

FAMILY & CONSUMER SCIENCES



2021

VOL. 22-01

COOPERATIVE EXTENSION

University of Kentucky

College of Agriculture, Food and Environment



Creating Healthy & Sustainable Families

Cooperative Extension Service

Wayne County

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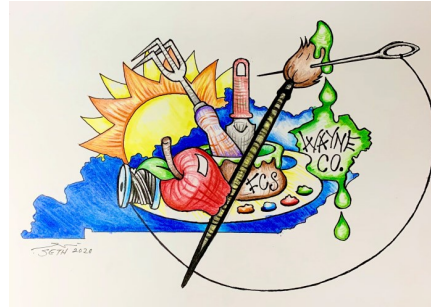
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www.ca.uky.edu



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Happy Winter Everyone!

Time for hot chocolate, warm blankets and fun winter activities! Please read your newsletter carefully! We have LOTS of upcoming activities and events! Mark your calendars for some winter FUN!

Warm Wishes ~ Debbie



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

January 2018

Nutrition

Education

Program

Calendar Recipe

RED BEANS AND RICE



Nutritional facts per serving:

350 calories; 2g total fat; 0.5g saturated fat; 0g trans fat; 5mg cholesterol; 150mg sodium; 66g carbohydrate; 6g fiber; 2g sugar; 14g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 2% Daily Value of potassium.

Source: Sarah Brandl, Extension Specialist, University of Kentucky, Cooperative Extension Service

- 1 pound dry red beans
- 7 cups water
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 3 celery stalks, chopped
- 3 garlic cloves, chopped
- ½ pound turkey smoked sausage, chopped
- 1-2 tablespoons Creole seasoning
- Cooked rice

1. Place all ingredients except cooked rice into a 4-quart slow cooker.
2. Cover and cook at high setting for 7 hours or until beans are tender.
3. Serve individually over ½ cup hot cooked rice.

Makes 14 servings

Serving Size: 1 cup (not including rice)

Cost per recipe: \$4.34 (Each cup of either brown or white rice costs 4¢)

Cost per serving: 31¢

Note:

- If served with ½ cup white long grain rice: add 100 calories; 22g carbohydrate; 2g protein per serving.
- If served with ½ cup brown rice: add 110 calories; 1g total fat; 22g carbohydrate; 2g fiber; 3g protein per serving.

EASY MEATLOAF



MAKE IT A MEAL

- **Slow Cooker Meatloaf**
- Steamed broccoli
- Baked sweet potato
- Whole grain roll
- Low-fat milk

TIP

Drink water or unsweetened beverages instead of sugary drinks. Soda, energy drinks and sports drinks are a major source of added sugar and calories in American diets.

- 2 pounds lean ground beef
- 2 eggs, beaten
- 1 sleeve saltine crackers, crushed
- 1 medium onion, chopped
- 2 cups salsa

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix the beef, eggs, crackers, onion and 1 cup of salsa.
3. Press into greased 2-quart casserole dish or 10-inch iron skillet.
4. Top with remaining salsa.
5. Bake for 1 hour.

Slow Cooker Version:

1. Spray slow cooker with vegetable spray.
2. Mix beef, eggs, crackers, onion and 1 cup salsa.

3. Shape into a loaf and place in slow cooker.
4. Top with remaining 1 cup salsa.
5. Cook 6-8 hours on low setting.

Makes 8 servings

Serving size: 1/8 loaf

Source: Sarah Brandl, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

170 calories; 6g total fat; 2g saturated fat; 0.5g trans fat; 100mg cholesterol; 550g sodium; 5g carbohydrate; 2g fiber; 3g sugar; 24g protein; 10% Daily Value of vitamin A; 2% Daily Value of vitamin C; 0% Daily Value of calcium; 10% Daily Value of iron.

Taken from: January 2016 Nutrition Education Program Calendar

Source: Adapted from Amanda Howard, Magoffin County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service

Extension Homemaker Club Meetings

ALL Covid-19 safety practices will be required! Cloth face coverings (strongly recommended), social distancing, sanitizing, etc. Catered boxed food ONLY!

We will keep you posted on any changes and updates. Stay safe & healthy!

Pot & Pans - January 4th at 6pm Upstairs Meeting Room

Sunny Brook - January 6th at 6:30pm

Country Charmers - January 10th at 5pm Downstairs Meeting Room

Dough Rollers - January 11th at 12noon Upstairs Meeting Room

Charity - January 11th at 6:30pm

Odds N' Ends - January 13th at 12 noon Downstairs Meeting Room

Creative Characters - January 18th at 1pm Downstairs Meeting Room

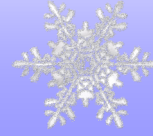
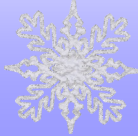
Happy Chippers Club - January 20th at 1pm Downstairs Meeting Room

Mudslingers - January 25th at 1pm Downstairs Meeting Room

Bad Weather Policy

It's that time of year! IF the weather is not looking safe for travel call the Extension Office to see if meetings/activities have been cancelled/rescheduled.

We will announce ALL cancellations/reschedules on FCS Facebook, Z93 Radio & WKYM Radio.



Extension Homemakers

We still have FREE Wayne Co. Extension
Homemaker Calendars!

IF you haven't picked up yours please stop by the office for
your calendar!

Extension Homemakers

We have extra Wayne Co. Extension
Homemaker long sleeved t-shirts.

We are selling cheap! \$8

Limited number ~ Limited sizes ~ First come first served

Join us to examine Hunger in Kentucky and think about ways you can help our community and neighbors be more food secure.



IN THIS EXTENSION HOMEMAKER LESSON, YOU WILL LEARN TO DO FOUR THINGS:

1. Describe concerns related to food insecurity
2. Recognize food insecurity as a community issue
3. Identify community resources to address food insecurity
4. Develop one or more goals to address food insecurity in our community

Date and time: **Tuesday, January 25th ~ 5:00pm EST**

Location: **Wayne Co. Extension Office ~ Downstairs**

Contact: **(606) 348-8453**



Blood Drives!

Aspire Center

February 8th

Creative Characters 11:45-3:00

Mudslingers 3:00-6:15

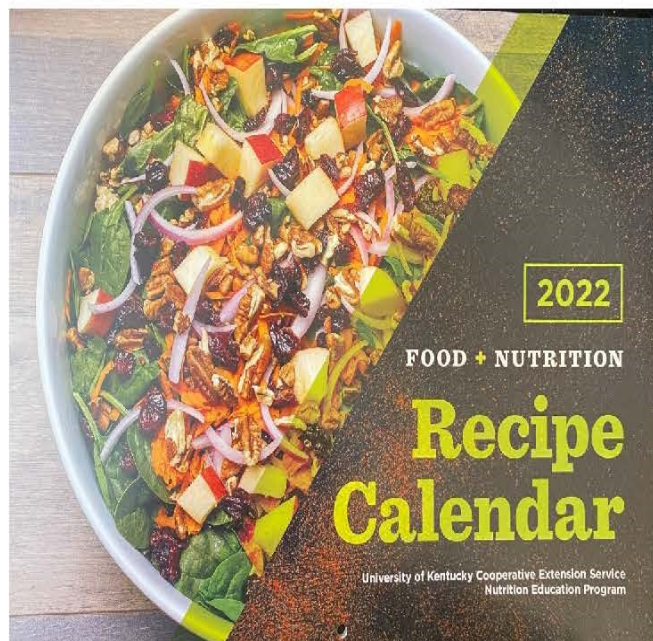


April 12th

Dough Rollers 11:45-3:00

Pots N Pans 3:00-6:15

Cooking Thru The Calendar!



**Wayne County
Extension Office
Downstairs Meeting
Room
12 noon!
Recipe Demos &
Taste Testing!**

Monday, January 31st ~ One Pot Italian Dinner

Monday, February 14th ~ Egg Roll In A Bowl

Wednesday, March 14th ~ Carrot & Zucchini Bars

Wednesday, April 27th ~ No Fuss Oven Frittata

Wednesday, May 25th ~ Farmers' Market Strawberry Sorbet

Wednesday, June 22nd ~ Zubeanie Boats

July ~ December TBA

Free Classes!

Must register so we can be prepared for you!



Starting a Food Production Business

Learn how to get started with your food production business idea. Topics include requirements, permits, certifications, commercial kitchens, insurance, and resources.



February 18, 2022
10:00 - 11:30 a.m. EST



Register now! tinyurl.com/5nuwd356



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

Wayne County Extension Office
(606) 348-8453

Watch Party Zoom

Call to register if you are going to attend at
the Wayne County Extension Office
Downstairs Meeting Room



Joy McGinnis, FCS
Program Assistant

Growing Microgreens Are A Great Indoor Winter Project

Tiny, edible greens grown from the seeds of vegetables and herbs are called microgreens. You can grow microgreens indoors over the winter when gardening outdoors isn't an option.



Microgreen seeds must be sown very thickly in shallow pans with potting soil and are a great indoor winter project to do with children. Microgreens will grow really fast and need no fertilizing, as all their needed nutrients come from the seeds. In 12 to 14 days, on average, you will have a finished product that is flavorful and packed with nutrients.

Microgreens obviously are grown a little bit differently than normal herbs and vegetables. Microgreen seeds should be labeled for use as microgreens only to ensure there is no coating on the seeds that may contaminate the growing young plant. There are about 50 herb and vegetable seeds you can grow for microgreens, such as broccoli, beets and some mustards. Pre-soaked seeds can produce a finished product in about seven days, but 12 to 14 days is more typical. You can grow some of the larger seeds, like mung beans and sunflowers, as microgreens. Larger seeds may take 21 days to mature.

Microgreens average 4 to 5 inches tall when fully grown and can be used fresh in salads, wraps or garnishes. Because microgreens are used fresh and grow close to the soil, you want to sow the seeds in new, clean potting soil in shallow containers. Disposable aluminum pans make perfect containers with 1 to 2 inches of potting soil. Place the pans inside near a sunny window or use grow lights.

Source: Ray Tackett, UK extension horticulture agent

Winter Salad

- ¼ c. reduced fat mayonnaise
- ¼ c. maple syrup
- 3 T. white wine vinegar
- 2 t. minced shallot
- 2 t. sugar
- ½ c. canola oil
- 2 pkgs (5 oz) spring mix salad greens
- 2 med. Tart apples, thinly sliced
- 1 c. dried cherries or cranberries
- 1 c. pecan halves
- ¼ c. thinly sliced red onion



In small bowl, mix first 5 ingredients; gradually whisk in oil until blended. Refrigerate covered until serving. To serve, place remaining ingredients in a bowl; toss with dressing
Serving size: 1 cup. 235 calories, 18g. fat, 2mg cholesterol, 47m sodium, 20g carbohydrate (15g sugars and 2g fiber), 2g protein.

Safe Activities With Your Family During The Winter Months

During the cold winter months, it can be harder to find activities to do with your family. The pandemic has also made it difficult to interact in-person with others. It is easy for all the members of a household to spend more time in front of screens on televisions, computers, or smart phones, especially when it is cold. However, these activities can reduce the amount of quality time you spend together as a family. When you spend time together in fun activities, you create memories that last a lifetime. Here are a few tips for winter activities that families can do that are free or very low cost.

1. Go camping together inside your home! Build a tent with blankets and pillows and decorate it with toys and flashlights. Snuggle inside together and read books or tell stories. There is nothing that you need to purchase. Your family can simply use items that are already there where you live. Any room of your home can be used. Tents can transform even the smallest spaces in your home into a whole new world. They can open a door to many hours of creative play together. Have your child pick out materials to use to really spark their creativity! You can even find great ideas online using items you already have.
2. Have a family treasure hunt. Take items you already have in your home to be your “treasure.” Hide the treasure all over the place and write up clues to help your household members find it.
3. Bake or cook with your family. Cooking tasks such as stirring batter and cracking eggs, are great ways for kids to have fun while learning new skills. Tasks such as measuring liquids can help teach critical math skills. Make a homemade pizza together, or bake some cookies together. Make a homemade salsa together, and use it with a family taco bar. Cooking with your household can be so much fun and can be much lower cost and more nutritious than ordering food.
4. Get up and get moving together! Play hide and seek together or make a homemade, indoor obstacle course. Play together with a family pet. You can do yoga, stretching, or meditation together without having to buy a single thing. Yoga and stretching are also great if you don’t have much space.
5. Plan for regular family game nights. Board games or card games are a great way to bring the family together for lots of fun and laughs. There are many choices and lots of games that are very affordable. You can even find all kinds of great ideas on the Internet that are free. Let each person in the family pick out a favorite game that you can all play together.
6. Make science come alive. You can create a homemade volcano. You can make corn dance. You can build a robot from things already in your home. There are all kinds of great ideas that are free and low cost that can make learning a fun activity for everyone in your household.
7. Make a “bored box.” This does not have to be fancy. Include simple items like paper, paint supplies, and crayons. Play dough and clay are also great to have handy. Adults and children alike love to color or draw. Paper bags can be transformed into puppets. Balloons and homemade dough can become sensory balls. Slime ingredients are always a huge hit. Don’t be afraid to get messy! Just stock up on a few items your kids and you love to do together and keep them stored in a box for an instant activity any time.
8. Make a calendar for the household together. We all need structure, and the pandemic has made that more true than ever. Calendars do not just have to be about what has to get done. Each person in your household can have power over the things you write into your calendar to do together. It can help you to schedule time for fun, time for physical activity, and even time for helping or connecting to others.
9. Host your own family singing or dancing show! No skills or purchases are needed. Hold a dance-off or a dance party. Host a family singing competition. No karaoke machine is necessary. All you need for a home singing or dancing show are lyrics to a favorite song and a way to play music on a phone or other device.

References Beyer, M. (2017). Fun Family Night Activities That Take Bonding to a Whole New Level. Retrieved December 2020 from <https://www.sheknows.com/parenting/articles/842477/50-family-fun-nightideas-for-families/> The Center for Discovery, Inc. (2020). Safe Indoor and Outdoor Activities for Families in the Time of Coronavirus. Retrieved December 2020 from <https://thecenterfordiscovery.org/safe-indoor-and-outdoor-activities-forfamilies-in-the-time-of-coronavirus/>. Source: Dr. Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development



In Stitches-----

Date Change!

Class will be Wednesday, January 26th!

We will be hosting a Sit & Sew!

Bring sewing projects to work on!

We will also be *introducing* our

Log Cabin Quilt!

Log Cabin class will be February 16th & March 16th

10am Wayne Co Extension Office

Downstairs Meeting Room

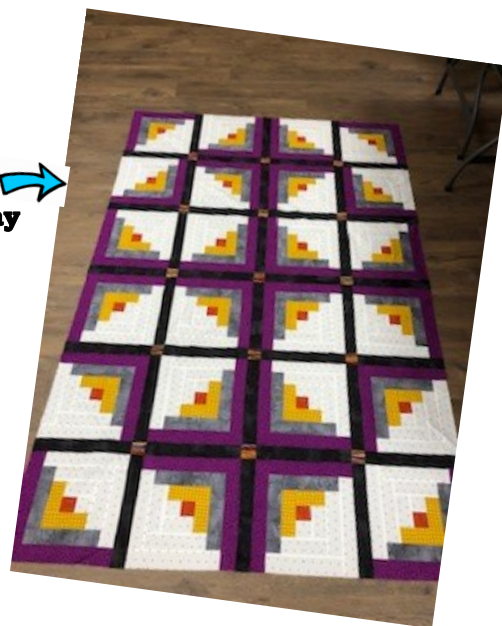
Please let us know if you are attending!



← **Deb's color way**



Laurie Lou's color way



**Don't forget to bring
your items for
Show & Tell!**

For The Love of Chocolate!



**Wayne County
Extension Office
Downstairs Meeting
Room**

**Thursday
February 10th
10 am!**

Recipe Demos & Taste Testing!

Free Class!

Love chocolate?
Did you know chocolate has health benefits?
Want to learn more?
Get ready for Valentine's Day!



Must register so we can be prepared for you!

Call (606) 348-8453

Wayne County Extension Homemakers

Cultural Arts Contest!

Entry Day ~ Wednesday, Feb. 9th 9am ~ 1pm
Viewing Day ~ Thursday, Feb. 10th 8am ~ 4:30pm
Pick Up Day ~ Friday, Feb. 11th 8am ~ 12noon

Contests & Categories Enclosed in Newsletter

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

JOIN THE FUN!

WHEN: Tuesdays & Thursdays Beginning March 1st – May 5th

WHERE: Wayne Co. Extension Office
Downstairs Meeting Room

TIME: 2:00 pm

Prizes!

Call 606-348-8453 to register!

Program is FREE!

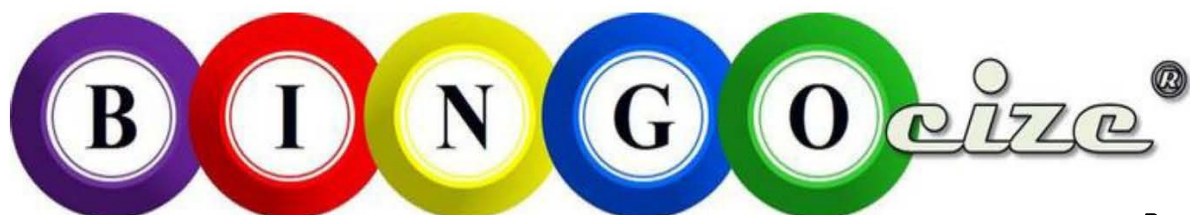


TRY BINGOCIZE®!

Bingo + Exercise = BINGOCIZE®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.





HOMEMAKER SWAP

The Lake Cumberland Area Homemakers invites you to the 2022 Homemaker Swap.

The Homemaker Swap is a pen pal program across the Lake Cumberland area. Participants will be matched with a Homemaker in another county.

The pen pal program will start in February 2022. The deadline to register is January 17th, 2022.

.....
To Register: https://uky.az1.qualtrics.com/jfe/form/SV_dc15Ysr990IFyUS

Cultural Arts and Heritage Exhibit Categories

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. For 2021-2022 county, area and state exhibits, items completed during the past 3 years will be eligible. The rules will revert back to 2 years effective July 1, 2022.

Entry Day ~ Wednesday, February 9th 9am ~ 1pm Upstairs Meeting Room

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
3. ART, NATURAL
 - a. Wood
 - b. Other
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
 - c. Other
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
9. CROCHET
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

Cultural Arts and Heritage Exhibit Categories (Continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Cultural Arts and Heritage Guidelines for Creative Writing Contest

General:

All Entries Due to the Wayne County Extension Office by February 21st

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, however legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging in with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:
Please see the KEHA website (www.keha.org), Cultural Arts and Heritage Chairman page, for the name and contact information for the current chairman.

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writers life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir



Poetry:

- Entries are limited to 30 lines



Short Story:

- Entry is limited to 3,000 words
- Entry may be written in the first or third person
- Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.

Minestrone Soup

2-Tsp Olive Oil
1-Onion (diced)
2-Ribs Celery (diced)
2-Carrots (peeled & diced)
1-Sm Sweet Potato (peeled & diced)
1-Can Cannelini Beans (rinsed & drained)
1 28-oz Can Tomatoes (diced)
2-Quarts Chicken Broth
2-Cups Cabbage (shredded)
2-Cups Kale
1-Parmesan rind, optional
1-Bay Leaf
1-Tsp Dried Italian Herb Blend
1/2-Cup Small Ditalini Pasta,
Salt and pepper (to taste)



In a large pot, heat the olive oil over medium high heat and cook the onion, celery, and carrots until soft, about 3-5 minutes. Add the sweet potato, beans, tomatoes, and chicken broth. Bring to a simmer, then add the cabbage, greens, Parmesan rind, bay leaf, and Italian herb blend. Simmer for 20-25 minutes, until vegetables are soft and sweet potato is cooked.

Lastly, add the pasta and cook to desired texture. Season with salt and pepper.

Prep Time: 15 Minutes
Cook Time: 45 Minutes
Servings:6

Debbie Shepherd

Debbie Shepherd
Wayne County Extension Agent
for Family & Consumer Sciences

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**Wayne County Cooperative Extension
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.