

## December 2024 FCS Newsletter



**VOL. 2024-12**

### Cooperative Extension Service

Wayne County  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
(606) 348-8453  
Fax: (606) 348-8460  
wayne.ca.uky.edu



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### 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

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Disabilities  
accommodated  
with prior notification.



# Nutrition Notes.....

(Alta) Gaye Hutchison,

NEP Assistant

(Nutrition Education Program)

December 2024

Nutrition

Education

Program

Calendar Recipe

## Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

### Soaking:

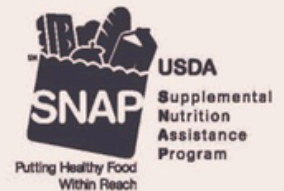
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

**Quick soak:** Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

**Overnight soak:** Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

### Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. 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.



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

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

**Note:** Substitute ham hock with 2 cups diced ham or a leftover ham bone.

**Makes 12 servings**

**Serving size: 1 cup**

**Cost per recipe: \$7.18**

**Cost per serving: \$0.60**

### Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

### Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

# Black Bean Quesadillas

Servings: 10

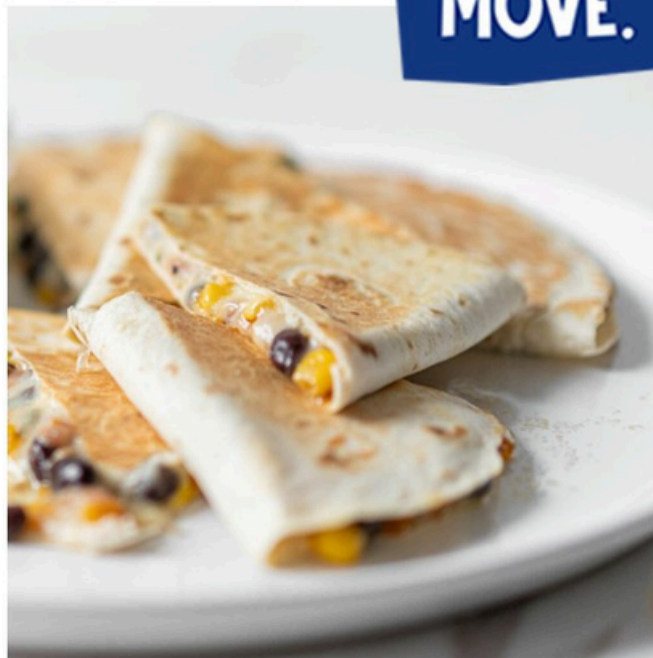
Serving Size: 1 quesadilla

(Good Recipe to try with your children.)

PLAN.  
EAT.  
MOVE.

## Ingredients:

- 1 15-ounce can low-sodium black beans, rinsed and drained
- 1 cup frozen, fresh, or canned corn
- 1/2 small red onion, diced
- 1 medium green bell pepper, diced
- 1 1/2 cups shredded cheddar cheese
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 10 whole-wheat tortillas



## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently clean all produce under cool running water before chopping.
3. Add the black beans, corn, onion, pepper, cheese, chili powder, and garlic powder to a medium bowl. Gently fold until everything is evenly combined.
4. Place 1/2 cup of the filling on one side of each tortilla and fold over.
5. Heat a large nonstick skillet over medium heat. Place two quesadillas in the skillet at a time. Cook until each side is slightly browned and the cheese is melted, about 2 to 3 minutes per side.
6. Slice into triangles and enjoy! This pairs well with salsa.
7. Store leftovers in the refrigerator within 2 hours.

**Source:** Jean Najor, Program Coordinator II  
University of Kentucky Cooperative Extension Service

## Nutrition facts per serving:

250 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 15mg cholesterol; 310mg sodium; 35g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.



## Extension Homemaker Club Meetings

- Busy Bees - December 5th @ 1:00 p.m. - Downstairs Meeting Room
- Country Charmers - December 5th @ 5:30 p.m. - Downstairs Meeting Room
- Sunnybrook - December 5th @ 6:30 p.m. - Downstairs Meeting Room
- Pots & Pans - December 9th @ 6:00 p.m. - Downstairs Meeting Room
- Charity - December 10th @ 5:00 p.m. - New Charity Baptist Church
- Crafter's Anonymous - December 11th @ 1:00 p.m. - Downstairs Meeting Room
- Odds 'N Ends - December 12th @ 12 noon - Downstairs Meeting Room
- Creative Characters - December 17th @ 12:30 p.m. - Downstairs Meeting Room
- Happy Chippers - December 19th @ 12:30 p.m. - Downstairs Meeting Room
- Mudslingers - December 23rd - Assigned Appointments Only-Contact Seth Hart
- Mudslingers - December 24th @ 12:30 p.m. - Downstairs Meeting Room

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



KEHA ~ Roll Call & Thought for the Day  
December 2024



Thought for the Day:

"Workin' on a mystery, goin' wherever it leads  
Runnin' down a dream"  
Runnin' Down a Dream

Tom Petty and the Heartbreakers 1989

Roll Call: What is your dream for this holiday season?  
(Or for the upcoming year?)

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.

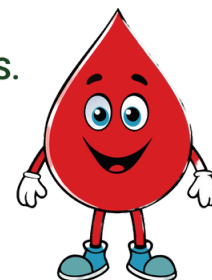
## Blood Drive!

Tuesday, December 17, 2024  
Aspire Center

Country Charmers ~ 12:30-3:00 p.m.  
Odds 'N Ends ~ 3:00-5:30 p.m.

"EVERY DROP COUNTS.  
GIVE THE GIFT OF LIFE."

"SAVE A LIFE TODAY;  
BE A BLOOD DONOR!"



# Upcoming Events

DECEMBER <b>5</b>	<b>Officer Leadership Adventure.</b>
DECEMBER <b>6</b>	<b>Set-up for North Pole Breakfast with Santa @ 10 a.m. - Downstairs</b>
DECEMBER <b>7</b>	<b>North Pole Breakfast with Santa @ 8 a.m. - Downstairs</b>
DECEMBER <b>10</b>	<b>Planning Meeting for Valentine's Day Event @ 11 a.m. - Upstairs</b>
DECEMBER <b>11</b>	<b>Homemakers Christmas Party @ 1 p.m. - Downstairs</b>
DECEMBER <b>25-31</b>	<b>Office closed for Christmas.</b>
JANUARY <b>1</b>	<b>Office closed for New Year's Day.</b>
JANUARY <b>2</b>	<b>Office will reopen.</b>

# Upcoming Events

FEBRUARY <b>11</b>	<b>Valentine's Day Event</b>
FEBRUARY <b>24</b>	<b>Executive Homemaker Council Meeting @ 12 noon - Board Room</b>
MARCH <b>4-5</b>	<b>Wayne County Cultural Arts Competition - Upstairs</b>
MARCH <b>11</b>	<b>LCA Cultural Arts Competition</b>
MARCH <b>25</b>	<b>LCA Homemakers Council Meeting</b>
APRIL <b>7</b>	<b>Spring Homemaker Council Meeting @ 6 p.m. - Downstairs</b>
APRIL <b>15</b>	<b>Earth Day Event - Outside</b>
MAY <b>TBD</b>	<b>Mother's Day Social Engagement</b>

MAY <b>6-8</b>	<b>KEHA State Meeting - Lexington</b>
MAY <b>15</b>	<b>LCA Annual Meeting - Clinton Co.</b>
JUNE <b>26</b>	<b>Kick-off Meeting for Homemakers Annual Meeting</b>
SEPTEMBER <b>18</b>	<b>Wayne County Extension Homemakers Annual Meeting</b>

**Wayne County Extension Homemakers will be celebrating 75 years!**

**Location of the Wayne County Homemakers Annual Meeting in September to be announced later.**



## Upcoming Events

### UPCOMING CLASSES - 10:00 A.M. - Downstairs Meeting Room

December - Club Choice for Activities

January 22 - How to Get Out of Mealtime Rut

February 26 - People Learn with Purpose: Understanding Learning Styles

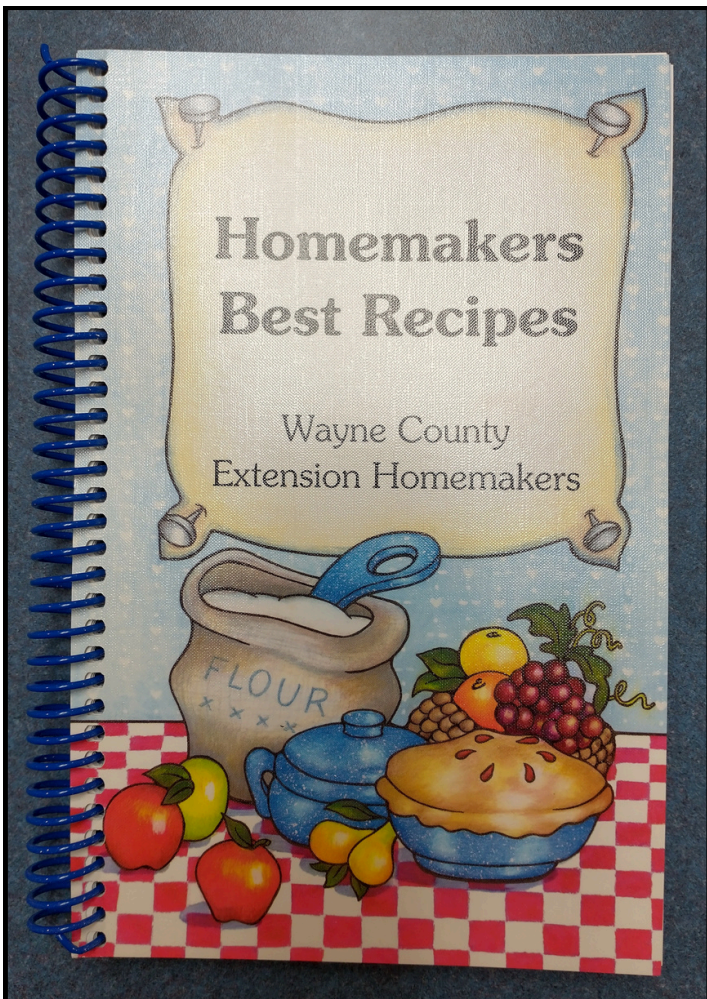
March 26 - Indoor Air Quality

April 23 - Gardening Safety

May 28 - Using Your Air Fryer

**Note:** These classes moved from the 4th Tuesday at 5:30 p.m. to the 4th Wednesday at 10:00 a.m. and are opened to the public.

**Extension Homemakers: Please have one representative from your homemaker club to attend these classes.**



**We still have cookbooks  
available for sale.**

**Cost - \$15.00**

**Stop by the Wayne County  
Extension Office to purchase  
one or see an Extension  
Homemaker Club member.**

**These would make great  
Christmas gifts!**



# NORTH POLE BREAKFAST *With Santa*



WAYNE COUNTY EXTENSION OFFICE

SATURDAY, DECEMBER 7, 2024 | AT 8 AM

**DELICIOUS FOOD ~ KIDS ACTIVITIES ~ DOOR PRIZES ~ DROP OFF LETTERS TO SANTA**

Bring your little ones for Breakfast with Santa Claus and story time with Mrs. Claus, where children can make special memories and enjoy a delicious breakfast with their family.

Admission to the North Pole: \$2.00 (8 years old & under)

\$5.00 (ages 9 & up including adults)

Breakfast Choices: Sausage Gravy & Biscuits or Pancakes & Sausage Patty ~  
Coffee, Hot Chocolate, or Orange Juice

Purchase your tickets before December 1st & be entered in a drawing for a 15-20 lb. Butterball Turkey. Come support the Wayne County Homemakers & local charities.



An equal opportunity organization.

**Homemakers: Please RSVP by December 9th.**



**ALL EXTENSION HOMEMAKER CLUB MEMBERS  
YOU ARE INVITED TO A**

**Christmas  
Party**

*Sponsored by: Crafter's Anonymous Homemaker Club*

**Wednesday, December 11, 2024  
1:00 p.m. ~ Downstairs Meeting Room**

**Fun & Games  
Bring a \$5  
Gift for  
Gift  
Exchange.**



**Wear your  
Christmas  
jammies for  
a special  
gift!**

**Foot Long  
Sandwiches  
provided.  
Please bring:  
Salad, side  
dish, chips,  
or desserts.**





# Seth Hart

Program Assistant  
for Community Arts

# Graphite Christmas Tree

## DRAWING

### BLACK AND WHITE

“Christmas Tree”



Instructed & Provided by

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

## SUPPLIES

### PAPER OPTIONS

SKETCH

MULTIMEDIA/WATERCOLOR

### GRAPHITE PENCILS

2B

4B

### ERASERS

GUM

KNEEDED

INSTRUCTIONS ON NEXT PAGE

ALSO FEATURED ON YOUTUBE

CHANNEL: WAYNE COUNTY COOPERATIVE EXTENSION SERVICE

PLAYLIST: FINE ARTS



## TUTORIAL



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





**Seth Hart**

**Program Assistant  
for Community Arts**

**Graphite  
Christmas  
Tree**

REFER TO THE IMAGES BELOW AND THE TUTORIAL (FRONT PAGE)

TERMS COVERED: LINE, TEXTURE, SHAPE, OVERLAPPING



**IF COMPLETED BY 4-H STUDENTS**



~ 4-H ARTS ~

**DRAWING**

745 BLACK PENCIL DRAWING



## Safely Saving Those Holiday Leftovers

*Joy McGinnis*

*FCS Program Assistant*

One of the best things about the holidays is all the food. Oftentimes, the abundance of food results in many leftovers. Just like uncooked food, leftovers can cause foodborne illness if you don't properly handle them. Taking food safety precautions will help you get the most from leftovers. Have a plan for how you are going to use those leftovers and stock up on grocery items like noodles, broth, and relishes, which can help you reuse leftovers in new ways. Refrigerate any leftovers within two hours after preparation. Discard any perishable food that has been at room temperature for more than two hours. Although you can safely store hot food in a refrigerator, you can help the food cool quicker by dividing it into small containers. For turkey and other meat leftovers, it is best to remove all the meat from the bone and place it in shallow containers or small plastic bags. You can leave the legs and wings whole. Store the meat in the refrigerator if you plan to eat it within the next three or four days. Freeze the meat if you are unsure about how soon you will eat it. Store leftover stuffing and gravy separately from the meat. Eat refrigerated leftovers within three or four days. Consume frozen leftovers within four months. When you are ready to eat the leftovers, use a food thermometer to make sure you reheat the food to an internal temperature of 165 degrees Fahrenheit. Use a food thermometer to ensure the food reaches this temperature. When reheating sauces, soups, and gravies, make sure they come to a full rolling boil. If you are reheating your leftovers with a microwave, check to make sure there are no cold spots in the food where bacteria could have survived. Cover, stir, and rotate the food for even heating in the microwave. For more food safety information, contact The Wayne County Extension Office at (606) 348-8453.

*Source: Annhall Norris, Extension Specialist*



**Joy McGinnis**

*FCS Program Assistant*



## **Holiday Online Shopping Savvy**

The holiday season is upon us, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and their security software may not always be up to date.

When buying online, look for a padlock symbol on the page and shop from sites that start with an <https://> web address. This is additional assurance for you that the website encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your credit card company. You can also request a free credit report from the three credit reporting agencies.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers, and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday, or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device to keep it up to date with the latest security features. This includes apps, browsers, and your operating system. Keep your home internet network secure by password protecting your connection.

For more ways to protect your financial well-being, contact the Wayne County Extension Office.  
*Source: Kelly May, Senior Extension Associate*



# Blessing Box

Sponsored by Wayne County  
Extension Homemakers

A Blessing Box was placed next to the bookcases outside the Wayne County Extension Office basement for food donations.

Please make sure that the canned food items you wish to donate have a pop-up tab on the lids or donate food items that are ready to eat.

Please do not put any out-of-date items or cans that are rusted in the Blessing Box.

**Be the Sunshine!**



**Take what you need!  
Leave what you can!**



## In-Stitches Quilt Class

There will be no In-Stitches Quilt Class in December.

The next class has been scheduled for Friday, January 17, 2025, at 10:00 a.m. ET. In this class, we will be working on a fun project called "Love Spools (Part I)."

Note: See December's In-Stitches Quilt Newsletter for class details or contact the Wayne County Extension Office for details.



# Savory Winter Pork Stew



Nutrition facts per serving: 190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

## Ingredients:

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies

Source: Source: Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

## Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 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.
- In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
- On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
- Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
- Wash hands and surfaces after handling uncooked meat.
- In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.
- Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
- Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy. Refrigerate leftovers within 2 hours.



## Holiday Turkey Salad



**Nutrition Facts per serving: 390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 1255mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 0g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.**

### **Ingredients:**

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- $\frac{2}{3}$  cup pecan halves

### **Directions:**

- Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
- In a small bowl, mix together yogurt and honey. Set aside.
- In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
- Refrigerate until well chilled.

**Source: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service**

# The Wayne County Extension Homemakers enjoyed taking a ride on the rails on the Big South Fork Train.





# “Jingle All the Way” Christmas Event Highlights



# "Jingle All the Way" Christmas Event Highlights





We would like to say  
**“Thank You”**  
 to Marlene Bass,  
 President of Country Charmers  
 Homemaker Club, for her hard  
 work and time in making  
 Thanksgiving/Christmas Placements  
 for our local nursing home.



The Wayne County  
 Extension Office  
 will be closed  
**December 25, 2024**  
 through  
**January 1, 2025**  
 for Christmas &  
 New Year’s Day.  
 We will reopen on  
**January 2, 2025.**

*Debbie Shepherd*

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



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**Families.**  
[www.ca.uky.edu](http://www.ca.uky.edu)



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



**Wayne County Cooperative  
 Extension Family and  
 Consumer Sciences**



**Cooperative  
 Extension Service**

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Disabilities  
 accommodated  
 with prior notification.