

April 25, 2025

Spring Greetings,

Hopeful that each of you are healthy and enjoying our spring. Unlike the spring of 2024, this year has brought us some very cool weather. Last year, most of us planted annual flowers before the end of April. That is not the case this year. And, according to multiple forecasts, we may have frost in mid-May.

Springtime is a busy time of year at the extension office. We are scheduling classes well into the fall semester. See the list of upcoming events on the next page.

Original ballots that were returned yielded those who desired to have the 2025 Homemakers Scholarship Guidelines state that the student **must** attend Lewis County High School; no other changes were made. Scholarship applications are due April 30, 2025, and were included in the packet with the ballot.

Respectfully,

Christa O'Cull

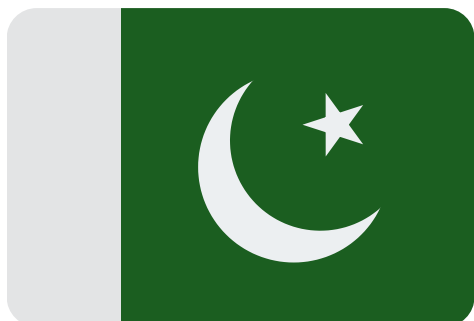
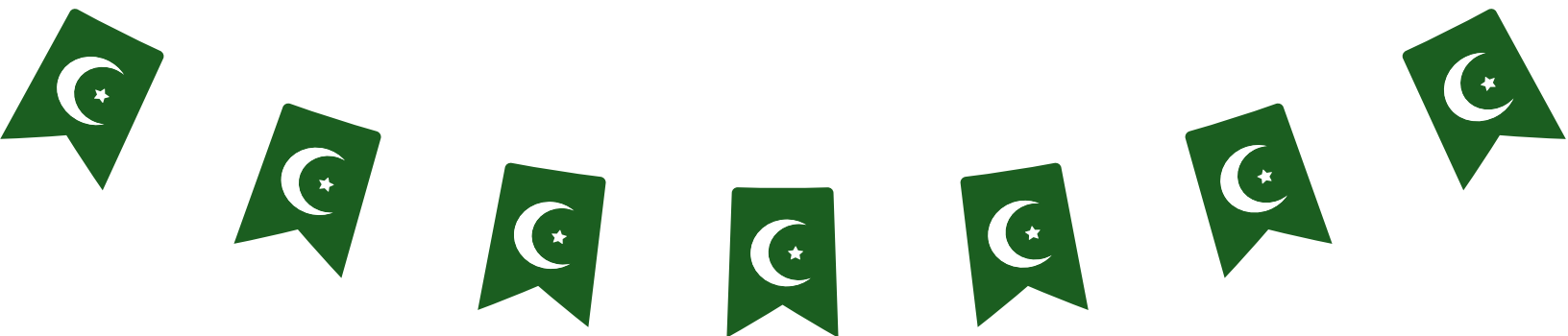
Christa O'Cull
Lewis County FCS Agent





Events that are scheduled include:

- April 10 - A new 10-week program of Bingocize began at the Senior Center (Tue/Thurs weekly through the end of June).
- April 29 - Community Baby Shower (Central Elementary). Our Master Clothing Volunteers and other volunteers sew up a storm, creating homemade baby quilts, receiving blankets, burp cloths, diaper changing pads and bibs for 25 New or Expectant Parents in Lewis County.
- April 30 - I travel to Hardin County Extension Office to complete my Core Training.
- May 2 - Beginning a monthly class with the Adult Training Program in Lewis County.
- May 6-8 - Traveling to Lexington, Ky for KEHA (2 homemakers attending). For the Opening Banquet, we are to wear Jewel Toned Colors (Royal, Green, Red, Purple).
- KEHA - Our Master Clothing Volunteers made 2 handmade quilts to donate to a home for children.
- May 12 - Assisting with Sewing Class in Fleming County.
- May 13 - Laugh & Learn for preschoolers at the Lewis County Public Library
- May 16 - Traveling to Williamstown to assist with Disaster Awareness
- May 26 - Holiday - Office Closed
- May 29 - Grandparent Support Group Picnic
- May 29 - CEC Meeting
- June 5 - Culinary Arts - FCS Training in Carter County
- June 19 - Holiday - Office Closed
- **June 24 - INTERNATIONAL NIGHT FOR LEWIS COUNTY HOMEMAKERS**
- July 8 - (Kid's Bucks) Farmer's Market 3-6pm IF PRODUCE ALLOWS
- July 15 - (Kid's Bucks) Farmer's Market 3-6pm IF PRODUCE ALLOWS
- July 17 - (Kid's Bucks) Farmer's Market 8-11am IF PRODUCE ALLOWS
- July 20 - Tollesboro Lion's Club Fair Parade - kicking off fair week
- July 22 - Registration of Floral Hall Entries
- July 23 - Judging of Floral Hall Entries
- July 24-25 Quilt making class in Hardin Class for FCS Agents
- July 26 - Floral Hall entries pick up
- July 31 - (Kid's Bucks) Farmer's Market 8-11am IF PRODUCE ALLOWS
- August 7 - Possibly Kid's Bucks at Farmer's Market
- August 11 - Possibly Kid's Bucks at Farmer's Market
- August 26 - Lewis County Schools open for 2025-26 school year



INTERNATIONAL NIGHT 2025

Janis Barton will be our speaker for International Night on **Tuesday, June 24, 2025**. The country she will be presenting is PAKISTAN. As I have searched for recipes, Janis shared that the food of India is quite the same. We will be sending recipes to homemaker clubs for the dinner on that evening. And, of course, each club is encouraged to bring favorite dish of choice. Our office will provide the tablecloths, dinnerware/flatware, decorations and drinks. Please mark this event on your calendars.



Pakistan

Word Search



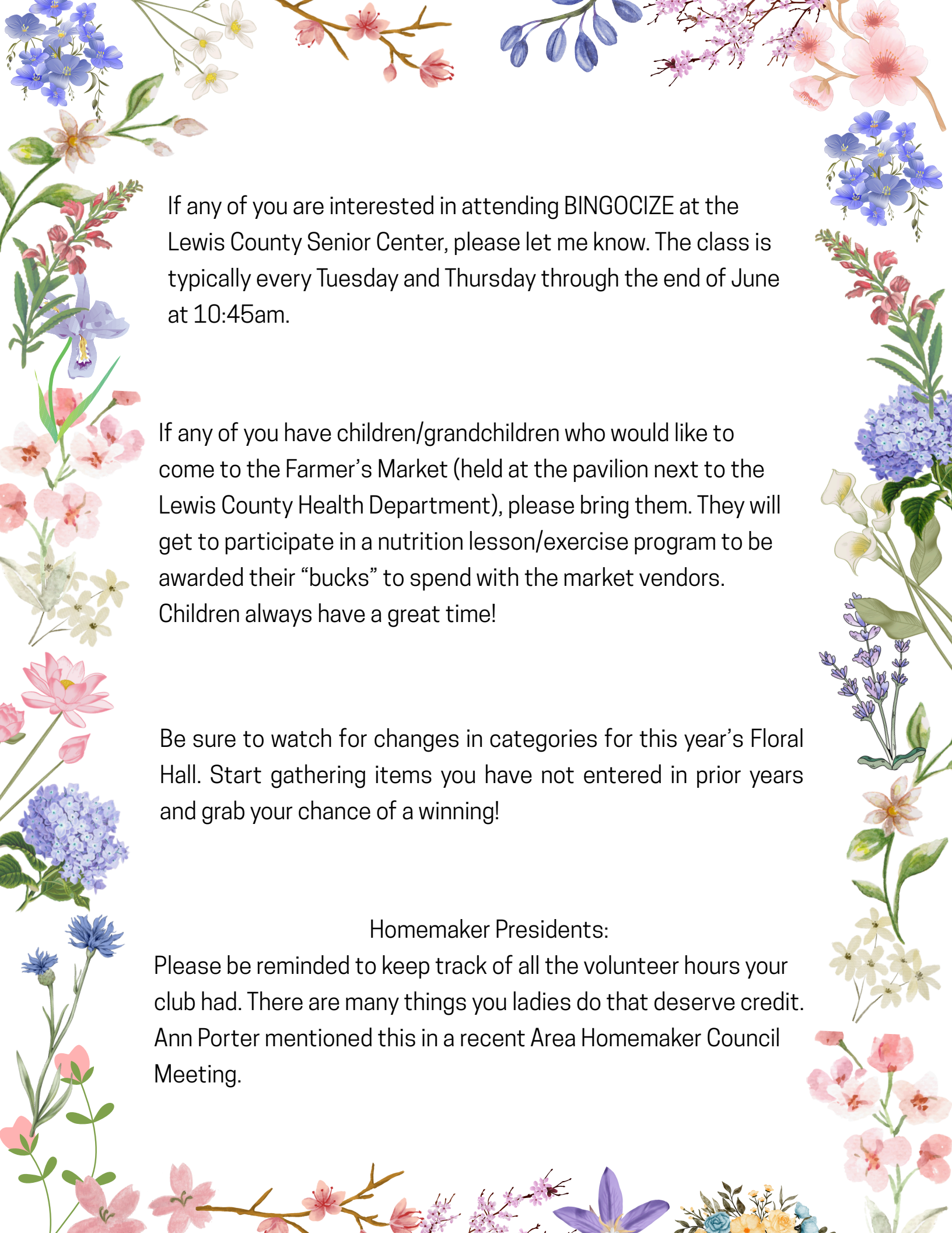
DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ASIA
CRESCENT
CRICKET
FIELD HOCKEY
GUAVA
HIGHLANDS
HIMALAYAS
INDEPENDENCE
INDUS RIVER
ISLAMABAD

ISLAMIC
JASMINE
KARACHI
KHYBER PASS
LAND OF THE PURE
MALALA YOUSAFZAI
MOSQUES
MOUNTAINS
PAKISTAN
POLO

PUNJABI
RAMADAN
REPUBLIC
RUPEE
SALT MINES
SALWAR KAMEEZ
STAR
SUGARCANE JUICE
URDU



If any of you are interested in attending BINGOCIZE at the Lewis County Senior Center, please let me know. The class is typically every Tuesday and Thursday through the end of June at 10:45am.

If any of you have children/grandchildren who would like to come to the Farmer's Market (held at the pavilion next to the Lewis County Health Department), please bring them. They will get to participate in a nutrition lesson/exercise program to be awarded their "bucks" to spend with the market vendors. Children always have a great time!

Be sure to watch for changes in categories for this year's Floral Hall. Start gathering items you have not entered in prior years and grab your chance of a winning!

Homemaker Presidents:

Please be reminded to keep track of all the volunteer hours your club had. There are many things you ladies do that deserve credit. Ann Porter mentioned this in a recent Area Homemaker Council Meeting.

Plate it Up! Kentucky Proud Recipes



Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¾ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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

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Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.