive cleanser, chlorine bleach, glass cleaner, furniture/dusting cleaner, toilet bowl cleaner, cloths, trash bags, and vacuum bags.
- Declutter before cleaning. We all tend to accumulate things and having things on furniture and on the floor can make it harder to clean. If you have unwanted items, now is a good time to sell, recycle, or donate them.
- Ask for help if you need it from family members and friends.
- Take the cleaning momentum outside. While you may think of spring cleaning as an indoor activity, it is also a really good time to do some outdoor cleaning and home maintenance projects like cleaning windows and door exteriors, checking the chimney for damage, inspecting weather seals on windows and doors, and removing the lint from the dryer vent.

Source: Sarah Hanks, Senior Extension Associate



Easter Egg Safety

Easter is around the corner, and if you're planning to decorate eggs, here are a dozen food safety tips to help make sure you or someone else doesn't end up sick.

- Use one set of eggs for decorating and hunting, and another for eating.
- To be safe, use plastic eggs for your egg hunt instead of real ones.
- When buying eggs, look for eggs that are clean, free of cracks and stored in a refrigerated case. Purchase eggs before the "sell by" date.
- Keep eggs refrigerated until use. Eggs should be stored in the carton on a refrigerator shelf and not in the door. The refrigerator temperature should be 40 degrees F or below.
- Wash your hands thoroughly with soap and warm water before and after handling raw eggs or cooked eggs that will be eaten.
- Make sure you use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring or fruit drink powders.
- After coloring, return the eggs to the refrigerator within 2 hours. Do not let them sit out on the counter.
- Handle eggs carefully. If the shell cracks, bacteria can enter the egg and cause illness. Discard any eggs that are cracked or dirty.
- When hiding eggs for a hunt, choose hiding places that are protected from dirt, moisture, pets, chemicals, and other possible sources of contamination.
- Total time for hiding and hunting eggs should not exceed 2 hours.
- Hard boiled eggs that have been refrigerated properly must be eaten within one week of cooking.
- If a hard-boiled egg has a greenish ring around the yolk, it just means it has been overcooked. It is still safe to eat.

Source: Annhall Norris, Extension Associate for Food and Nutrition, University of Kentucky; College of Agriculture, Food and Environment



Easy Potato Casserole

- | | |
|-------------------------------------|--------------------------------------|
| 2 lb. bag frozen hash browns | 1/2 cup margarine softened |
| 1 (16 oz.) container sour cream | 1/2 tsp. salt |
| 1 can cream of celery soup | 1 tsp. fresh ground pepper |
| 1 cup shredded sharp cheddar cheese | 1/2 cup Ritz type crackers, crumbled |

Mix all ingredients and top with crackers. Pour into lightly greased 9x13-inch pan. Bake 40 to 50 minutes. Optional: Garlic and chives or onions can be added to taste. Also, this dish can be made ahead and refrigerated up to one day. Top with crackers when ready to bake.

Per Serving: Calories 220; Fat 13 gm.; Carbohydrates 19 gm., Sodium 440 mg.



How to Combat Rising Costs of Living Across Kentucky



Kentuckians are feeling the weight of rising living expenses. With national inflation at 7.5%, prices for goods and services are at record highs. These steep costs have forced many households to consider ways to better manage their resources.

To combat rising living expenses, start by finding intentional ways to manage your resources, reduce expenses, and stretch your income. Below are a few ways to help your budget absorb the ill effects of inflation.

An inexpensive way to reduce heating and cooling bills is to check for insulation leaks around your home. Simple repairs, such as purchasing a bottle of expanding foam for under \$10, can help if you have cracks around windows or foundations. Stick-on foam strips to place under your doors or along vertical openings also sell for less than \$10.

Setting your thermostat at 68 degrees or below in the winter, or 78 degrees or above in the summer, can reduce your annual heating and cooling costs by as much as 10%. Remember to regularly clean or change your air filters to keep your HVAC system efficiently working.

Free gas station apps or websites track the best local prices on gasoline. If your vehicle can operate on regular gas, choose that over mid-grade or premium fuel options. You are likely to find better deals at stations away from major highways or intersections. Traveling between 65 and 70 mph on highways can save 10% to 20% on fuel costs. Keeping your car's maintenance current can help to keep it running at optimal capacity. Check your tire pressure and look for opportunities to batch errands. Carpool, take public transportation or walk when possible.

Track sales at your local grocery stores and stock up on pantry and freezer staples when items are on sale and in stock. Shelf-stable items such as canned vegetables, legumes and grains can add volume to your meals for less money. Freeze produce, meats, or some cheeses when you find them on sale. Meal plan before you go shopping and select recipes that will yield leftovers or that can be repurposed in multiple meals.

Be flexible when you shop for and prepare meals. Select store-brand products to save money. Explore adding meat- or dairy-free recipes to your menu to cut costs on higher-priced ingredients. When you look for small ways to save money on everyday essentials, you can stretch your dollars.

Source: Nicole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management



Road Trip!

Friday, April 29th!

More details coming soon.

April Is Child Abuse Prevention Month!

Educating and spreading the word about child abuse prevention lets your community know they can take action to strengthen families and help them thrive. Wear a blue ribbon to show your support!

April is National Child Abuse Prevention Month, a time to recognize that we each can play a part in promoting the social and emotional well-being of children and families in communities.



Debbie Shepherd
Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu



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Families.
www.ca.uky.edu

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Disabilities
 accommodated
 with prior notification.

2022 KEHA State Meeting Updates – Registrations are arriving daily for the KEHA State Meeting May 10-12, 2022, at the Owensboro Convention Center.

Visit the [KEHA State Meeting](https://keha.ca.uky.edu/) website (<https://keha.ca.uky.edu/>) for information, registering for the event, and other details. A few highlights to note:

- The final deadline to register is April 25.
- The opening banquet on Tuesday, May 10, will feature keynote speaker Jason Koger who will share his inspiring story about leaning on his faith to overcome insurmountable obstacles. Attendees are encouraged to wear shades of blue to represent blue skies over the covered bridges.
- The general session on Wednesday, May 11, will feature a presentation by Allen Blair with the Kentucky Transportation Cabinet, District 9, who will share history and highlights of Kentucky's covered bridges. We also welcome back the KEHA Choir for a performance.
- The awards luncheon will wrap up the meeting on Thursday, May 12.
- **Seminar/Activity Notes:** Several classes are full or almost full. For hands-on activities, both Candlewicking sessions are full, as is the No-Sew Quilt Block session. For seminars, both Paper Quilling sessions are full. Derby Delights is nearing capacity. The [registration form online](#) has been updated to reflect this. Refunds of the class fee will be issued at State Meeting for anyone whose payment was received after a class reaches capacity.
- **Silent Auction:** Each county is encouraged to bring an item to the State Meeting for the silent auction. Proceeds will be utilized to support the next KEHA Leadership Academy.
- **Raffle Basket:** Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the Ovarian Cancer Research and Screening Program.
- **Note: No alcohol is allowed in raffle baskets or silent auction items this year. Food may be included but must not be consumed at the convention center.** As always, thank you for your generosity and help in providing these items for the conference!
- **Quilt Square Auction and Showcase:** Quilt squares return this year! Details regarding the auction and showcase are available in the [KEHA Newsletter](#). Proceeds will help offset costs associated with the KEHA State Meeting.
- **Homemaker Showcase:** [Forms](#) are due to Henrietta Sheffel by March 15. Each area can have up to two displays. These may be club, county, or area projects. Each state educational chairman also can submit one showcase display.



Teacher Form



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

We are looking for ALL kinds of creative classes. Sewing, Quilting, Crafting, Fine Arts, Cooking... Etc.



Please Print Legiably!

Name: _____ Cell: _____

Address: _____

Email: _____

Class Title: _____

Class Fee per student: _____

Class Description:

Supplies Student Needs to bring to class:

Supplies Instructor Provides:

_____ # Tables (6ft) needed _____ # Chairs

Yes No Electricity Needed

_____ Maximum # of Students _____ Minimum # of Students

_____ Class time requirements, i.e. 1hr., 2hr. 3hr., etc.

Include a quality color photo or bring item to Extension Office for us to take a photo of class project.

Check preferred teaching time: *Check all that apply*

_____ Thursday _____ Morning _____ Afternoon

_____ Friday _____ Morning _____ Afternoon

_____ Saturday _____ Morning _____ Afternoon

Return this form to the Wayne County Extension Office

NO Later Friday April 29th!

Debbie Shepherd, CEA FCS debbie.shepherd@uky.edu (606) 348-8453

Wayne County Extension Office 255 Rolling Hills Blvd. Monticello, KY 42633

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