

# February 2023

Cooperative Extension Service

LaRue County

P.O. Box 210, 807 Old Elizabethtown Rd.

Hodgenville, KY 42748-0210

(270) 358-3401

Fax: (270) 358-9418

larue.ca.uky.edu



## HONOR A CAREGIVER: February 17 is National Caregiver Day

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc.

RespectCaregivers.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

### References:

AARP. (2020). Caregiving in the United States 2020. Retrieved <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>

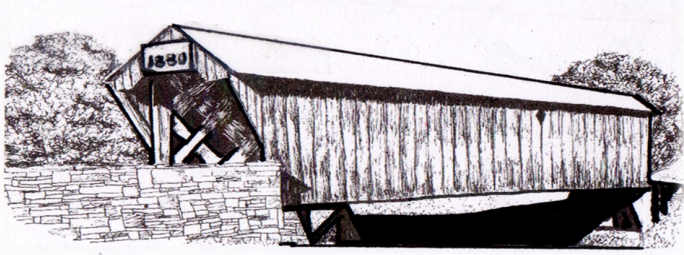
RespectCareGivers.org. (2022). Caregiver statistics: 1 in 5 Americans is a Caregiver! Retrieved <https://respectcaregivers.org/caregiver-statistics/>

NationalToday.com. (2022). National Caregivers Day—February 17, 2023. Retrieved <https://nationaltoday.com/national-caregivers-day/#history>

Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging



# Homemakers News & Notes



**2023 State Meeting** – The KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. **Because of rising prices, the registration pricing** Details for planning can be found

**KEHA State Choir** – To join the KEHA Choir send \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. Include your name, mailing address, email, and phone. The only commitment is one rehearsal and one performance, both during State Meeting. For more information, contact Wendy at [wendy7hood@icloud.com](mailto:wendy7hood@icloud.com) or 859-613-2575.



**2023 State Meeting** – The KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. **Because of rising prices, the registration pricing structure for 2023 has changed.** Details for planning can be found on the state KEHA webpage. Full details and registration forms will be in the state newsletter COMING SOON!

*Marla Stillwell*



Marla Stillwell

County Extension Agent for Family & Consumer Sciences Education

E-mail: [marla.stillwell@uky.edu](mailto:marla.stillwell@uky.edu)

Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>



Join LaRue County Extension Homemakers on Facebook!



## Upcoming Events

- *February 8* – Quilt Club at 10am at the Extension Office
- *February 17 at 12:00 noon* – Cooking Through the Calendar (Cajun Seasoned Fish with Rice)
- *February 21* at 10:30am – South Fork Homemaker Club
- *February 21* at 1:00pm – Basic Drawing Class by Julia DeVore
- *February 21* at 6pm – *NEW* Life Around the Table Homemakers Club
- *February 27* – Open Sewing at 10am at the Extension Office
- *February 28* at 1:30pm Generational Differences Lesson Leader Training at LC Extension Office (open to everyone)
- *March 1* – KEHA Deadline for Scholarships, Grants, Contests
- *March 2, 9, 16, 23* at 10am EST – Big Blue Book Club
- *March 6 & 20* – Parenting a Second Time Around Group from 11am-1pm
- *March 16* at 5:00pm – “Cooking for One” at the LaRue Co Public Library
- *March 22* at 6:00pm – Cook Wild KY Turkey Demonstration at the Hardin Co Extension Office
- *March 25* – **SAVE THE DATE** for our annual Extension Expo!

DON'T MISS OUT!

## ▶ Interagency Council Meetings

We invite you to join us for the LaRue County Interagency Council. The Interagency Council is made up of representatives from a variety of agencies that join together to share programs and ideas to enhance and/or compliment each others work to prevent duplication. The Interagency Council meets quarterly here at the Extension Office. If you would like to be added to the meeting reminder list, please contact the Extension Office at 270-358-3401.

2023 meetings are scheduled for **March 10, June 9, September 8 and December 8** at 1:00pm at the LaRue County Extension Office.

## ▶ Lunch and Learn Program

NEW this year, each Interagency Council meeting will be preceded by a Lunch and Learn program hosted by the LaRue County Extension Office Family & Consumer Sciences Program. These Lunch and Learn programs will be on a variety of topics and guest speakers will be present from time to time. Lunch will be provided beginning at 11:00am with the presentation to begin shortly thereafter. Our first Lunch and Learn program will be held **March 10 at 11am** and we will be discussing **Air Fryers**. Pre-registration is preferred. Please contact Marla at the Extension Office to learn more or to RSVP at 270-358-3401.

## ▶ Cooking through the Calendar Program

Don't forget to join us for our monthly Cooking through the Calendar program on the 3<sup>rd</sup> Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

The 2023 KYNEP Calendars have arrived! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Follow our LaRue County Cooperative Extension Service Facebook page for more info.

## Yeast Breads Class

In case you missed our Yeast Breads class, it will be offered again at *3pm on April 28th* at the LC Public Library.

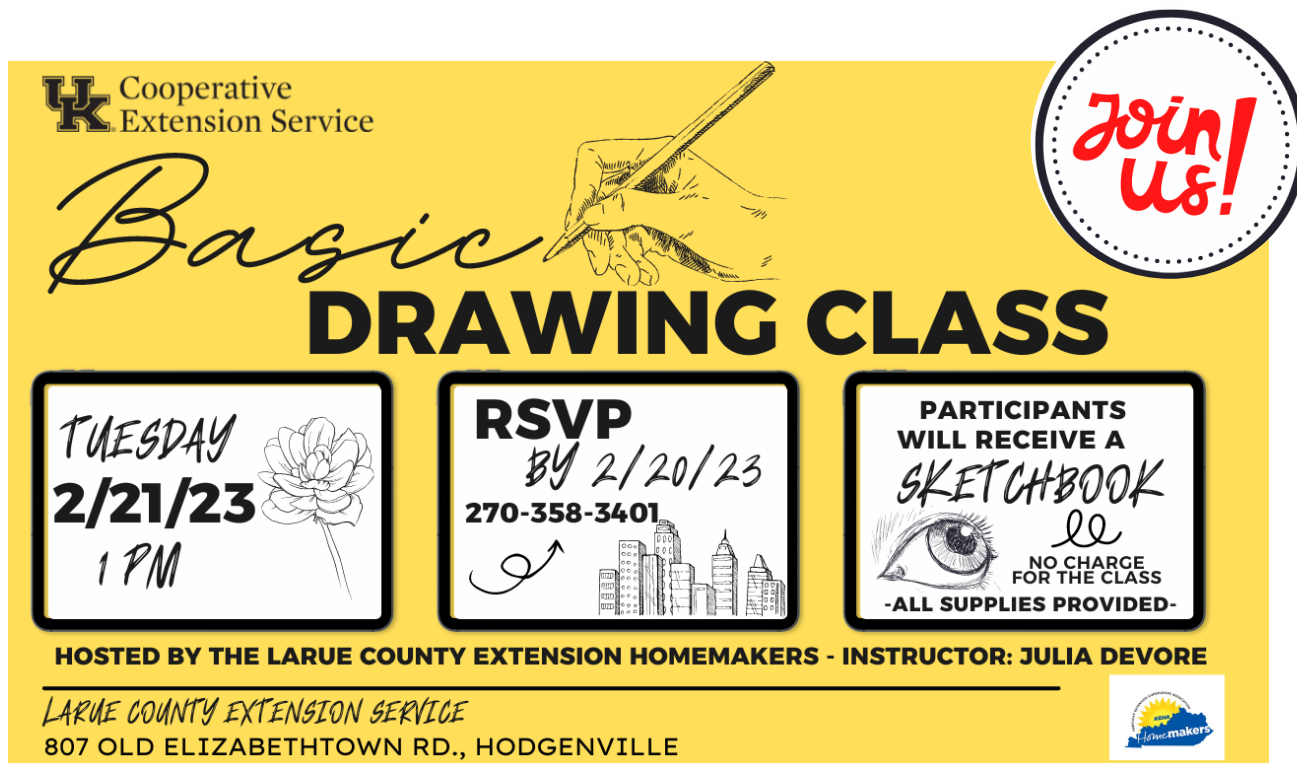


Participants from the Yeast Breads class making homemade yeast bread dough to take home and bake. Pictured here is Martha Turner and Amanda Whitmore with her children Dixon, AJ, Mariana and Evelyn.



## Basic Drawing Class

The *Basic Drawing Class* will be held **February 21 at 1:00pm** at the Extension Office. This class is being hosted by the LaRue County Extension Homemakers and will be led by Homemaker, Julia DeVore. Come learn the basics of drawing with pencils as Julia teaches several methods and techniques using basic art elements and principles. Participants will receive a sketchbook for the class and will be theirs to keep. Please call the Extension Office to register by February 20<sup>th</sup>. Limited space available! No cost to participate.



UK Cooperative Extension Service

*Basic* DRAWING CLASS

Join Us!






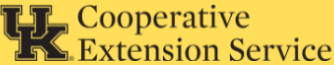
TUESDAY  
2/21/23  
1 PM

RSVP  
BY 2/20/23  
270-358-3401

PARTICIPANTS  
WILL RECEIVE A  
SKETCHBOOK  
NO CHARGE  
FOR THE CLASS  
-ALL SUPPLIES PROVIDED-

HOSTED BY THE LARUE COUNTY EXTENSION HOMEMAKERS - INSTRUCTOR: JULIA DEVORE

LARUE COUNTY EXTENSION SERVICE  
807 OLD ELIZABETHTOWN RD., HODGENVILLE



## Big Blue Book Club

*It's not too late! We still have books available!* Please join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. Don't worry if Zoom isn't your thing...a watch party will be hosted at the LaRue County Extension Office for LaRue County participants on the dates and times listed.

Please follow the link to register:

<https://ukfcs.net/BBBC23Book1> or use the QR code



IS BUTTER A CARB?  
UNPICKING FACT FROM FICTION IN THE  
WORLD OF NUTRITION

MARCH 2023

- March 2  
Intro - Chapter 3
- March 9  
Chapters 4-7
- March 16  
Chapters 8-11
- March 23  
Chapters 12-14

BIG BLUE BOOK CLUB

Cooperative Extension Service

MORE INFO  
[ukfcsxt@uky.edu](mailto:ukfcsxt@uky.edu)



Building strong families.  
Building Kentucky.  
It starts with us.  
#UKFCSExt  
#BigBlueBookClub





# PASTA (Parenting a Second Time Around)



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

## PARENTING A SECOND TIME AROUND

A workshop series to support grandparents or relatives who are in a parenting role with related children.

**MONDAYS - 11AM-1PM**

**LARUE COUNTY EXTENSION OFFICE**  
807 Old Elizabethtown Rd. Hodgenville, KY 42748

CALL [270-358-3401](tel:270-358-3401) FOR MORE INFORMATION & TO REGISTER

MARK YOUR CALENDARS

3/6

**Introduction to P.A.S.T.A. - Getting to Know You**  
Child development, individual differences, journals.

3/20

**It Wasn't Supposed to Be Like This**  
Identifying and reflecting feelings about changing roles, identifying helpful community resources.

4/3

**Rebuilding a Family; Discipline is Not a Dirty Word**  
Adult/child interactions, grief and loss, relating to your adult child, solution-focused problem solving. Characteristics of effective discipline, establishing a discipline style, addressing high risk behaviors.

4/17

**Legal Concerns of Relatives Raising Children & Standing Up for Grandparents/Grandchildren Rights**  
Legal issues including custody, visitation, child support; Advocacy, negotiating systems, connecting with community programs.

5/1

**Grandparents and Teens Living Together; Living with Teens Can Be Challenging**  
Key points in adolescent development and realistic expectations for behavior; indicators of high risk behavior and strategies and resources to help.

5/15

**Where Do We Go From Here?**

A light lunch will be provided at each session!



# Chicken & Dumpling Soup

**PLAN.  
EAT.  
MOVE.**



**CHICKEN & DUMPLING SOUP**

## INGREDIENTS:

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- ½ yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional

## DIRECTIONS:

- Chop vegetables into bite sized cubes; chop onion and garlic finely.
- In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender.
- Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them.
- Pour in the broth and bring to a boil. Add dumplings, a few at a time.
- Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened.
- Add chicken and raise heat to medium-low for 10 minutes.
- Add frozen peas during the last five minutes. Add salt and pepper to taste.



**Servings:** 10  
**Serving Size:** 1 cup  
**Recipe Cost:** \$9.63  
**Cost per serving:** \$.96

## Nutrition Facts per serving:

220 calories; 5 g total fat; 1 g saturated fat; 0 g trans fat; 35 mg cholesterol; 200 mg sodium; 23 g carbohydrate; 4 g fiber; 19 g protein; 50% Daily Value of vitamin A; 24% Daily Value of vitamin C; 8% Daily Value of calcium; 10% Daily Value of iron.



**UK** Cooperative Extension Service

**What?**

Lunch & Learn Program

**Topic**

Air Fryers

**When?**

March 10th  
11 am  
LC Extension Service

**CHECK IT OUT**

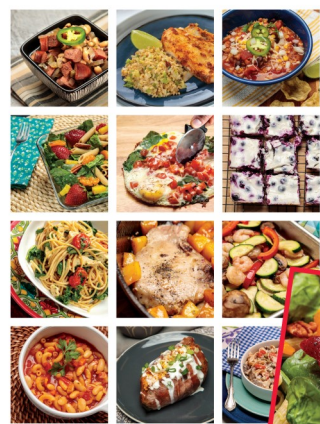
Call to register,  
270-358-3401



807 OLD ELIZABETHTOWN RD., HODGENVILLE



## COOKING THROUGH THE CALENDAR



For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

**2/17**  
**12:00 noon**



LaRue County Extension Service

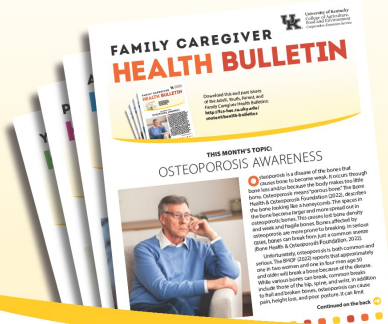






# FAMILY CAREGIVER

# HEALTH BULLETIN



**FEBRUARY 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

LaRue County  
Extension Service  
807 Old Elizabethtown Road  
Hodgenville, KY 42748  
(270)358-3401

## THIS MONTH'S TOPIC:

# SELECTING SHEETS FOR RESTFUL SLEEP



**Q**uality sleep fulfils our physiological need to recharge and reset our bodies, in turn, keeping us healthy and ready for a full day of activities. Experts recommend a “comfortable” sleeping environment. This includes bedding that meets our individualized needs. The average person needs about eight hours of sleep a day, which adds up to about a third of our life spent in bed. Might as well be comfortable! Sleeping on sheets that enhance our comfort level is well worth a bit of time to explore options and understand the properties of sheets available in today’s market. The “feel” of sheets and how they perform relates to the combination of fiber content, fabric construction, and thread count. You should consider these three factors when choosing sheets we perceive as “comfortable.”

**Continued on the next page** ➔





# *Yarns made from fibers that are “smoother” and “longer” may create sheets that feel better even at a lower thread count.*

→ Continued from the previous page

## **Fiber content**

Small hair-like fibers create the yarns (or threads) used in the construction of sheet fabric. Examples are natural cotton fibers and manufactured polyester fibers, each with distinct properties that affect comfort. Cotton fibers can be processed to create smooth yarns with varied fineness that are generally soft and breathable. Polyester fibers contribute durability and easy care. However, sheets with a high polyester content may trap more body heat. Bamboo fibers are processed into rayon and can have comfort properties similar to cotton. “Microfiber” refers to polyester, nylon, or rayon (bamboo) fibers that are man-made to be finer than human hair, enabling them to produce a sheet that can feel soft and “silky.”

## **Fabric construction**

Sheet fabric is commonly woven using a percale weave or sateen weave. This refers to the sequence in which the yarns are interlaced together. Yarns in a percale weave are aligned at right angles in a one-over, one-under (plain) pattern normally resulting in sheets with a tight weave and a crisp feel. A sateen weave is created when yarns “float” over each other in a three-over, one-under pattern. Sateen sheets feel smooth and silky and are less likely to wrinkle. However, their looser weave structure makes them more prone to snags. These weaves can use yarns of any fiber content, including fibers blended together (e.g., cotton and polyester). Cozy flannel sheets are made by brushing the surface of plain weave fabric. Sheets that stretch and feel like a t-shirt are constructed with looped, jersey knit yarns.

## **Thread count**

The number of yarns that are woven (or interlaced) “up and down” and “side to side” within a square inch of fabric is the thread count. For example, sheets with a “300 Thread Count” may have an average of 150 yarns per inch in the up and down (warp) direction, and 150 yarns per inch in the side to side (weft) direction. Many consumers consider

that a “higher thread count” equates to a softer, nicer set of sheets. However, this is not always the case. The yarn quality (including the yarn size) has more impact on the feel of the sheets. Yarns made from fibers that are “smoother” and “longer” may feel more luxurious, creating sheets that feel better even at a lower thread count. A mid-range thread count of about 350 is good place to start; keeping in mind that a lower thread count may be more breathable.

## **Caring for sheets**

Wash sheets at least every two weeks, or more frequently if the sleeper tends to sweat at night. For best results, do not launder sheets with towels or other items of different fabric weights. The washer and dryer will perform better if sheets and pillowcases are washed separately from other items. Sheets help keep mattresses and pillows clean, but for added protection and comfort, use a mattress pad and pillow protectors. Don’t forget to wash those, too. Waterproof mattress pads are very practical when bed wetting is a concern. It’s nice to have at least one set of sheets for cooler weather and a set for warmer weather. Or having at least one extra set (per mattress size) is a good idea in case you need to change the sheets right away.

### **REFERENCES:**

- Adler, L., Byrnes, K., and Easter, E. (2005). Today’s Textiles — Buying Sheets. University of Kentucky, College of Agriculture: Cooperative Extension Service.
- Best Sheets of 2022. Retrieved 12-12-22 from <https://www.sleepfoundation.org/best-sheets>
- Deep Cleaning Bedding. Retrieved 12-12-22 from <https://www.cleaningiscaring.org/wpd/deep-cleaning-bedding>
- How Much Sleep Do I Need? Retrieved 12-12-22 from [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)
- NIH News in Health. (April, 2013). <https://newsinhealth.nih.gov/2013/04/benefits-slumber>
- Quick Bed Sheet Change. Retrieved 12-12-22 from <https://www.aarp.org/caregiving/tips-hacks/daily-tasks/quick-bed-sheet-change>
- The Comfort of Cotton. (2018). Retrieved 12-12-22 from <https://lifestylemonitor.cottoninc.com/the-comfort-of-cotton>

---

## **FAMILY CAREGIVER HEALTH BULLETIN**

**Written by:** Jeanne Badgett,  
Senior Extension Associate  
for Clothing, Textiles, and  
Household Equipment

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** 123RF.com





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2023

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

## THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

### UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

### PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.

Investing



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

### RISING INTEREST RATES

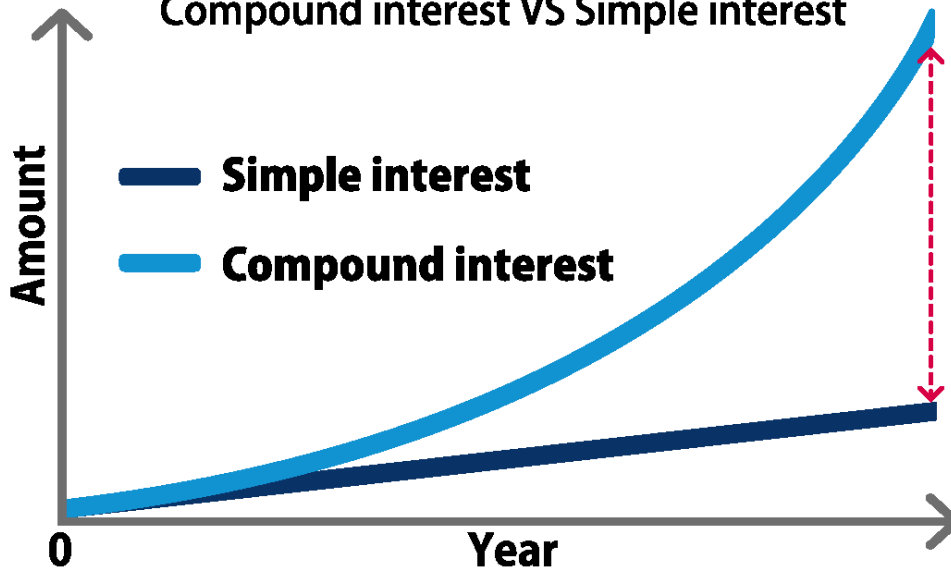
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



## THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

### THE POWER OF COMPOUNDING

Compound interest VS Simple interest



#### COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

\*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at [www.kentuckysaves.org](http://www.kentuckysaves.org). The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

#### REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

 **Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)**





2023

# Bobby McDowell Award of Excellence Recipients

Danny Gentry, Doris Jean Holleran, and Jeremy Hinton



were awarded the 2023 Bobby McDowell Award of Excellence for Leadership and Community Service at the Extension Leadership banquet in January.

## LC Quilt Club

The Quilt Club learned about Quilt labels from Jan Milby during their February meeting. This group meets at the Extension Office on the second Wednesday of each month at 10am.

Anyone with an interest is invited to attend.



## KIDS KORNER

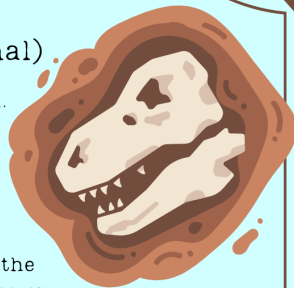
# DIY DINOSAUR FOSSILS

### INGREDIENTS

- 2 cups of flour
- 1 cup of salt
- small plastic dinosaurs
- 1 cup of water
- food coloring (optional)

### DIRECTIONS

Mix the salt and flour in a bowl until well blended. Add the food coloring to the water and mix it well. Add the water to the flour a little at a time until a dough forms. Place the dough onto a floured surface and knead for at least 5 minutes. The longer you knead it, the smoother it will be. Once the dough is ready, grab your rolling pin and roll the dough out until it's about 1/2 inch thick. Use a glass or round cookie cutter to cut out circles, making sure they are big enough for your dinosaurs. Place the dinosaurs on their side and gently push each one into one of the salt dough circles. Push them in enough to leave a nice imprint but not hard enough to put a hole through the dough. You can let your fossils air dry, which takes a couple of days or you can bake them at 300 degrees F for about an hour. Once they are hardened, you have fun fossils to play with!



For more resources and encouragement for families to eat together, have fun and grow closer through conversation, visit [dinnertableproject.org](http://dinnertableproject.org).



## DTP...On The Go!

When a family meal is simply impossible, think about a late-night cookie break or hot cocoa moment where everyone can spend a few minutes catching up or sharing their favorite moments from the day.



Scan this code with your phone to sign up to receive the digital DTP newsletter and mid-month minis in your email inbox!



[dinnertableproject.org](http://dinnertableproject.org)



The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.



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

LaRue County  
PO Box 210, 807 Old Elizabethtown Road  
Hodgenville, KY 42748-0210

## 2023 Extension Expo


Save the date! Vendor booth spots are still available.  
Contact the Extension Office to get a registration form,  
270-358-3401.

MARCH

25<sup>th</sup>

SAVE  
-THE-  
DATE-

Extension

 Cooperative  
Extension Service

20 EXPO 23

LCHS GYMNASIUM (10AM-2PM)