



VOL. 2025-05

Cooperative Extension Service

Wayne County
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"Veterans are a symbol of what makes our nation great, and we must never forget all they have done to ensure our freedom."

—Rodney Frelinghuysen

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.



Extension Homemaker Club Meetings 2025



Busy Bees - May 1st @ 1:00 p.m. - Downstairs Meeting Room
Country Charmers - May 1st @ 5:30 p.m. - Downstairs Meeting Room
Sunnybrook - May 1st @ 6:30 p.m. - Downstairs Meeting Room
Odds 'N Ends - May 8th @ 12 noon - Downstairs Meeting Room
Pots & Pans - May 12th @ 6:00 p.m. - Downstairs Meeting Room
Charity - May 13th @ 5:00 p.m. - New Charity Baptist Church
Crafter's Anonymous - May 14th @ 1:30 p.m. - Downstairs Meeting Room
Happy Chippers - May 15th @ 12:30 p.m. - Downstairs Meeting Room
Creative Characters - May 20th @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - May 26th - Office Closed due to Memorial Day Holiday.
Mudslingers - May 27th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**KEHA ~ Roll Call & Thought for the Day
May 2025**

Thought for the Day:

**"There's no load I can't hold
A road so rough, this I know**

**I'll be there when the light comes in
Just tell'em we're survivors"**

Life is a Highway

Rascal Flatts - 2006 (Cars movie) OR Tom Cochrane 1991

**Roll Call: In May, we celebrate mothers. Share a favorite memory
with your mother.**



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!

May 20, 2025

Aspire Center

Charity ~ 12:30-3:00 p.m.

Mudslingers/Happy Chippers ~ 3:00-5:30 p.m.



May Events

May 5-8	KEHA State Meeting - Lexington
May 11	<i>Happy Mother's Day</i>
May 15	LCA Extension Homemakers Annual Mtg. - Clinton Co. - 6 pm ET
May 16	In-Stitches Quilt Class- 10 am - Downstairs
May 19	Feather Weight Class - 10 am or 6 pm - Downstairs
May 21	Using Your Air Fryer - 10 am - Upstairs
May 22	Drop off items for bake sale.
May 23	Homemakers Bake Sale - 9 am-2 pm
May 26	Office Closed for Memorial Day. 
May 29	Homemakers Spring Mtg. (All Homemakers) - 6 pm - Downstairs

UPCOMING EVENTS

JUNE EVENTS

June 19 - Office Closed - Juneteenth Holiday

June 26 - Let's Get This Party Started! - Celebrating 75 years Wayne County Extension Homemakers

June 30 - Wayne Co. Fair EXPO - Entry Day - 8:30 a.m.-1:00 p.m. - Downstairs

JULY EVENTS

July 1 - New Extension Homemakers Program Year Begins

July 1-2 - EXPO Viewing Days - 8:00 a.m.-7:00 p.m.

July 3 - EXPO Pickup Day 8:00 a.m.-12 noon

July 4 - Office Closed - July 4th Holiday

July 18 - In-Stitches Quilt Class - 10 a.m. - Downstairs

July 24 - Frisky & Lou Lou's Flower Class (Part 1) - 10 a.m. - Downstairs

July 31 - Salsa Class (Boiling Water Canning) - 10 a.m. - Upstairs



In-Stitches Quilt Class Friday, May 16, 2025 @ 10 a.m. Downstairs Meeting Room

In this class, we will be making a 14" x 42" Honeycomb Table Runner.

**Class Fee: \$5 - Includes pattern & two acrylic templates.
Please come to class with your strips cut.**

**Yardage and cutting instructions can be found in the
In-Stitches Newsletter or contact the Extension Office.
Please let us know if you will be attending by calling the
Extension Office at 606-348-8453.**

AIR FRYER CLASS

Wayne County Extension Office

May 21, 2025 @ 10 a.m.

Downstairs Meeting Room

Air fryers are a popular kitchen appliance that provides a healthier alternative to conventional frying.

Class Objectives:

- Increase knowledge about air fryers & their features.
- Decide if an air fryer is the right purchase for you.
- Develop knowledge of how to use and maintain an air fryer.

RSVP By: May 19, 2025



606-348-8453

An Equal Opportunity Organization.



This class is free and open to the public.

Extension Homemakers:
This is the Homemaker Leader Lesson for the month of May. Please have one representative from your club to attend.



Extension Homemakers Spring Mtg.

May 29th @ 6:00 p.m.

Downstairs Mtg. Room

This meeting is for ALL Homemakers. We will be VOTING for the new County Vice-President and County Secretary.

We will be serving a meal. Please RSVP by May 23rd so we can be prepared for the meal.

Your VOTE matters, so please attend!

Extension Homemakers: We are looking for volunteers to work at these locations and to bake cakes, cookies, and candies. Items are to be dropped off at the Extension Office on May 22nd. Please contact the Extension Office to let us know if you can volunteer.



**May 23, 2025
9 am-1 pm**



HOMEMAKERS SPRING BAKE SALE

Spring is in the air, and so is the sweet aroma of freshly baked treats! Join us for a special bake sale filled with special treats.

LOCATIONS:

- Monticello Medical
- Wayne Co. Extension Parking Lot
- Wayne Theatre

An Equal Opportunity Organization.



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.

Membership forms can be picked up at the Wayne County Extension Office.



FRISKY & LOU LOU'S FLOWER CLASS

July 24, 2025 (Part I)
August 5, 2025 (Part II)
10:00 am ET

Class fee per day: \$45
Kit fee: \$125
Bring your own lunch.
Drinks will be provided.

This beautiful, dramatic 66"x84" quilt is offered as an all-inclusive, Ready to Sew Kit. This class has been designed with all you need to sew and have fun!

Precut Kits & Quilt Samples will be on display at the Wayne County Extension Office.

Class size is limited, so register soon!

Kit includes:

- All Precut Fabric
- All Precut Applique Interfacing
- All Precut Fusible Web
- Fully Illustrated 28 Page Pattern
- Wooden iron, turning tool, glue stick, & other bonus items.

More info:

📍 Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633

☎ 606-348-8453

Note: See pages 10 & 11 for detailed information.

Frisky & Lou Lou's Flower

2-Day Class

Skill Level: Confident Beginner to Advanced

Class Fee Per Day: \$45

Finished Quilt Size: Approximately 66" x 84"

Class Size: Minimum 12 Maximum: 25

[Precut Kits](#) and Quilt [Samples](#) will be on display at the Wayne County Extension Office.

PAY ATTENTION! THIS IS EXTRODINARY!!

This beautiful, dramatic 66" x 84" quilt is offered as an all-inclusive, **Ready to Sew Kit**. We have carefully designed this class with **ALL** you need to sew, have fun, and **get it done**. The class fee includes two experienced instructors, Laurie Lou Hood and Vickie L. Johnson.

This amazing Kit includes:

- **ALL** needed fabric pieces **PRECUT**, including
 - Background panel **PRECUT**
 - Applique fabric **PRECUT**
 - 156 charm squares (5" x 5") **PRECUT**
 - Border Strips **PRECUT**
 - Binding **PRECUT!**
- **ALL** Applique interfacing **PRECUT** with patterns traced and READY to SEW
- **ALL** fusible web needed **PRECUT**
- Your full color, fully illustrated **28 page pattern**
- Your own wooden iron, turning tool, glue stick, and other bonus items for a smooth in class sewing experience

You will choose from three (3) gorgeous color options (red, blue, lavender) for your flower, border, and binding preference. You will also choose from two panel fabrics colors, black or white.

Skills to Be Taught:

1. Creating smooth turned machine appliqué using fusible interfacing.
2. Exploring the blanket stitch and other decorative appliqué stitches.
3. Fitting your finished center panel into the quilt top.
4. Achieving accuracy with seams.
5. Adding decorative surprises, i.e., Butterflies!

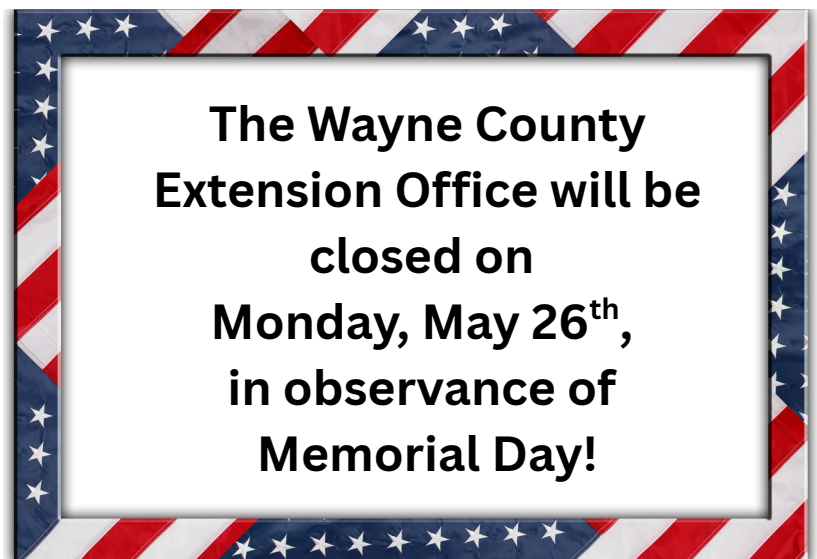
Kit Fee: \$125

*Fabrics in kits may vary slightly. Kit **does not** include batting or backing but does include coordinated binding.

Basic Supplies Checklist for Class:

- ___ 1. **Scrap piece of fabric 9" x 14" for practice appliqué.**
- ___ 2. **Sewing machine with manual, power cord and foot pedal.**
- ___ 3. **Open-toe or appliqué foot if you prefer decorative stitching for appliqué.**
- ___ 4. **¼" presser foot with guide.**
- ___ 5. **Thread – To coordinate with fabrics:**
 - black or white thread for background panel color
 - your chosen flower petal – red, lavender, or blue
 - golden yellow for flower center
 - grassy green for stem and leaves
- ___ 6. **Extra loaded bobbins.**
- ___ 7. **Extension cord or power strip.**
- ___ 8. **Extra machine needles in different sizes.**
- ___ 9. **Rotary mat, rotary cutter, extra blades, and rulers.**
- ___ 10. **Sewing tape measure.**
- ___ 11. **Fabric scissors, thread clippers, seam ripper.**
- ___ 12. **Straight pins and pin cushion.**
- ___ 13. **Iron and pressing mat.**

NOTE: **Prior to class,** practice decorative stitching with your machine and threads.



Salsa Class Water Bath Canning

Wayne County Extension Office

Upstairs Meeting Room

RSVP by: July 28, 2025



REGISTRATION
FEE:

\$10

JULY 31, 2025

10:00 a.m. ET



(606) 348-8453

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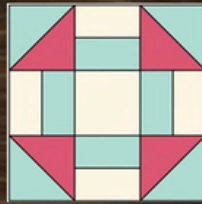


Seth Hart

Program Assistant
for Community Arts

BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Monday,
June 02

5:00 - 9:00 pm EST

SIZE OPTIONS

2 ft x 2 ft ... **\$35.00**

4 ft x 4 ft ... **\$70.00**

NO SKILLS REQUIRED - ALL SKILL LEVELS WELCOMED

**ALL MATERIALS AND SUPPLIES
WILL BE PROVIDED**

\$5.00 DISCOUNT TO WAYNE COUNTY HOMEMAKER MEMBERS

CLASS SIZE LIMIT: 15 SPACES



Deadline to Register:

Friday, May 23

PRE-PAYMENT REQUIRED

**Due to limited spacing,
our waiting list fills
quickly. If you cancel, it
must be one week prior
to class in order to
receive a refund. This
will allow us adequate
time to notify someone
else who wants to join
the workshop.**

For more information, contact

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Service

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Monticello, KY 42633

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Lexington, KY 40506



Spring Cleaning for Your Mental Health

Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.



Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

- **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
- **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
- **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
- **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
- **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
- **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
- **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Baked Fish Fillets with Dill Sauce



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Servings: 4 Serving Size: 4 ounces



Nutrition facts per serving: 170 calories; 5g fat; 1g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 6g carbohydrate, 1g dietary fiber; 3g sugar; 0g added sugar; 23g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Here's an idea for Saturday's catch.

Ingredients:

- 1 pound freshwater fish
- 1 tablespoon lemon juice
- 1 teaspoon water
- 1/2 teaspoon pepper
- 1 small onion diced

Directions:

Preheat the oven to 425 degrees Fahrenheit. Coat 9X13 inch baking dish with nonstick cooking spray. Place the fish in a single layer in the baking dish. Sprinkle the fish with lemon juice, water, pepper, and onion. Cover tightly with foil. Bake 20-25 minutes until internal temperature reaches 145 degrees Fahrenheit.

Dill Sauce

- 1/4 cup low-fat mayonnaise
- 1/4 cup fat-free milk
- 1 tablespoon dried dill weed
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

Place mayonnaise in a sauce pan. Gradually whisk in milk. Whisk over medium-low heat for 2 minutes or until smooth and heated through but not bubbly. Remove sauce from heat. Stir in dill weed, lemon juice and Dijon mustard. Remove fish to a serving platter. Spoon dill sauce over fish and serve.

Source: Adapted from "Living Well, More Than a Cookbook," Published by National Extension Association of Family and Consumer Sciences, Copyright 2010 by National Association of Family and Consumer Sciences, 14070 Proton Road, Suite 100LB9, Dallas, Texas 75244. <https://www.planeatmove.com/recipes/recipe/baked-fish-fillets-with-dill-sauce/>



Brussels Sprouts Gratin

2 pounds (4 cups) Brussels sprouts	½ cup low sodium chicken broth
6 slices turkey bacon	1 ½ cups skim milk
2 medium onions, diced	1 cup shredded Parmesan cheese (packed)
3 tablespoons butter	1 teaspoon salt
3 tablespoons flour	1 teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** Brussels sprouts and **remove** the outer leaves. Using a paring knife, **score** the core end of each sprout. In a large saucepan over medium-high heat, **boil** sprouts 3-5 minutes or until just tender. In a skillet over medium heat, **cook** turkey bacon until crisp. **Remove** from pan. **Add** the onions to the pan and **cook** until tender, about 5 minutes. **Remove** from pan. **Melt** butter in skillet. **Add** flour and stir until smooth. Using a whisk, slowly **add** chicken broth and milk. **Stir** until thick and smooth. **Add** cheese and **stir**

until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

Yield: 8, ½ cup servings

Nutritional Analysis: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 g protein.

SEASON: June to November

NUTRITION FACTS: Brussels Sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>

Debbie Shepherd

Debbie Shepherd, CEA FCS
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We Grow
Families.
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Website:
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