Continuous Learning Assures a Successful Society

Spring 2016
Class Schedule for the Laurel County Cooperative Extension

Mug Rug Mini Quilt
Cake Decorating 2
Patriotic Pallet Flag

Photo Transfer Art
Rail Fence Beginner Quilt
Hand Quilting for Beginners

Cake Decorating 1
Homemade Bread
Taking Ownership of Your Diabetes

Homemade Noodles
R.A.D. Training
Mini Stained Glass Tulip
<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>All About Tea</td>
<td>5/26/2016</td>
</tr>
<tr>
<td>All About Tea</td>
<td>5/17/2016</td>
</tr>
<tr>
<td>Art Lessons Designed for You</td>
<td>2/17/2016</td>
</tr>
<tr>
<td>Back to the Basics of Baking</td>
<td>2/29/2016</td>
</tr>
<tr>
<td>Beef Cutting Demonstration</td>
<td>2/9/2016</td>
</tr>
<tr>
<td>Cake Decorating 1</td>
<td>3/7/2016</td>
</tr>
<tr>
<td>Cake Decorating 1</td>
<td>3/7/2016</td>
</tr>
<tr>
<td>Cake Decorating 2</td>
<td>4/11/2016</td>
</tr>
<tr>
<td>Cake Decorating 2</td>
<td>4/12/2016</td>
</tr>
<tr>
<td>Cooking for One or Two</td>
<td>3/22/2016</td>
</tr>
<tr>
<td>Cutting Basics for Quilters</td>
<td>3/29/2016</td>
</tr>
<tr>
<td>Easter Egg Potholder</td>
<td>2/22/2016</td>
</tr>
<tr>
<td>Excel: Getting Beyond the Basics</td>
<td>3/22/2016</td>
</tr>
<tr>
<td>Fabric Lined Basket Tote</td>
<td>5/5/2016</td>
</tr>
<tr>
<td>Fat Quarter Wreath</td>
<td>5/24/2016</td>
</tr>
<tr>
<td>Food Preservation Boot Camp</td>
<td>6/4/2016</td>
</tr>
<tr>
<td>Hand Quilting for Beginners</td>
<td>2/25/2016</td>
</tr>
<tr>
<td>HomeBased Microprocessing</td>
<td>2/29/2016</td>
</tr>
<tr>
<td>Homemade Bread</td>
<td>4/7/2016</td>
</tr>
<tr>
<td>Homemade Noodles</td>
<td>2/18/2016</td>
</tr>
<tr>
<td>Kentucky Saves</td>
<td>2/22/2016</td>
</tr>
<tr>
<td>Learn to Sew with a Serger</td>
<td>4/28/2016</td>
</tr>
<tr>
<td>Let's Doodle</td>
<td>3/10/2016</td>
</tr>
<tr>
<td>Made By You</td>
<td>3/9/2016</td>
</tr>
<tr>
<td>Made By You</td>
<td>2/10/2016</td>
</tr>
<tr>
<td>Made By You</td>
<td>5/11/2016</td>
</tr>
<tr>
<td>Menu Planning for the Home</td>
<td>4/26/2016</td>
</tr>
<tr>
<td>Miracles of Meringue</td>
<td>3/3/2016</td>
</tr>
<tr>
<td>Mug Rug Miniature Quilt</td>
<td>3/10/2016</td>
</tr>
<tr>
<td>Patriotic Pallet Flag</td>
<td>5/18/2016</td>
</tr>
<tr>
<td>Patriotic Pin Wreath</td>
<td>5/12/2016</td>
</tr>
<tr>
<td>Photo Transfer Art</td>
<td>4/21/2016</td>
</tr>
<tr>
<td>Photo Transfer Art</td>
<td>4/21/2016</td>
</tr>
<tr>
<td>Pressure Cooking 101</td>
<td>2/25/2016</td>
</tr>
<tr>
<td>RAD Class (Rape, Aggression, Defense)</td>
<td>4/4/2016</td>
</tr>
<tr>
<td>RAD Class (Rape, Aggression, Defense)</td>
<td>3/18/2016</td>
</tr>
<tr>
<td>Rail Fence Beginner Quilt</td>
<td>3/3/2016</td>
</tr>
<tr>
<td>Simple Apron</td>
<td>5/19/2016</td>
</tr>
<tr>
<td>Small Market Basket</td>
<td>4/19/2016</td>
</tr>
<tr>
<td>Spring Clean the Green Way</td>
<td>3/8/2016</td>
</tr>
<tr>
<td>Take Ownership of Your Diabetes</td>
<td>4/18/2106</td>
</tr>
<tr>
<td>The Art of Garnishing</td>
<td>3/24/2016</td>
</tr>
<tr>
<td>Top Tips to Landing Jobs: Resumes, Cover Letters, and Interviewing</td>
<td>2/8/2016</td>
</tr>
<tr>
<td>Walking for Wellness</td>
<td>4/6/2016</td>
</tr>
</tbody>
</table>
Welcome to the Spring 2016 semester of C.L.A.S.S.

C.L.A.S.S., Continuous Learning Assures a Successful Society, is a program of the Laurel County Cooperative Extension Service, Family & Consumer Sciences Department. C.L.A.S.S. provides educational, recreational, cultural and enrichment activities for people of all ages within Laurel County. Our goal is to build strong families for Kentucky through programs that educate and help families incorporate research-based knowledge into their everyday lives.

C.L.A.S.S. Registration Requirements & Information:

- Registration is required for ALL classes 1 week in advance. Call 864-4167 or online at www.ca.uky.edu/laurel.

- Class fees must be paid in advance. Please make checks payable to Laurel County Cooperative Extension. Credit cards are accepted in person and when registering online.

- When registering online or by phone, Extension will hold your spot for two weeks until payment is received. If payment is not received 1 week prior to class, your registration will be forfeited.

- Please be considerate of others. If you cannot attend please notify the Extension Office so others can participate in the program.

- Refunds will only be given if the class is canceled by the Extension Office or if participant requests a refund one week prior to class—unless advertised differently.

- Registration is required to receive notification of class changes or cancellation.

- In the event that insufficient registration requires cancellation of a class, participants will be notified prior to the class by phone. We only notify those that have registered.

- If Laurel County Schools are canceled due to inclement weather all C.L.A.S.S. programs will be canceled. If in doubt, please call the Extension Office at 864-4167 for confirmation or follow us on FACEBOOK at laurelcountyfcs.

- Our classes are designed for adults 18 years and older unless advertised differently.

- All classes are held at the Laurel County Extension Office, 200 County Extension Rd., London, KY unless noted otherwise.

Judi Cissell O’Bryan
Laurel County Extension Agent for Family and Consumer Sciences

Register online at www.ca.uky.edu/laurel or call 864-4167.
Register for classes online at
www.ca.uky.edu/laurel
or call
606-864-4167

For more information, please contact:

Judi Cissell O’Bryan
Extension Agent for Family & Consumer Sciences
Laurel County Cooperative Extension Service
200 County Extension Road
London, KY 40741
(606) 864-4167
jobryan@uky.edu

We are now able to accept credit cards and PayPal payments. You will see payment procedures when you confirm your class registration. If registering for multiple classes, contact the office for a consolidated invoice.
Top Tips to Landing Jobs: Resumes, Cover Letters, and Interviewing

Are you applying for jobs, but not getting interviews? Are you getting interviews, but not getting offers for employment? Do you feel outdated when it comes to current job search techniques? Would you know how to respond to an illegal application or job interview question? Would you know what types of questions to ask the potential employer? What are the top tools you’d want to have in your toolbox when it comes to searching for a job, applying for a job and impressing the interviewer well enough to offer you the job? Are you confident in your ability to negotiate the best salary and benefits package? Join this two session class and learn up-to-date tips and strategies that will make you more effective in your next job search, and propel you up the narrow candidate list.

Class Notes: This class will be held at the G. C. Garland Building, in London, KY
Class Date: Monday, 2/8/2016  2 session class continues on 2/9/16
Start Time: 6:00 PM  Duration: 2 Hours  Cost: $40

Beef Cutting Demonstration

University of Kentucky Meat Specialist, Dr. Gregg Rentfrow will be doing a beef cutting demonstration explaining the different cuts of beef and the best cooking choices for different cuts.

Class Date: Tuesday, 2/9/2016
Start Time: 10:00 AM
Duration: 2 Hours  Cost: $5

Made By You

This is an open workshop day to work on your unfinished projects. Help is available if needed. Come join others who need a place to spread out, encouragement, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies.

Class Date: Wednesday, 2/10/2016
Start Time: 10:00 AM  Duration: 4 Hours  Cost: Free

Art Lessons Designed for You

Attention all budding artists ... Bring your own project and supplies and receive personalized instruction to start or complete your own project. Projects must be oil or watercolor and student must have some knowledge of this medium.

Class Notes: Supply list is available online or at the office.
Class Date: Wednesday, 2/17/2016  3 session class continues on 2/24/16 and 3/2/16
Start Time: 10:00 AM  Duration: 3 Hours  Cost: $35

Register online at www.ca.uky.edu/laurel or call 864-4167.
Homemade Noodles
Learn how simple it is to make your own noodles using three simple ingredients that you probably already have in your kitchen. We will learn how to make noodles the way our grandmothers made them (by hand) and also using modern time saving tools.

Class Notes: Students will need to bring an apron if desired, a sharp knife and a rolling pin.
Class Date: Thursday, 2/18/2016
Start Time: 6:00 PM  Duration: 2 Hours  Cost: $6

Easter Egg Potholder
Jazz up your spring kitchen by sewing this adorable potholder that resembles an Easter egg. This is a beginner sewing project, but all skills levels are welcome.

Class Notes: Supply list is available online or at the office.
Class Date: Monday, 2/22/2016
Start Time: 10:00 AM  Duration: 4 Hours  Cost: $3

Kentucky Saves
Join us for America Saves Week, February 22-27, 2016, and learn easy ways to reach your savings goals. Participants will receive daily "mini-lessons" through email that will encourage and motivate them to make savings a priority. There is no charge for this class series but a valid e-mail account is required.

Class Notes: A valid email address is required for this class.
Class Date: Monday, 2/22/2016  6 session class continues on 2/23, 2/24, 2/25, 2/26, & 2/27/16

Hand Quilting for Beginners
Come and join us for a fun day learning the vanishing art of hand quilting. Students will learn the tips and techniques necessary to change quilt tops into quilts.

Class Notes: Supply list is available online or at the office.
Class Date: Thursday, 2/25/2016
Start Time: 10:00 AM  Duration: 4 Hours  Cost: $10

Pressure Cooking 101
Hate the dreaded question “what’s for dinner?” Come learn how to use this “magic” piece of kitchen equipment and solve the problem of no time to cook.

Class Date: Thursday, 2/25/2016
Start Time: 6:00 PM  Duration: 2 Hours  Cost: $5

All classes will be held at the Laurel County Extension Service Office unless note otherwise.
Back to the Basics of Baking

Come learn basic tips on how you can bake healthy products for yourself and your family. Receive recipes and sample baked products that you too can confidently make in your own home.

Class Date: Monday, 2/29/2016
Start Time: 10:00 AM       Duration: 1 Hour       Cost: Free

HomeBased Microprocessing

Signed into law November 1, 2003, Kentucky House Bill 391 allows Kentucky farmers to sell home-processed products if the final product contains a primary or predominant Kentucky-grown ingredient that was grown, harvested, and processed by the farmer. The regulations allow foods to be sold ONLY from: approved farmers markets, the processor's farm, or certified roadside stands. Prohibited foods include but are not limited to: creme-filled pies, meringues, custards, cheesecake, raw seed sprouts, garlic-in-oil mixtures, vacuum-packaged foods, baby food, and products containing meat, poultry or fish. A Homebased Microprocessor certification allows farmers to sell higher-risk, shelf-stable high acid or low acid foods, including: pressure canned vegetables, pickled fruits and vegetables, tomatoes and tomato products, salsa, barbecue sauce, pepper or herb jellies, herbal vinegars, and low or no-sugar jams and jellies. Attendance to the HBM workshop is required for certification.

Class Notes: A light lunch is included.
Class Date: Monday, 2/29/2016
Start Time: 10:00 AM       Duration: 5 Hours       Cost: $50

Rail Fence Beginner Quilt

This beautiful crib size quilt comes together quickly as students practice their cutting and piecing skills. Class fee includes pattern, fabric and instruction on how to create this lovely quilt top.

Class Notes: Supply list is available online or at the office.
Class Date: Thursday, 3/3/2016
Start Time: 10:00 AM       Duration: 5 Hours       Cost: $40

Miracles of Meringue

Join this class and learn the tips and tricks to beautiful meringue every time. This hands-on class will give you the confidence to know that your meringue will not weep. Each participant will take home a mini-pie.

Class Date: Thursday, 3/3/2016
Start Time: 6:00 PM       Duration: 3 Hours       Cost: $6

Register online at www.ca.uky.edu/laurel or call 864-4167.
All classes will be held at the Laurel County Extension Service Office unless noted otherwise.

Cake Decorating 1 (select either day or evening class)

During this four session class, students will quickly learn how easy it is to create that special decorated dessert for any and all occasions. Students will learn to ice and decorate a cake and other sweet treats, make several different buttercream icing flowers, pipe lines and make simple borders, letters and shapes on your cake; transfer images to a cake to decorate, make icing the right consistency to decorate; fill and use a decorating bag, and much more.

Class Notes: Supply list is available online or at the office. Students do not need to bring anything for the first class.

Class Date: Monday, 3/7/2016 4 session class continues 3/14, 3/21, & 3/28/16
Start Time: 11:00 AM Duration: 3 Hours Cost: $45

Class Date: Monday, 3/7/2016 4 session class continues 3/14, 3/21, & 3/28/16
Start Time: 6:00 PM Duration: 3 Hours Cost: $45

Spring Clean the Green Way

It is time to get cleaning and what better way to do it than with your own homemade green cleaning products. By using a few inexpensive ingredients you will learn how to make products for all your cleaning needs. Students in this class will receive recipe cards and learn to prepare recipes for everything from all purpose cleaners to laundry detergent.

Class Date: Tuesday, 3/8/2016
Start Time: 6:00 PM Duration: 2 Hours Cost: $3

Made By You

This is an open workshop day to work on your unfinished projects. Help is available if needed. Come join others who need a place to spread out, encouragement, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies.

Class Date: Wednesday, 3/9/2016
Start Time: 10:00 AM Duration: 4 Hours Cost: Free

Mug Rug Miniature Quilt

Join the new trend in quilting and learn how to make a mug rug. Beginners, intermediate and skilled quilters will enjoy designing, piecing, appliquing, quilting and binding their own miniature masterpiece.

Class Notes: Supply list is available online or at the office.
Class Date: Thursday, 3/10/2016 4 session class continues on 3/17/16, 3/24/16, and 3/31/16
Start Time: 5:00 PM Duration: 2.5 Hours Cost: $20
Let's Doodle

Learn the new craze of doodling is this fun and exciting class. This class is targeted for beginners but doodlers of all levels are welcome to join.

Class Date: Thursday, 3/10/2016
Start Time: 6:00 PM
Duration: 2 Hours
Cost: $5

RAD Class (Rape, Aggression, Defense)

Could you effectively defend yourself if attacked? This two session physical defense program for women offers no-nonsense, practical techniques of defense through awareness, prevention, risk reduction, avoidance, and hands-on defense training. Students will learn to take an active role in their own self-defense and psychological well being.

Class Date: Friday, 3/18/2016 2 session class continues on 3/19/16 from 9:00-4:00 PM
Start Time: 6:00 PM
Duration: 3 Hours
Cost: Free

Cooking for One or Two

Cooking for a smaller family can sometimes be a challenge and we often think that we can eat out cheaper than we can cook. Learn tips and tricks to preparing meals so you can enjoy home cooking again.

Class Date: Tuesday, 3/22/2016
Start Time: 10:00 AM
Duration: 1 Hour
Cost: Free

Excel: Getting Beyond the Basics

Think you have a grasp on the basics of building Microsoft Excel spreadsheets? Are you ready to move past data entry, inserting rows and columns, or only using basic math functions like autosum and average? This class will lead you into the next level of Excel where you will learn how to add conditional formatting, create 3-D formulas and functions, manipulate and organize data by creating PivotTables & PivotCharts, name cells and range of cells, and apply advanced formatting to your data.

Class Notes: This class will be held at the G. C. Garland Building, in London, KY
Class Date: Tuesday, 3/22/2016 2 session class continues on 3/29/16
Start Time: 6:00 PM
Duration: 2 Hours
Cost: $40

Register online at www.ca.uky.edu/laurel or call 864-4167.
The Art of Garnishing

Want your food to have more eye appeal? In this class you will learn how to make several different vegetable and fruit garnishes to enhance the appearance of your food preparation. Upon completion of this class your family and friends will be amazed by your new culinary skills.

Class Notes: Students will need to bring a sharp paring knife, cutting board and dish towel.
Class Date: Thursday, 3/24/2016
Start Time: 10:00 AM Duration: 2 Hours Cost: $20

Cutting Basics for Quilters

Knowing the proper way to use rotary cutters and rulers can save you lots of time and money when you quilt. Come join this class and learn the tips and tricks to cutting your fabric. No more wasted fabric from doing it wrong.

Class Notes: Supply list is available online or at the office.
Class Date: Tuesday, 3/29/2016
Start Time: 10:00 AM Duration: 5 Hours Cost: $10

Mini Stained Glass Tulip

Join this beginning stain glass class using the copper foil method. Participants will make this beautiful 5x7 tulip design while learning the basics of stain glass.

Class Notes: Students should bring a sack lunch.
Class Date: Monday, 4/4/2016 2 session class continues on 4/5/16
Start Time: 10:00 AM Duration: 5 Hours Cost: $25

RAD Class (Rape, Aggression, Defense)

Could you effectively defend yourself if attacked? This three session physical defense program for women offers no-nonsense, practical techniques of defense through awareness, prevention, risk reduction, avoidance, and hands-on defense training. Students will learn to take an active role in their own self-defense and psychological well being.

Class Date: Monday, 4/4/2016 3 session class continues on 4/6/16 and 4/8/16
Start Time: 6:00 PM Duration: 3 Hours Cost: Free

All classes will be held at the Laurel County Extension Service Office unless note otherwise.
Walking for Wellness

Help celebrate National Walking Day by making a commitment to start walking for health. Join us for this 8-week, self-paced walking program. Sign up your friends, family members, and co-workers and work towards making walking a habit.

Class Date: Wednesday, 4/6/2016  8 week class continues until 5/31/16
Cost: Free

Homemade Bread

Join us and learn how to make fresh, delicious bread for your family: simple, easy and with few ingredients. We will learn how to make and knead the dough. Each participant will go home with 2 loaves to bake at home.

Class Notes: Students will need to bring an apron if desired and 2 loaf pans.
Class Date: Thursday, 4/7/2016
Start Time: 10:00 AM  Duration: 2 Hours  Cost: $6

Survey Monkey Magic

Sure the name sounds unusual, but this online tool is a popular and professional way to survey a group of individuals, whether the group is large or small. Take this hands-on class to learn how to create and set-up a Survey Monkey account, build and create basic surveys, share them with the audience you wish to survey, and then evaluate and read the results of the surveys you create. People love to give their opinions, and your business or organization can benefit from their valuable feedback. If you make your online surveys convenient and brief, then people will be more likely to take the survey and give you honest answers. You’ll be able to get instant results by using online surveys, like Survey Monkey.

Class Notes: This class will be held at the G. C. Garland Building, in London, KY
Class Date: Monday, 4/11/2016  2 session class continues on 4/12/16
Start Time: 6:00 PM  Duration: 2 Hours  Cost: $40

Cake Decorating 2 (offered twice)

Flowers and borders are the focus during Cake Decorating 2. Students will take their skills to the next level as they learn how to make royal icing, many new flowers, advance borders, basket weave, several floral sprays; and much more. Cake Decorating 1 is a prerequisite for this class.

Class Notes: Supply list is available online or at the office.
Class Date: Monday, 4/11/2016  4 session class continues 4/18, 4/25 and 5/2/16
Start Time: 6:00 PM  Duration: 3 Hours  Cost: $45

Class Date: Tuesday, 4/12/2016  4 session class continues 4/19, 4/26 and 5/3/16
Start Time: 11:00 AM  Duration: 3 Hours  Cost: $45

Register online at www.ca.uky.edu/laurel or call 864-4167.
Taking Ownership of Your Diabetes

Have you recently been told by your doctor that for health reasons you need to reduce, monitor or control your carbohydrate intake but don't know why? Join this series of classes and be introduced to basic diabetes information, terminology, monitoring tools, nutrition guidelines, and learn how to incorporate the information you learned into your day to day life.

Class Date: Monday, 4/18/2106
Start Time: 5:00 PM
Duration: 1.5 Hours
Cost: $5

Small Market Basket

If you are new to basket weaving or are just now wanting to learn how, this beginner class is perfect for you. Students will be learning basic techniques while making this small market basket which uses a 6" x 10" D-Handle. Class fee includes kit. Students will need to bring basic basket making supplies.

Class Notes: Basic basket making supply list is available online or at the office.
Class Date: Tuesday, 4/19/2016
Start Time: 5:00 PM
Duration: 4 Hours
Cost: $25

Photo Transfer Art (offered twice)

Join this two session class and turn your favorite photo into a work of art by learning how to transfer photos onto a canvas board.

Class Notes: Registered students must submit their photo (up to 8"x10") by 4/19/16 so materials can be prepared for class.
Class Date: Thursday, 4/21/2016
Start Time: 10:00 AM
Duration: 2 Hours
Cost: $10

Class Date: Thursday, 4/21/2016
Start Time: 5:00 PM
Duration: 2 Hours
Cost: $10

Menu Planning for the Home

Sometimes we can get into a routine of making the same foods over and over. This lesson will help you come up with nutritious ways to create new meals for your family.

Class Date: Tuesday, 4/26/2016
Start Time: 10:00 AM
Duration: 1 Hour
Cost: Free

All classes will be held at the Laurel County Extension Service Office unless noted otherwise.
April

Learn to Sew with a Serger

Now that you have a serger, what can you sew with it? Join this class as participants practice their sergering skills while making a pieced oversized beach towel and a "90-second napkin".

Class Notes: Supply list is available online or at the office.
Class Date: Thursday, 4/28/2016
Start Time: 10:00 AM Duration: 4 Hours Cost: $5

May

Fabric Lined Basket Tote

During this intermediate level class, students will build on their skills to make this functional tote. Approximate size is 6.5" x 13" x 10". Class fee includes kit. Students will need to bring basic basket making supplies.

Class Notes: Basic basket making supply list is available online or at the office.
Class Date: Thursday, 5/5/2016
Start Time: 10:00 AM Duration: 6 Hours Cost: $45

Made By You

This is an open workshop day to work on your unfinished projects. Help is available if needed. Come join others who need a place to spread out, encouragement, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies.

Class Date: Wednesday, 5/11/2016
Start Time: 10:00 AM Duration: 4 Hours Cost: Free

Patriotic Pin Wreath

Come learn how to make this very patriotic flag wreath using paint and clothespins. All supplies are included in class fee.

Class Date: Thursday, 5/12/2016
Start Time: 5:00 PM Duration: 4 Hours Cost: $10

Register online at www.ca.uky.edu/laurel or call 864-4167.
All About Tea
Tea: facts and fiction. We hear so much about the benefits of drinking tea such as it being a cure for conditions such as cancer and arthritis, helping with weight loss, improving well being, preventing Alzheimer's etc. Let's look at the scientific literature and make our own conclusions. We will also be making and taste testing some of these tea remedies.

Class Date: Tuesday, 5/17/2016
Start Time: 6:00 PM Duration: 2 Hours Cost: $6

Patriotic Pallet Flag
Bring your own pallet and make this beautiful yard decoration that boasts your patriotic spirit. Pallets need to be in good shape; not splintered and broken and participants need to wear old clothes.

Class Notes: Paint brushes and stencils will be provided.
Class Date: Wednesday, 5/18/2016
Start Time: 10:00 AM Duration: 3 Hours Cost: $6

Simple Apron
Bring an old shirt or a yard of fabric and learn how to make an adorable apron for all your cooking needs.

Class Notes: Supply list is available online or at the office.
Class Date: Thursday, 5/19/2016
Start Time: 10:00 AM Duration: 4 Hours Cost: Free

Fat Quarter Wreath
Learn how to take a few pieces of fabric and make a beautiful, eye-catching wreath for any room in your house.

Class Notes: Supply list is available online or at the office.
Class Date: Tuesday, 5/24/2016
Start Time: 5:00 PM Duration: 4 Hours Cost: $5

All About Tea
Tea: facts and fiction. We hear so much about the benefits of drinking tea such as it being a cure for conditions such as cancer and arthritis, helping with weight loss, improving well being, preventing Alzheimer's etc. Let's look at the scientific literature and make our own conclusions. We will also be making and taste testing some of these tea remedies.

Class Date: Thursday, 5/26/2016
Start Time: 10:00 AM Duration: 2 Hours Cost: $6

All classes will be held at the Laurel County Extension Service Office unless note otherwise.
Food Preservation Boot Camp

Learn the basics of food preservation from drying, pressure canning, water bath canning and freezing in this hands on class.

Class Notes: A light lunch is included.
Class Date: Saturday, 6/4/2016
Start Time: 9:00 AM Duration: 5 Hours Cost: $25

Basic Basket Making Supplies

When signing up for a class that includes Basic Basket Making Supplies on the supply list, you will need to bring the following. Not all items will be used in every class but these items will help you complete a successful project.

- Bucket
- Water spray bottle
- Old towel
- Clothes pins and/or spring clamps
- Bean bag or weight – if available
- Scissors
- Ruler or yard stick
- Pencil
- Old butter knife, flat head screwdriver, and/or awl for manipulating reed
- Needle nose pliers

Basic Sewing Supplies

When signing up for a class that includes Basic Sewing Supplies (BSS) on the supply list, you will need to bring the following. Not all items will be used in every class but these items will help you complete a successful project.

- Sewing machine with cord
- Sewing machine accessories (including extra feet/guides etc.)
- Sewing machine manual
- Bobbins for sewing machine
- Sewing machine needles for sewing machine
- Straight pins
- Sewing needles for hand sewing
- Pin cushions
- Scissors
- Thread (usually neutral colors such as white, beige and black are sufficient)
- Fabric marking tools
- Measuring tools (tape measure, seam gauge, rulers)
- Seam ripper
- Rotary cutting supplies (cutting mat, rulers and rotary cutter)

Project supply lists may be found online at: http://laurel.ca.uky.edu/CLASSSupplyList

Register online at www.ca.uky.edu/laurel or call 864-4167.
All classes will be held at the Laurel County Extension Service Office unless noted otherwise.