

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

 Cooperative Extension Service

Madison County Cooperative Extension
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
<https://extension.ca.uky.edu/>

May, 2025

As Pam likes to say... "I'm Graduating!"

Congratulations on your graduation to retirement Pam Francis! Pam has been with Madison County Extension as a program assistant since January of 2010, primarily focusing on Family & Consumer Sciences and parenting education. Pam, THANK YOU for your endearing service to Extension and the community. Wishing you all the best in your graduation to retirement!


Jessica Hunley
Family & Consumer Sciences
Agent



Thank You

I would like to thank Extension Homemakers for the great response to provide snacks for the Kindergarten Academy. Your generous donations supplied enough snacks for the students through the end of the school year. I am grateful we have such an amazing group who always step up when there is a need in our community.

A big Thank You!!!!

Helen Eden
Food, Nutrition and Health Chair

Holiday Closures:

The Madison County Extension Office will be closed for Memorial Day, May 26, 2025, and Juneteenth, June 19, 2025.



ATTENTION - NOTICE

IMPORTANT REMINDER
DUE TO UPCOMING BUILDING RENOVATIONS:

STAFF WILL BE REMODELING THE ROOM SCHEDULE AS NEEDED. PLEASE BE AWARE THAT EXTENSION PROGRAMMING IS THE PRIORITY. YOUR GROUP MAY BE ASKED TO CANCEL OR RESCHEDULE THROUGHOUT THIS PROCESS.

THANKS FOR UNDERSTANDING!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

SPECIALTY CLUBS/GROUPS/CLASSES

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, check board for room assignment. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081. **(Note, June 2, cancelled.)**

SEW MUCH OR SEW LITTLE) **2nd and 4th Tuesdays, 9am-noon**, Room 3, annex bldg.

SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm**, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 10am-1pm**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252. **(Note June 19th no class due to holiday.)**

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, check board for room assignment. No need to bring anything! All are welcome! For questions, call Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm**, check board for room assignment. Questions, call Connie Lawson, 859-582-5505. **(Note June 19th no class due to holiday.)**

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm, Room 1**. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

PICKLEBALL CLASSES: We meet for Pickleball class the last Friday of the month, **April through October, 9-11am, weather permitting**. You must call the office to register for the class: 859-623-4072 or email hunley.jessica@uky.edu. If you do not have pickleball rackets for class, they can be furnished. We meet under the pavilion on the side of the annex building. Please wear comfortable tennis shoes, sunscreen and hat. See page 3 for additional Pickleball open court hours.

New Agent Alert!



My name is Casey Faulkner and I have recently been given the opportunity to become the Community Arts Agent for Madison County! In addition to my five years of experience within the Cooperative Extension Service as a 4-H Program Assistant, I hope to bring the knowledge I've gained as a graphic designer, artist, and videographer to this role. I have my MA in Arts Administration and a BA in both Media Studies and Studio Art. I look forward to the new opportunities this role will bring to the county as well as the new people I will encounter along the way!

Madison County Fair & Horse Show

The catalog will be available on the website shortly. In the meantime, for a detailed list, rules and check-in dates, please stop by the office or call, 859-623-4072 for a tentative copy.

2025-26 Leader Lesson Lineup

The following are the 2025-26 Leader lessons, all classes will be taught at 11:00 a.m.:

Laughter is a Must in Marriage, August 26, 2025

Blackstone Grilling, September 25, 2025

Stretching Your Dollar, October 29, 2025

Yoga Try This, November 18, 2025

Mastering Mindfulness, January 27, 2026

Building a Better Bowl, February 25, 2026

Mental Health Matters, March 26, 2026

The Big Freeze, April 23, 2026

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Pickleball

First Come First Serve
Bring Your Own Paddle!



OPEN- COURT! **CLASSES!**

Weekends (Fridays- Sundays) April 4th through November 2nd	Last Friday of the Month April - October 9AM- 11AM Call the office to register!
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Madison County Extension Office
230 Duncannon Lane Richmond KY 40475
(859) 623-4072

More Information :
hunley.jessica@uky.edu

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

fun with fermentation



Hosted by Madison County FCS
Taught by Powell County Agent Kendyl Redding

Join us in a fun lesson as we learn the basics of fermentation!
No Experience needed!
Free!

Tuesday- May 27th
@ 5:30 PM
call to sign up!
(859) 623-4072



MAKE IT & FREEZE IT

May 21, 11am-12:30pm

This presentation will provide you with many recipes you can make ahead and freeze for easy meal preparation. Many of the recipes can be doubled or tripled so you can freeze portions for multiple meals. You will learn about a variety of foods and recipes that freeze well—and which don't; and how to retain the best texture and flavor when you freeze any food. You will also learn how to best thaw and reheat each dish. Additional tips will be provided for freezing many ingredients to reduce waste and save money and time when preparing future meals. Recipes will include appetizers, entrees, sides, breads, and desserts.

To register, call 859-623-4072, held at Madison County Extension Office (Room 1).



LIVING WITH ALPHA-GAL SYNDROME

JOIN UK EXTENSION FOR A WEBINAR BY ANR, HORT, FCS, & NEP AS WE COVER THE BASICS OF A.G.S., TICK BITE PREVENTION, AND DIET/LIFESTYLE MANAGEMENT IN RESPONSE TO THE CONDITION.



DATE:
29TH MAY, 2025



SPEAKER:
UK EXTENSION
STAFF



TIME:
7Pm Eastern

WEBINAR :



Use the QR code or link to register. Those who register for the webinar will be emailed the Zoom login information directly.

For Questions contact:
hunley.jessica@uky.edu
(859) 623-4072

ukfcs.net/AgS



Banana Pancakes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes

Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- 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-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 2 pancakes

Cost per recipe: \$9.03

Cost per serving: \$1.13

Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension



Recipes from the 2025 Food and Nutrition

Recipe Calendar

Welcome!



My name is Connor Gettman, and I am excited to introduce myself as Madison County Extension Program Assistant/ Technician for Agriculture and Horticulture.

After graduating from high school in Bakersfield, CA, I moved to Richmond and in 2023 I received my bachelor's degree in Agribusiness from Eastern Kentucky University. I am thrilled to be serving my community, combining my love for agriculture with my desire to help our community thrive.

My name is Ansley Fletcher, and I'm excited to introduce myself as the new All Program Areas Staff Assistant.

Madison County has always been home, and I feel incredibly grateful for the opportunity to work with and serve the community that's raised me. I am truly looking forward to meeting and working with many of you. Thanks for the warm welcome. I'm so happy to be here!



My name is Katee Fairon, and I am thrilled to join the team as a Staff Assistant at the Madison County Extension Office. I recently moved to Kentucky and have happily chosen Richmond as my home. I've had the pleasure of meeting many kind and welcoming individuals already, and I look forward to connecting with many more!

Lighting the Way Thru Homemakers—Annual Meeting in Review

Thank you to all our board members, chairs, and club members who helped make our 2025 Annual Meeting a success!

Homemaker of the Year: **Vicki Short** was named Homemaker of the Year. **Congratulations Vicki!** (Pictured right, Helen Eden presenting to Vicki.)



New Board Installation: **Connie Vaughn**, Bluegrass Area President, sworn in **Rachel Short** as Treasurer. New Chairs are Wendy Haney, Leadership, Development & Citizenship combined with 4-H & Youth Development.

Years of Service Recognition: We would like to congratulate and honor the following members for their years of service:

50 Years: **Linda Calico**, White Station

45 Years: **Sandra Harris** and **Sarah Huguely**, Latecomers

30 Years: **Judy Calkin**, Mailbox, and **Jean Smith**, Pond

25 Years: **Jo Anne White**, White Station, and **Diana Combs**, Silver Creek



Madison County Homemaker Scholarship Winner: This year's scholarship recipient is **Aubrey Cornelius**. Aubrey is currently a senior at Madison Southern High School. She will be attending EKU in the fall with an emphasis on agri-business and livestock management. She has been an active member of the Madison Southern FFA Chapter for four years and has served as the Historian, Secretary and now Vice President. We are pleased to present this \$1,000 Madison County Extension Homemakers' Association Scholarship award to Aubrey - **Congratulations!** (Pictured left, Helen Eden presenting to Aubrey.)

Cultural Arts: Congratulations to the blue ribbon winners:

Michelle Brohez 22/Quilts, 22e. Machine Applique (Machine Quilted); 22. Quilts/22g. Machine Pieced (Machine Quilted); **Becky Burkett** 3. Art, Natural/03b. Other; **Linda Calico** 1. Sewing/1d. Basic Home Décor, 14. Holiday Decorations/14b. Spring; 25. Wall Or Door Hanging/25a. Fabric; **Fawn Conley** 21. Photography/21a. Black & White; 21. Photography/21b. Color; **Marge Cummings** 9. Crochet/9c. Home Decor & Afghans; **Betty Eberle** 12. Embroidery/12d. Machine; **Helen Eden** 14. Holiday Decorations/14d. Winter; **Doris Gish** 22. Quilts 22c./Hand Applique (Hand Quilted); 22. Quilts 22d./Hand Pieced (Hand Quilted); **Terry Griffin** 8. Counted Cross Stitch/8a. 14 Count Fabric & Under; 8. Counted Cross Stitch/8c. Specialty Cloth; **Wendy Haney** 27. Miscellaneous; **Jeanette Heindel** 22. Quilts/22b. Baby-Size Or Lap-Size (Machine Quilted); 22k. Miscellaneous (Hand Or Machine Quilted); **Evonne Kincer** 23. Paper Crafting/23d. Scrapbooking; 25. Wall Or Door Hanging/25b. Other; **Susan Marz** 25. Wall Or Door Hanging/25c. Diamond Art Mosaic; **Betty Scheiderman** 1. Sewing/1c. Accessory Apparel; 14. Holiday Decorations/14a. Autumn; 16. Knitting (Hand)/16a. Accessories; 22. Quilts/22h. Novelty (Hand Quilted); **Rachel Short** 22. Quilts/22i. Novelty (Machine Quilted); **Vicky Short** 12. Embroidery/12a. Basic; **Linda Wathen** 23. Paper Crafting/23a. Card Making; **Joanne White** 10. Doll/Toy Making/10a. Cloth; **Ellen Willis** 1. Sewing/1e. Specialty Home Décor; 5. Basketry/5b. Dyed Material; 5d. Novelty

Note: If you were unable to attend the Annual Meeting and need to pickup your cultural arts, pins, reading awards, etc., please come by the office.

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>

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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 →

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/tick-surveillance2022>

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.

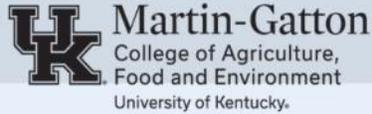
- **Episode 212:** https://youtu.be/pr2_iPndI?si=z1u72TXK556QQAOL
- **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

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

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



GARDEN PARTY

FUNDRAISER FOR OVARIAN CANCER SCREENING

Reservations beginning April 1st-May 15th at the Madison County Extension Office or by mail.
Checks only made out to Madison County Extension Homemakers.

**MADISON COUNTY
EXTENSION OFFICE
230 DUNCANNON LANE
RICHMOND KY 40475**

**June 3rd, 2025
11 AM- 1 PM
tickets
\$20 per person**

Speakers:

Ovarian Cancer speaker, TBD

**Amanda Sears, Madison County Horticulture Agent:
“Moon Gardens”**

Menu

**Chicken & Grape Pasta Salad with
Poppyseed-less Dressing**

Pasta Salad with Fresh Vegetables

Zucchini & Sweet Corn Salad

Raw Broccoli Cauliflower Salad

Rolls

Variety of Cookies