

SEPTEMBER 2025

WELL WISHES FOR CHERI!



After many years of dedicated service, we are bidding a heartfelt farewell to our wonderful colleague, Cheri. The contributions she's made and the positive impact she's had on our team and community for the last 22 years, will remain with us.

Cheri has been a steady, supportive part of our office family—always ready with a warm smile, a helping hand, and a wealth of knowledge. Her commitment to our work and the community has left a lasting mark, and we are truly grateful for the time, care, and heart she has shared with us all.

Please join us in wishing Cheri all the best in her next chapter. She will be deeply missed!

Jessica Hunley

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

Madison County



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Lexington, KY 40506



Disabilities
accommodated
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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.

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.

GIFTS FROM THE HEART (Quilting)
Wednesdays 10AM to 4PM @
Southside Church. Lancaster Rd Richmond.
Contacts: Chris Hannah (859) 779-5761
Terri Cooper (859) 866- 4380

EVONNE'S CARD CLASS

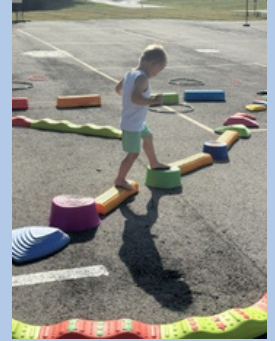
It's Card Buffet time again at the Madison County Extension office. I will be serving up at least 30 new All Occasion and Holiday themed cards. Choose the cards you want to make and enjoy. There will be two sessions on **Tuesday, September 23 @ 10 am -Noon and 5:30-7:30 pm**. You should bring tape runner/double sided tape, liquid glue, bone folder, scissors and pop dots (foam adhesive). Email Evonne evkaykin@yahoo.com to register. Be sure to specify morning or evening class.

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**.

THE LITTLE LEARNERS FAIR DEBUTS WITH A BIG SUCCESS!

The first-ever Little Learners Fair made its debut on August 23rd, and what a fantastic turnout we had! Approximately 350 attendees joined us for an afternoon filled with fun games, creative crafts, and engaging partner tables. We're incredibly grateful to everyone who participated and helped make this event a success. A huge thank you goes to the Madison County Early Childhood Council for coordinating! With such a strong start, we're excited about the potential for growth and an even bigger event next year!



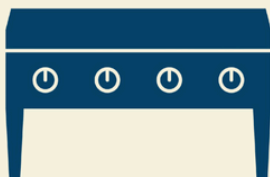
UK Cooperative
Extension Service

FLAT TOP GRILLING

September 25, 2025
11:00AM - 2:00PM

MADISON COUNTY EXTENSION OFFICE
230 DUNCANON LANE, RICHMOND, KY

This Flat Top Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your flat top grill while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension Service, KY 40460



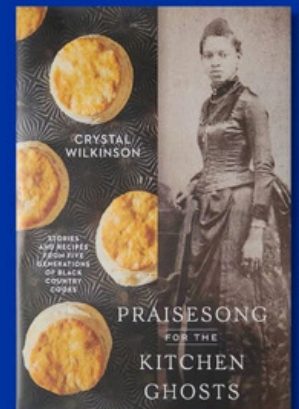
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BIG BLUE BOOK CLUB

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.

HOMEMAKERS REMINDERS

****Bluegrass Area Cultural Arts Competition will be on October 16th!**
County blue ribbon winners be looking for correspondence from Shawanna & Jessica in the next couple of weeks!

****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!**

MONDAY NIGHT SEWING SALON

Monday Night Sewing Salon will start back Monday, September 8th.

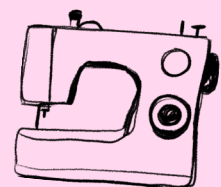
We will be learning cutting and sewing skills for nine patch square called prayer pockets. Anyone wanting to learn to sew is invited!

Questions, call Judy Fields, 859-625-4081.



SEW MUCH SEW LITTLE

Sew Much Sew Little will be sewing together pillowcases for the military in September's meetings the 9th and 23rd, from 9 to 12. The supplies you need for one pillow case are: 3/8 yd coordinating fabric (44" wide), 7/8 yd main fabric (44" wide) for pillowcase body, thread, scissors, and sewing machine. Looking forward to seeing you all for a fun time of creating together!!



Recipes from the 2025 Food and Nutrition

Recipe Calendar

Cooperative Extension Service

Grits, Greens, and Egg Bowl



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

Prep time: 5 minutes
 Cook time: 10 minutes

- 1/4 cup quick-cooking grits
- 2 tablespoons shredded, sharp cheddar cheese
- Nonstick cooking spray
- 1/2 cup packed, fresh, chopped spinach
- Dash garlic powder
- 1 egg
- Salt (optional)
- Ground black pepper (optional)
- Hot sauce (optional)

1. Wash hands with soap and warm water, scrubbing for 20 seconds.
2. Cook grits according to package directions. Once done, stir in cheese. Set aside until the remaining ingredients are prepared.
3. While grits cook, heat a small skillet over medium heat. When the skillet is hot, coat it with cooking spray. Add spinach and garlic powder and lightly sauté until spinach is warm and tender, about 1 minute. Remove from pan and set aside.

4. Return skillet to the stove. Coat the pan with cooking spray. Crack an egg into the pan and cook the egg on each side until the yolk is set.
5. Rewash hands after handling raw eggs.
6. Assemble the meal in a bowl by first adding the grits, then the spinach, and topping with the egg.
7. Season dish to taste with salt, black pepper, and hot sauce, if desired.
8. Serve immediately. Refrigerate leftovers within 2 hours.

Notes: Try other greens like collards or kale as a substitute for spinach or reheat leftover cooked greens for this recipe. This way, you can always use what you have on hand. If you prefer scrambled egg, prepare it instead of a fried egg.

Makes 1 serving
 Serving size: 1 recipe
 Cost per recipe: \$1.26
 Cost per serving: \$1.26

Nutrition facts per serving:
 390 calories; 10g total fat; 4.5g saturated fat; 0g trans fat; 200mg cholesterol; 170mg sodium; 60g total carbohydrate; 0g dietary fiber; 0g total sugar; 17g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium

Source:
 Adapted from Alabama Cooperative Extension Service, Live Well Alabama. Live well recipes: Grits and Greens, <https://www.aces.edu/blog/topics/try-ingredients/live-well-recipe-grits-and-greens>

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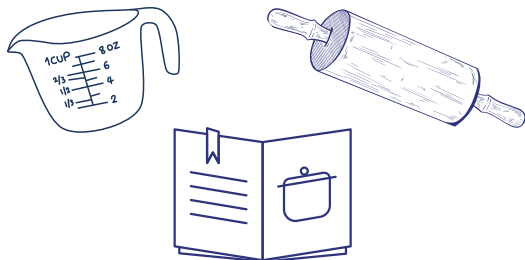
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SAVORY MEMORIES BOOK CLUB

Savory Memories is a collection of stories. It's not just necessarily a cookbook; it's a collection of personal narratives. Each writer delves into their past, recalling cherished moments and the people who shaped their culinary experiences. These stories evoke a sense of nostalgia and connection, making the recipes more than just instructions—they become narratives of shared history and emotion. It is also a celebration of the diverse flavors that have shaped the state's culinary identity. It is beautifully written, engaging, and often humorous, making the book a pleasure to read even if you don't plan on cooking.

We invite you to participate in our book club discussion on November 10, 2025 at 10 am. Our discussion will be led by Jacqueline Hamilton. Jacqueline teaches English and literature at Eastern Kentucky University. She portrays Alice Lloyd and Sue Grafton for Kentucky Chautauqua. We ask that you read at least "Leatherbritches" by Billy C. Clark, "Grandma Jess's Easy East Rolls" by Ed McClanahan and "When Angels Comb their Hair" by Lee Pennington prior to our discussion. You can obtain a copy of the book from your Homemaker Club Vice President or from the extension office. Please return books promptly after reading the selections. I am looking forward to our discussion and to hearing about your Savory Memories!



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

ADULT

HEALTH BULLETIN

SEPTEMBER 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)



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

THIS MONTH'S TOPIC

LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



Suicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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During QPR training,
you'll learn how to see
warning signs of suicide,
how to start talking
with someone who might
be struggling, and how
to connect them
to life-saving help.

➔ **Continued from the previous page**

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at kyqpr.ukhrc.org.



Also important to know, Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988. This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- <https://988.ky.gov>
- <https://kyqpr.ukhrc.org>

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





Best of The Bluegrass



Bluegrass Area Extension Homemakers Annual Meeting

Highlighting Scott County and the rich history of Kentucky.

Guest Speaker: Kentucky Chautauqua's Aunt Molly Jackson

Feisty, Funny, and completely fearless, Aunt Molly Jackson lived for nearly 50 years in the coal camps of Southeastern Kentucky, where her father, brothers, husband, and sons were miners. In the camps, Aunt Molly delivered babies, nursed the sick, and wrote and sang songs about the miners lives.

Friday, October 17th

At the Scott County Extension Office

1130 Cincinnati Rd. Georgetown, KY 40324

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accommodated
with prior notification.

Best of The Bluegrass

Menu:

Option 1:

Chicken Salad Sandwich

Option 2:

Ham and Cheese Sandwich

Option 3:

Veggie Sandwich

Every meal comes with pasta salad, chips, and a cookie.

Please Join Us

When:

Friday, October 17th

Where:

The Scott County Extension Office
1130 Cincinnati Rd.
Georgetown, KY 40324

Time:

9:30 AM Registration and Morning Refreshments

10:00 Call to Order

Cost \$15.00
Per Person

Registration Deadline:
October 3, 2025

For questions, contact Alivia Stevens at (502)863-0984 or alivia.faris@uky.edu



Bluegrass Area Extension Homemakers Annual Meeting Registration

Complete and return by **October 3, 2025** to your County Extension Office with your check payable to Madison County Extension Homemakers.

Name: _____ Phone: _____

Email: _____ Club Name: _____

Mailbox member: _____ Guest: _____

Lunch Selection: ☐ Chicken Salad ☐ Ham and Cheese ☐ Vegetarian

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. You will receive the monthly Family and Consumer Sciences newsletter so you can stay informed about upcoming events. Visit the locations on the Bingo board and answer the corresponding treasure question (see back page). When you have the answer, see someone at the location to get your sticker. Place the sticker on the board and collect until you have a BINGO! (4 spaces across, down or diagonally) Return your sheet to the Madison County Extension Office 230 Duncannon Lane, Richmond by October 3rd. You will earn a FREE year's membership with Extension Homemakers and be entered to win additional prizes. (Renewals NOT eligible.)

Berea Welcome Center M-F 9AM - 7PM Sat 10AM - 6PM	Irvinton House Museum M-F 8AM - 4PM	Taleless Dog Bookstore M-Sat 10AM - 6PM Sun 1PM - 5PM	Madison County Historical Society M, W, Th 10AM - 4PM
Madison County Farmers Market Sat 9AM - 1 PM White Oak Pond Church	White Hall State Historic Site W-Sat 11AM - 4PM Sun 11AM-3PM	FREE	Reppert Funeral Home M-Sun 9AM - 5PM
Boone Tavern M-Th 7AM-8PM F-Sat 7AM-9PM Sun 7AM-8PM	Log House Crafts M-Sat 9AM-6PM Sun 11AM-4PM	Tater Knob Pottery M - Sat 10AM - 5PM	Madison County Extension Office M - F 8AM - 4:30PM
Battle of Richmond Visitor Center M - F 10AM - 4:30PM	Cabin of Old Town Open Daily 10AM - 5PM	Newby Country Store M-Sat 9AM-5PM Sun 10AM - 4PM	Berea College Forestry Outreach Center Tue-Sat 10AM - 4PM Sun Noon - 4PM

TREASURE QUESTIONS



1. Irvinton House Museum – In 1918, Irvinton became one of only two hospitals in the US to treat what disease?
2. Madsion County Historical Society – What gift did Cassius Clay give to a young schoolteacher?
3. Newby Country Store – What item in the store was constructed from fabric purchased at Newby Grocery in 1966?
4. White Hall – To what country was Cassius Marcellus Clay an ambassador?
5. Madison County Farmer’s Market @ White Oak Pond Church – Name a product for sale at the Isbell-Smith Farm Fresh booth.
6. Battle of Richmond Visitor Center – In what year was the Battle of Richmond fought?
7. Madison County Extension Office – Programs offered at the extension office fall into four different categories. Name them.
8. Taleless Dog Bookstore – What is the name of the building that houses the bookstore?
9. Log House Crafts – From what materials is the craft store constructed?
10. Berea Welcome Center – In what year was the Berea Welcome Center (L &N Depot) renovated?
11. Cabin of Old Town – In what year was the cabin built?
12. Reppert Funeral Home – In what year was the building built, by whom and for what purpose?
13. Boone Tavern – In what year did the Boone Tavern open?
14. Tater Knob Pottery – Where does the clay used to create Tater Knob Pottery come from?
15. Berea College Forestry – Who brought the forest back?