

LaRue County Family & Consumer Sciences

NEWSLETTER

 *May* 2025

 Cooperative Extension Service

LaRue County

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

Hodgenville, KY 42748-0210

(270) 358-3401 - larue.ca.uky.edu



Celebrate Older Americans Month in May

Every May, the Administration for Community Living observes Older American's Month. This is a time to recognize older adults in our communities. Find ways to honor the older adults in your life:

- Be social. Reach out to an older adult in your life. Call, visit, write, text, or video call someone to say hello. Drop off dinner, plan a picnic, or go to coffee. Attend a show, or support a local agency together. Exchange stories. Walk a pet, watch TV. Find ways to be together.
- Be physical. Move more and sit less — together. Go on nature walks, work in a community garden, participate in activities like the Spring Walking Club at the Creekfront on Mondays at noon!
- Be mental. Find ways to engage your brain. Sign up for Wits Workout at your local Extension office.
- Be fun. Challenge yourself to find new things to do in your community.
- Be cultural. Visit galleries and museums, attend plays and lecture series. Look into in-person or online opportunities.
- Be a volunteer. Help people in need. Support an agency or cause for which you feel passionate.



OLDER AMERICANS MONTH

FLIP THE SCRIPT ON AGING: MAY 2025



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

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT


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Disabilities accommodated with prior notification.

JOIN *us this* MONTH

- **May 1** at 1:00pm
Friends and Family
Homemaker Club
- **May 9** at 12 pm
Cooking Through the
Calendar – *Banana
Pancakes*
- **May 14** – Quilt Club at
10am at the
Extension Office
- **May 19** – Jams/Jellies
Food Preservation
Class at 5:30pm
- **May 20** at 10:30am –
South Fork
Homemaker Club
- **May 21** at 9am – Laugh
and Learn Playdate
Program
- **May 22** at 1pm –
Interagency Council
(with Networking
Lunch at 12pm)
- **May 19** at 10am – Open
Sewing at the
Extension Office
- **May 29** at 5pm – Slow
Cooker Class at the
LC Public Library
- **May 29** at 7pm – Living
with Alpha-Gal
webinar
livestreamed at the
Extension Office


**Cooperative
Extension Service**





05/29/2025 AT 7 PM EDT

Presenters
 HEATHER NORMAN-BURGDOLF, PhD., DIETETICS & HUMAN NUTRITION • HEATHER SHAW, NUTRITION EDUCATION
 PROGRAMS - JONATHAN LARSON, PhD. & HANNAH TIFFIN, PhD., • DEPARTMENT OF ENTOMOLOGY
Join us for this interactive watch party & take home great resources!

LaRUE COUNTY EXTENSION SERVICE
 807 OLD ELIZABETHTOWN RD., HODGENVILLE



270-358-3401



COMING
soon

SENIOR FARMERS MARKET
NUTRITION PROGRAM

VOUCHERS

06/05/2025

DISTRIBUTION BEGINS AT 9 AM

LaRue County Extension Service
807 OLD ELIZABETHTOWN RD., HODGENVILLE

Contact the Extension Office for program guidelines, 270-358-3401.




Reminder

If you no longer wish to continue receiving our monthly newsletter or would like to receive it by email, let us know!

Martin-Gatton
College of Agriculture,
Food and Environment

**FAMILY AND
CONSUMER
SCIENCES**

COOPERATIVE
EXTENSION
SERVICE





Marla Stillwell
Marla Stillwell

Extension Agent for Family & Consumer Sciences Education
 E-mail: marla.stillwell@uky.edu • Phone: (270) 358-3401
 Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>


**Cooperative
Extension Service**

Building strong families. Building Kentucky. It starts with us. [#UKfcsext](#)

homemaker

NEWS & NOTES

Note of Thanks! Thank you to everyone who helped make the Homemaker Spring Bazaar a success!



Join LaRue County Extension Homemakers on Facebook!

- **Homemaker Council –**
May 13 at 10am
- **KEHA State Meeting –**
May 6-8 at Hyatt Regency in
Downtown Lexington.
Registration is now closed.
If you are registered and have
any questions, contact Marla.
- **SAVE THE DATE – June 27 at**
11:00am – LaRue County
Extension Homemakers
Annual Meeting &
International Luncheon

Cooking through the calendar

Cooperative
Extension Service

Banana Pancakes

Prep time: 10 minutes
Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup milk
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup oil
- 1/2 cup chopped pecans
- 2 teaspoons ground cinnamon
- 1/2 cup chopped pecans
- 1/2 cup chopped pecans
- 1/2 cup chopped pecans
- 1/2 cup chopped pecans

Optional Topping

- Vanilla yogurt
- Powdered sugar
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium heat.
3. In a food processor, mash the very ripe bananas using a pusher. Add milk, sugar, oil, and cinnamon. Blend until smooth. Add flour and pecans. Blend until well combined.
4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Stir well. The batter is ready to use.

5. Sprinkle the heated skillet or griddle with cooking spray. Cook one side of the pancake until golden brown and bubbly on top. Flip and cook the other side until golden brown. Remove from the pan and place on a plate. Repeat with the remaining batter.
6. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately. Makes 2 hours.



this
Month
5/9/25
@NOON

LaRue County Extension Service • 807 Old Elizabethtown Rd., Hodgenville
An Equal Opportunity Organization

Don't forget to join us for our monthly Cooking through the Calendar program on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

We still have plenty of 2025 KYNEP Calendars! 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 and to view the demonstrations LIVE!



HARDIN & LARUE COUNTY COMMUNITY BABY SHOWER

*This event is not income based

- Information on Making Healthy Choices During Pregnancy
- Access to Local Resources
- Door Prizes and Giveaway items
- Free Dinner and Dessert!

06.04.2025
4-6 EST

HARDIN COUNTY EXTENSION OFFICE
111 OPPORTUNITY WAY ELIZABETHTOWN

RSVP AT:

[HTTPS://FORM.JOTFORM.COM/250755565788070](https://form.jotform.com/250755565788070)



This event is sponsored by GMH ASAP and Living Well Larue ASAP
and hosted by Hardin County Cooperative Extension Service

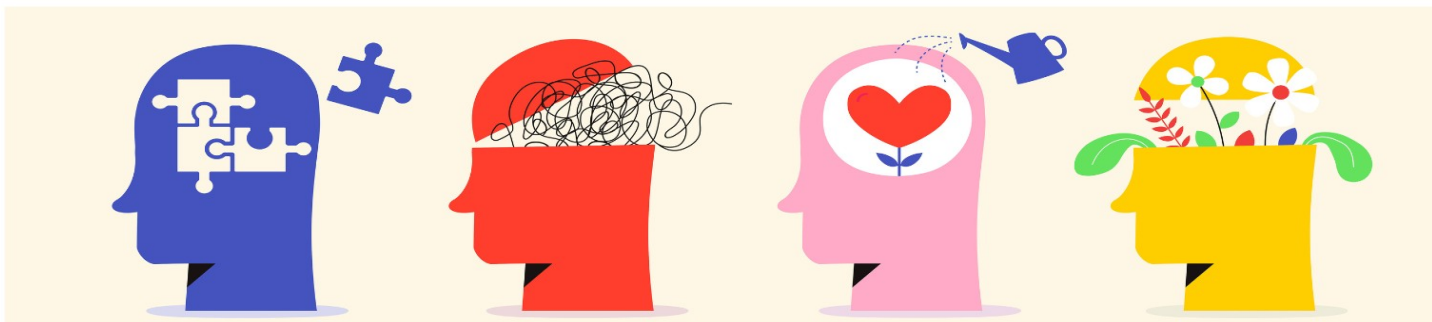


Wits Workout

Come join us in engaging workouts & learn ways to keep your brain healthy!

LaRue County Public Library

Call to register, 270-358-3851 • 10:30 am • 5/5 - 5/19 - 6/2 - 6/16 - 6/30



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4-H Youth Development
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Scrumptious Strawberry Salad

Ingredients:

- 5 cups spinach
- 1/2 large cabbage head, chopped
- 1 cup golden raisins
- 1 cup halved red grapes
- 1 pint sliced strawberries
- 1/2 small red onion, sliced
- 1/2 cup toasted and chopped pecans (optional)
- *3/4 cup plain non-fat Greek yogurt or plain regular yogurt
- *3 tablespoons honey
- *6 tablespoons apple cider vinegar
- *3 tablespoons olive oil
- *1/2 teaspoon Dijon mustard
- *1 teaspoon poppy seeds
- *1 teaspoon salt
- *1/2 teaspoon pepper

Servings:8 Serving Size:2 cups



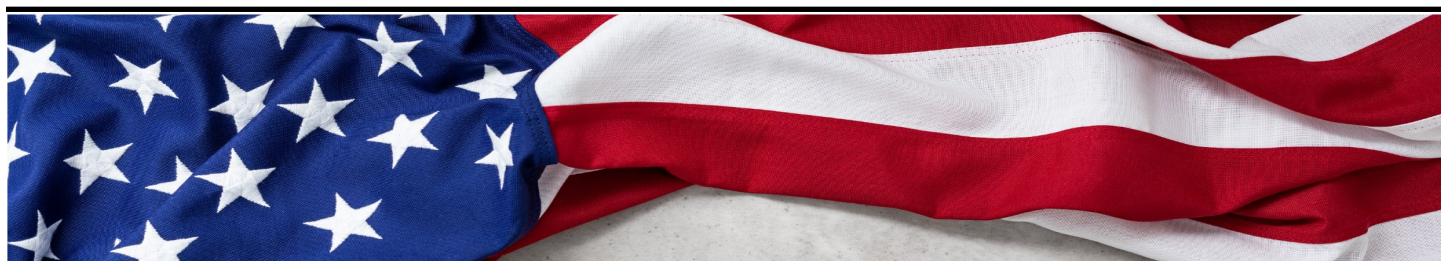
Directions:

1. Combine all salad ingredients together in a large bowl.
2. *Prepare salad dressing by mixing all ingredients together in a jar, cover, and shake well to combine.
3. *Pour dressing over salad mixtures and toss to combine.

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

enjoy

<https://www.planeatmove.com/recipes/recipe/scrumptious-strawberry-salad/>



Cooperative Extension Service

The Extension Office will be closed on Memorial Day, 5/26/25.

FOOD PRESERVATION

Series



Cooperative
Extension Service

Jams &
Jellies

Monday 5:30 pm • Saturday 10 am
May 19 or June 7

Water Bath
Canning

Monday 5:30 pm • Saturday 10 am
June 16 or July 12

Pressure
Canning

Tuesday 5:30 pm • Saturday 10 am
July 22 or August 2

Freezing &
Dehydration

Monday 5:30 pm
August 18

**FREE &
HANDS-ON**
Workshops
●●●

Register →

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

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

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and 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

ADULT HEALTH BULLETIN



MAY 2025

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

LaRue County Extension Office
807 Old Elizabethtown Road
P.O. Box 210
Hodgenville, KY 42748
(270) 358-3401
larue.ca.uky.edu

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

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 Disabilities
accommodated
with prior notification.

Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

➔ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL

• **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D.,
Assistant Professor, Dept. of Entomology

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Visit a Kentucky State Park near you to complete this scavenger hunt with your family!



KIDS KORNER

[PARKS.KY.GOV](https://parks.ky.gov)

LaRue County
P.O. Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED



Special Welcome to Summer Intern,

Breanna Vessels

The LaRue County Extension Office would like to welcome Breanna Vessels as this year's Summer Intern! Breanna is originally from Hardin County and will be spending her internship under the supervision of FCS Agent, Marla Stillwell. But don't be surprised if you see her shadowing Misty or Adam too as we hope to give her the full experience of a life in Extension!

Breanna is pursuing a degree at UK in Dietetics and is excited about exploring Extension this summer. She says, *"I'm really looking forward to the opportunity to work with you and the team at LaRue County Cooperative Extension. I am excited to learn and eager to contribute however I can."*

We look forward to having Breanna as a part of our staff this summer, so please join us in welcoming her! She begins her internship on May 19th.

welcome

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