



## April 2025 FCS Newsletter

**VOL. 2025-04**

### Cooperative Extension Service

Wayne County  
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### Cooperative Extension Service

Agriculture and Natural Resources  
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Community and Economic Development

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Lexington, KY 40506



Disabilities  
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with prior notification.





# Nutrition Notes.....

(Alta) Gaye Hutchison,  
NEP Assistant

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

Recipe from the  
April 2025  
Food and Nutrition  
Calendar

## Lemon Broccoli Pasta



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

**Prep time: 15 minutes**  
**Cook time: 25 minutes**

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 1 1/2 cups  
Cost per recipe: \$8.56  
Cost per serving: \$1.07

### Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

### Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service





# Make a Salad a Meal

Mix: Greens, Grain,  
Protein, Veggie and Fruit



## Directions:

### Step 1: Select some greens

- Spinach
- Iceberg Lettuce
- Kale
- Romaine Lettuce
- Cabbage
- Mixed Greens
- Butter Lettuce
- Bibb Lettuce
- Red Leaf Lettuce

### Step 2: Choose a grain

- White rice
- Brown rice
- Wild rice
- Quinoa
- Barley
- Couscous
- Whole-Grain Pasta
- Granola

### Step 3: Pick a protein

- Chicken
- Tofu
- Beef
- Eggs
- Tuna Fish
- Hummus
- Nuts (almonds, walnuts, etc.)

### Step 3: Pick a protein (Contd.)

- Beans (black, kidney, etc.)
- Pork
- Shrimp
- Lentils

### Step 4: Add some veggies and/or fruit

- Tomatoes
- Carrots
- Mushrooms
- Cucumbers
- Peas
- Onions
- Peppers
- Celery
- Broccoli
- Peas
- Corn
- Green beans
- Apples
- Dried cranberries
- Raisins
- Pears
- Berries
- Avocado
- Mandarin oranges

### Step 5: Add some flavor

- Olives
- Fresh herbs
- Shredded cheese
- Pickled vegetables
- Salad seasoning mix
- Black pepper

### Step 6: Dress it up

- Creamy dressings
- Vinegar and oil
- Vinaigrette dressings
- Salsa

### Step 7: Top with some crunch

- Croutons
- Sunflower seeds
- Sesame sticks
- Pepitas
- Tortilla chips
- Crackers



## Extension Homemaker Club Meetings 2025



Busy Bees - April 3rd @ 1:00 p.m. - Downstairs Meeting Room  
Country Charmers - April 3rd @ 5:30 p.m. - Downstairs Meeting Room  
Sunnybrook - April 3rd @ 6:30 p.m. - Downstairs Meeting Room  
Charity - April 8th @ 5:00 p.m. - New Charity Baptist Church  
Crafter's Anonymous - April 9th @ 1:30 p.m. - Downstairs Meeting Room  
Odds 'N Ends - April 10th @ 12 noon - Downstairs Meeting Room  
Pots & Pans - April 14th @ 6:00 p.m. - Downstairs Meeting Room  
Creative Characters - April 15th @ 12:30 p.m. - Downstairs Meeting Room  
Happy Chippers - April 17th @ 12:30 p.m. - Downstairs Meeting Room  
Mudslingers - April 21st - Assigned Appointments Only-Contact Seth Hart  
Mudslingers - April 22nd @ 12:30 p.m. - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**

KEHA ~ Roll Call & Thought for the Day  
April 2025

Thought for the Day:

"A-we gonna do what they say can't be done

We've got a long way to go, and a short time to get there"

East Bound and Down (from *Smokey and the Bandit*)

Jerry Reed and Deena Kaye Rose 1977

Roll Call: April is National Volunteer Month.

What is your favorite way to volunteer?



NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.



### Blood Drive!

April 22, 2025

Aspire Center

Odds 'N Ends ~ 12:30-3:00 p.m.

Country Charmers ~ 3:00-5:30 p.m.





# EVENTS FOR APRIL

**APRIL 18 ~ 8:30 AM**

*Intermediate  
Photography Class  
Adair County*

**APRIL 25 ~ 10 AM**

*In-Stitches Quilt Class  
(Downstairs)*

**APRIL 23 ~ 10 AM**

*Gardening Safely  
(Downstairs)*

**APRIL 28-MAY 1**

*Jabez Quilt Seminar  
Cave City*

**APRIL 20**



*“Our spring has come at last  
with the soft laughter of April  
suns and shadow of April  
showers.”*

*~ Byron Caldwell Smith*

# UPCOMING EVENTS

## MAY EVENTS

May 5-8 - KEHA State Meeting - Hyatt Regency in Lexington

May 15 - Lake Cumberland Area HM Annual Meeting - Clinton Co.

May 16 - In-Stitches Class @ 10 a.m. - Downstairs Meeting Room

May 19 - Feather Weight Class @ 10 a.m. or 6 p.m. - Downstairs Meeting Room

May 22 - Drop off cakes, cookies, & candies for Homemaker Bake Sale @ Extension Office

May 23 - Homemaker Bake Sale (9 a.m.-1 p.m.)

May 26 - Office Closed for Memorial Day

May 28 - Using Your Air Fryer @ 10 a.m. - Downstairs Meeting Room

May 29 - Homemaker Spring Council Meeting @ 6 p.m. - Downstairs Meeting Room



## In-Stitches Quilt Class “Love Spools” (Part 2)

The next class has been scheduled for Friday, April 25, 2025, at 10:00 a.m. ET in the Downstairs Meeting Room. We will be working on Part 2 of “Love Spools.”



### KEHA State Meeting Cultural Arts Competition

Extension Homemakers: This is a reminder if you had items that placed first at the Lake Cumberland Area Cultural Arts Competition, please bring your items back to the Wayne County Extension Office by April 30<sup>th</sup> if you would like for it to go to the state competition in May.

### Extension Homemakers Bake Sale

May 23, 2025



We will be having a bake sale at these locations: Monticello Medical, Wayne County Extension Parking Lot, & Downtown Area from 9 a.m.-1 p.m.

If you would like to volunteer to work at one of these locations, please contact the Extension Office. We also need volunteers to make cakes, cookies, and candies, which can be dropped off at the Extension Office on May 22nd.



## **GARDENING SAFELY & OTHER FUN GARDEN STUFF**

Join us as we learn to keep the FUN in gardening!  
This workshop will teach you the many potential health benefits of  
gardening & how to reduce injuries while gardening. Small goodie  
bags to participants signed up first, while supplies last.



**Wednesday, April 23, 2025  
10:00 a.m.**

**Wayne County Extension Office  
Downstairs Meeting Room  
RSVP by: April 18, 2025  
(606) 348-8453**

**An Equal Opportunity Organization.**



## 2025 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the tenth 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 finish the edges just like you would a complete quilt. Finished applique squares also are 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. Bring the 12-inch finished square(s) to the KEHA State Meeting in Lexington. Please write your name and county on a small slip of paper and attach to the back of the square.



If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter, KEHA 1st Vice President, 606-584-2510 or [annsporter42@gmail.com](mailto:annsporter42@gmail.com)



Active Homemaker Club Members  
& Mailbox Members:

Please bring your finished  
12" square to the  
Wayne County Extension Office  
by 4:30 p.m. on May 2, 2025.



 Cooperative  
Extension Service

## Intermediate Photography Class: Portrait Photography

This is a free hands-on learning experience class. It's highly recommended to bring a physical camera. You can use your phone camera if you don't have a physical camera.

Spots are limited. Register Now!  
Call 606-348-8453

Friday, April 18, 2025  
Adair County  
Leaving Wayne  
County Extension  
Office at 8:30 a.m.

We will be stopping  
for lunch before  
returning to  
Wayne County.  
Lunch is on your own.



An Equal Opportunity Organization.

*Get in Tune with  
Homemakers*

**Lake Cumberland Area  
Extension Homemakers  
Annual Meeting**

**May 15, 2025**  
**Clinton County  
Fairgrounds**

Registration 4:30 pm CST  
Program 5:00 pm CST

\$15 Registration  
\*Due to your Extension Office May 1st







## Seth Hart

### Program Assistant for Community Arts

## PAINTING

### OUTDOOR SIGNAGE

MATERIAL - WOOD

METHOD - GRAPHITE TRANSFER



### KENTUCKY STATE FAIR CURRICULUM

IF COMPLETED BY 4-H STUDENTS

~ 4-H HOME ENVIRONMENT ~

## UNIT II EXHIBITS

894 DECORATIVE ITEM FOR THE HOME & PHOTO

Instructed by:

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Office

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu

## KENTUCKY COOPERATIVE EXTENSION



UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

SUPPLIER: POTTER'S ACE HARDWARE OR LOWE'S

LUMBER (OPTIONAL): 2" X 6" TREATED

SIZE OF CHOICE

SUPPLIER: HOBBY LOBBY

ASSORTED PAINT BRUSHES

SOFT BRISTLE - FINE POINT & LARGER

WOODEN PLAQUE (OPTIONAL)

ACRYLIC PAINTS

SUPPLIER: WALMART

PROTECTIVE FINISH (EXTERIOR)

### OTHER MATERIALS

MOUNTING OPTIONS

HAMMER & NAIL DRILL & SCREWS

PICTURE HANGING BRACKETS EYE SCREWS & PICTURE HANGING WIRE

ELECTRIC SANDER

CARBON PAPER (OPTIONAL)

SCOTCH TAPE

### INSTRUCTIONS ON NEXT PAGE

ALSO FEATURED ON YOUTUBE



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## Seth Hart

### Program Assistant for Community Arts

- Choose a size for your sign (Have the wood precut and sanded).
- Using Microsoft Publisher (and on landscape format), choose a font for your wording.  
Enlarge the wording to its largest size that fits onto the page. Print it out.
- Using a graphite pencil, do a rubbing on the entire backside of printout.
- Place the printout onto the wood with backside and rubbing face down. Tape edges of the paper onto the wood to hold it in place.
- With a pencil, transfer the wording by reoutlining the letters (the graphite will be visible after applying pressure from the pencil).
- Remove the paper and with the pencil once again, redefine the transferred graphite make the wording appear more bold.
- Begin the painting process by using a fine point brush to outline the wording. Fill the largest areas with larger paint brushes.
- *Note: If you plan to leave the background natural, be even more cautious about staying in the lines. Paint will stain the natural wood and can't be cleaned. However, should mistakes like that occur, use an electric sander to remove any unwanted paint.*
- *Note: For mounting onto posts, I recommend drilling over nailing.*
- *Note: For mounting onto walls, either picture hanging brackets or eye screws with wire are effective options.*







**Joy McGinnis**

**FCS Program Assistant**







## April Is **STRESS** AWARENESS MONTH



### April is Stress Awareness Month

Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being and minimize exacerbation of health-related issues.

Commit to taking 10-15 minutes today to do something for yourself. Here are some ideas from the Centers for Disease Prevention and Control (CDC) to get started:

 <b>Get Outside</b>	 <b>Embrace Self-Care</b>	 <b>Practice Gratitude</b>
 <b>Be Active</b>	 <b>Laugh</b>	 <b>Try a new hobby</b>
 <b>Practice Relaxation</b>	 <b>Connect with Friends</b>	 <b>Seek counseling</b>

### FOOD FOR THOUGHT!

Do you eat enough Magnesium rich foods? Magnesium is a mineral that is responsible for over 300 reactions in our bodies that affect blood sugar, blood pressure, digestion, muscle relaxation, migraine headaches, anxiety & sleep. Here are the top 5 foods:



- Seeds (pumpkin, chia)
- Nuts (almonds, cashews)
- Greens (spinach, chard)
- Beans (lima, black)
- Soy (milk, edamame)



Source: Barnstable  
County Health  
Department and Cape  
Cod Cooperative  
Extension



# Attention Centering Techniques



To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



**Meditation**



**Breathing**



**Visualization**

## MOVE MORE!

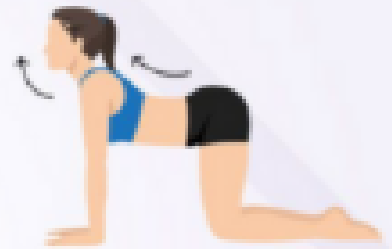
## STRETCH TO DE-STRESS!



**Forward Fold**



**Neck Rolls**



**Cat-Cow Stretch**



**Seated Spinal  
Twist**



**Shoulder Stretch**



**Child's Pose**



# Redefining “Healthy”: The FDA’s new standards for food labels

Source: Anna Cason, Senior Extension Associate for Food and Nutrition ~ Published on March 13, 2025



When grocery shopping, you may notice food packages labeled as “healthy.” This term is meant to help buyers easily identify options that can support their health. To use “healthy” on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.

At the end of 2024, the FDA announced it would update its definition of “healthy,” which was originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition is intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

<https://exclusives.ca.uky.edu/2025/fcs/redefining-healthy-fdas-new-standards-food-labels>



# Snap Pea & Red Cabbage Slaw

## INGREDIENTS

- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 2 tsp. Dijon mustard
- 1/2 medium head red cabbage, shredded
- 8 oz. sugar snap peas, diced
- Salt & pepper to taste, herbs of choice

## INSTRUCTIONS

- Whisk together oil, lemon juice, mustard and season with salt & pepper.
- Add the snap peas, red cabbage and any fresh herbs. Toss to combine.
- Dressing and slaw can be prepped ahead: refrigerate separately and combine just prior to serving.

Source: Barnstable County Health Department and Cape Cod Cooperative Extension



## Strawberry Green Tea

13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. **Wash** strawberries and remove the tops.

2. **Chop** the berries with a hand chopper in a large pot.

3. **Add** water to the chopped berries and bring to a boil, stirring occasionally.

4. **Remove** from heat and let mixture cool for 5 minutes.

5. **Add** tea bags and submerge. Steep tea for 2 to 3 minutes.

6. **Strain** the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. **Add** honey and stir until dissolved.

8. **Chill** and serve.

9. **Garnish** with a lemon slice or a fresh strawberry if desired.

**Yield:** 16, 8 ounce servings.

**Nutrition Analysis:** 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

**SEASON:** May through June.

**NUTRITION FACTS:**  
*Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.*

Source:

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)





# Dijon Chicken Asparagus Roll Ups

<b>3 tablespoons</b> Dijon mustard	<b>2 teaspoons</b> dried thyme	<b>4</b> skinless, boneless chicken breast halves (about 5 ounces each)
<b>½ cup</b> low fat mayonnaise	<b>2 teaspoons</b> black pepper	<b>4</b> slices skimmed mozzarella cheese
<b>1</b> lemon, juiced (approximately 3 tablespoons)	<b>½ teaspoon</b> salt	<b>1 cup</b> panko bread crumbs
	<b>16</b> spears fresh asparagus, trimmed	



**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.

**Yield:** 4 servings

## Nutritional Analysis:

370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

**SEASON:** April through May.

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh asparagus has 22 calories, 2 grams of protein and 4 grams of carbohydrate.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

*Debbie Shepherd*

Debbie Shepherd, CEA FCS  
Wayne County Extension Agent  
for Family & Consumer Sciences  
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DS/vm

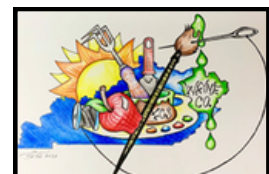


**Wayne County Cooperative  
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[www.ca.uky.edu](http://www.ca.uky.edu)



Website:  
[wayne.ca.uky.edu](http://wayne.ca.uky.edu)



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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## Wayne County Extension Homemakers 2025-2026 Program Year Membership Drive

Members who renew their membership no later than June 30, 2025, will receive a free Celebrating 75 Years Wayne County Extension Homemaker Commemorative T-shirt!! Members who recruit a NEW member by June 30th will receive an additional incentive. New members will receive a T-shirt & incentive as well! The member who recruits the MOST NEW Members will receive an additional extra special incentive!! A special incentive for the FIRST person to get in their membership and FIRST member to recruit a new member!!

This is going to be an EXCITING and ACTIVE year for Wayne County Extension Homemakers!! Don't miss out!!

Join today & recruit a new member!

Membership form and dues MUST be turned in at the same time!

Dues are \$10 for the 2025-2026 program year.

Make checks payable to the Wayne County Extension Homemakers.

Important! Please fill out BOTH sides of the form completely.

If you wish to give a membership to someone, please request a gift membership certificate.



Date Paid: \_\_\_\_\_ Cash: \_\_\_\_\_ Check # \_\_\_\_\_ Office Use Only: \_\_\_\_\_ Date: 2025-2026  
Database: \_\_\_\_\_ Scan: \_\_\_\_\_

## Enrollment Form Wayne County Extension Homemakers Association

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ Home  
Address: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ Cell  
\_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ Work  
\_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ Fax  
Email: \_\_\_\_\_ Birth: \_\_\_\_\_ (optional)

Month Day  
Name of Club: (Circle all that apply)

Busy Bees Country Charmers Club Creative Characters Club  
Charity Club Happy Chippers Mudslingers Club  
Odd 'N Ends Club Pots & Pans Club Crafter's Anonymous Club  
Sunnybrook Club Mailbox

(Below demographic information is optional, please check) ☒

Race: ☐ White ☐ Black or African American ☐ Asian/Pacific Islander  
☐ American Indian or Alaska Native ☐ Other

Ethnicity: ☐ Hispanic ☐ Non-Hispanic

Gender: ☐ Female ☐ Male

First Year of KEHA membership: \_\_\_\_\_ Total years of membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

*Educational programs of the Kentucky Cooperative Extension Service serves all people regardless 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, or physical or mental disability.*

Are you a new Wayne County member? \_\_\_\_\_ How did you hear about membership? \_\_\_\_\_

Name of person who recruited you: \_\_\_\_\_

**Getting To Know You!** Name: \_\_\_\_\_

Birthday: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_  
Month Day

Your favorite color: \_\_\_\_\_

Your favorite flower: \_\_\_\_\_

Your favorite book/author: \_\_\_\_\_

Your favorite quote/verse: \_\_\_\_\_

Family & Pets: \_\_\_\_\_

Hobbies : \_\_\_\_\_

Your Talents : \_\_\_\_\_

Would you consider sharing your talents with others? ☐ Yes ☐ No ☐ Maybe

About YOU! \_\_\_\_\_