

# FAMILY AND CONSUMER SCIENCE NEWS

**Boyd County Cooperative Extension Service**  
**May, 2025**

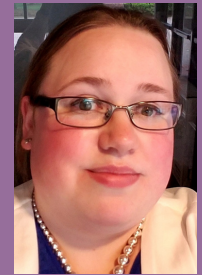


University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension  
Service**

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<http://extension.ca.uky.edu>



## In This Issue:

**Homemaker News**

**May Events**

**May Recipe**

**Health Bulletin**

**Happy May, Everyone!**

It seems that I blinked and we went from January to May and all the summer time fun! I'm thrilled to see the trees and flowers blooming, less thrilled about having to mow my lawn now! I'm very excited to start another exciting summer in Extension, and I hope you are all ready as well! I plan on taking a vacation during the week of the 19<sup>th</sup>, which is my way to remind all of you to take time to rest and recharge after a busy Winter and Spring!

Please stop by my office if you have any questions or just want to chat!

*Jacqueline Doucet*

Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Sciences

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Lexington, KY 40506

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# *Message from the President*



Hey There Homemakers,

Summer is on its way! The Kentucky Derby, Mother's Day, and Graduations. While the kids rev up for their vacation, things seem to just keep getting busier and busier. Planting flowers, gardens, mowing grass, grilling, picnics, the list is endless. Try to incorporate evening strolls, porch sitting, swinging in a porch swing, and enjoy the moments.

The moments between waking and starting your day. The moments when day turns into night. The moments right before you start a project, and the moments right before you go to bed.

Thank God for the moments.

Enjoy May.

Love and Prayers,

Kathy

May						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						2025

# Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Hilltop, **May 1<sup>st</sup> at 10 a.m.**, Boyd County Extension Office. **May's Recipe: Banana Pancakes***
- *Longaberger Basket Bingo, **May 1<sup>st</sup> at 6 p.m.**, Boyd County Extension Office.*
- *Homemaker Council Meeting, **May 14th at 10 a.m.**, Boyd County Extension Office.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for the Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*



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# KEHA Upcoming Events & Announcements



- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington.
- **May 15th:** 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.
- **June 1<sup>st</sup>:** Registration deadline for NVON Conference
- **June 7<sup>th</sup>:** Registration deadline for NVON hotel.
- **July 8th-10<sup>th</sup>:** NVON Conference in Springfield, IL.



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# COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

**JANUARY 16TH**

**FCS:  
SPLIT PEA  
SOUP**

**FEBRUARY 6TH**

**CATLETTSBURG:  
CAULIFLOWER  
BITES**

**MARCH 6TH**

**HILLTOP:  
CRUNCHY AIR  
FRYER FISH**

**APRIL 3RD**

**TRACE:  
LEMON  
BROCCOLI  
PASTA**

**MAY 1ST**

**HILLENDALE:  
BANANA  
PANCAKES**

**JUNE 5TH**

**HILLENDALE:  
RICE AND BEAN  
SALAD**

**JULY 10TH**

**TRACE:  
CHICKEN  
BURGERS**

**AUGUST 7TH**

**SUNSHINE:  
SLOW COOKER  
ASIAN PORK  
TACOS**

**SEPTEMBER 4TH**

**HILLTOP:  
GRITS, GREENS  
AND EGG BOWL**

**OCTOBER 2ND**

**CATLETTSBURG:  
CHEESY  
PUMPKIN PASTA  
BAKE**

**NOVEMBER 6TH**

**SUNSHINE:  
PARMESAN  
CARROT CHIPS**

**DECEMBER 4TH**

**FCS:  
LASAGNA SOUP**



# Recipes from the 2025 Food and Nutrition Recipe Calendar



## May's Recipe: Banana Pancakes

Join us at the Boyd County Extension office for  
our monthly cooking demonstration and sampling.  
Try tasty Nutrition Education Program Calendar  
recipes and discover strategies to eat healthier  
and cook at home!

**May 1st**  
**at 10 a.m. Boyd County**  
**Extension Office.**

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# 2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension  
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

~~January 17th:~~

~~Fitting Nutrition into Your Busy  
Lifestyle.~~

~~April 18th:~~

~~Gardening Options for Everyone~~

~~February 14th:~~

~~Indoor Air Quality~~

May 16th:

Planning Space for Outdoor Living

~~March 21st:~~

~~Adapting Recipes~~

June 13th:

Steps Toward Hiring a Dependable  
Contractor





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**July 18th**

Saving Water At Home

**October 17th**

Reducing the Risk of Identity Theft

**August 8th**

Scam Red Flags & Avoiding Fraud

**November 14th**

Talking Turkey

**September 19th**

What's That Date Mean?

**December 19th**

Sweet Enough Without All That  
Sugar

LUNCH





# JUNE MAKE & TAKE

JUNE 6TH

6 PM-8 PM

\$5.00 PER PERSON

\$5.00 PER PERSON

## 4 GIFTABLE ITEMS

### 10 MINUTE TABLE RUNNER

#### **SUPPLIES NEEDED:**

½ YARD FABRIC

⅓ YARD FABRIC COORDINATING  
SEWING MACHINE, THREAD, BASIC  
SEWING SUPPLIES, SEAM RIPPER,  
SCISSORS, TAPE MEASURE, MARKING  
PEN OR PENCIL.

### TISSUE COVER

#### **SUPPLIES NEEDED:**

2 COORDINATING FAT QUARTER 18 X 22  
SEWING MACHINE, THREAD, BASIC  
SEWING SUPPLIES, SEAM RIPPER,  
SCISSORS, TAPE MEASURE, MARKING  
PEN OR PENCILS

### SMALL SNAP PURSE/CORD

#### HOLDER

#### **SUPPLIES NEEDED:**

2 FAT QUARTERS 18 X 22 COORDINATING  
SEWING MACHINE, THREAD, BASIC SEWING  
SUPPLIES, SEAM RIPPER, SCISSORS, TAPE  
MEASURE, MARKING PEN OR PENCIL.

### TIN ON PIN CUSHION

#### **SUPPLIES NEEDED:**

1 FAT QUARTER  
SEWING MACHINE, THREAD, BASIC SEWING  
SUPPLIES, SEAM RIPPER, SCISSORS, TAPE  
MEASURE, MARKING PEN OR PENCIL.

CLASSES ARE LIMITED TO 15 PARTICIPANTS  
REGISTRATION IS DUE 1 WEEK IN ADVANCE.

CLASSES TAUGHT  
BY KATHY KING

FOR MORE INFORMATION ABOUT THESE CLASSES  
CONTACT THE BOYD COUNTY EXTENSION OFFICE AT

**606-739-5184**



# 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)

## 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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# 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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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock







## 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:

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University of Kentucky  
Cooperative Extension

