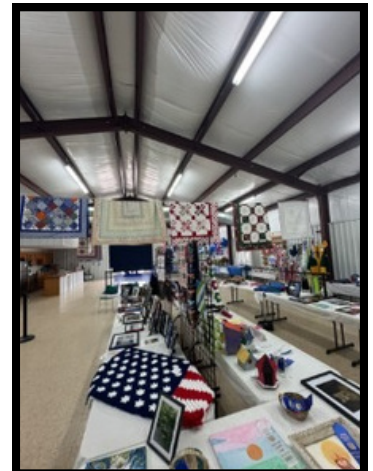


AUGUST 2025

FAREWELL TO FAIR - UNTIL NEXT TIME!

The results are in — the Willis Exhibit Hall had another exceptional year, with many exhibitors reporting successful outcomes and strong engagement. It was so exciting to get to connect with so many folks. We appreciate each of you all, whether you entered in the exhibits, or stopped by the hall to see the displays. In total, we had 85 exhibitors contributing an outstanding 410 exhibit pieces. We were able to award 109 blue ribbons, 90 red ribbons, and 66 white ribbons. In addition, six exhibits were recognized as department champions, earning a purple ribbon. Earning our overall grand champion, and the red, white, and blue ribbon, was an intricate and creative quilt made by Cindy Klinger. We again thank everyone for their hard work and entries and are already looking forward to next year's fair.

Jessica Hunley
Family & Consumer Sciences Agent
Madison County
Hunley.jessica@uky.edu



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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



CLUBS, GROUPS, AND CLASSES

CREATIVE HANDS (Quilting): 1st and 3rd Thursday @ month, 10am-1pm, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252. (Note, June 19th no class due to holiday; July 17th no class, rescheduled to July 24.)

GARDENERS OF MADISON COUNTY (Gardening) : 2nd Wed @ month, 1-3pm, check board for room assignment. No need to bring anything! All are welcome! For questions, call Kathryn Bowers, 859-619-0166.

HAPPY SCRAPPERS (Scrapbooking, Paper Crafts, Crafting, Etc.) : 4th Wed @ month from 12-4pm, Room 1. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

SEW MUCH OR SEW LITTLE: 2nd and 4th Tuesdays, 9am-noon, Room 3, annex bldg.

PICKLEBALL CLASSES: We meet for Pickleball class the last Friday of the month, now through October, 9-11am, weather permitting. You must call the office to register for the class: 859-623-4072 or email hunley.jessica@uky.edu. If you do not have pickleball rackets for class, they can be furnished. We meet under the pavilion on the side of the annex building. Please wear comfortable tennis shoes, sunscreen and hat.

PAPER KUTZ (Paper Crafting, Cards, Etc.): 3rd Thursday @ month, 6-7:45pm, check board for room assignment. Questions, call Connie Lawson, 859-582-5505. (Note June 19th no class due to holiday.)

SOUTHSIDE SLOW STITCHING (Knitting, Crochet, Cross-Stitch, English Paper-Piecing, Embroidery or Macrame): 1st and 3rd Mondays, 6-8pm, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

EVONNE'S CARD CLASS

In August's card class, we will be time traveling. We are going to be making new cards using "old" paper crafting supplies. Find new ways to use the materials and tools you may already have in your craft room. Class will meet on **Tuesday, August 14**. Morning session is 10 am-noon and the evening session is 5:30-7:30 pm. Class fee is \$10. Please email Evonne evkaykin@yahoo.com to register.

A DESSERT FOR EVERY OCCASION

Victoria Faoro will share favorite and techniques for making desserts that will work for everything from a picnic lunch to a special occasional dinner. Cakes, cookies, ice cream, pies, puddings, fruits and more will be included. Gluten free and fat-free recipes will be among those presented. Techniques will be explained that will enable you to tackle any dessert recipe. A handout with full recipes will be provided. Class will meet on **10/15 at 10 AM**.



HOMEMAKERS REMINDERS

.....

Don't forget that your discount cards are due to expire the end of September. Be sure to use them up now while they are still good!

.....

County officer chair training homemakers is August 19th 5:30-7


MONDAY NIGHT SEWING SALON

Monday Night Sewing Salon will start back Monday, September 8th. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081.



SAVE THE DATE

The 2026 Annual Meeting is set for April 21. Registration starts at 9:30 AM.



Discover the Hidden Treasures of Madison County

Win a year's membership in the Extension Homemaker's Club.

Are you looking for a way to get involved in your community? Maybe you want to learn new skills, make some friends, or give back to others. Join Extension Homemakers and broaden your horizons! As a member of Extension Homemakers, you will become a vital part of your community by getting involved in public service and participating in citizenship programs.

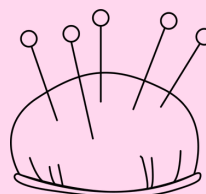
Membership benefits include leadership training, community involvement, learning new skills, sharing talents and ideas and making new friends.

Simply stop by the Madison County Extension office at 230 Duncannon Lane, Richmond beginning September 1st and pick up a Bingo card. Visit the locations listed on the card and answer a "treasure" question. When you have a BINGO, return your card to the extension office by September 13th and you'll be a NEW homemaker member! (Renewals NOT eligible.)



SEW MUCH SEW LITTLE

Sew Little Sew Much will be doing Service Projects in August and September. August 12th & 26th project will be making Adult Bibs to donate to Care facilities; September's project will be making pillowcases for Armed Forces (more info to come) For the bibs, a yard of main fabric (need fabrics that will blend in with food spills) and a yard of backing fabric will make 2 bibs. There will be patterns, materials, backings and ties provided if you do not have any fabrics to bring. Come and join us and create things to bless others, from 9 am to 12 pm.





Martin-Gatton
College of Agriculture,
Food and Environment

Best of The Bluegrass



Bluegrass Area Extension Homemakers Annual Meeting

Friday, October 17th

At the Scott County Extension Office
Detailed registration form to follow.

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

Bluegrass Area Extension Homemakers are all people who live in the area of the Scott County Extension Office. The group is open to all who are interested in the topics of the group. The group is open to all who are interested in the topics of the group. The group is open to all who are interested in the topics of the group.



Disability
accommodations
available upon request.

SAVORY MEMORIES

Book Club!

MADISON COUNTY EXTENSION HOMEMAKERS

November 10th

10 AM



Each club will be provided with a copy. Additional
copies available upon request.

Let's get reading!

for more info: email Evonne Kincer @
evkaykin@yahoo.com

Martin-Gatton
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Food and Environment
University of Kentucky

HOSTED AT LOCAL ELEMENTARY SCHOOLS:

LAUGH AND LEARN PLAYDATES

2025-2026 SCHEDULE

September 12 th	@ Waco @ 1:30PM
October 17 th	@ Shannon Johnson @ 10 AM
November 14 th	@ Waco @ 1:30 PM
November 21 st	@ Shannon Johnson @ 10AM
December 12 th	@ Waco @ 1:30PM (tentative)
December 19 th	@ Shannon Johnson @ 10 AM
January 23 rd	@ Waco @ 1:30 PM
February 13 th	@ Waco @ 1:30 PM
February 20 th	@ Shannon Johnson @ 10AM
March 13 th	@ Waco @ 1:30 PM
April 17 th	@ Shannon Johnson @ 10 AM
April 24 th	@ Waco @ 1:30PM
May 8 th	@ Waco @ 1:30 PM

For more info contact:
Jessica Hunley- FCS Agent
hunley.jessica@uky.edu

2025-2026

LEADER LESSON SCHEDULE



11:00 AM
MADISON COUNTY
EXTENSION OFFICE

8/26/2025

Laughter is the Best Medicine

9/25/2025

Blackstone Grilling

10/29/2025

Stretching Your Dollars

11/18/2025

Yoga- Try This!

1/27/2026

Mastering Mindfulness

2/25/2026

Building a Better Bowl

3/26/2026

Mental Health Matters

4/23/2026

The Big Freeze



ALL ARE WELCOME! CALL THE OFFICE
TO SIGN UP!
(859) 623-4072



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



JOIN US FOR OUR FIRST EVER

Little Learners Fair

Saturday, August 23
9:00 AM – 1:00 PM
 Madison County Extension Office
 230 Duncannon Ln,
 Richmond, KY

A free, family-friendly event for children ages 0-5 and their caregivers, featuring over 20 community partners.

- Treats for purchase from Yeti Freeze and Tom's Coffee Truck
- Free resources, giveaways, and helpful information
- Age-appropriate activities at every table
- A live petting zoo by Honey Hill Farm

For more information:
 angie.daniels@madison.kyschools.us

Madison County
 0-5 Early Childhood Council

BIG BLUE BOOK CLUB

SAVE THE DATE

October 27
 November 3
 November 10
 November 17

@1:30 pm ET/12:30 pm CT
 via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.

The Apple Patch

By Cheri Stacy, Nutrition Assistant Senior

Rice and Bean Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

Nutrition facts per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition, University of Kentucky Cooperative Extension Service



Recipes from the 2025 Food and Nutrition

Recipe Calendar

2025 WILLIS HALL EXHIBIT RESULTS

OVERALL GRAND CHAMPION

Cindy Klinger

DEPARTMENT CHAMPIONS

HANDIWORK

Cindy Klinger

HORTICULTURE

Gerald Tatum

FOODS

Elizabeth Ward

HERITAGE SKILLS

Paige Hale

FLOWERS

Teresa Cruse

HONEY

Abby Bowman

VISUAL ARTS

Laura Schneider

CANNING

Lawrence Bailey

EGGS

Carlos Lopez

**FOR A FULL
LIST OF
RESULTS, SCAN
THE CODE.**



AUGUST 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[https://fcs-hes.ca.uky.edu/
content/health-bulletins](https://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000



THIS MONTH'S TOPIC PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

Continued on the next page →



One of the best things
you can do is drink
plenty of water,
even if you don't feel thirsty.
Wear light-colored,
loose-fitting
clothes and a hat
to protect yourself
from the sun.

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:
<https://www.cdc.gov/heat/health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock

→ Continued from the previous page

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word "stroke" in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

