

**RECIPES FROM THE 2025 FOOD AND NUTRITION RECIPE CALENDAR**

# Chicken burgers a delicious alternative to a summer staple

**BY BETH MAXEDON, SPENCER COUNTY AGENT FOR FAMILY AND CONSUMER SCIENCES**  
UNIVERSITY OF KENTUCKY  
COLLEGE OF AGRICULTURE, FOOD & ENV



Photo submitted

**CHICKEN BURGERS**

Prep time: 10 minutes  
Cook time: 10 minutes

**INGREDIENTS**

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices
- Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

**DIRECTIONS**

- Wash hands with warm water

**CHICKEN BURGERS**

and soap, scrubbing for at least 20 seconds.  
• In a medium bowl, combine chicken, barbecue sauce, green

onion, celery, garlic powder, and salt.  
• Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties.

Wash hands with warm water and soap after handling raw poultry.  
• Preheat a large skillet over low to medium heat and spray with non-

stick cooking spray.  
• Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.  
• To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.  
• Refrigerate leftovers within 2 hours.

Makes 4 servings  
Serving size: 1 burger on bun with toppings  
Cost per recipe: \$8.36 Cost per serving: \$2.09  
Nutrition facts per serving: 300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium  
*Source: Andrea Wilde, NEP Area Nutrition Agent, University of Kentucky Cooperative.*

**LEGISLATIVE UPDATE**

## Through awareness we can protect our children from abuse and neglect

April has always been a time of renewal. Spring brings dormant plants and hibernating animals back to life, farm fields begin to turnover in preparation for the planting of crops, and many Kentuckians reflect on the resurrection of our savior. It is quite fitting that April also gives us an opportunity to focus on how together we can build awareness of one of the gravest challenges we face – far too many Kentucky children who know only a life of abuse and neglect.



REP. JAMES A. TIPTON

As a state representative and proud Kentuckian, one of the most sacred responsibilities we bear is protecting our children. They are the future of our Commonwealth, and it is our duty to ensure they grow up safe, supported, and with every opportunity to realize their potential. Child abuse and neglect are heartbreaking realities that too many families face—and addressing them must be a priority for all of us. Each April, during Child Abuse Prevention Month, Kentuckians are reminded of this solemn responsibility. The pin-wheels planted on the lawn of the State Capitol and at businesses and residences across this district serve as a striking symbol—each one representing a child's innocence, hope, and the future we must protect.

Without a doubt, the path to protecting children starts at home and strong families are the foundation of a good childhood. We must empower parents with the tools, education, and resources they need to raise their children in safe, stable environments. That means investing in family preservation programs that keep families together when possible, while ensuring swift and decisive intervention when a child's safety is at risk. The legislature has passed several pieces of legislation aimed at supporting families, including landmark legislation in 2018. Since then, we have invested millions in programs aimed at supporting families, including money earmarked for the hiring of additional social workers. In 2024, we took steps to provide children in kinship care with critical resources. While this legislation is still waiting to be implemented by the governor, we will continue to make it a priority as we work on the next state budget.

We must also support nonprofits, including faith-

based organizations, that have been on the front lines of child protection for decades. These groups know their communities best and are often more effective and more compassionate than state agencies with ever-changing staff and priorities. By promoting public-private partnerships and cutting red tape, we can expand the reach of these trusted groups and offer families more paths to healing and stability.

Our child welfare system must be efficient, transparent, and focused on outcomes. That means holding state agencies accountable when they fail to act on reports of abuse, streamlining the foster care process so children don't languish in limbo, and ensuring that those who harm children are prosecuted to the fullest extent of the law. This session we passed legislation aimed at ensuring our system is working as effectively as possible. HB 242 allows designated individuals access to information and data about child dependency, neglect and abuse cases to research and identify improvements.

We also approved legislation designed to toughen penalties on those who target our children. The first takes aim at growing concerns about sextortion, the practice of extorting money or favors from individuals – often teens and pre-teens – by threatening to reveal evidence of real or AI-generated sexual activity. SB 73

establishes the crime of sexual extortion; requires posting of information and resources available, and mandates school district superintendents to educate students in 4th grade and above, as well as parents and guardians of all students, of the crime of sexual extortion.

And, we approved SB 169, which provides law enforcement more tools to investigate child exploitation. The bill allows subpoenas to gather records from social networks, mobile payment systems, and cloud storage providers in crimes related to child exploitation, harassment, and stalking.

Unfortunately, those who abuse children are not always strangers. Far too often, they are family friends, neighbors, people in trusted positions. To help ensure parents are aware of their children's communications, we approved SB 181, which requires school staff and volunteers to use a traceable communication system for all electronic communications with students and bans the use of personal platforms like texting without written parental consent.

Those who prey on children are the worst of the worst, and we're sending a message that we are willing to fight to protect our children. However, we must acknowledge that not all neglect stems from malice—sometimes it is the result of poverty, addiction, or lack of support. A holistic, but principled approach means addressing the root causes without expanding government overreach.

That includes policies the legislature has passed that encourage work, strengthen families, and provide access to mental health and addiction recovery services.

Education is another key pillar. We must ensure our schools are equipped to recognize signs of abuse and respond appropriately. Teachers, coaches, and school staff are often the first line of defense. Proper training and resources can make the difference between a child being rescued—or falling through the cracks. With this in mind, we passed legislation,

SB 120, that requires school administrators and coaches to be trained on their duty to report and procedures for reporting child maltreatment and mandates student-athlete consent forms include information on the right to report child dependency, neglect, or abuse as well as a reminder of the mandatory reporting law.

By strengthening families, supporting community organizations, enforcing the law, and making sure our support systems are working, we can protect our children while staying true to conservative principles. Because every child

deserves to grow up in a safe, loving home—and as Kentuckians, we will not settle for anything less.

If you are concerned that any child you know is the victim of abuse or neglect, please report to 1-800-752-6200 or 1-877-597-2331.

As always, I can be reached on my mobile at (502)639-7079 or through the toll-free message line in Frankfort at 1-800-372-7181. You can also contact me via email at James.Tipton@kylegislature.gov and keep track through the Kentucky legislature's website at legislature.ky.gov.

## LEGAL NOTICE

**Bid Contract**  
**Spencer County Pavilion/ Farmers Market**  
**12 West Main Street**  
**Taylorsville, Ky. 40071**

Spencer County Fiscal Court will receive sealed bids from qualified contractors for furnishing all labor and materials with the performance of all work required for the construction of a new Pavilion/ Farmers Market. To be considered for qualification by Spencer County Fiscal Court, all contractors and sub-contractors must be currently be pre-qualified with references of similar projects. **A bond is required for this project.**

All are invited to submit a sealed bid, subject to the terms and conditions of this invitation to bid. Please review all the instructions carefully. Failure to comply with these instructions may disqualify your bid. Sealed bids will be received no later than **Friday May 30th, 2025, 2pm**, at the Spencer County Judge Executive office 12 West Main Street, Taylorsville, Ky. 40071. **ATTENTION TO: Scott Travis Spencer County Judge Executive.** Bids will be virtually opened and read aloud from the Spencer County Fiscal Court Room 28 East Main Street Taylorsville, Ky. 40071 **at 9am, June 2nd, 2025.** The bidder will receive zoom meeting instructions at the time of bid submission. Bidders shall send or drop off the sealed bid at the Spencer County Judge Executive office, 12 Main Street, Taylorsville, Ky. 40071 prior to the designated time for receipt of bids.

**No bids after this date and time will be considered.**

Spencer County Fiscal Court cannot assume any responsibility for any delay as a result of a failure of the US Postage Department or any other delivery service to deliver bids on time. **Facsimile bids are not acceptable.** Envelopes containing bids must be clearly marked on the outside of the envelopes that a bid is enclosed along with the title of the project. Bids mailed or delivered by a courier shall be inserted into two envelopes, with the inner envelope containing the bid. Bids may not be withdrawn for a period of sixty days after the designated time for receipt of bid. **A bid packet can be picked up at the Spencer County Judge Executive office 12 West Main Street, Taylorsville Ky. 40071 after 9am April 14th 2025.** Any questions concerning the bid shall be directed in writing up to 12 pm three calendar days prior to the bid opening. Questions concerning the entire process can be relayed to 3rd. District Magistrate Jim Travis, 502-664-7236. **The County reserves the right to accept or reject any and/or all bids.**

## The Spencer Magnet

Your Community. Your Newspaper.

DROP BOX

**For your convenience, a locked drop box is located inside:**

**SPENCER COUNTY PUBLIC LIBRARY**

**The Spencer County Public Library**

**168 Taylorsville Rd.**

**You can drop off news releases or other items for The Spencer Magnet.**

**Questions?**

**Contact The Magnet at 502-633-4987**

**Library Hours:**

**Mon & Wed 10 a.m -6 p.m.; Tue & Thur 10 a.m. -7 p.m.;**

**Fri - 10 a.m. -4; Sat. 10 a.m.-3**

### La Grange Police Department

**Now Accepting Applications from Experienced Police Officers**

Become a part of a dedicated, community-oriented police department in the City of LaGrange, KY. Approximately 20 minutes northeast of Louisville, KY, LaGrange is known for its small-town feel, and for being one of two cities in the United States to have an active railroad line run through Main Street. Located in Oldham County, KY, home to one of the best school systems in the state, LaGrange is a charming, family-friendly town offering a mix of suburban tranquility with convenient access to healthcare and a variety of shopping and personal care services, catering to the needs of its residents.

The LaGrange Police Department provides twenty-four-hour professional law enforcement services for the City of LaGrange which include preserving the peace, protecting life and property, preventing crime, apprehending criminals, and enforcing the laws and city ordinances.

**SALARY STEP PAY SCALE**

**\$71,926 + \$4,300 KLEFFF**

**PROFESSIONAL PERKS**

Uniform Allowance – Initial Uniform and Equipment Provided

Take Home Fleet Program – within radius travel

Annual Training and Certification Courses

**EXCELLENT BENEFIT PLANS**

Health, Dental, Vision Insurance

Life and Disability Insurance

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**LEAVE BENEFITS**

Vacation, Holidays, Personal, Sick, Parental, Bereavement

The LaGrange Police Department operates with sixteen sworn police officers. In addition to uniform patrol officers, special assignments within the Department include Criminal Investigations personnel, a School Security Officer "SSO" and a narcotics detection K-9 Unit.

**For Application and Position requirements, Please Visit [lagrangepoliceky.org](http://lagrangepoliceky.org)**

Equal Opportunity Employer

reportinfo@lagrangepoliceky.org