

## OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE

MAY 2025

## LETTER FROM YOUR AGENT

Spring is in full swing, and we have lots of exciting events and programs happening here at the Owsley County Extension Office!

Our Homemaker groups in the Quicksand Area are gearing up for the State Homemakers Conference, which will be held in Lexington this year. We're also looking forward to some great educational opportunities, including upcoming leader lessons on osteoporosis prevention, and engaging programs such as Harvesting Healthy Meal Kits and the second installment of our Keys to Homeownership Workshop.

In this issue, you'll find important dates for all of our upcoming Family & Consumer Sciences programs, as well as helpful tips for tick prevention as we head into spring. Be sure to check out our May health bulletin for more seasonal wellness information. To stay up to date on everything we're offering, visit our county website at [owsley.ca.uky.edu](http://owsley.ca.uky.edu) or follow us on Facebook! We hope to see you at the office soon.

Warm regards,  
Rosa Smith  
Owsley County FCS Agent

*Rosa Smith*

Rosa Smith, Owsley CEA for  
Family & Consumer Sciences Ed.  
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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.

# FCS Focus

# HELLO May



*Rosa Smith*

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## Owsley County Book Club

5:00pm  
May 22<sup>nd</sup>



## Keys to HomeOwnership

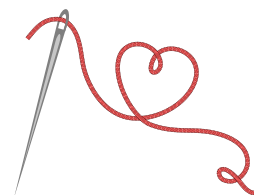
May 27<sup>th</sup> @ 6:00pm



## Stitch & Chat

Held on the second Friday of each month at 9am

May 9th  
July 11th



## Owsley County Homemakers

May 14th -Lunch-n-Learn " Osteoporosis" @ 12:00pm



All Sessions held at 1:00pm

May 1<sup>st</sup> - Celebration



## Cooking Through the Calendar

All sessions held at 4:00pm

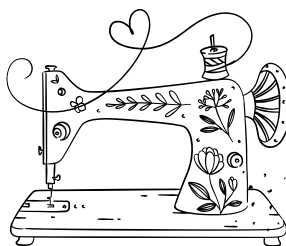
June 16th- Rice and Bean Salad  
July 21<sup>st</sup>- Chicken Burgers

## Come Sew With Us

Must register before May 9th

June 11<sup>th</sup> Breathitt County

June 12<sup>th</sup> Perry County



## Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley C. Public Library at 3:30pm

May 13th- Theme: Sports

June 17th: Theme: The Beach

July 8<sup>th</sup>- Theme: Water



## Walk Your Way

Held from 3pm-4pm

|          |                       |
|----------|-----------------------|
| May 5th  | June 16th             |
| May 12th | June 23rd             |
| May 19th | June 30th             |
| May 27th | July 7th              |
| June 2nd | July 14th             |
| June 9th | July 21 <sup>st</sup> |

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# Southwestern Tilapia

**Servings: 4**

**Serving Size: 1 fillet**

**Recipe Cost:\$5.26**

**Cost per Serving:\$1.32**

## Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon brown sugar, packed
- 2 teaspoons chili powder
- 1/2 teaspoon lemon zest
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 4 tilapia fillets (12 to 16 ounces)
- lemon wedges

Nutrition Facts: 190 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 55mg cholesterol; 240mg sodium; 4g total carbohydrate; 1g fiber; 3g sugar; 3g added sugar; 23g protein; 20% Daily Value vitamin d; 2% Daily Value calcium; 6% Daily Value iron; 8% Daily Value potassium..

## Directions:

- 1.Preheat a skillet on medium heat; add oil and allow to heat.
- 2.In a small bowl, mix brown sugar, chili powder, lemon zest, onion powder and salt.
- 3.Rub seasoning mixture on both sides of tilapia fillets.
- 4.Place tilapia in hot oil.
- 5.Cook on each side about 4 minutes (depending on thickness), turning once.
- 6.Remove from heat and serve with a lemon wedge squeezed on top.

## Make it a Meal

Pair this fish dish with brown rice, pineapple salsa, steamed broccoli and milk for a complete meal!

Source: Brooke Jenkins-Howard,  
Nutrition Education Program  
Curriculum Coordinator  
University of Kentucky  
Cooperative Extension Service

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# 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

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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Owsley County Extension  
Office 192 Lone Oak  
Industrial Park Road  
Booneville, KY 41314  
(606) 593-5109

## 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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Lexington, KY 40506



# 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





## WHO IS A BEGINNING SEWER?

A beginning sewer is anyone that has an interest in sewing but has limited or no sewing experience.

## WHO IS A MASTER CLOTHING VOLUNTEER?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

## HOW DO I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

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LEXINGTON, KY 40546



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with prior notification.

## ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



## DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



# 2025

# COME SEW WITH US

**HOSTED BY COOPERATIVE  
EXTENSION SERVICE AND  
QUICKSAND MASTER  
CLOTHING VOLUNTEERS**

**JUNE 11, 2025  
BREATHITT COUNTY  
EXTENSION OFFICE  
10 A.M. - 1:30P.M.**

**JUNE 12, 2025  
PERRY COUNTY  
EXTENSION OFFICE  
10 A.M.—1:30 P.M.**

**COOPERATIVE EXTENSION**

**University of  
Kentucky**  
College of Agriculture,  
Food and Environment



## HEART POT HOLDER

Perry County MCV Nancy Pratt will teach you how to make this heart potholder. Limit 10 per class.



## PILLOWCASE WITH FRENCH SEAMS



Wolfe County MCV Rita Rogers will help you create this stunning customized pillowcase with french seams if you register for her class.

## SHOULDER WRAP HEATING PAD



Letcher County MCV Lisa Ison will guide you step by step with this Shoulder Wrap Heating Pad for ultimate relaxation. Limit 5 per class.

**Must pre-register by May 9th for classes.**

## REGISTRATION FORM

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m. to allow time for check-in. Classes are assigned on a first come, first serve basis so please return in a timely fashion.

\_\_\_\_\_ Heart Pot Holder

\_\_\_\_\_ Applique Tea Towel

\_\_\_\_\_ Shoulder Wrap Heating Pad

\_\_\_\_\_ Notebook Cover

\_\_\_\_\_ Dish Towel Apron

\_\_\_\_\_ Zipper Pouch

\_\_\_\_\_ Pillowcase with French Seams  
Location: Breathitt \_\_\_\_\_ Perry \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**Mail form and \$5.00 registration fee to:**

Perry County Extension Office  
933 Perry Park Road  
Hazard, KY 41701

## NOTEBOOK COVER

Wolfe County MCV Gayle Hensley will help you create a fun customized notebook cover for your favorite book or journal.



## APPLIQUE TEA TOWEL



Owsley County MCV Cheryl McCauley will teach you the technique of how to make a beautiful Applique Tea Towel.



# May 2025

## FAMILY & CONSUMER SCIENCES

| Sunday | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday |
|--------|---|---|--|--|--|----------|
|        |   |   |  | 1<br><br>Bingocize @ 1pm<br>(Celebration)                     | 2  | 3        |
| 4      | 5<br><br>Walk Your Way<br>3pm-4pm   | 6<br> -----KEHA State Meeting (Lexington)-----   | 7  | 8  | 9<br><br>Stitch & Chat<br>9am | 10       |
| 11     | 12<br><br>Walk Your Way<br>3pm-4pm | 13<br>Laugh & Learn @<br>3:30pm OC<br>Library<br>  | 14<br><br>Lunch-n-Learn "Strong<br>Bones for Life:<br>Prevent Osteoporosis"<br>@ 12pm | 15<br>KRADD Senior<br>Games @ Knott<br>Sports Complex<br>   | 16   | 17       |
| 18     | 19<br><br>Walk Your Way<br>3pm-4pm | 20<br>Harvesting Health<br>Meal Kits<br>4:30pm<br>   | 21   | 22<br>Book Club @ 5pm<br>                                   | 23   | 24       |
| 25     | 26<br>----Office Closed----<br>    | 27<br><br>Walk Your Way<br>3pm-4pm<br>Keys to Home<br>Ownership Pt 2.<br>@ 6:00pm<br> | 28   | 29<br>Living with Alpha<br>Gal Webinar<br>7:00pm-8:30pm<br> | 30   | 31       |