

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**

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.

# 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**

- TICK KITS
- AGS FRIENDLY SAMPLES & RECIPES
- ADDITIONAL RESOURCES

**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

**REGISTER NOW** 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*

**Cooperative Extension Service**

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

**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 flour for each

• 2 tablespoons packed

light brown sugar

• 1 1/2 tablespoons vanilla extract

• 1 1/4 cups all purpose flour

• 2 tablespoons cooking grease

• 1/4 cup chopped pecans

• 2 tablespoons ground cinnamon

• 1/2 cup milk (any variety)

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 2<sup>nd</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.

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

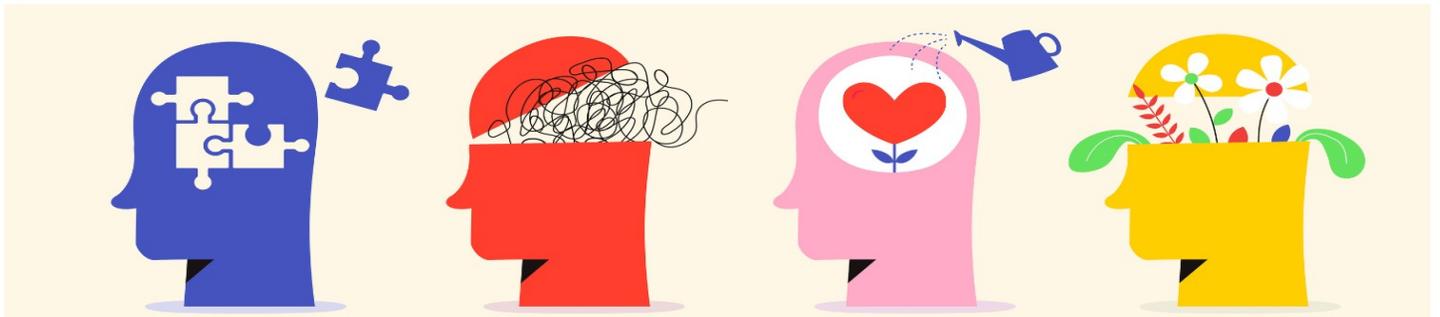


# Wits Workout

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*



## 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.



## Scrumptious Strawberry Salad

### Ingredients:

Servings:8 Serving Size:2 cups

- 5 cups spinach
- ½ large cabbage head, chopped
- 1 cup golden raisins
- 1 cup halved red grapes
- 1 pint sliced strawberries
- ½ small red onion, sliced
- 1/2 cup toasted and chopped pecans (optional)
- \*¾ cup plain non-fat Greek yogurt or plain regular yogurt
- \*3 tablespoons honey
- \*6 tablespoons apple cider vinegar
- \*3 tablespoons olive oil
- \*½ teaspoon Dijon mustard
- \*1 teaspoon poppy seeds
- \*1 teaspoon salt
- \*½ teaspoon pepper



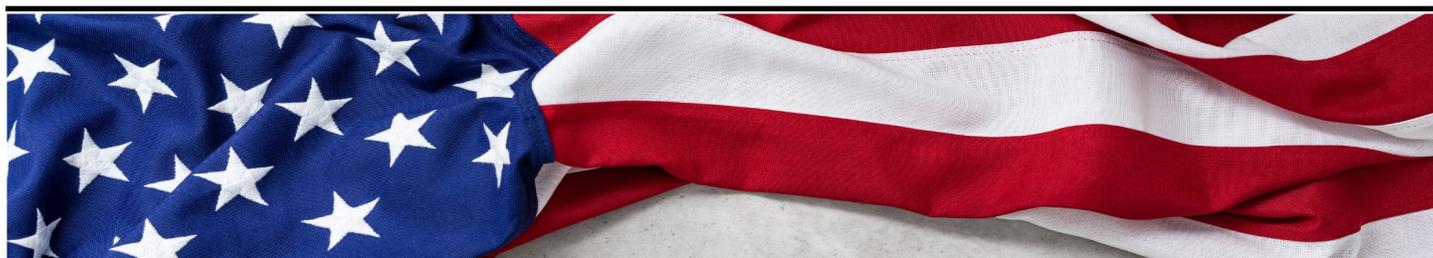
### Directions:

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

<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* → (270) 358-3401  
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807 Old Elizabethtown Rd., Hodgenville

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accommodated  
with prior notification.

# 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!



## 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](mailto: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>

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

## THIS MONTH'S TOPIC

# TICK PROBLEM PREVENTION



**S**pring 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](https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL)

• **Episode 214:** [https://youtu.be/DNTXX\\_DIGA4?si=F-EsaDdTMW-XFdUT](https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT)

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**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!

 SEEDS	 TREE	 FLOWER	 DANDELION
 NEST	 BIRD	 BEE	 BUTTERFLY
 PUDDLE	 MUD	 WORM	 SQUIRREL



KIDS KORNER

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 19<sup>th</sup>.

*welcome*

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