

FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your FCS Agent:

Summer is in Full Swing!

We hope everyone is soaking up the sunshine and enjoying the season so far. With temperatures on the rise, it's important to stay hydrated! Drinking water is one of the best ways to beat the heat. If plain water isn't your favorite, try adding a splash of flavor with fresh fruits like lemons, limes, strawberries, oranges, or blueberries—it's a simple and refreshing twist!

Your FCS team has been having a blast this summer with a variety of cooking classes and fun-filled camps! And the excitement doesn't stop there, we're looking forward to offering cooking classes in the coming month, along with a range of other engaging, hands-on experiences. Stay tuned—there's still plenty of summer fun ahead!

Best wishes,



Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
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Dates to Remember:

July 3: Up & Ready Life Skills Class

July 4: Extension Office Closed

July 8: Strawberry Freezer Jam Class

July 9: Wits Workout

July 14: Shop Hop

July 16: Shop Hop

July 24: Little Chefs Cooking Class

July 29: Cooking Through the Calendar

July 31: Diabetes Support Group at Tug Valley ARH

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PIKE

FCS



Follow us on our
Facebook page!
"UK Pike County
FCS"



Announcements:

- The Pike County Extension Office will be closed on July 4th.

Save the date:

- Northeast Area Homemaker Annual Meeting: October 18th
- Homemaking in the Mountains: October 11th

Visit our website!

Search up <https://pike.ca.uky.edu/> or scan the QR code!



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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2025

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THIS MONTH'S TOPIC: INVESTING FOR EVERYONE

Benjamin Franklin is credited with saying, "A penny saved is a penny earned." But is this principle true? In today's economy, not necessarily. If we put a penny (or dollar) under a mattress, it may be worth less than a penny (or dollar) tomorrow or next year. Because of inflation, goods and services usually cost more in the future than they do today. This is why even people who are good at "saving" can fall behind financially. Investing your money is one way to battle inflation.



GROW YOUR MONEY

Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your "risk tolerance" will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as *"an investor's ability and willingness to lose some or all of an investment in exchange for greater potential returns."* There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.

COMPOUNDING INTEREST

Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100, you could pay back more than \$100 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest, sometimes daily! This illustrates the principle of **compounding interest**, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster. Learn more at ukfcs.net/MoneyWise2-23

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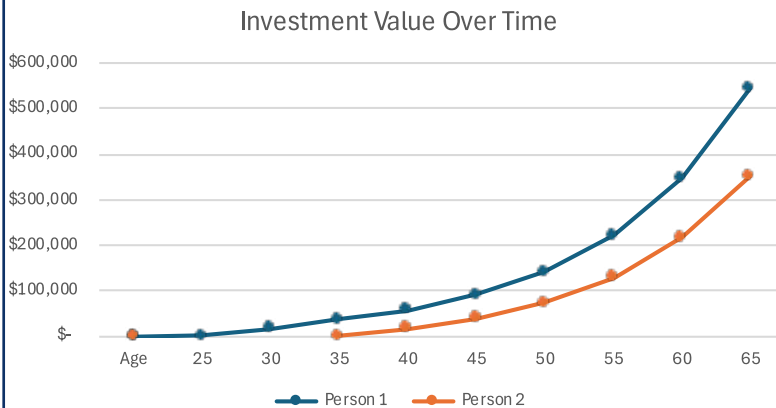
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MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



NOTE: Both investors contribute \$2,000 per year once they start investing. The example assumes a 9% fixed rate of return, compounded monthly. Reference: Investor Protection Trust. *The Basics of Saving and Investing: Investor Education 2020.* <https://www.tn.gov/content/dam/tn/commerce/documents/securities/posts/The-Basics-of-Savings-and-Investing.pdf>

CAN I AFFORD TO INVEST?

Many people think that to invest you need thousands of dollars, which is a myth. You can invest as little as a dollar a month. Almost anyone can open a brokerage account. This account is like a savings account but with a brokerage company allowed to sell “holdings” like stocks, bonds, mutual funds, and Exchange Traded Funds (ETFs). The U.S. Securities and Exchange Commission offers a beginner’s guide to investing at <https://www.investor.gov/introduction-investing>.

Check with your employer to see if they offer a retirement plan such as a 401(k). If they do, start contributing as much as you can each pay period. Your employer can take this amount from your pay and put it into a brokerage account for you. Many companies also “match” contributions up to a certain amount. This means that for every dollar you put in, the company also adds a dollar. This is free money! Try to maximize this amount each year. There also can be tax benefits depending on the type of account you have.

Once the money is in your brokerage account, you can decide what to buy (e.g., stocks, bonds, annuities). Try to learn as

much as you can about the products you are buying, but don’t wait to start investing. There are investment professionals who can help you figure out which purchases are less risky. Make sure your investment portfolio is diversified. That means you should invest in a variety of different things so you have more “eggs” in your “basket.” On average, inflation has been 3.51% each year since 1950, so you should aim to earn at least 3.51% or more on your investments (<https://www.officialdata.org/us/inflation/>).

SLOW AND STEADY

Once you start investing, use the “buy and hold” strategy to sit back and watch your money grow over time. If you earn 9% interest (assuming a strong market), your money will double in 8 years! Then it will double again in the next 8 years, and so on. The sooner you invest, the sooner that can happen. So, whether you can invest \$5 a month or \$5,000, just get started. Your future self will thank you.

REFERENCE:

Office of Financial Readiness. *Investing Basics: Bonds, Stocks, Mutual Funds and ETFs.* <https://finred.usalearning.gov/Saving/StocksBondsMutualFunds>

Written by: Barbara Breutinger | Edited by: Kelly May 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

How to Pack a Cooler



- Choose a well-insulated cooler with thick walls. Before you pack it, make sure it is cleaned out.
- Layer ice between each section to ensure everything remains cold. Put your ice in freezer or grocery bags to help make your cooler easier to navigate.
- Prechill foods and drinks when possible.
- Keep your cooler closed when possible and in the shade and out of direct sunlight.
- Store eggs in a sturdy leak-proof container and out of melted ice.



Put the most delicate foods including fresh fruits and vegetables, healthy snacks, and other items that may require easy access at the top.

Pack in any cheeses, yogurts, and cooked foods.

Store meat products and milk at the bottom of your cooler in airtight and spill-proof containers to avoid cross-contamination.

Line the base of your cooler with ice and/or frozen water bottles.



This work is supported by the
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USDA

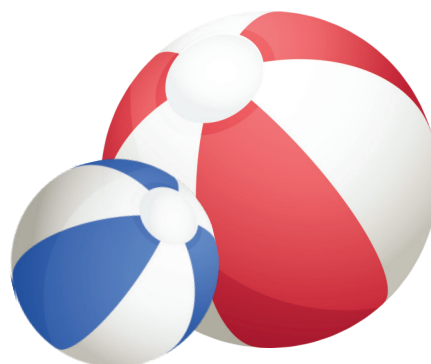
Supplemental
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Program

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MY SUMMER BUCKET LIST

Write a list of ten things you hope to do this summer.



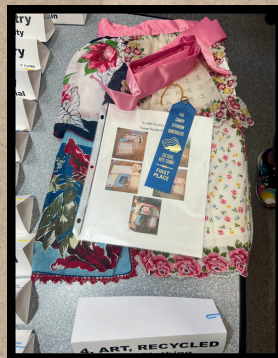
Pike County Annual Meeting

May 23rd 2025



Pike County Annual Meeting

Cultural Arts





SATURDAY

Cooperative Extension Service

UP & READY:

LIFE SKILLS DAY CAMP

FOR AGES: 12-18

THURSDAY, JULY 3rd, 2025
9:30am - 3:00pm

AT THE PIKE COUNTY EXTENSION OFFICE
148 Trivette Dr, Pikeville, KY 41501

What will we be doing?

- ☒ Set SMART goals for personal success
- ☒ Learn to cook a full meal (and eat it!)
- ☒ Practice de-stressing and wellness habits
- ☒ Learn how to change a tire
- ☒ Sew your own take-home keychain
- ☒ Build basic budgeting and planning skills

Open to beginners — no experience needed!

REGISTER BY JUNE 30TH
SPOTS ARE LIMITED!!

Free registration — lunch is included

606-432-2534, available from 8 a.m. to 4:30 p.m.
Monday through Friday, or email us at pike.ext@uky.edu.



STRAWBERRY



FREEZER JAM

Location: Pike County Extension Office

Time: July 8th 10 a.m

Call (606)432-2534 to sign up!

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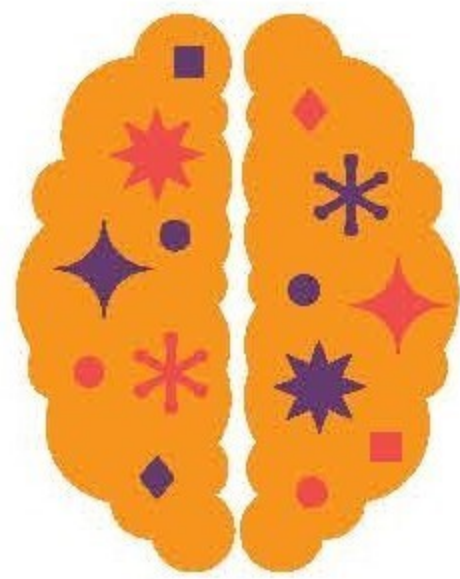
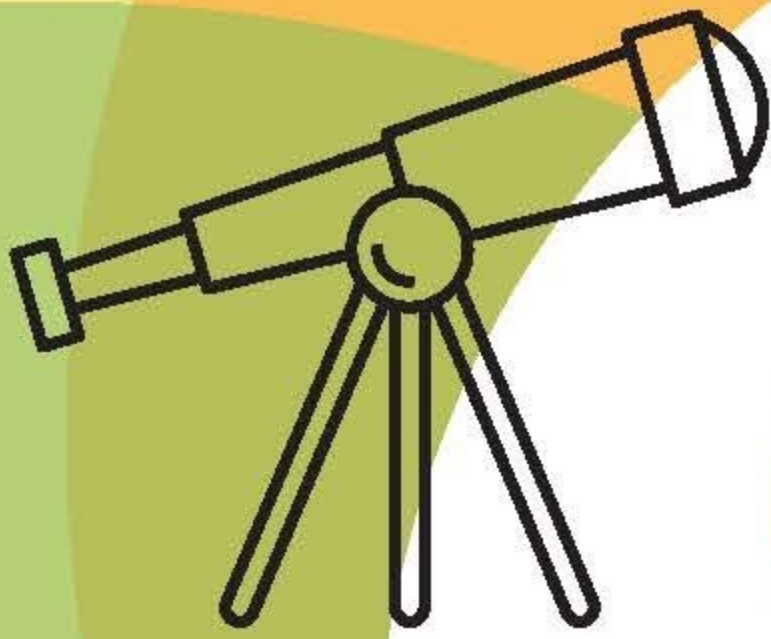
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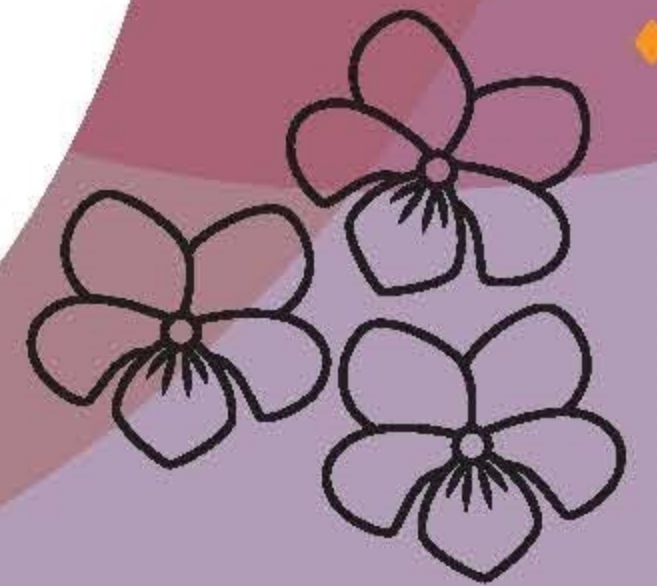
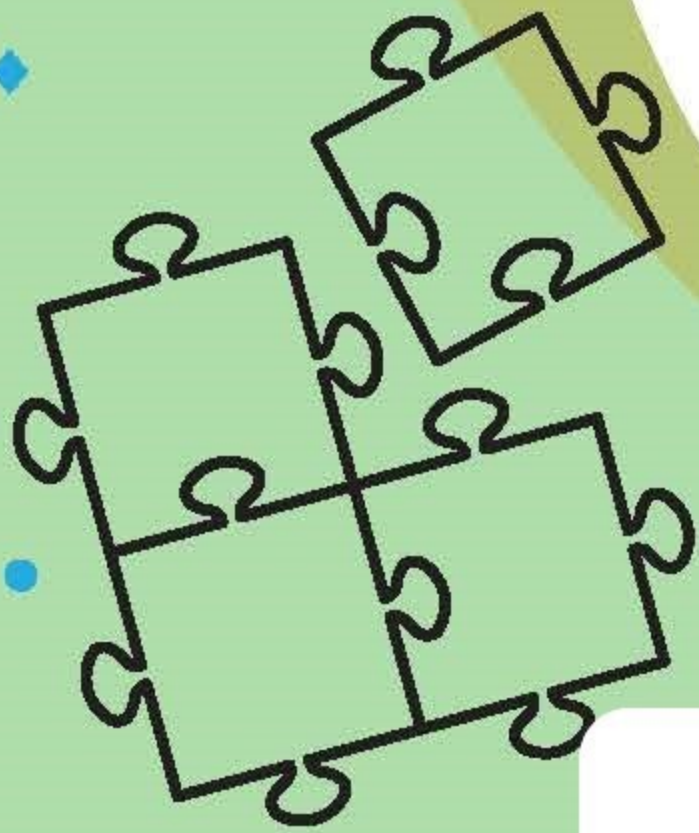
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WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Date: July 9th

Time: 1pm

Location: Pike County Cooperative
Extension Office

Registration: Call 606-432-2534 to
register

Come put your mind to the test by
completing fun brain teasers that
everyone is sure to enjoy!

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LITTLE CHEFS COOKING CLASS



For ages 5 to 8 years old!

JULY 24TH 10AM-12PM

PIKE COUNTY EXTENSION OFFICE

Call (606)432-2534 to sign up

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COOKING THROUGH THE CALENDAR

We will be making Chicken
Burgers!

Tuesday, July 29th 12pm-1pm

Location: Pike County
Cooperative Extension Office

Call (606)432-2534 to sign up!





Melon Berry Smoothie

¼ cup skim milk

1 cup low fat vanilla
Greek yogurt

2 cups chopped honey
dew melon

1 cup frozen blueberries,
strawberries or mixed
berries

1 tablespoon honey,
optional

Place all ingredients in blender.

Blend together until smooth using
the pulse function, if available.

Pour into serving glasses and serve
immediately.

Yield: 4, 8 ounce servings.

Nutritional Analysis: 130 calories,
1g fat, 0 g saturated fat,
5 mg cholesterol, 55 mg sodium,
28 g carbohydrate, 2 g fiber,
24 g sugars, 3 g protein.



Buying Kentucky Proud is easy. Look for the label
at your grocery store, farmers' market, or roadside stand.

Honeydew Melon

SEASON: July-September

NUTRITION FACTS: Kentucky honeydew melon
has a smooth, creamy white rind with a green
cast. This melon is distinctive for its sweet, juicy,
pale green flesh. The ripe melon is crisp and is a
good source of vitamin C. Each one cup serving of
honeydew melon only has about 60 calories.

SELECTION: Look for honeydew melons that give
slightly when squeezed. Ripe melons will have a
sweet, delicate scent.

STORAGE: Store under-ripe melons at room
temperature for two to three days. Refrigerate cut
melons in plastic bag for up to one week. Melons
can be frozen in light syrup for future use.

Source: Kentucky Melons, UK Cooperative Extension Service

PREPARATION: Rinse the outside of the melon
before cutting. Cut melon in half and remove
seeds by scraping them out with a spoon. If you
are using only part of the melon, leave the seeds
in the unused piece, wrap well and refrigerate for
two to three days.

HONEYDEW MELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

July 2014

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