

Extension Homemaking Newsletter - July 2025



Hello FCS Families and Homemaking Members,

Grab a fan, y'all! It's hot outside! Make sure you are taking care of yourself by drinking plenty of water, applying sunscreen, and taking lots of breaks in the shade. It's finally time for fair! See fair information enclosed.

In this issue, you will find:

- Owen County KY Fair Event Schedule (see page 2)
- 2025 Extension Homemaking 79th Annual Meeting (specific details on page 6)
 - Each homemaking club needs to provide a centerpiece that illustrates a "Happy Homemaking" in the kitchen.
 - Call the Extension Office to register by Friday, August 15
- Upcoming Family & Consumer Sciences Programs
 - **Reliable Digital Sources** (see page 7)
 - This class will focus on how to find reliable information online and avoid sensationalism.
 - **Beginners Sour Dough Bread Class** (see details on page 11)
- Upcoming Homemaking Events
 - **Fall 2025 Craftin' for the Community** (see page 9)
 - Registration Form (see page 10)
 - **Mingle & Jungle** (see page 12)
- Adult Health Bulletin on Alpha-Gal Syndrome (see pages 13 & 14)
- July FCS/Homemaking Calendar (see page 15)

Some reminders and upcoming deadlines:

- Homemaking enrollment for 2025-2026 is now open! Please return the included form and your dues by December 1st. (see insert)
- 2025 Owen County Fair Books are now available for pickup at the Extension Office! Stop by to get yours today!
- The next area homemaking meeting will be held at the Gallatin County Extension Office on July 23rd at 1:00PM.
- The next Owen County Homemaking Council Meeting will be held at the Owen County Extension Office on July 30th at 1:00pm.
- A friendly reminder that the Extension Office will be closed on July 4th.

Staying cool, cooking smart, and caring for what matters most—cheers to a meaningful July!

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

owen.ca.uky.edu
(502) 484-5703
owen.ext@uky.edu



Bryce Charles
Owen County
4-H Youth Development Agent



Kendal Bowman
Owen County
Ag & Natural Resources Agent



Email ocfacm@gmail.com to reserve a spot. Covered with on-site bathroom. Food truck will also be on-site.



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.

OWEN COUNTY KY FAIR WEEK EVENT SCHEDULE

Midway open Tuesday, July 8, through Saturday, July 12, 2025

**ADMISSION TO THE OWEN COUNTY FAIR IS \$15
GATE FEE IS NOT REFUNDABLE FOR ANY REASON.
NO REFUND ON ENTRIES/ADMISSION FOR BAD WEATHER OR CANCELLED EVENTS.**

SUNDAY, JULY 6

6:30pm Owen Countian of the Year^
7pm Area-Wide Worship Service^

MONDAY, JULY 7

9am-12pm Enter Exhibits+
2pm Judging of Food Exhibits Only +
5pm Sheep Show Weigh-In*
6pm Sheep Show*

TUESDAY, JULY 8

10am Judging of Remaining Exhibits+
5pm Small Animal Show Check-In*
6pm Small Animal Show*
6pm Family Fun Night Events^
Lucy K McCoy Fair Family Award^
6pm Mother of the Year#
6pm Mrs/Ms Owen County Pageant\$
6:30pm Little Prince/Princess Pageant#
7pm Swine Show Weigh-In*
8pm Swine Show*

WEDNESDAY, JULY 9

5pm, Goat Show Weigh-In*
6pm, Goat Show*
6:30pm, Baby Pageant#
7:30pm, Miss Teen Pageant\$
7:30pm, Top Dog Demo Derby^

THURSDAY, JULY 10

10am-12pm Carnival Sunshine Day
Rides are free for our special friends.
6pm Pre-Teen Owen County Pageant\$
6pm KITPA Truck Pull^
6:30pm Little Mister/Miss Pageant#

FRIDAY, JULY 11

6:30pm Pinewood Derby+
7pm Children's Pet Show\$
7pm TNT Truck Pull^

SATURDAY, JULY 12

8am 4H & FFA Open Beef Weigh-In*
9am 4H & FFA Open Beef Show*
9am-12pm Pick Up Exhibits+
1pm 4H & FFA Open Dairy Weigh-In*
2pm 4H & FFA Open Dairy Show*
7:30pm Miss Owen County Pageant\$
Becky Duvall Service Award\$
7:30pm Top Dog Demo Derby^

LOCATION KEY

* Owen County Fairgrounds Livestock Barn
\$ Owen County Fairgrounds Park Pavilion
+ Owen County Fairgrounds Exhibit Building
^ Owen County Fairgrounds Arena
Wyatt Cole Entertainment Pavilion

Morgan Thomas, Editor/Graphic Designer | Stephanie Howard, Copy Editor | Holly Bowling, Ad Sales

Homemaker Area Meetings

July 23rd Gallatin County (1:00 PM)
September 24th Carroll County (1:00 PM)
Triannual Meeting October 22nd Kenton County

Owen County Homemaker Council Meeting

July 30, 2025

1:00 PM

Owen County Extension Office

Owen County Homemaker Officers

Donna Bryant President

Linda Williams Vice President

Lana Jones Secretary

Beverly Kincaid Treasurer

Judy Williams Educational Chair



An Immense World: How Animal Senses Reveal the Hidden Realms Around Us *by Ed Yong (2022)*

Around the globe there is an array of senses that can only be experienced and perceived by specific species. From the sparkling of whales in the eyes of the giant squid, the allure of flowers to bees, to humans that use sonar like bats. An Immense World is a book of travel and discoveries of the many worlds hidden within our own.

The Summer We Started Over *by Nancy Thayer (2024)*

When Eddie Grant returns to Nantucket Island for a vacation she must face all she left behind: her father's increased eccentricities; her sister's resentment; and a past love connection. The two sisters reconnect and pursue their dreams as they overcome life's challenges and find new love.

- These books can be found at the Owen County Public Library.



OWEN COUNTY FAIR

July 8-12th

EXHIBITS SCHEDULE

July 7th ALL EXHIBITS
9am-12pm

July 12th PICK UP EXHIBITS
9am-12pm





2025 OWEN COUNTY FAIR EXHIBIT FORM

EXHIBITOR #

Exhibitor Name: _____

Mailing Address: _____ City _____ Zipcode _____

Phone Number: () - _____

Exhibitor Birthdate: _____

Exhibitor Email Address: _____

Entry #		4-H or Open	Department	Class #	Item Description
	1.				
	2.				
	3.				
	4.				
	5.				
	6.				
	7.				
	8.				
	9.				
	10.				
	11.				
	12.				
	13.				
	14.				
	15.				
	16.				
	17.				

OWEN COUNTY HOMEMAKER EXHIBIT

Alice Ducker, Superintendent

KC Browne Assistant Superintendant

NOTE: Items must be made by Owen County Homemaker Member.



- 900. Sewing, Basic Garment Apparel
- 901. Sewing, Specialty Garment Apparel *May include appliqued and quilted*
- 902. Sewing, Accessory Apparel
- 903. Sewing, Basic Home Décor
- 904. Sewing, Specialty Home Décor *May include appliqued and quilted*
- 905. Art, 3-Dimensional, carving
- 906. Art, 3-Dimensional, sculpture
- 907. Art, Natural, wood
- 908. Art, Natural, other
- 909. Art, Recycled (include before picture), Clothing
- 910. Art, Recycled (include before picture), Household
- 911. Art, Recycled (include before picture), Other
- 912. Basketry, cane
- 913. Basketry, dyed material
- 914. Basketry, Miniature (under 4 inches)
- 915. Basketry, Novelty
- 916. Basketry, plain
- 917. Beading, bead weaving
- 918. Beading, non-jewelry item/wearable
- 919. Beading, miscellaneous
- 920. Ceramics, hand-formed
- 921. Ceramics, molded
- 922. Ceramics, pre-made
- 923. Counted Cross Stitch, 14 count & under
- 924. Counted Cross Stitch, 16-22 Count
- 925. Counted Cross Stitch, Specialty Cloth (linens, etc)
- 926. Crochet, accessories
- 927. Crochet, fashion
- 928. Crochet, home décor
- 929. Crochet, Afghans
- 930. Crochet, thread
- 931. Doll/Toy Making, cloth
- 932. Doll/Toy Making, handmade toy other than Porcelain/China or Cloth
- 933. Doll/Toy Making, Porcelain/China
- 934. Drawing, pastels
- 936. Drawing, pen and ink with oil roughing
- 937. Drawing, pencil or charcoal-black
- 938. Drawing, pencil-color
- 939. Embroidery, basic
- 940. Embroidery, candle wicking
- 941. Embroidery, crewel
- 942. Embroidery, machine
- 943. Embroidery, ribbon
- 944. Embroidery, smocking
- 945. Embroidery, swedish
- 946. Embroidery, tatting/lace making
- 947. Embroidery, chicken scratch
- 948. Embroidery, Punch Needle (under 60" perimeter)
- 949. Embroidery, miscellaneous
- 950. Felting, needle method
- 951. Felting, wet method
- 952. Holiday Decorations, Autumn
- 953. Holiday Decorations, Spring
- 954. Holiday Decorations, Summer
- 955. Holiday Decorations, Winter
- 956. Jewelry, beaded
- 957. Jewelry, Mixed media (wire, chain maille, mixed with beads)
- 958. Jewelry, original design
- 959. Knitting, (hand), accessories
- 960. Knitting, (hand), fashion
- 961. Knitting, (hand), Home décor & afghans
- 962. Knitting, other, machine/loom
- 963. Needlepoint, cloth canvas
- 964. Needlepoint, plastic
- 965. Painting, Art, acrylic
- 966. Painting, Art, oil
- 967. Painting, Art, watercolor
- 968. Painting, Decorative, metal
- 969. Painting, Decorative, wood
- 970. Painting, Decorative, other
- 971. Photography, black & white (mounted & framed)
- 972. Photography, color (mounted & framed)
- 973. Quilts, baby-size or lap-size (hand quilted)
- 974. Quilts, baby-size or lap-size (machine quilted)
- 975. Quilts, hand applique (hand quilted)
- 976. Quilts, hand pieced (hand quilted)
- 977. Quilts, machine applique (machine quilted)
- 978. Quilts, machine pieced (hand quilted)
- 979. Quilts, machine pieced (machine quilted)
- 980. Quilts, novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- 981. Quilts, novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- 982. Quilts, technology based (hand or machine quilted)
- 983. Quilts, miscellaneous (hand or machine quilted)
- 984. Paper Crafting, card making
- 985. Paper Crafting, origami
- 986. Paper Crafting, quilting
- 987. Paper Crafting, scrapbooking (1 to 2 pages)
- 988. Rug Making, braided
- 989. Rug Making, hooked
- 990. Rug Making, punch needle, rug, (over 60" perimeter)
- 991. Rug Making, woven
- 992. Wall or door hanging, fabric
- 993. Wall or door hanging, other
- 994. Wall or door hanging, Diamond Art Mosaic
- 995. Weaving, hand (macrame, caning)
- 996. Weaving, loom (includes pin weaving)
- 997. Canning jar (decorated)
- 998. Crocheted best any article
- 999. Crocheted holiday article
- 1000. Crocheted doll/animal, etc, novelty
- 1001. Dried herb wreath
- 1002. Fabric gifts
- 1003. Flower arrangement, silk or dried
- 1004. Hand quilted table runner
- 1005. Items made with yo-yos
- 1006. Machine quilted tote
- 1007. Picture making any form or media
- 1008. Pillows, toss
- 1009. Purse
- 1010. Quilt top
- 1011. Stack & whack quilt or top
- 1012. Stained glass, other
- 1013. Stained glass, steppingstone
- 1014. Underground railroad quilt
- 1015. Canning, Vegetables
- 1016. Canning, Pickles & Relishes
- 1017. Canning, Jams & Jelly
- 1018. Canning, Other
- 1019. Block of the Month quilt, machine quilted
- 1020. String Art
- 1021. Candle, homemade
- 1022. Miscellaneous



Download the 2025 Owen County Fair catalog.



COOK UP SOMETHING SPECIAL!

Owen County Extension Homemakers Cookbooks

Stop by the Owen County Extension Office today to get yours!
1 cookbook for \$10 OR 2 cookbooks for just \$15

Checks made payable to: Owen County Extension Homemakers



HAPPY HOMEMAKERS

2025 Extension Homemakers
79th Annual Meeting

AUGUST 21, 2025

OWEN COUNTY EXTENSION OFFICE

\$15.00

Cultural Arts entries taken in
August 20th
9am-12pm

Doors open at 5:00 PM
Dinner at 5:30 PM
Meeting at 6:00 PM

Melody Stafford will be entertaining us!



menu

PORK LOIN WITH GRAVY

ALICE SPRINGS CHICKEN

MASHED POTATOES

GREEN BEANS

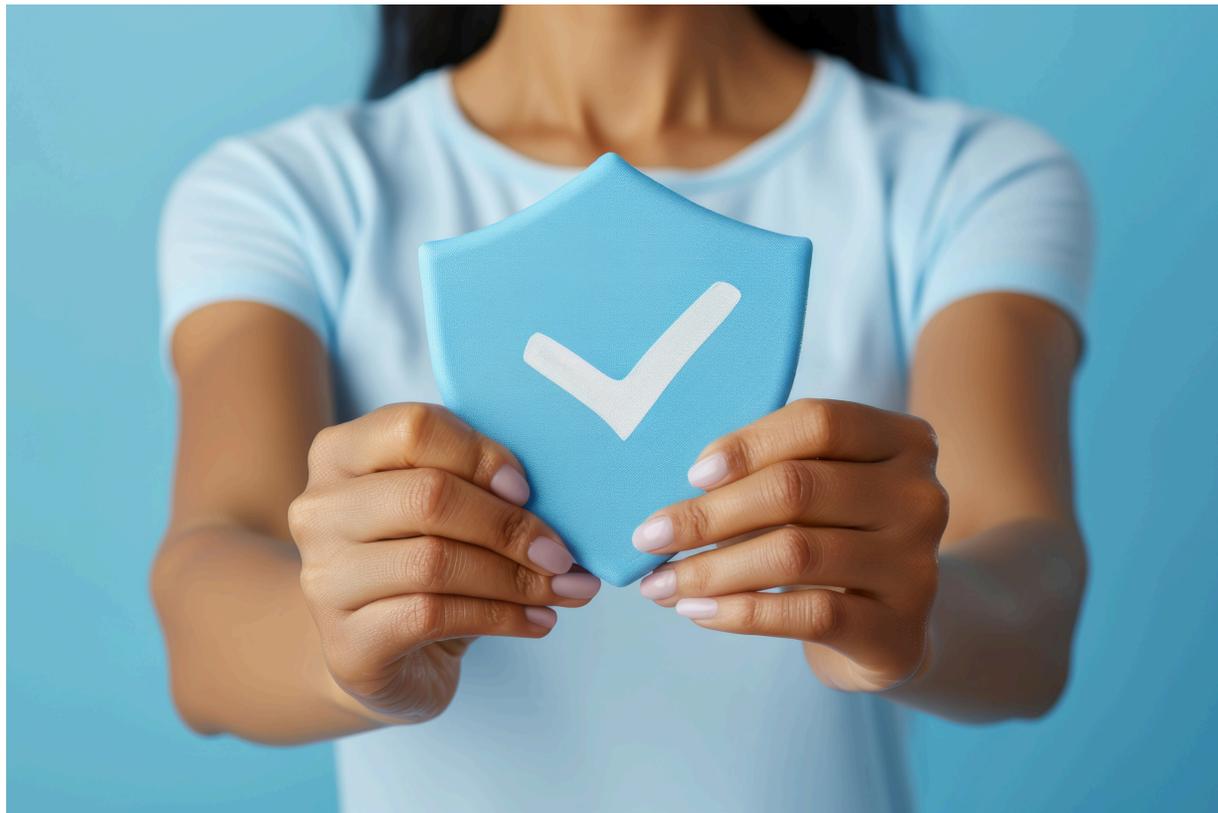
MACARONI AND CHEESE

SALAD

DESSERT

**Please call 502.484.5703 to register
by Friday, August 15th.**

Reliable Digital Sources



Join us for a discussion on how to find reliable information online and avoid sensationalism.



THURSDAY August 14, 2025 || 10AM - 12PM



OWEN COUNTY EXTENSION OFFICE
265 Ellis Rd Owenton, KY 40359

REGISTER AT: OWEN EXTENSION OFFICE or (502) 484-5703

Cooperative Extension Service

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

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Lexington, KY 40506



Disabilities accommodated with prior notification.



Bluegrass Basket Guild

4th Annual Basket Bonanza

September 12 & 13, 2025
Spencer County Extension Office
100 Oak Tree Way
Taylorsville, KY 40071



Contact the Owen County Extension Office for the complete brochure to register for the basket bonanza mini retreat.



Fall 2025

CRAFTIN' FOR THE COMMUNITY

Hosted by the Owen Co. Memory Makers Homemakers

SATURDAY, SEPTEMBER 13TH 2025

At the Owen County Extension Office

Join us for a fun-filled event where all donations raised will benefit the Educational Excellence Foundation of Owen County. We'll also be collecting non-perishable food and toiletry items for Meeting the Needs, as well as pet supplies for Owen County Friends of Animals. Enjoy a variety of silent auction items, sign up for hands-on classes to learn a new skill or hobby, and shop from local vendors to show your support for the community!





Craftin' For The Community



Registration Form

Checks should be made to the Memory Maker Homemakers and mailed to
Dawn Davis PO Box #2 New Liberty, KY 40355

NAME: _____

ADDRESS:

PHONE: _____

E-MAIL: _____

I would like to sit near (not guaranteed but we will try our best):

Dietary needs (please be specific if any allergies)

Please indicate the table size that you are requesting:

_____ ½ table (\$30 each)

_____ full table (\$55 each)

_____ Sorry, I am unable to attend, but would like to make a donation toward the Educational Excellence Foundation of Owen County (EEFOC). If making a donation, please make check to EEFOC.





THIS IS A HANDS ON CLASS PRESENTED BY CHRISTY EASTWOOD
FAMILY AND CONSUMER SCIENCES AGENT FOR CARROLL COUNTY

BEGINNERS SOUR DOUGH BREAD CLASS

Please bring a large bowl with a lid. Space is limited.
Call the Owen County Extension Office to register.

OCTOBER 1, 2025
1:30 PM

REGISTRATION IS REQUIRED BY 9/29/2025

 (502) 484 - 5703

OWEN COUNTY EXTENSION OFFICE

265 Ellis Road
Owenton, KY 40359

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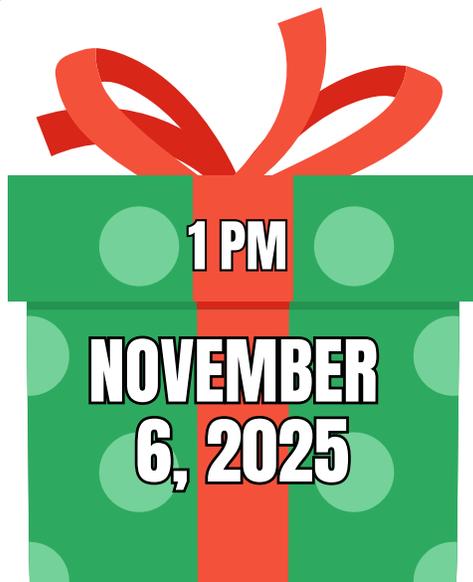


UK Cooperative Extension Service

MINGLE & JINGLE

Join the Owen County Homemakers as they host "Mingle and Jingle!" Celebrate the season with a few crafts, delicious recipes, and fellowship! This is a festive program and is similar to the Holiday Trimmings program. Limited space available!

Be sure to call (502) 484-5703 to register and secure your spot!



<p>\$5 PER PERSON PAYMENT MAY BE MADE BY CASH OR CHECK.</p>
<p>OWEN COUNTY EXTENSION OFFICE</p> <p>265 ELLIS ROAD OWENTON, KY 40359</p>

ADULT HEALTH BULLETIN



JULY 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>

Owen County Extension Office
 265 Ellis Road
 Owenton, KY 40359
 (502) 484-5703
 owen.ext@uky.edu

THIS MONTH'S TOPIC

WHAT IS ALPHA-GAL SYNDROME?



Alpha-gal Syndrome (AGS) is a severe allergy that can happen after a tick bite. It causes allergic reactions when people eat red meat or use products derived from animals, such as cows, pigs, or deer.

Ticks carry a sugar molecule called alpha-gal, which is also in red meat. When the tick bites, it can transfer a small amount of alpha-gal into the person. In some people, this causes an immune response. The immune response triggers an allergic reaction each time the person comes into contact with alpha-gal in the future. It can happen when they eat red meat, such as beef, pork, or venison, or come into contact with products made from other parts of those animals, including dairy products, gelatin, or beauty products.

In the United States, Lone Star ticks are the most common transmitters of alpha-

Continued on the next page 



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The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing.

➔ Continued from the previous page

gal to humans. While it is possible for anyone to be bitten by a tick and have a reaction, adults react more commonly than children.

The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing. If possible, stay out of tall grass and thick woods, and walk in the center of trails.

After coming in from outdoors, check your skin, clothes, and pets for ticks. Take a shower and look for ticks on your body and always remove any ticks right away.

If you develop symptoms of a food allergy after a tick bite, contact your doctor. Make sure to tell them about your tick bite, to help them see if your illness may be related. It is important to get medical treatment for food allergy symptoms, even if the symptoms happen several hours after eating.

Get emergency medical treatment if you have symptoms of a serious allergic reaction. If you have trouble breathing, called anaphylaxis, or a constricted airway, rapid pulse, are feeling dizzy or light-headed, drooling, not able to swallow, or have full-body redness and warmth.

In order to diagnose you, a doctor may ask about your symptoms, medical history, and daily habits, take a blood sample for alpha-gal

antibody testing, or recommend allergy testing to confirm or rule out other potential allergens.

If you are diagnosed with AGS, see an allergy doctor, known as an allergist, for help. They specialize in treating allergic reactions and can help develop a plan to help you cope with your diagnosis. They can also refer you to other health-care specialists, such as a dietitian, mental health therapist, or home health service if needed.

Other recommendations for people living with AGS include avoiding eating red meat (beef, pork, lamb, deer, rabbit), and avoiding other potential sources of alpha-gal from animal products such as dairy products, gelatin, and certain beauty products. Read labels carefully to avoid trigger products. Talk to a doctor before taking any new medicine or vaccines. It is also important to avoid new tick bites, as they can make the allergy worse.

REFERENCE:
<https://www.cdc.gov/alpha-gal-syndrome/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





JULY 2025



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3	4	5
		SEW ALL DAY Extension Office 9 AM- 4 PM			OFFICE CLOSED 4TH OF JULY	
6 Area Wide Worship Service Owen County Fairgrounds Arena 7 PM	7 Enter Exhibits 9 AM -12 PM 	 2025 Owen County Fair 				12 Pick Up Exhibits 9 AM -12 PM 
13	14	15 Extension District Board Meeting Extension Office 5 PM Cotton Club Extension Office 6 PM 	16	17	18 Owen County Farm & Craft Market 10 AM	19
20	21	22	23 Homemaker Area Meeting Gallatin CES 1 PM 	24	25 Memory Makers Extension Office 9 AM 	26 Owen County Farm & Craft Market 10 AM
27	28	29	30 Homemaker Council Meeting Extension Office 1 PM 	31	1 Owen County Farm & Craft Market 10 AM	2



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

Bryce Charles

4-H Youth Development Agent

Kendal Bowman

Agriculture & Natural Resources Agent

Fruit Treat



Ingredients:

- ½ cup butter, softened
- 1 cup flour
- ¼ cup brown sugar
- ¼ cup old-fashioned oats
- ¼ teaspoon salt
- 2 cups plain Greek yogurt
- 4-5 teaspoons honey, to taste
- 1 cup strawberries, sliced
- 2 cups blueberries
- 2 bananas, sliced

Directions:

1. Preheat oven to 375 degrees 5.
2. Mix together all crust ingredients with hands or fork. Once mixed, form into a ball. (The mixture will be crumbly.)
3. Line a pizza pan or cookie sheet with parchment paper. Spread and pat down the crust to form a circle.
4. Bake for 10-12 minutes or until crust is lightly browned. Remove crust from oven and let cool.
5. Mix yogurt and honey together. Spread on crust.
6. Top with fruit. (You can also use other types of fruit.)