

Nicholas County Family & Consumer Sciences Newsletter



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

Hello May! Our International Dinner was a huge success with more than forty people in attendance. If you weren't able to make it, you missed a great evening.

Coming up this month is our Annual Homemaker Meeting. The great news is you don't have to cook, simply come and enjoy a wonderful evening of friends and fellowship. Please call the office to RSVP so we can let the caterer know how much food is needed.

In conjunction to our Annual Meeting, we will hold our 2025 Cultural Arts Contest. Please show off your talents! Bring entries to the office by May 12th. I would love to have one entry for every member and have a HUGE display for the annual meeting.

May is Mental Health Awareness Month, a time to shine a light on the importance of mental well-being and break the stigma that often surrounds it. This month offers a valuable opportunity to start conversations, share resources, and support those who may be struggling. Whether it's practicing self-care, checking in on a friend, or learning more about mental health conditions, every action counts. Let's work together to create a more compassionate, informed, and supportive community where mental health is prioritized and everyone feels seen and heard.

May is also National Stroke Awareness Month. I want to bring attention to this health risk because of those I love dearly being affected by strokes recently. Recognizing the signs—such as sudden numbness, confusion, trouble speaking, or difficulty walking—can save lives. Remember the acronym F.A.S.T.: Face drooping, Arm weakness, Speech difficulty, Time to call 911. Please do not ignore symptoms, act fast, because timing is everything with strokes. This month, let's educate ourselves and others to reduce the impact of stroke and support those affected on their journey to recovery. In this newsletter, please look over the F.A.S.T. graphic and information I have included.



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Cooperative Extension Service

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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NICHOLAS COUNTY COOPERATIVE EXTENSION

ANNUAL HOMEMAKER

MEETING

Meal will be catered this year thanks to the Nicholas County Homemaker Council. Please call the office to RSVP and encourage your club members to attend.



DATE
MAY 15TH



TIME
AT 6 PM



Call the office to RSVP!

Quilting Club

May 13th at 11a.m. at the Office

We will continue working on quilt squares for our NEW chandelier quilt pattern for our 4-H Fundraiser Quilt.

***PLEASE NOTICE TIME CHANGE TO 11 a.m**



DON'T MISS OUT!

Cooperative Extension Service
Family and Consumer Sciences

LEARN TO PLAY THE DULCIMER

for adults

Tuesdays at the Neal Building
6 p.m.

MORE INFORMATION :
(859) 289-2312

LAUGH AND LEARN PLAYDATE



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

May 14th at 11 a.m.
Nicholas County Public Library
Birth to 5 years old

Cooperative Extension Service

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2025 CULTURAL ARTS CONTEST

Entries due to the agent by
May 12th at noon. Please
bring all entries to the
office located at 368 East
Main St., Carlisle, KY 40311
See page 6 for categories!



President's Corner

Fellow Homemakers,

Happy May! It is our final month of club meetings for the year. Even though clubs don't meet in June, July, and August, I want to encourage you to keep on spreading the good news about Nicholas County Homemakers and all the good we do for our community.

The Quilting Club is working hard on completing the 4-H Fundraiser Quilt so be on the lookout for information about buying tickets to win it. It's going to be absolutely gorgeous!

I am looking forward to our Annual Meeting and hope that you all will join us. Remember to bring your Cultural Arts entries to the office by May 12th to have them displayed at our Annual Meeting. Everyone, including me, loves to see the talent in our county.

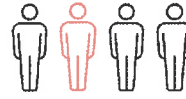
See you soon!
Christy Shelley

Nicholas County Homemaker
President



GETTING TO THE
HEART OF STROKE™

I AM Determined to Prevent Another Stroke



1 IN 4

**CLOT-RELATED STROKE SURVIVORS
WILL HAVE ANOTHER STROKE.**

A previous ischemic stroke puts you at a **higher risk** of having a second one.



of strokes may be prevented by:

- Managing blood pressure, cholesterol and diabetes
- Making healthy lifestyle choices such as eating a healthy diet, being physically active, not smoking and limiting alcohol
- Taking medications as recommended by your doctor after an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy

Treatment to prevent future strokes can be tailored to individual situations. Work with your doctor through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances.

Preventing another stroke starts with **YOU**. Don't delay. Talk to your doctor about a prevention plan that's right for you.

Learn more at
stroke.org/OnesEnough

ONE IS ENOUGH

Tips to help prevent another stroke:

- Work with my doctor to identify the cause of my stroke or previously unknown risk factors.
- Keep my follow-up appointments.
- Take my recommended meds and talk to my doctor before making any changes.
- Manage my risk factors with small, healthy steps for big impact.
- Connect with a group for support, information and shared experiences.
- Ask my doctor about a formal program to help me live a healthier lifestyle. It should include exercise, education and counseling.
- Call 911 if I see or have any stroke warning signs or symptoms.

HCA Healthcare
FOUNDATION

The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke™.

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May is Stroke Awareness Month



05

Key Facts About Stroke



**FACT #1:
stroke kills
brain cells**

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



**FACT #2:
types of
stroke**

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.



**FACT #3:
about one in
four stroke
survivors is at
risk for another**

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



**FACT #4:
prevention
is key**

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor. After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

F.A.S.T.

**FACT #5:
time lost
is brain lost**

Now that you know prevention, here's how you spot one.

Learn the **FAST** warning signs: **F** Face Drooping | **A** Arm Weakness | **S** Speech Difficulty | **T** Time to Call 911

HCA Healthcare
FOUNDATION

The HCA Healthcare Foundation is a national supporter of Together to End Stroke™.

Stroke.org

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MAY IS MENTAL HEALTH AWARENESS MONTH

BREAK THE STIGMA!
Let's talk about
mental health!

Webinar Event

Living with Alpha-gal Syndrome



Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

May 29th 7:00-8:30pm EDT
Nicholas County Livestock Barn
1471 Concrete Road
Carlisle, KY | 40311 | (859) 289-2312

Register by calling the office or scanning the QR code to register

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



If you are interested in participating in any of these events, I will drive the van. I have heard great things about this event about the information they are sharing!



2025 Citizens EMS Academy



Dates:

April 29th
May 27th
June 24th
July 29th
August 26th
September 30th
October 28th
November 18th
December 16th

**Free & Open
to the Public**

What You Will Learn:

- * History of EMS
- * Hands on Display and Demonstration of Ambulances
- * Hands Only CPR & Choking
- * Responding to Trauma Emergencies
 - First Aid Training
 - Bleeding Control, Falls, Fractures, Burns, and Motor Vehicle Accidents.
- * Responding to Medical Emergencies
 - First Aid Training
 - Chest Pain, Stroke, Allergic Reactions & Seizures
 - Accidental Overdose Emergencies
- * Modern EMS Medicine & Skills
- * Disaster Planning & Readiness
- * Medical/Legal Forms & Medication Forms
- * Christmas with the Crews (Meet the HC EMS Staff)

Time:
4:00 PM -6:00 PM

Location:
HMH at The Cottages
1445 KY Highway 36 East
Cynthiana, KY 41031

Registration:
859-235-3510
or email at
msmith@hnhosp.org

2025 Citizens EMS Academy

April 29th

- History of EMS
- Introduction to EMS and EMS Operations
- Overview of Skill Levels in EMS
 - EMT-B (Basic), EMT-A (Advanced), EMT-P (Paramedic), and CCP (Critical Care Paramedic)

May 27th

- Hands on Display and Demonstration of Ambulances
- Demonstration of Equipment (New Equipment)

June 24th

- Hands Only CPR & Choking

July 29th

- Responding to Trauma Emergencies in EMS
- First Aid Training
 - Bleeding Control, Falls, Fractures, Burns and Motor Vehicles Accidents

August 26th

- Responding to Medical Emergencies in EMS
- First Aid Training
 - Chest Pain, Stroke, Allergic Reaction and Seizures
- Accidental Overdose Emergencies

September 30th

- Modern EMS Medicine & Skills
- Data Incorporation in the Operation of EMS

October 28th

- Disaster Planning Preparation and Readiness
- Outside Partners of EMS (911-Dispatch, Fire Departments, Emergency Department & Air Care)
- Operations under EMS (Care-A-Van Transport Services)
- Future Operations Under EMS

November 18th

- Medical/Legal Forms in EMS (MOST FORM & KY EMS DNR FORM)
- Medication Education Forms
- Home Safety Assessment Training

December 16th

- Christmas with the Crews (Meet the HC EMS Staff)



Depression in Women:

4 THINGS TO KNOW

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling sad is a normal reaction to difficult times in life. Depression is different—it is a mood disorder that can affect how a person feels, thinks, and acts. Read this fact sheet to learn about depression in women and ways to get help.

Depression is a medical condition.

Depression is a common but serious mood disorder. Research suggests that depression is caused by a combination of genetic, biological, environmental, and psychological factors.

All people can feel depressed, but the disorder is especially common among women due to unique biological, hormonal, and social experiences.

Depression is not brought on by anything a woman has or has not done, and it is not something she can “snap out” of. Most women need treatment to feel better.



Communicating well with a health care provider can improve your care. NIMH provides ways to get help, find a health care provider, and access treatment at www.nimh.nih.gov/findhelp. For tips on preparing for and getting the most out of your health care visit, see www.nimh.nih.gov/talkingtips.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at **988** or chat at 988lifeline.org. In life-threatening situations, call **911**.

Certain types of depression are unique to women.

Certain types of depression occur at specific stages of a woman's life. Pregnancy, the postpartum period, the menstrual cycle, and perimenopause are associated with physical and hormonal changes that can bring on a depressive episode in some women.

- **Premenstrual dysphoric disorder** is a more intense form of premenstrual syndrome, or PMS, that occurs in the weeks before menstruation. The disorder causes severe symptoms, such as depressed mood, anger or irritability, suicidal thoughts, appetite changes, bloating, breast tenderness, and joint or muscle pain.
- **Perinatal depression** occurs during pregnancy or after childbirth. It is more than the “baby blues” many new moms experience after giving birth. Women with perinatal depression feel extreme sadness, anxiety, and fatigue that may make it difficult to carry out daily tasks, including caring for themselves or others. Learn more about perinatal depression at www.nimh.nih.gov/perinataldepression.

- **Perimenopausal depression** affects some women during the transition to menopause. Whereas abnormal periods, problems sleeping, mood swings, and hot flashes are common during the menopause transition, more extreme feelings of irritability, anxiety, sadness, or loss of enjoyment may be signs of depression.



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NIMH Publication No. 23-MH-4779
Revised 2023

You can get help for depression.

Even the most severe depression can be treated. Common treatments are antidepressant medication, talk therapy (virtual or in person), or a combination of medication and therapy.

There is no “one-size-fits-all” for treatment. It may take trial and error to find the best one for you. A health care provider can explain the different options and help you choose the best treatment based on your symptoms. With help, you can feel better.

For more information on treatments for depression, visit www.nimh.nih.gov/depression.

Find additional resources

The following agencies have more information on depression in women:

- Depression (Office on Women's Health) www.womenshealth.gov/mental-health/mental-health-conditions/depression
- Depression Among Women (Centers for Disease Control and Prevention) www.cdc.gov/reproductivehealth/depression
- Women and Depression (U.S. Food and Drug Administration) www.fda.gov/consumers/women/women-and-depression

The Substance Abuse and Mental Health Services Administration provides an online resource for finding mental health services in your area at <https://findtreatment.gov>.

www.nimh.nih.gov
Contact: nimhinfo@nimh.gov

Follow NIMH on social media @NIMHgov



2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Categories and Subcategories

1. SEWING (Apparel & Home Decor

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include applied and quilted.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture
- 3. ART, NATURAL
- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

Please submit any of the above that you have completed in the last 2 years for our Cultural Arts Contest. All blue ribbon winners will go on to the Bluegrass Area Level contest this fall.

ADULT

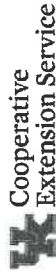
HEALTH BULLETIN



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>

Nicholas County Extension Office
368 East Main Street
Carlisle, Kentucky 40311
(859) 289-2312



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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Lexington, KY 40506

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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 "wilderness" 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-ipDnhdI?si=z1u72TXK556QQAOL>

• **Episode 214:** <https://youtu.be/DNTXxDIGA47?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

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFE | 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/TravelingMeals>.

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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Disability
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with prior notification

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>

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May 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 CINCO DE MAYO	6	7	8	9	10 Ellisville Yard Sale
11	12 Cultural Arts En-tries due for new year!	13 Quilting Club 11 a.m.	14 Busy Bees at NCPL	15 ANNUAL MEETING	16	17
18	19	20 Cooking Through the Calendar 11 a.m.	21	22	23	24
25	26	27 4-H Sewing Club 1-4:30- Volunteers Needed EMS Citizen Academy	28	29 Alpha Gal Information Night at 7 pm at Barn	30	31 Ellisville Yard Sale





Strawberry Green Tea

13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. Wash strawberries and remove the tops.

2. Chop the berries with a hand chopper in a large pot.

3. Add water to the chopped berries and bring to a boil, stirring occasionally.

4. Remove from heat and let mixture cool for 5 minutes.

5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.

6. Strain the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. Add honey and stir until dissolved.

8. Chill and serve.

9. Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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