

## Extension Homemaker Newsletter - June 2025

Hello FCS Families and Homemaker Members,

The birds are chirping and the air is getting warmer. Hello Summer! This time of year is pretty busy, so be sure to read through the entire newsletter to find all of the events we have planned, including our Basics of Backyard Birding class coming at the end of the month!

In this issue, you will find:

- Adult Health Bulletin
- June Homemaker Club Information
- Classes available for June
- Owen County Fair Information
- June FCS/Homemaker Calendar
- And more!

Some reminders and upcoming deadlines:

- Homemaker enrollment for 2025-2026 coming in July!
- Call to register for any upcoming programs.
- Enter all exhibits for the county fair on Monday, July 7<sup>th</sup> at 9am. Judging for flowers and food will be that afternoon.
- **See Page 8** for the homemaker exhibits listed for the 2025 county fair. See the insert on how to enter all fair exhibits.
- **See Page 9** for information on volunteer service hours. Be sure to submit all volunteer service hours by Tuesday, July 1<sup>st</sup> to the Extension Office or the Educational chairperson, Judy Williams.
- Homemaker Council Meeting Wednesday, June 11<sup>th</sup> at 1 PM.
- The next area homemaker meeting will be held at the Gallatin County Extension Office on July 23<sup>rd</sup>. More details to come in the July newsletter.
- **A friendly reminder that the Extension Office will be closed on June 19<sup>th</sup> and July 4<sup>th</sup>.**

June's recipe for success: a dash of health, a scoop of family & friends, and a sprinkle of fun!



Bryce Charles & Kendal Bowman



**Bryce Charles**  
Owen County  
4-H Youth Development Agent



**Kendal Bowman**  
Owen County  
Ag & Natural Resources Agent



**July 8-12th**

### 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.

# IS IT SAFE? - Smart Devices



Please join us for a discussion on "smart devices" covering how they communicate with other devices inside or outside of your home.



WEDNESDAY June 18, 2025 @ 10AM



265 Ellis Road Owenton, KY 40359

TO REGISTER: call (502) 484-5703





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

### YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.



### PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

**DO** Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith\_Family\_Home or 2\_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

**DO** Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

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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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## **CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.**



**DO** Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

**DO** Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

**DON'T** Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

**DO** Secure your social media accounts as much as they will permit.

**DON'T** Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

**DO** Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

### **REFERENCES**

U.S. Department of Defense (2021). The Identity Awareness, Protection, and Management (IAPM) Guide. Twelfth Edition. [https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD\\_IAPM\\_Guide\\_March\\_2021.pdf?ver=FDvB5WW2UB\\_vxPVQBJuVww%3d%3d](https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d)

United States Attorney's Office, Northern District of Georgia. (2025, January 30). Protecting Yourself While Using The Internet. <https://www.justice.gov/usao-ndga/protecting-yourself-while-using-internet>

Contributing Author: Paul Reese, Family Financial Counseling Student, University of Kentucky  
Edited by: Kelly May, Nichole Huff, and Alyssa Simms | 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](mailto:nichole.huff@uky.edu)





## JUNE REBEL MARKETPLACE

### Food Pantry

PICK UP AT DOOR #5 AT OWEN COUNTY HIGH SCHOOL. IT IS A DRIVE THRU FOOD PANTRY AND WE WILL LOAD YOUR VEHICLE. NO APPOINTMENT NECESSARY. PLEASE HAVE YOUR TRUNK OR BACKSEAT CLEARED. PANTRY IS FOR STUDENTS AND FAMILIES IN OWEN COUNTY SCHOOLS. FOR MORE INFORMATION: CONTACT BECKY MEFFORD, YOUTH SERVICES CENTER COORDINATOR AT 502-484-4017



**June 10, 2025**  
**12:00 Noon-2:30PM**



# SUMMER OUTREACH Day!

**FREE  
LUNCH**

**SUMMER  
FIELD TRIP  
SIGN UP!**

Join us for an afternoon of food, fun and resources!

**JUNE 11**  
**11:30AM – 1:30PM**  
Eagle Creek Resort Community Center

INFLATABLE

GAMES

ARTS & CRAFTS

For more info contact Janetta Briscoe, FRC Coordinator 502-484-4014



## Owen Co. School Nutrition Summer Feeding Program

**7-Day Meal Boxes for ages 1-18**  
**Drive-thru Pick up on Wednesdays**  
**Starting June 4<sup>th</sup> – August 6<sup>th</sup>**  
**located at Owen Co Lower Elementary**

- Sign up is not required
- Kids DO NOT have to be enrolled at Owen County Schools
- Meal boxes will consist of 7 breakfasts and 7 lunches
- ALL Owen County kids ages 1-18 eligible to participate

Scan to follow us on Facebook for weekly menus and updates!

**FOLLOW**  
US ON FACEBOOK



[Danielle.perkins@owen.kyschools.us](mailto:Danielle.perkins@owen.kyschools.us)  
 (502)484-4002  
[fns.usda.gov/summer](https://fns.usda.gov/summer)



## SPLASH'S Summer Bash

- Fun outdoor activities
- Resources from the community
- Crafts
- Hot Dogs
- Kona Ice
- And more!

**JUNE 18, 2025**  
**4:30PM – 7:30PM**  
**355 Ellis Road**  
**Owenton, KY 40359**




# SAVE *pool party* THE DATE

ANNUAL OWEN COUNTY FAMILY NIGHT  
AT THE JUNIPER HILLS AQUATIC CENTER IN FRANKFORT

**JUNE 27, 2025**  
 7:00 P.M.-9:00 P.M.

Owen County Families  
 Mark your calendars to  
 enjoy a fun, drug free  
 activity with your family  
 at no cost.



# JOIN OUR EMBROIDERY STITCH-IN!

**BRING YOUR PROJECT OR  
START SOMETHING NEW**

**Have an embroidery project you are working on?  
Bring it along!**

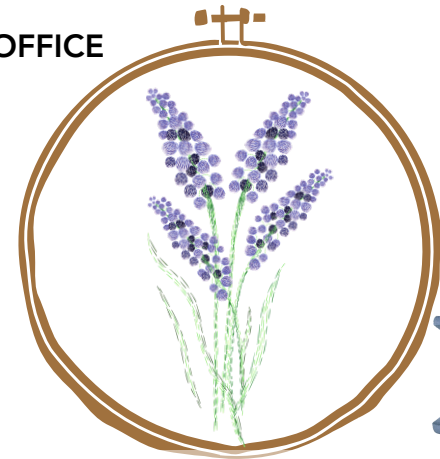
**Got questions? Someone will be there to help.**

**New to embroidery? We'll help you get started with  
beginner tips and simple stitches!**

**JUNE 24      |      1 PM-8 PM**



**OWEN COUNTY EXTENSION OFFICE  
265 ELLIS ROAD  
OWENTON, KY 40359**



## **Cooperative Extension Service**

Agriculture and Natural Resources  
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Community and Economic Development

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Lexington, KY 40506



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## 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

Wednesday, June 11th

1 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 7<sup>th</sup> ALL EXHIBITS  
9am-12pm

July 12<sup>th</sup> PICK UP EXHIBITS  
9am-12pm



# 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, quilling
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

**SEE THE INSERT FOR THE 2025  
OWEN COUNTY FAIR EXHIBIT FORM**











Cooperative Extension Service

# BUGGED OUT! TACKLING PESTS INDOORS AND OUT

June 5, 2025  
6:30 PM

- Veggie Pest
- Livestock Pest
- Home Pest



Owen County Extension Office  
265 Ellis Road



RSVP by June 2, 2025  
(502) 484-5703



owen.ext@uky.edu

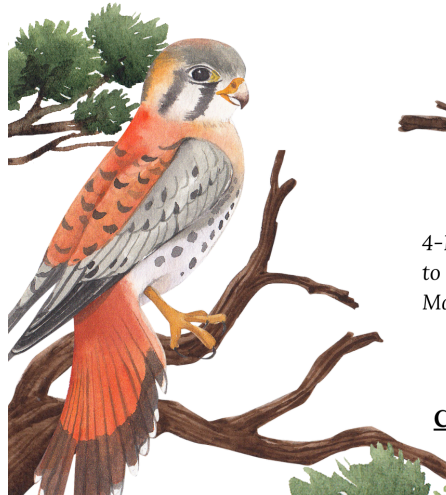


# BASICS OF BACKYARD BIRDING

JUNE 26<sup>TH</sup> AT 6:30PM  
OWEN COUNTY  
EXTENSION OFFICE

Learn how to attract and identify  
common backyard birds to liven up  
your windowsills!

CALL (502) 484-5703 TO RSVP



Cooperative  
Extension Service



## BIRDHOUSE BUILDING

4-Hers get to build their own birdhouse  
to enter into the County Fair!  
Materials are provided.

**Birdhouse Building:**

**4:30-6:30pm**

CALL (502) 484-5703 TO RSVP

## Informational Meetings

Thursday, May 29<sup>th</sup> at 4 PM at Owen County Public Library Activity Room  
Monday, June 16<sup>th</sup> at 6 PM at Owen County Cooperative Extension Service



# OWEN COUNTY YAIP 2025 Youth Agricultural Incentive Program

APPLICATIONS WILL BE AVAILABLE MAY 29<sup>TH</sup> AT THE INFORMATIONAL MEETING  
APPLICATIONS WILL BE AVAILABLE AT THE EXTENSION OFFICE BEGINNING MAY 30<sup>TH</sup>  
SUBMIT APPLICATIONS TO EXTENSION OFFICE BY **FRIDAY, JUNE 20<sup>TH</sup>**

## Project Areas:

- Agricultural Diversification
- Animal Production
- Forage & Grain Improvement
- Showmanship
- Country Ham Projects



Questions?  
Emily.Godfroy@uky.edu

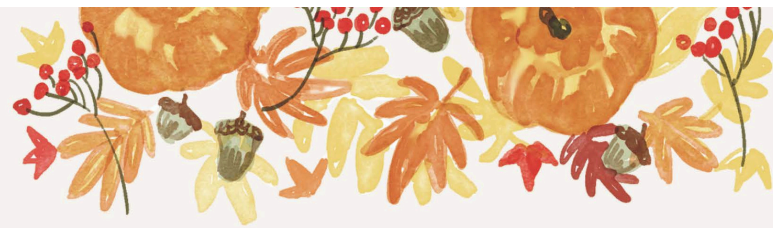


(513)535-1617



Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359

Administered by Owen County 4-H Council



*Save the Date*

# CRAFTIN' FOR THE COMMUNITY

Hosted by Memory Makers Homemakers

**SATURDAY, SEPTEMBER 13<sup>TH</sup> 2025**

Owen County Extension Office

Join us for shopping, crafting, food, giveaways and more- all  
while supporting a great cause in our community! Crafting  
table registration opens later this summer, more details to  
come!





## Beginners Sour Dough Bread Class

Thursday, August 14, 2025

10:00 a.m. - 12 noon

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030



Registration is required  
by 8/12/2025  
Space is limited.

**\*\* Please bring a large  
bowl with a lid.**

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



Disability  
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with prior notification.

## Hands-on Class

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

## Water Bath canning



www.PreparednessMama.com

Wednesday, August 27, 2025  
5:00 p.m.

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030

Registration is required  
by 8/22/2025  
Space is limited

We will make  
a jar of Salsa



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

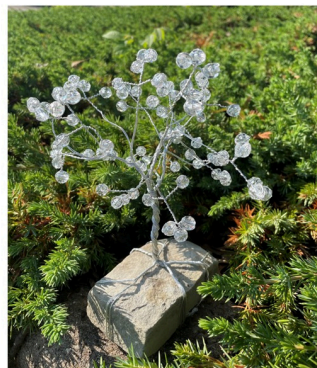
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## Wire Tree Sculpture

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



Thursday, June 5th  
5:30 p.m.

Carroll County Extension Service  
500 Floyd Drive, Carrollton  
(502) 732-7030

Call to register by May 28th.  
FREE!

"Come bend branches, twist trunks and rotate roots  
as you sculpt a wire tree."

We'll touch on a few sculpture basics, and you'll  
create a small tabletop tree.

Program Presented By:

Susan Miller

Community Arts Agent  
University of Kentucky  
Boone County Cooperative Extension

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Extension Service

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## Hands-On

## Pressure Canning Class

Thursday, August 28, 2025

5:00 p.m.

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030



Registration is required  
by 8/22/2025  
Space is limited

We will make  
a jar of carrots

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# ADULT HEALTH BULLETIN



**JUNE 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)

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

## THIS MONTH'S TOPIC

# WATER SAFETY IS FOR EVERYONE



**L**ots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

**Continued on the next page** ➔

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Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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If you get caught in a rip current,  
do not try to fight against it.

Swim parallel to the shore  
until you're out of the current,  
then swim back to shore.

### → Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

#### REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

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# Those Living with Alpha-gal syndrome Can Still Lead Normal Lives

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb—anything from a mammal—can trigger the same immune response, even hours after a meal.

Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts for confirmed cases, so prevention and practical know-how matter.

If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set someone off; it varies. Reading labels becomes routine, especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract.

However, dropping mammal meat and avoiding other triggers doesn't [leave a person with limited food options](#), especially high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts and seeds can all stay on the menu. For example, ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin— and talk to your health-care provider or pharmacist.

Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, permethrin-treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups.

For more detailed guidance on living with alpha-gal syndrome, see the University of Kentucky's publication at <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3646.pdf>.

Contact your Owen County Extension Office at (502) 484-5703 for more information on alpha-gal and red meat allergies.



**UK Cooperative Extension Service**  
*Family and Consumer Sciences*









*Source: Heather Norman-Burgdolf, Department of Dietetics and Human Nutrition associate professor*





# JUNE 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 <b>SEW ALL DAY</b> Extension Office 9 AM- 4 PM	4 <b>Pleasant Home</b> Extension Office 11 AM 	5 <b>Bugged Out!</b> <b>Tackling Pests</b> <b>Indoor &amp; Out</b> Extension Office 6:30 PM	6 <b>Sweet Owen</b> Sweet Owen Store 11 AM  <b>Owen County</b> <b>Farm &amp; Craft</b> <b>Market</b> 10AM	7
8	9 <b>Sew &amp; Go</b> Extension Office 11 AM 	10	11 <b>Homemaker</b> <b>Council Meeting</b> Extension Office 1 PM 	12	13 <b>Owen County</b> <b>Farm &amp; Craft</b> <b>Market</b> 10AM	14
15	16	17 <b>Cotton Club</b> Extension Office 6 PM  <b>Extension</b> <b>District Board</b> <b>Meeting</b> Extension Office 5 PM	18 <b>Is it Safe?-Smart</b> <b>Devices</b> Extension Office 10 AM	19 <b>OFFICE CLOSED</b>	20 <b>Memory Makers</b> Extension Office 9 AM  <b>Owen County</b> <b>Farm &amp; Craft</b> <b>Market</b> 10AM <b>YAIP Deadline</b> 4 PM <b>hello</b> <b>SUMMER</b>	21
22 <b>HAPPY</b> <b>FATHER'S</b> <b>DAY</b>	23	24 <b>Join Our</b> <b>Embroidery</b> <b>Stitch-In</b> Extension Office 1 PM - 8 PM	25 <b>Crochet &amp;</b> <b>Fellowship</b> Extension Office 11 AM 	26 <b>Basics of</b> <b>Backyard</b> <b>Birding</b> Extension Office 6:30 PM	27 <b>Owen County</b> <b>Farm &amp; Craft</b> <b>Market</b> 10AM	28
29	30	1 <b>SEW ALL DAY</b> Extension Office 9 AM- 4 PM	2	3	4 <b>OFFICE CLOSED</b>  <b>4TH</b> <b>OF</b> <b>JULY</b>	5

Kindly reach out to club and class leaders to confirm each meeting. Membership is required for homemaker clubs.





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# FARMERS' MARKET STRAWBERRY SORBET



## Ingredients:

- 1 pound fresh strawberries
- ¼ cup local honey

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash, hull, and halve the strawberries. Place them on a parchment paper-lined baking sheet and freeze until hardened.
3. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed.
4. Transfer to a loaf pan and freeze until firm.

## Tips:

- You can substitute orange juice for honey. The product will be harder.
- You can substitute store-bought frozen strawberries for fresh, and skip step 2.
- You can substitute other frozen fruit for strawberries. You might need to allow frozen fruit to soften slightly before

PLAN.  
EAT.  
MOVE.