

# Magoffin County Family & Consumer Sciences

## May 2025

May is a busy month for everyone. School is ending, graduations happening, vacations being planned. Don't be overwhelmed with it all. Take time to stop and enjoy the occasions, the sunshine and the beautiful flowers and foliage around you that makes our state so beautiful.

We are planning lots of exciting things for the summer, beginning with 4-H camp June 3-6 at London, KY. We have a great group of kids, Junior counselors and Adult Leaders who are going. We appreciate their hard work and volunteerism so very much.

We also have "Hooked on Nature" Day Camp in late June. The details are contained in this newsletter in the program announcements.

For our little people, we have Playdates on May 13, and our topic for the month is Plants. We will have some fun activities to celebrate the subject and lots of playtime fun as well. The kids really enjoy being together for their day.

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Visit our website at  
<https://magoffin.ca.uky.edu>



CEA for FCS/4-H  
Youth Development  
Education



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Lexington, KY 40506





## MAGOFFIN COUNTY EXTENSION OFFICE

KENTUCKY    
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES

# HOOKED ON NATURE DAY CAMP

CALL  
606-349-1236  
AND REGISTER  
TODAY!

**JUNE 17-20, 2025**

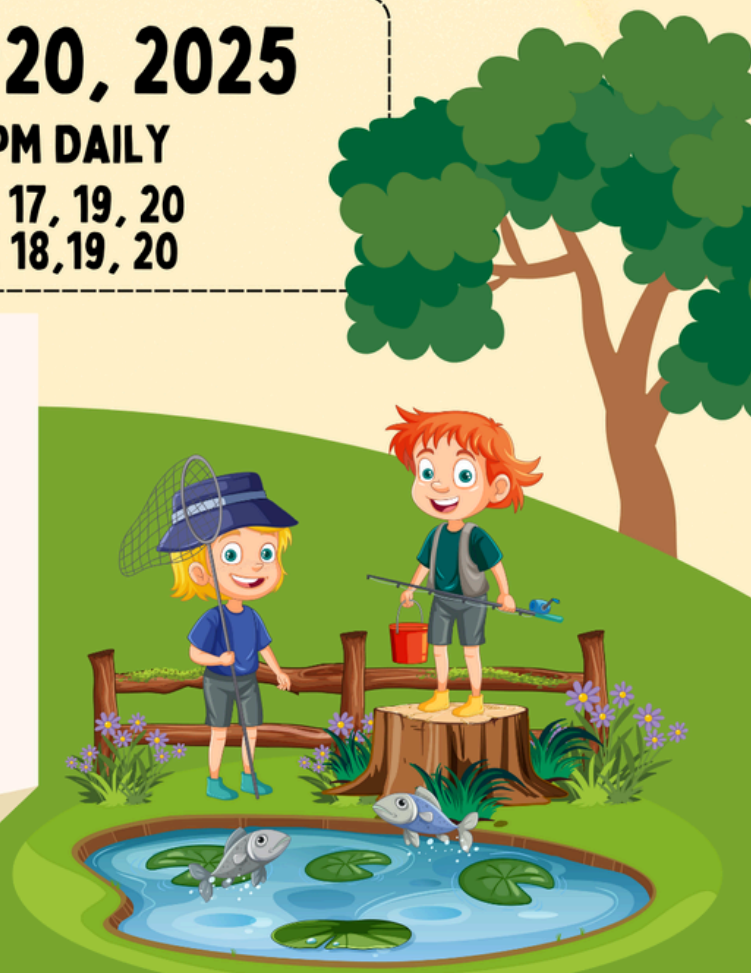
**9 AM- 2 PM DAILY**

**K-3 JUNE 17, 19, 20**

**4-6 JUNE 18, 19, 20**

### DAY CAMP HIGHLIGHTS:

- FREE DAY CAMP FOR KIDS IN GRADES K-6TH
- Volunteer Opportunity for Teens
- Arts and Crafts
- Master the art of casting
- Mobile Science Center
- Special Guest from the Kentucky Reptile Zoo



**JOIN US AT THE MAGOFFIN COUNTY EXTENSION OFFICE FOR  
DAY CAMP! CALL 606-349-1236 FOR MORE  
INFORMATION AND TO REGISTER**

15 Rockhouse Fork Rd  
Salyersville, KY 41465



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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## Embroidery Club

### Magoffin County Extension Office

Wednesdays  
10 AM-Noon

May 14th  
May 28th

Call the Extension  
Office at 349-3216 to  
learn more about the  
program.



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## May Quilt Guild Dates

**Friendship Quilters, 10 AM**

Friday, May 9th

Friday, May 23rd

**Sew What Quilters, 9 AM**

Saturday, May 10th

Call the Extension Office at 349-3216 for more information.  
Visit our website at <https://magoffin.ca.uky.edu> to learn more about  
Extension programming.

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## Ivyton Hippie Chx Homemakers

### Thursday, May 8<sup>th</sup>, 6 PM

## All Things Blooming Homemakers

### Thursday, May 22nd, 6 PM



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Join us at the Extension Office for  
crochet club

**MAY 7TH  
MAY 21ST  
10:00 AM-NOON**

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## Cooking Through the Calendar

Banana Pancakes  
Tuesday, May 20th  
12:00 Noon

Magoffin County Extension Office  
15 Rockhouse Fork Rd., Salyersville


Contact: Cathy Sparks, CEA for FCS and 4HYD  
606-349-3216


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**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)

Magoffin County  
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15 Rockhouse Fork Rd  
Salyersville, KY 41465  
606-349-1236

## 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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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



# MONEYWISE

**VALUING PEOPLE. VALUING MONEY.**

**MAY 2025**

**Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto: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

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# PATCHWORK PLAYDATES

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## "Plants"

**FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.**



**Tuesday, May 13th  
10 AM-Noon**



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## Table Manners for Young People

1. Wash hands and come to the table clean.
2. Pull in your chair and sit up straight.
3. Keep elbows off the table.
4. Place the napkin on your lap and use it to wipe your mouth if needed.
5. Wait to start eating until everyone is seated and served.
6. Use utensils correctly and cut food into bite-sized pieces.
7. Chew with your mouth closed and don't talk with your mouth full.
8. Ask politely for food to be passed rather than reaching across the table.
9. If asked to pass the salt or pepper, pass them both together. (They are married!)
10. Do not talk about "yucky" things at the table.
11. Don't make negative comments about the food.
12. Participate in conversation at the table and avoid using cell phones while eating.
13. Ask to be excused from the table when you are finished eating and always thank whoever cooked your food.



# HOW LONG WILL IT LAST?

## 1-2 DAYS



**BANANAS**  
Store on counter



**CHERRIES**  
Store in fridge



**MUSHROOMS**  
Store in fridge



**STRAWBERRIES**  
Store in fridge



**CORN**  
Store in fridge



**BROCCOLI**  
Store in fridge

## 2-4 DAYS



**LETTUCE**  
Store in fridge



**PINEAPPLE**  
Store on counter



**CUCUMBER**  
Store in fridge



**GRAPES**  
Store in fridge



**ZUCCHINI**  
Store in fridge



**EGGPLANT**  
Store in fridge



**AVOCADOES**  
Ripen on counter  
then store in fridge

## 4-6 DAYS



**PEPPERS**  
Store on counter



**BLUEBERRIES**  
Store in fridge



**CAULIFLOWER**  
Store in fridge



**TOMATOES**  
Store on counter



**ORANGE**  
Store in fridge



**LEMON**  
Store on counter



**PARSLEY**  
Store in fridge



**GRAPEFRUIT**  
Store on counter



**BRUSSELS  
SPROUTS**  
Store in fridge



**SPINACH**  
Store in fridge



**PEACH**  
Store in fridge



**WATERMELON**  
Store on counter



**PLUM**  
Ripen on counter  
then store in fridge



**PEAR**  
Ripen on counter  
then store in fridge

## 7+ DAYS



**APPLES**  
Store on counter  
(store in fridge if >7 days)



**BEETS**  
Store in fridge



**CELERY**  
Store in fridge



**POTATO**  
Store on counter  
(store in dark to  
prevent greening)



**ONIONS**  
Store on counter  
(store in dark to  
prevent greening)



**CARROTS**  
Store in fridge



Friendship Quilt  
Guild--10 AM  
Crochet Club 10 AM

# May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4-H 'Beginners' Sewing 3:30-5:30 PM	2	3
4	5	6	7 Crochet Club 10 AM	8 Ivyton Hippie Chx. 6 PM	9 Friendship Quilt Guild--10 AM	10 Sew 'What Quilt Guild 9 AM
11	12	13 Patchwork Playdates=10 AM	14 Embroidery Club 10 AM	15 Annual Homemaker Meeting 5 PM	16	17
18	19	20 Cooking Through the Calendar-Noon	21 Crochet Club 10 AM	22 All Things Blooming Hmk 6 PM	23 Friendship Quilt Guild--10 AM	24
25	26	27	28 Embroidery Club 10 AM	29 Diabetes Support Group Meeting 10 AM  All Things Blooming Homemakers 6 PM	30	31

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P.O. Box 349  
Salyersville, KY 41465

## Balsamic Veggie Pasta

<b>4 tablespoons</b> olive oil, divided	<b>2</b> tomatoes, chopped	<b>1 teaspoon</b> dried basil
<b>2</b> cloves garlic, minced	<b>½ cup</b> green onions, chopped	<b>8 ounces</b> whole wheat pasta
<b>1</b> small zucchini, chopped	Salt and pepper to taste	<b>1 tablespoon</b> Parmesan, grated
<b>1</b> small yellow squash, chopped	<b>2 tablespoons</b> balsamic vinegar	

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, and **cook** until tender. **Add** salt and pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

in salted water about 7 minutes, until al dente. **Drain.** **Toss** pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.

**Yield:** 4, 2-cup servings

**Nutritional Analysis:** 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein

