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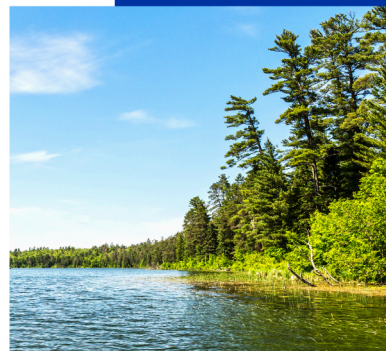
Laurel County Extension
Family & Consumer Science

June 2024

Letter from Lora-

June is a month that marks the beginning of summer for most of us. Days are long and the weather is warm, making it perfect for outdoor activities like picnics, hiking, and swimming. Its a popular month for weddings. We also get to celebrate all those great Dads for Father's Day celebrations. June also marks the end of the academic year and the start of summer vacation, providing a sense of excitement and anticipation for students. Overall, June is a month that signifies new beginnings and joyful moments, making it a time to cherish and savor.

Lora Davidson
Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences



Dealing with Stress

Families in Kentucky face stressful events daily. Coping with such events depends on acceptance. Try seeing the situation from a different point of view. Young people have many responsibilities, including school pressures and family problems. They often talk to friends and may not seek adult help due to underestimation. If a teenager talks to you, take it seriously. Listen carefully, offer encouragement and support. Contact Laurel County Cooperative Extension Service for more information.

Family & Consumer Sciences

We aim to improve the quality of individual and family life through education, research, and outreach.



June 7th @ 10am-2pm

Laurel County Extension Office
200 County Extension Road
London, KY

while supplies last

A limited number of voucher cards will be available during our sign up and distribution event. Recipients will receive vouchers on a first come, first served basis.

Requirements:

- Seniors age 60+
- Laurel County Resident
- Must bring a state issued ID for age/county verification
- Income level 185% of the federal poverty level or less

Voucher funds will allow recipients to purchase goods at the farmers market during the season.

Have questions? Call (606)864-4167



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

A handwritten signature in black ink that reads "Lora Davidson".

Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences

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



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Classes
opened
May 1st

JUNE

CLASS
EVENTS

AN EQUAL OPPORTUNITY ORGANIZATION

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

June 2024

C.L.A.S.S. Course Catalog



DIY Series

Date(s): June 4th
Time(s): 1pm and 6pm
Cost: Free
Instructor: Robin Davis

Dive into the art of homemade dairy delights with our DIY Butter Making Class! This hands-on workshop guides you through the entire process of turning fresh cream into rich, creamy butter. Learn about the science behind churning, explore various flavor infusions, and master techniques to achieve perfect consistency.

Made by You

Date(s): June 5th
Time(s): 10am-4:30pm and 5:30pm-8pm
Cost: Free
Instructor: Robin Davis

This class offers a dedicated space and time for you to work on your personal crafting projects. Bring your materials and ideas, and enjoy a supportive environment where you can express your creativity while connecting with fellow makers. Whether you knit, paint, or craft in any medium, this is your space to bring your projects to life.

***Assistance provided upon request!**



Walking Wednesday

Date(s): June 5th, 12th, 19th, and 26th
Time(s): Grab-bags available after 10am
Cost: Free
Instructor: Robin Davis

Join us and get moving! This program is designed to help you incorporate more physical activity into your daily routine. Participants will create their own walking plans that fit into their busy schedules and track their progress to report it at each week's check-in on Wednesday. To keep you motivated, exciting incentives are available for pickup during your check-in. Embrace a healthier lifestyle with the support and encouragement you need to succeed!



Wanderlust Recipes: Italy

Date(s): June 6th
Time(s): 1pm and 6pm
Cost: Free

Instructor: Robin Davis

Embark on a tantalizing expedition through the rich tapestry of global cuisine with our 'Wanderlust Recipes' class. Delve into the diverse flavors, techniques, and cultural significance of international foods from around the world. From the aromatic spices of Indian curry to the delicate artistry of Japanese sushi, this course celebrates the culinary heritage of different countries while fostering cross-cultural appreciation and understanding.



Senior Farmer's Market Vouchers

Date(s): June 7th
Time(s): 10am to 2pm
Cost: Free

This program is designed to provide low-income seniors (60+) with access to locally grown fruits, vegetables, honey, and herbs.

For the seniors that meet the financial guidelines, this program is completely free and provides vouchers for their use at the local farmer's markets.

During our main distribution date (listed above), seniors will be able to go through a "drive through" at the Laurel County Extension Office to receive their vouchers as supplies last!

Crafting Calm: Wooden Firecracker Decor

Date(s): June 20th
Time(s): 1pm and 6pm
Cost: \$10

Instructor: Robin Davis/Tina Hefner

Step into a world of tranquility with 'Crafting Calm,' a stress relief workshop designed to guide you through the therapeutic art of crafting. You will unwind and explore various creative techniques that not only enhance your artistic skills but also provide a soothing escape from the demands of everyday life. All materials provided with class fee.

Ages: 16+



How do I receive a virtual copy
of the FCS Newsletter??

Call us at (606)864-4167 -or-
email robin.davis@uky.edu

Adult Quilt Camp

Date(s): June 24th - June 29th

Time(s): 10am - 4pm

Cost: \$50

Instructor: Sheryl Bowling

This year's Adult Camp is going to be one that you don't want to miss! Students will learn techniques such as no-waste flying geese method and the 8-at-a-time HSTs method to make a beautiful quilt.

Participants will receive fabric requirements and cutting directions after registration and payment.

Pack a lunch and join the fun! Registration is required.



Cook Together, Eat Together

Date(s): Each Tuesday from June 25th-July 30th

Time(s): 6pm

Cost: Free

Instructor: Lora Davidson, Robin Davis, Judy Stephens



Join us for this fun cooking event where you won't even have to leave your home! During this series you will:

- Focus on time with your family, as we encourage the entire family to come together to enjoy these classes!
- Get tips that make cooking fast, fun and delicious with special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets!

This will be a series of classes, some will be held in person and some will be held on zoom. Attendance to all classes are required.

Food Preservation Bootcamp

Date(s): June 27th

Time(s): 10am - 2pm

Cost: \$5

Instructor: Lora Davidson

Join us for a hands-on Food Preservation Bootcamp where you'll master the art of preserving foods through pressure canning and water bath canning. Learn the essential techniques, safety protocols, and tips for successfully preserving your favorite fruits, vegetables, and more. Whether you're a beginner or an experienced preserver, this class will equip you with the skills to confidently can and store your harvest for delicious enjoyment year-round.



Other Important Dates:

Interagency Council - 4th at 9am

Juneteenth (Office Closed) - 19th

Homemaker Advisory Council - 17th at 10am

[CLICK HERE to register for a class!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)



JULY SNEAK PEEK

AN EQUAL OPPORTUNITY ORGANIZATION

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

C.L.A.S.S. Course Catalog



Kid's Quilt Camp

Date(s): July 1st - 3rd
Time(s): 1pm - 4pm

Cost: \$30

Instructor: Willa Hensley

Working one-on-one with students, members of Laurel County Homemakers pass their sewing and creative skills to a new generation during this extraordinary workshop for youth ages 8 and up. Students will learn basic machine piecing techniques including: fabric placement; how to pin fabric; sewing quilt blocks; and how to press their pieces. Sewing machines are available for those who do not have one available. Please note that registration is very limited and camp fee is due upon registration.

Registration is a commitment to attend for the full camp.

Made by You

Date(s): July 10th

Time(s): 10am-4:30pm and 5:30pm-8pm

Cost: Free

Instructor: Robin Davis/Tina Hefner

This class offers a dedicated space and time for you to work on your personal crafting projects. Bring your materials and ideas, and enjoy a supportive environment where you can express your creativity while connecting with fellow makers. Whether you knit, paint, or craft in any medium, this is your space to bring your projects to life.

***Assistance provided upon request!**



Crafting Calm: Design a Doormat

Date(s): July 11th

Time(s): 1pm and 6pm

Cost: Free

Instructor: Robin Davis/Tina Hefner

Step into a world of tranquility with "Crafting Calm," a stress relief workshop designed to guide you through the therapeutic art of crafting. You will unwind and explore various creative techniques that not only enhance your artistic skills but also provide a soothing escape from the demands of everyday life.

Participants will need to bring their own coir rug and all pants and stencils will be provided.

Ages: 16+

[CLICK HERE to register!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

[MoneyWise](#)

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

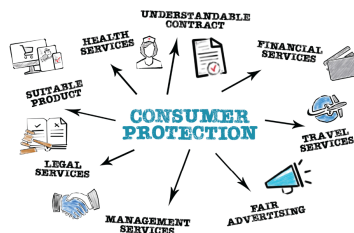
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational

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



Disabilities accommodated with prior notification.

**THE FTC, CFPB, AND FDA ARE ONLY A FEW
U.S. CONSUMER PROTECTION AGENCIES.**



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

Contributing Author: William Henry Berkley, Family Financial Counseling Student, University of Kentucky
Co-authored by: Kelly May | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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[What are you cooking this month?](#)

Awesome Watermelon Salad

Servings: Makes 8 servings Serving Size: 1/2 cup



Ingredients:

- 1 tablespoon balsamic vinegar
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped garlic
- 1/2 teaspoon fresh diced cilantro
- 1/4 teaspoon fresh ground pepper
- 1/4 cup olive oil
- 3 cups, 2-inch, cubed watermelon
- 3/4 cup crumbled, low-fat feta cheese
- 1/2 red onion, sliced very thin
- Course ground black pepper
- Cilantro for garnish

Directions:

1. In a small bowl, mix vinegar, lemon juice and Dijon mustard.
2. Stir in garlic, cilantro and black pepper.
3. Slowly pour olive oil into the mixture while whisking vigorously.
4. Cover and refrigerate until ready to use.
5. Combine the watermelon, low-fat feta cheese and red onion in a large bowl; toss lightly to mix and season with coarse ground black pepper.
6. Pour half of dressing over salad mixture; gently toss to coat.
7. Refrigerate for least 30 minutes.
8. Drizzle remaining dressing over salad and garnish with cilantro just before serving.

Source: *Plate it up! Kentucky Proud Project.*

110 calories; 9g fat; 2g saturated fat; 5mg cholesterol; 190mg sodium; 6g carbohydrate; 1g fiber; 4g sugar; 3g protein.



Why become a Homemaker?

Gain access to all Homemaker clubs at the Laurel County Extension Office.

Be welcomed into any of our many available clubs to learn skill development, gain support, and have fun along the way!

Don't see a club that interests you? Let us know and we can help you start one!

Leadership Opportunities

The leadership opportunities within Homemakers are endless from the club level all the way to state level! If you want to make a difference in our community, look no further.

New Homemakers receive a Laurel County Homemaker cookbook for FREE!

Normally a \$10 value!

Homemaker Discount

Laurel County Homemakers receive discounts for some programs offered at the Laurel County Extension Office!

Sometimes this means you get a discount, while other times you get a paid class for completely free!

Homemaker Newsletter

You may already receive our FCS newsletter each month but after you sign up to be a Homemaker you will start receiving an expanded version that has much more information including a monthly educational lesson!

Homemaker Events

You will be able to join in the fun of all Homemaker events here in Laurel county such as our annual meeting, fundraising efforts, Ice Cream Socials, and more!

CONTACT OUR OFFICE FOR MORE DETAILS:

☎ 606-864-4167 ✉ TINA.HEFNER@UKY.EDU OR ROBIN.DAVIS@UKY.EDU

**Have
questions?**

Feel free to reach out to us at any time with your questions or concerns!

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F C S A g e n t

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