

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
NOVEMBER 2025 NEWSLETTER

UK Martin-Gatton
College of Agriculture,
Food and Environment

Franklin County
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Using a Food Thermometer

Sandra Bastin and USDA Food Safety and Inspection Service

The approaching holiday season may remind us that it's important to use food thermometers to safely cook poultry, meat and egg products.

Using a thermometer ensures that you cook foods to a high enough temperature to kill microorganisms that might be present. These pathogens can cause foodborne illness in undercooked foods. Actually, it's wise to use a food thermometer all year long to kill any potentially harmful microorganisms.

Using fresh meats that have been properly stored also reduces the likelihood of bacterial contamination.

When cooking food, don't depend on color and texture to indicate doneness. Recent research has revealed that these two factors are unreliable indicators of when foods are sufficiently cooked to kill pathogens. For instance, ground beef may turn brown before reaching an internal temperature that kills pathogens. A hamburger cooked to 160 degrees Fahrenheit is safe, regardless of its color.

(Continued on pg. 2)

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(Continued from pg. 1, Using a food thermometer)

A roast or steak reaching an internal temperature of 145 degrees F is safe to eat. For safety, poultry should reach at least 160 degrees F throughout.

You should also use a food thermometer to ensure that foods remain at a safe temperature of 40 degrees F or below or 140 degrees F or above.

Digital and dial are two general types of food thermometers.

Thermocouple and thermistor are digital thermometers. A thermocouple can measure and display the final temperature the most rapidly, allowing you to quickly check the internal temperature in several places to ensure that food is thoroughly cooked. This feature is useful for large items such as turkeys or roasts when it's advisable to check the temperature in more than one place.

The thermocouple and thermistor can effectively measure the internal temperature of both thin and thick foods.

These digital thermometers aren't designed to remain in food while it's cooking. Instead, use them to check final temperatures near the estimated cooking time. To prevent over-cooking, check temperatures before food is expected to finish cooking.

The oven-safe bimetallic-coil is a dial food thermometer. It remains in the food while it's cooking and constantly shows the internal temperature and generally is used for large items such as a turkey or roast. It can accurately measure the temperature of relatively thick foods such as roasts and deep items like foods in a crock pot.

Since heat conducts along this thermometer faster than through the food, take the

temperature in two to three areas to verify the food temperature. When inserting into food, let the thermometer come to temperature at least one minute before reading it.

You also can use disposable (single-use) temperature indicators to check the internal temperature of foods.

Disposable temperature indicators are designed for specific ranges such as 160 to 170 degrees F. Thus, you should use these sensors only with foods that should reach an internal temperature within the range.

Remember, ground beef, 160 degrees F; roast or steak, 145 degrees F, and poultry, at least 160 degrees F.

These single-use sensors can't be inserted into food while it is cooking. Instead, insert a sensor into food toward the end of the estimated cooking time. It will change color when food reaches the proper temperature range.

Pop-up temperature devices often are used for turkeys and roasting chickens. These devices are manufactured to pop up when the food reaches the final temperature for safety and doneness. If accurately placed in food, these timers are reliable within one to two degrees. However, it's recommended to check other parts of the food with a conventional food thermometer.



ADULT HEALTH BULLETIN


NOVEMBER 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)

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THIS MONTH'S TOPIC

MANAGING DIABETES DURING THE HOLIDAYS



National Diabetes Month is every November in the United States. It's a time set aside to raise awareness about diabetes, its risk factors, and the importance of managing the condition for improved health.

This is also a time of the year when many Americans host family gatherings, special meals, and other celebrations. The holidays are a time for fun, family, and food. But if you have diabetes, they can also bring challenges. With travel, big meals, and busy schedules, it is easy to forget about healthy habits. The good news is that with some planning, you can enjoy the season while keeping your blood sugar in check.

Continued on the next page →

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.

→ **Continued from the previous page**

Plan for travel

Traveling can make it challenging to stick to your routine. If you are flying or driving, bring healthy snacks like nuts, fruit, or whole-grain crackers. Pack your medicines, supplies, and testing equipment in a bag you keep with you. Try to stick to your regular meal and medicine times, even if you are in a different time zone. Drink water often and take breaks to stretch and move when you can.

Be smart at special meals

Holiday meals are often full of rich foods and sweets. You do not have to miss out, but you can make wise choices. Fill half your plate with vegetables or salad and eat those first. Starting your meal with high-fiber foods can help you feel full without eating as much. Always include protein as well, to keep you full for longer. Choose smaller portions of higher-carb foods, such as bread, stuffing, or casseroles. If you want a treat, pick your favorite and enjoy a small serving. Eating slowly can help you feel full and avoid overeating. Also, remember to drink plenty of water, and avoid sugary drinks like soda, punch, and too much alcohol.

Stay active

Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar. Take a walk after meals, play a game with

family, or dance to holiday music. Even short bursts of movement can make a difference.

Keep track of your blood sugar

Check your blood sugar more often during the holidays. New foods, travel, and stress can cause changes. Bring your testing supplies with you and record your numbers regularly. This will help you stay on top of your health and amend your insulin or other medications if needed.

Manage stress and rest

Holidays can be stressful, and stress can impact blood sugar levels. Take time to relax, breathe, and get enough sleep. Rest helps your body stay balanced and gives you more energy to enjoy the season. You may need to make conscious choices to limit your commitments and allow enough extra time to avoid feeling rushed.

REFERENCES:

- <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- <https://www.wakehealth.edu/stories/tips-on-managing-diabetes-during-the-holidays>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: FINANCIAL CONSIDERATIONS FOR THE SANDWICH GENERATION

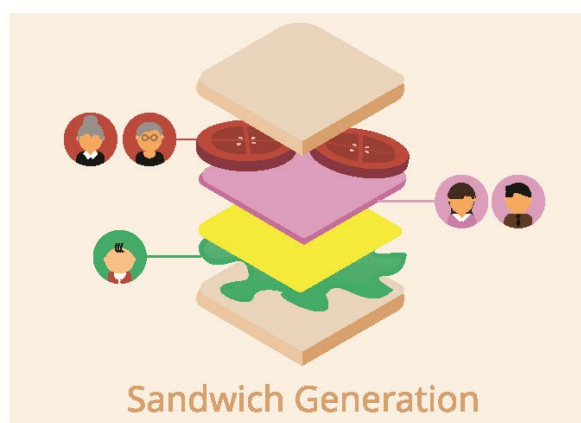
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents and their dependent children at the same time.

The sandwich generation faces normal financial pressures, such as childcare and education costs, retirement savings, healthcare needs, and basic living expenses. What makes this population unique is that they have co-occurring responsibilities that often draw from the same limited pool of resources (e.g., time, energy, money).

Balancing dual caregiving roles can be challenging, especially with multiple competing priorities. If you are a “sandwiched” adult, consider these tips to reduce the financial stress associated with caring for an aging loved one.

KEEP BUDGETS SEPARATE

If you provide care for an older adult, it is important to keep their finances separate



from yours if they plan to apply for assistance through government agencies. When applying for benefits, don't hide or transfer a loved one's assets to qualify, as this can have negative legal consequences. Use your loved one's resources to pay for their expenses and keep detailed records.

EXPLORE ASSISTANCE PROGRAMS

Search for community and government assistance programs that can help with living or medical expenses, long-term care costs, meal delivery services, transportation to medical appointments, etc. Additionally, research local free or low-cost senior programs, senior centers, adult day care

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Disabilities
accommodated
with prior notification.



options, and caregiver support groups.

Useful links include:

- Medicaid (<https://www.medicaid.gov/>)
- Medicare (<https://www.ssa.gov/medicare>)
- Supplemental Security Income (SSI) (<https://www.ssa.gov/ssi>)
- Senior Services (<https://www.hhs.gov/programs/social-services/programs-for-seniors/>)
- Kentucky Department for Aging and Independent Living (<https://www.chfs.ky.gov/agencies/dail/>)
- National Aging in Place Council (<https://ageinplace.org/>)

SUPPORT FOR CAREGIVERS

Dual caregiving can be exhausting. If you feel overwhelmed, remember you are not alone. Talking with a counselor, chaplain, or friend can help. Also, consider meeting with

a financial planner who specializes in elder care. They can create a financial plan that balances everyone's needs. Caregivers may qualify for unpaid time off under the Family and Medical Leave Act (FMLA) (<https://bit.ly/DOLbenefitsFMLA>). FMLA allows qualifying employees to take up to 12 weeks of unpaid, job-protected leave per year to care for an immediate family member. Some employers offer paid elder care leave options; they permit you to use sick days or personal leave to care for loved ones; or they offer shared leave banks for caregiving needs.

REFERENCES

Lei, L., Leggett, A. N., & Maust, D. T. (2023). A national profile of sandwich generation caregivers providing care to both older adults and children. *Journal of the American Geriatrics Society*, 71(3), 799-809.

Military Family Spotlight

More than 235,000 veterans call Kentucky home. If your parent is a veteran, the U.S. Department of Veteran Affairs (VA) Caregiver Support Program (<https://www.caregiver.va.gov/>) provides education and resources to help caregivers. Reach out to the Caregiver Support Coordinator at your local VA Medical Center to learn more.

All active-duty, National Guard, and Reserve service members, their families, and survivors are eligible to receive free financial counseling services with a Personal Financial Counselor (<https://finred.usalearning.gov/pfcMap>). They can help you explore VA resources and health benefits, as well as other government assistance programs like Medicaid and Medicare to help with medical costs.

Student contributions by Barbara Breutinger and Peyton Mays, Family Financial Counseling
Written by Kristen Jowers, M.S., and Nichole Huff, Ph.D. | 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



KENTUCKY 
COOPERATIVE EXTENSION

Franklin County Homemakers



CHILDREN'S HOLIDAY STORE

NOVEMBER 22, 2025 | AT 9AM-12PM

CHILDREN AGES 4-12 WILL SHOP PRIVATELY
WITH AN ELF TO PURCHASE HANDCRAFTED
ITEMS WITHIN THEIR BUDGET.

- ITEMS COST BETWEEN .25 CENTS AND \$5.00
- CASH ONLY - SMALL BILLS (\$1, \$5, \$10)

*Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY
502-695-9035*

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



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KEHA News and Notes

Welcome to New Area Presidents – Several new Area Presidents were installed, or will be installed, during their area annual meetings this year. Welcome to: Lincoln Trail Area President Jean Aull, Northeast Area President Catherine Sparks, Northern Kentucky Area President Judy Jackson, Quicksand Area President Anita Noble, Wilderness Trail Area President Devonna Hisel, and returning for another term, Green River Area President Mechele Arnold.



2026 KEHA Leadership Academy Nominations Due – KEHA Area Presidents are to send in their area nominations (two nominees and one alternate) to Kelly May at k.may@uky.edu by Nov. 1. The third KEHA Leadership Academy will be March 4-6, 2026. This leadership training will benefit the individual as well as county and area programs. Additional information is at <https://bit.ly/KEHALeadershipAcademy>.

Updated Board Directory Available – The new state board directory will be available at <https://keha.ca.uky.edu/content/state-board-directory>. (Note: KEHA members needing state board contact information should request the full directory from their county agent.)

2026 KEHA State Meeting Room Block Open Now – Next year's KEHA State Meeting will take place May 12-14, 2026, at Hyatt Regency in Lexington. The theme is "Hooray!! KEHA!" and Bluegrass Area is the host. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.



YOU Could Speak at State Meeting! – The call for session proposals at the 2026 State Meeting is now online and the deadline has been extended to Oct. 24. Submit forms to First Vice President Ann Porter at alport1941@gmail.com and copy k.may@uky.edu. Details and a fillable form are at <https://keha.ca.uky.edu/content/state-meeting-information>.

New Merchandise/Marketing Items – KEHA has new branded merchandise available for purchase. Several new items in a range of prices are available including an apron, stainless steel tumbler, travel first aid kit, and fold-up fan. Prices of several of the older items have been reduced to clear inventory. Contact 1st Vice President Martha Colley to check availability before placing an order. View items and find the order form and contact information at <https://keha.ca.uky.edu/marketing-items>.

The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should complete and submit the County Information form by Nov. 15.

Membership Campaigns – Now is a great time to start your county membership drive and dues collection. More information about the current membership campaign and possible prizes is available on the [membership campaign](#) webpage. Counties are encouraged to have a dues deadline no later than Dec. 1. The remittance form can be found in the [KEHA Manual](#)

[Appendix](#) on page 18. Dues payment/forms should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2025 state business meeting.

Dates to Remember

- Nov. 1 – Due date for Area nominations for KEHA Leadership Academy
- Nov. 5-6 – State Board Meeting, Lexington, KY
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.

Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 18). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

FCHA Dates to Remember

- November 22, 2025 - **Children's Holiday Store (Volunteers needed)**
- November 24, 2025 - Homemakers' Dues must be turned in to the Homemaker Treasurer. Please drop them off at the office.
- **December 16, 2025 - Homemakers' Council Meeting - 1:00 p.m.**
- March 17, 2026 - County Cultural Arts - 9:00 a.m.
- **March 17, 2026 - Homemakers' Council Meeting - 5:00 p.m.**
- May 12 - 14, 2026 - KEHA State Meeting in Lexington.
- May 19, 2026 - Annual Meeting - Registration starts at 5:30 p.m.
- **June 16, 2026 - Homemakers' Council Meeting - 1:00 p.m.**



UPCOMING events

KENTUCKY
COOPERATIVE EXTENSION

STARRY NIGHT

Painting Class
with Marjorie Willis

DECEMBER 5, 2025
5:00 PM



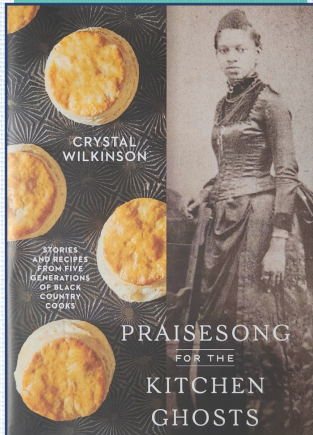
Register by December 1, 2025.
Supplies and refreshments are included.
Space is limited.

Call to register: 502-695-9035 or
email us at franklin.ext@uky.edu

**\$25/
PERSON**

101 Lakeview Court, Frankfort KY





A LYRICAL CULINARY JOURNEY FROM THE FORMER POET LAUREATE OF KENTUCKY.

BIG BLUE BOOK CLUB

Big Blue Book Club is back via Zoom!

October 27
November 3
November 10
November 17

1:30 pm Eastern/12:30 pm Central

Visit the Big Blue Book Club Website to register:
<https://ukfcs.net/BigBlueBookClub>
and click on the book cover!



UNIVERSITY OF KENTUCKY'S TARGET4 PROGRAM

IS PARTNERED WITH

ONE OF US

TO PROVIDE MOBILE SERVICES

NOVEMBER 3RD
FROM 12PM-4PM

260 VERSAILLES RD,
FRANKFORT, KY, 40601



FREE SERVICES WE WILL BE OFFERING:

- DISCREET AND RAPID HIV & HEPATITIS C SCREENINGS
- LINKAGE TO CARE OR TREATMENT
- HIV CONTINUED SUPPORT SERVICES
- HEALTH EDUCATION
- HARM REDUCTION SUPPLIES
- PREP REFERRALS
- NARCAN TRAININGS & OVERDOSE PREVENTION
- CONNECTION TO OTHER COMMUNITY RESOURCES



Find out where else we're at on our website!



Check out our Facebook:

QUESTIONS?
Call or text
Nicole Sornson:
(224) 440-3778

TARGET4
Test • Refer • Link • Educate

FALL FARMERS MARKET SCHEDULE

REGULAR SEASON MARKETS

404 WILKINSON BLVD.

8:30AM- 12 NOON

November 1st

November 8th Kids Day

November 15th

November 22nd

DECEMBER 13 HOLIDAY MARKET

AND KIDS DAY

10AM- 1 PM AT (HOPEFULLY) 203 HOLMES ST.

www.franklincountyfarmersmarket.org

FALL FARMERS MARKET SCHEDULE



WWW.FCMARKET.LOCALFOODMARKETPLACE.COM

PRE-ORDER ONLINE

PICK UP 9:30-10:00 THURSDAYS

PICK UP 8:30-NOON SATURDAYS

404 WILKINSON BLVD.

THURSDAY PICKUP

ORDERING OPENS MONDAY @ NOON

AND CLOSSES TUESDAY @ 5PM

10/30, 11/6, 11/13, 11/20

SATURDAY PICKUP

ORDERING OPENS MONDAY @ NOON

AND CLOSSES THURSDAY @ 5PM

11/1, 11/8, 11/15, 11/22

DECEMBER 13 HOLIDAY MARKET

PREORDER OPENS NOON 12/8 CLOSSES 12/11 @5PM

10AM- 1 PM AT (HOPEFULLY) 203 HOLMES ST.

CARING for our CAREGIVERS

Healthy Aging Workshop Series 2025



WEDNESDAY
NOVEMBER 12

1:30-3PM

If you're caring for a loved one, come learn about resources to best care for yourself and the people you love



RENDATHOMAS

BLUEGRASS care navigators

First Baptist Church Frankfort | Fellowship Hall
100 Clinton Street
Frankfort, KY 40601



SO YOU WANT TO SELL TREATS?

Be sure you're operating legally!

In order to operate a business from your home in Franklin County, you need a local business license and zoning approval!

For Business Licenses:

<https://ky.accessgov.com/businesslicenseapp/Forms/Page/businesslicenseapp/online/1>

If customers will be coming to your home, you will need to apply for a conditional use permit.

Call us at (502) 875-8701



Other Resources:

KY Cabinet for Health & Family Services - Home Based Processing Rules:
<https://www.chfs.ky.gov/agencies/dph/dphps/fab/Page/s/homebasedprocessing.aspx>

Franklin County Health Department:
<https://fchd.org/>



Food drive

You can help fight hunger!

Please help us by donating non-perishable food items to benefit those in need. All donations will go to God's Food Pantry.

Examples of items in need:

Canned goods

- soups
- vegetables
- fruit

Boxed meals

- pasta
- rice
- mac and cheese
- cereal



Participate virtually by scanning the QR code and selecting Passport by Molina Healthcare - Lexington OSHC



Dates:

Oct. 6 - Nov. 22, 2025

Monday - Friday,
9 a.m. to 4 p.m.



Place:

One Stop Help Center

127 W. Tiverton Way
Suite 128, Unit 4
Lexington, KY 40503



MKY 1845_WZ 23000

Frankfort Community Resource Guide



Connecting residents with essential services

Discover more at
<https://inventoryofservices.powerappsportals.com/KY/?city=Frankfort>



LIHEAP FALL SUBSIDY

November 3 - December 12, 2025

Serving Anderson, Boyle, Franklin, Garrard, Jessamine, Lincoln, Mercer, Scott, and Woodford Counties.

Apply at your local
Blue Grass Community Action Partnership Office.

Component Details

- ★ One Time Heating Benefit.
- ★ Paid Directly to Energy Vendor.
- ★ Kentucky households with income at or below 150 percent FPG.



Scan QR Code
to learn more



For more details:

502-695-5615



bluegrasscommunityaction.org



Approved 10/15/2025

Funding provided by Kentucky Cabinet for Health and Family Services through block grant from the U.S. Department of Health and Human Services.



Franklin County Road Department Leaf Vacuum Schedule



The Franklin County Road Department will provide street side Leaf Collection Service. The County will be divided in two work zones and each zone will be serviced on certain days. This service will be on an **on-call basis** for the days each zone is scheduled. *Residents should have their leaves raked as close to the edge of the street as possible, without causing a traffic hazard or blocking drainage structures.* **NO BAGS ALLOWED.**

To schedule pick up on your scheduled zone day please call the Franklin County Road Department at 502-875-8760.

Zone 1-East side:

Bon Air, Buena Vista, (The) Circle, Country Lane Estates, Discher Estates, Duckers Point, Elkhorn Terrace, Governors Place, (The) Greens @ Duckers, Maples, Mckeene Estates, (The) Oaks, Pine Hill, Ridgewood, Springhill Estates, Stonewall, (The) Village, Walnut Hills, Woodlands and all other **county-maintained roads** on the east side.

Scheduled Collection Days will be Monday and Wednesday starting October 13, 2025 through December 17, 2025.

Zone 2-West side:

Augusta, Benson Reserve, Bentwoods, Big Eddy, Bittersweet Farms, Briarwood, Broadview Manor, Cedar Run Creek, Choateville, Coolbrook, Dove Creek, Edgewood, Evergreen Estates, Farmdale, Farmgate, Fox Run Estates, Heritage, Highlands, Huntington Woods, Johnson Heights, Leatherwood, Meadow Glen, Prevention Park, Signal Ridge, Twin Oaks, West Ridge, Willowcrest and all other **county maintained roads** on the west side.

Scheduled Collection Days will be Tuesday and Thursday starting October 15, 2025 through December 18, 2025.



Tyler Ray

Franklin County
Extension Agent, Horticulture

Join the Franklin County Extension Office in welcoming our new Horticulture Extension Agent!

**November 13, 2025
4:30-6:00pm**

My name is Tyler Ray, and I'm the new Franklin County Extension Agent for Horticulture. I have been a lifelong horticulturist and resident of Franklin County. I have diverse work experience from caring for greenhouses, orchards, and vineyards to caring for livestock and conducting applied forage research. I attended Morehead State University earning a bachelor's degree in agronomy and general agriculture. I am currently pursuing a master's degree in integrated plant and soil science from the University of Kentucky. For the past three years I have served as the Extension Agent for Agriculture and Natural Resources in Boyle County. In this role I provided research-based education and technical assistance and collaborated with community partners. Outside of work, I enjoy spending time with my fiancée Lauren, our dog Cash, gardening and caring for house plants. I am excited for the opportunity to serve my home community!

FIRE SEASON

Kentucky's fire seasons are October 1 to December 15 and February 15 to April 30.

During the official fire seasons it shall be unlawful for any person to set fire to, or procure another to set fire to any flammable material capable of spreading fire, located in or within 150 feet of any woodland or brushland, except between the hours of 6 p.m. and 6 a.m. or when the ground is covered with snow. KRS 149.400.



DO NOT BURN

**No burning
between 6 a.m.
and 6 p.m.**



why?



Higher daytime temperatures dry out the fuels that feed wildfires.



Wind speed picks up during the day and can spread the flames faster.



Humidity drops during the day, drying out the fuels that feed wildfires.



OKAY TO BURN

**Okay to burn
between 6 p.m.
and 6 a.m.**



why?



Temperatures drop at night and fuels won't dry out as fast.



Wind speed drops and is less likely to reignite embers or spread sparks.



Humidity levels rise at night and fuels absorb the moisture.

If your burn pile starts a wildfire, you may have to pay for the cost of putting it out.



Perfect Pumpkin Pancakes

Servings: 2 small pancakes
Serving Size: 12

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt

Instructions:

- In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
- In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
- Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
- Lightly coat a griddle or skillet with cooking spray and heat to medium.
- Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Make it a Meal

Serve with apple slices, raw nuts and skim milk.

Source: What's Cooking? USDA Mixing Bowl, www.whatscooking.fns.usda.gov; Chop Chop Family Magazine 2015
Nutrition Facts Per Serving: 130 calories; 3.5g total fat; 0.5g saturated fat; 340mg sodium; 21g carbohydrate; 1g fiber; 4g protein.

Be sure to follow our Facebook page
for all the up-to-date
information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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