

## OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



JULY 2025

## LETTER FROM YOUR AGENT

*Rosa Smith*

Rosa Smith, Owsley CEA for  
Family & Consumer Sciences Ed.  
rosa.smith@uky.edu  
(606)593-5109

We've sweated our way into July—a month full of celebration, summer heat, pool days, glowing gardens, and growing memories. Our farmers market is in full swing, offering delicious home-grown produce and homemade goods from our talented local farmers and homemakers. Children are chasing lightning bugs and creating moments that will last a lifetime.

Here at the Extension Office, we're embracing the season and gearing up for fun and exciting programs for all ages. In this newsletter, you'll find highlights of what's happening in July, along with a few things to help you plan ahead for August and September.

I hope you're finding ways to beat the heat, and I look forward to seeing you at one of our upcoming events!

To stay up to date on everything we're offering, visit our county website at [owsley.ca.uky.edu](http://owsley.ca.uky.edu) or follow us on Facebook! We hope to see you at the office soon.

Warmly,  
Rosa Smith  
Owsley County FCS Agent

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.

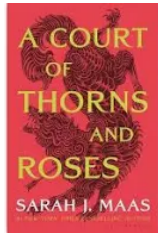
# FCS Focus



## Owsley County Book Club

5:00pm

August 21  
September 25<sup>th</sup>



*Rosa Smith*

Rosa Smith, Owsley CEA for  
Family & Consumer Sciences Ed.  
rosa.smith@uky.edu  
(606)593-5109



## Owsley County Homemakers

August 5<sup>th</sup>- Lunch-N-Learn "Yoga-ta Try This!"  
September 9<sup>th</sup>- Lunch-N-Learn "  
September 9<sup>th</sup>- Homemaker Council Meeting

## Stitch & Chat

Held on the second Friday of each month at 9am

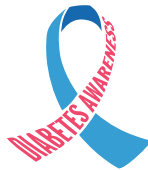
July 11th  
August 8th



## Dining with Diabetes

each session 10am-2pm

July 2nd  
July 9th  
July 16  
July 30<sup>th</sup>



## Diabetes Support Group

### Hybrid Session

July 29<sup>th</sup> @ 6



## Cooking Through the Calendar

All sessions held at 4:00pm  
July 21<sup>st</sup>- Chicken Burgers  
August 11<sup>th</sup>- Slow Cooker Asian  
Pork Tacos

## Food Preservation Workshop

2 day Workshop @ Robinson Center  
August 4<sup>th</sup> & August 8th  
10am-2pm



## Walk Your Way

Held from 3pm-4pm

July 7th, July  
14 and July  
21st

## Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley Co. Public Library at 3:30pm

July 8<sup>th</sup>- Theme: Water



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,  
the UK Office of Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or  
US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



# Scrumptious Strawberry Salad

**Servings: 8**

**Serving Size: 2 Cups**

## Ingredients:

- 5 cups spinach
- ½ large cabbage head, chopped
- 1 cup golden raisins
- 1 cup halved red grapes
- 1 pint sliced strawberries
- ½ small red onion, sliced
- 1/2 cup toasted and chopped pecans (optional)
- \*¾ cup plain non-fat Greek yogurt or plain regular yogurt
- \*3 tablespoons honey
- \*6 tablespoons apple cider vinegar
- \*3 tablespoons olive oil
- \*½ teaspoon Dijon mustard
- \*1 teaspoon poppy seeds
- \*1 teaspoon salt
- \*½ teaspoon pepper

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

## Directions:

1. Combine all salad ingredients together in a large bowl.
2. \*Prepare salad dressing by mixing all ingredients together in a jar, cover, and shake well to combine.
3. \*Pour dressing over salad mixture and toss to combine.

Source: Plate it up! Kentucky Proud Project.







# Traveling with Children this Summer

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.

## Before you go:

**Talk about the trip.** Start with a conversation about where you're going, why, who you'll see, and what you hope to experience. **Explain how you'll travel** — car, plane or train — to help build excitement and ease anxiety.

**Identify potential challenges.** Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.

**Set behavior expectations.** Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, "We keep our hands to ourselves," or "We don't ask for candy at the store," work for all ages. Even adults use this — like telling yourself you're not going to buy anything not on your list. Speaking expectations out loud helps build self-control.

**Get kids involved in packing.** Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they'll need help.

**Entertainment options.** Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles and word searches are great alternatives.

**Plan for delays.** Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack and use the bathroom. While this can add time to your travels, it makes for happier travelers.

## During your trip:

**Stick to routines.** Try to maintain regular meal, nap and bedtime schedules. It may take creativity, but it is worth the effort.

**Let kids take the lead.** Invite your children to make decisions: "Which trail should we take?" or "What do you want to see first?" This builds confidence and keeps them engaged.

**Safety.** Carry a few basics — water, snacks, flashlight and a small first-aid kit.

**Expect meltdowns.** They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond with patience.

## After your trip:

**Reflect together.** Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

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.



# Quicksand Area Agents Present Food Preservation Workshop

August 4<sup>th</sup> and 8<sup>th</sup>

10 a.m.-2 p.m.

Robinson Center  
Jackson, KY

Join us for a two day Food Preservation  
Workshop covering:

Water Bath Canning  
Dehydrating  
Vacuum Sealing

Pressure Canning  
Freezing  
Jam & Jellies

and more!

Contact your local Extension Office to sign up!

**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.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 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: 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](http://ukfcs.net/MoneyWise2-23)

**Cooperative  
Extension Service**

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

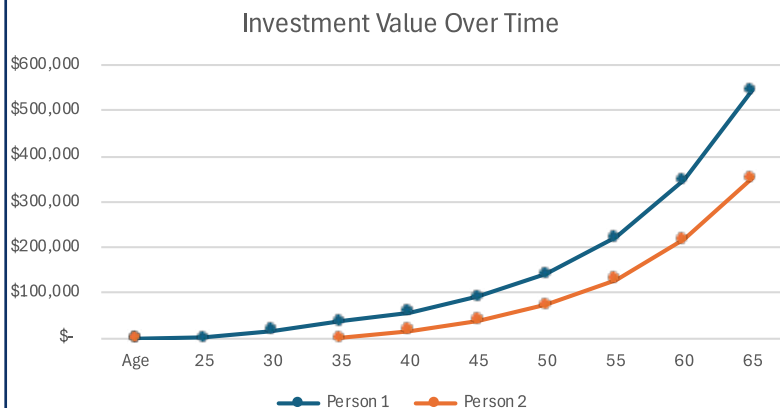
**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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





## 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](mailto:nichole.huff@uky.edu)

# 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?



**A**lpha-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** ➔

**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.





➔ **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

## FAMILY & CONSUMER SCIENCES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Dining with Diabetes 10-12 	3	4 ----Office Closed---- 	5
6	7  Walk Your Way 3pm-4pm	8 Laugh & Learn @ 3:30pm OC Library	9 Dining with Diabetes 10-12 	10	11	12
13	14  Walk Your Way 3pm-4pm	15	16 Dining with Diabetes 10-12 	17	18	19
20	21  Walk Your Way 3pm-4pm  Cooking Through the Calendar @ 4	22	23	24	25	26
27	28	29 Diabetes Support Group @ 6 	30 Dining with Diabetes 10-12 	31		