

June 2025

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

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This month...



Alpha-gal Syndrome



Honey Raisin Muffins



County Fair Information

FCS Today

THOSE LIVING WITH ALPHA-GAL SYNDROME CAN STILL LEAD NORMAL LIVES

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

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."

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Sincerely,

Alivia Stevens

Alivia Stevens
Scott County Extension
Agent for Family and
Consumer Sciences



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Disabilities
accommodated
with prior notification.

ALPHA-GAL SYNDROME, *Leading a* NORMAL LIFE

Continued from Page 1

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 local Scott County Extension office for more information on alpha-gal and red meat allergies.



Upcoming Dates to Remember June 2025

ENJOY THE SUMMER 

Homemakers, have a great summer break!
We will see you for the 2025-2026 program
year kick off on August 19th!

**Fair take in will be
Monday, June 16th
NOT the 17th**

5th: Rug Hookers @ 10:00 AM

16th: Fair Take-In @ 9:00 AM to 11:00 AM & 4:30 PM to 7:00 PM

June 17th - 21st: Georgetown Kiwanis Scott County Fair

Gates Open at 5:00 PM Rides 6:00 - 11:00 PM

17th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

19th: OFFICE CLOSED

26th: Rug Hookers @ 10:00 AM



UK Martin-Gatton
College of Agriculture,
Food and Environment



*Bluegrass Area Extension
Homemakers Annual Meeting*

Friday, October 17th

At the Scott County Extension Office
Detailed registration form to follow.



THIS
MONTH'S
Recipe

Honey Raisin Muffins

½ cup + 2 tablespoons
all purpose flour
½ cup + 2 tablespoons
whole wheat flour
¾ teaspoon baking
powder

¼ teaspoon baking soda
1 teaspoon ground
cinnamon
¼ teaspoon salt
2 cups bran flake cereal
with raisins

1 cup skim milk
½ cup honey
2 egg whites
3 tablespoons
unsweetened applesauce
2 tablespoons canola oil

1. **Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
2. In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce

- and oil; **mix** well.
3. **Add** dry ingredients and stir until moistened.
 4. **Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
 5. **Bake** at 400°F for 15-18 minutes.
 6. **Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein



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

Health Bulletins
Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



Pink and Green Sheets

Pink and Green Sheets will be available in the July and August Newsletters. If you would like to save the 2025 lesson dates they are as follows: Sept. 5th, Oct. 3rd, Nov. 3rd, and Dec. 9th

Scott County Fair

June 17 - 21

Gates Open at 5 pm

Rides 6 - 11 pm

See Pages 7- 11 for
more information!



**Volunteers
needed**

**Scott County Extension
Homemakers,**

If you would like to volunteer
for the Exhibit Hall please
contact the Scott County
Extension Office at
(502)863-0984.

We need help with take in 9:00
AM to 11:00 AM & 4:30 PM to
7:00 PM

Preorder Now!

**Scott County Homemaker
Holiday Cookbook**
Reprint from 1973
\$10.00

Preorder now - pay when
you pick up

To preorder call
(502) 863-0984



**Our office will be
CLOSED on
Wednesday, June 19th
in recognition of
Juneteenth**

2025 Scott County Cultural Arts Winners

- 1.Snowman Applique – Apparel 1B Specialty- Paula Offit – 1st
- 2.Small Butterfly quilt – Quilts- 22 B Baby sized- Paula Offit – 1st
- 3.Wall-hanging Granny's Dresses – 25A – Paula Offit – 1st
- 4.Pinwheel Pillow – Home Decore Basic 1D – Paula Offit – 1st
- 5.Pair of Bears form shirts – Doll/Toy Making – 10A - Ava Heath – 1st ★
- 6.Farmhouse Christmas Quilt - 14D Winter Decoration - Ava Heath – 1st
- 7.Autum Flowers Quilt – 14A - Fall Decoration Ava Heath – 2nd
- 8.Spring into Sewing Fun Quilt – 14B – Spring Decore – Ava Heath – 1st
- 9.Summer Flowers Quilt – 14C- Summer Decore – Ava Heath – 1st
10. Machine Quilted – 22G- Machine Quilted Machine Pieced – Ava Heath – 2nd
11. Marjorie Baker – Painting Wood 20B Barn Quilt – 1st
12. Cardinal basket - Marjorie Baker - Embroidery Machine 12D – 1st
13. Art Upcycle – other – Marjorie Baker – Horses bag – 1st
14. Technology Quilt 22J – Marjorie baker – Monogrammed quilt – 1st
15. Autumn decoration – 14A – Turkey table runner – Marjorie baker – 1st
16. Surgered table runner- 1E- Home décor – specialty – Marjorie Baker – 1st
17. Basic home décor – silver pillow - 1B – Marjorie Baker – 2nd
18. Sewing accessory – Poppins bag – Marjorie Baker – 1st
19. Creep-it-real quilt - Machine quilted and machine pieced – 22G- Marjorie Baker – 1st



2025 Scott County Extension Homemakers' Annual Meeting



Family and Consumer Sciences

OPEN CLASS:

1. Submissions must be made by the exhibitor.*
2. Exhibits will be received **Monday, June 16, 2025**, from 9:00 AM to 11:00 AM and 4:30 PM to 7:00 PM.
4. All exhibits must be classified by exhibitor.
5. Baked goods submissions need to be displayed on white paper plate.
6. No one except judges and general chairperson of the show will be allowed in exhibition display during judging.
7. Food submissions may be discarded due to spoilage. Exhibitor may not receive food submissions back at end of week.
8. Food preservation items will be checked for their seal during judging. If the lid is not properly sealed and comes loose, the item will be discarded, however the jar will be returned to the exhibitor.
9. Scott County Extension is not responsible for any lost or damaged items.
10. Limit of \$3 for top award
11. Open Class Premiums: 1st Place - \$3, 2nd Place - \$2, 3rd Place - \$1.

****Quilts can be pieced by one party and quilted by another. However this must be disclosed at the time of submission.***

Find a complete list of Exhibit Hall Categories and
Livestock Shows at:

<https://scott.ca.uky.edu/events/2025-scott-county-fair-exhibit-hall-and-show-guide>

SCAN ME!



Family and Consumer Sciences

1. APPAREL

- a. Accessory (purse, etc.)
- b. Fashion (pants, shirt, etc.)
- c. Quilted

2. ART

- a. Carving
- b. Sculpture
- c. Paint
- d. Drawing
- e. Paper
- f. ceramics
- g. Mixed Media

3. Baking

- a. Cookies (3)
- b. Brownies and Blondies (3)
- c. Cake (1/2)
- d. Pie (1/2)
- e. Tarts (3)
- f. Biscuits (3)
- g. Muffins (3)
- h. Bars (3)
- i. Cupcakes (3)
- j. Candies (fudge, buckeyes, etc.) (3)

4. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

5. BEADING

- a. Bead Weaving
- b. Jewelry
- c. Non-Jewelry

6. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

7. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/Chin

8. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Cross Stitch

9. Food Preservation

- a. Green Beans
- b. Corn
- c. Tomatoes
- d. Tomato Juice
- e. Salsa
- f. Carrots
- g. Jam, Jelly, and Preserves
- h. Pickles (Cucumbers)
- i. Pickled (Other)
- j. Fruit Pie Filling
- k. Meats
- l. Dehydrated

11. KNITTING

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

10. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

12. PHOTOGRAPHY

- a. Color (Framed)
- b. Black and White (Framed)

13. RUG MAKING

- a Braided
- b. Hooked
- c. Punch Needle
- d. Woven

14. Miscellaneous

15. Quilts

- a. Baby-size or Lap-size
- b. Appliqué
- c. Novelty (stenciled, embroidered, miniature, etc.)
- d. Technology Based
- e. Crazy Quilt
- f. Hand Pieced (Hand Quilted)
- g. Hand Pieced (Machine Quilted)
- h. Machine Pieced (Hand Quilted)
- i. Machine Pieced (Machine Quilted)
- j. Miscellaneous

YOUTH OPEN CLASS

Youth Family and Consumer Sciences open class follows all of the same categories as the adult class. You must be 17 years of age or younger to participate in youth open class. Youth open class will be indicated by a "Y" in front of the category number.



Extended time outside, whether you are walking, gardening, or reading a book, puts you at risk of sun damage, which in turn can cause sunburn, skin cancer, and premature aging. One of the best ways to protect yourself from sun damage is by wearing sunscreen anytime you spend time outdoors.

Sunscreen is important for protection from sunburn, early aging, and skin cancer. It works by protecting you from the ultraviolet rays that come from the sun. Specifically, it protects the skin from two different types of radiation: UVA and UVB. UVA, or Ultraviolet A, is the type of ray that causes the skin to age and creates lasting skin damage. UVB, or Ultraviolet B rays, cause sunburns. They both can cause skin cancer. When you see a sunscreen that is labeled "Broad Spectrum," it means that the sunscreen protects from both UVA and UVB rays.



When selecting a sunscreen, the Skin Cancer Foundation and the American Cancer Society recommend an SPF of 30 or higher. The SPF, or Sun Protection Factor, is a measure of how long the skin can be in the sun before it starts to burn. The higher the number, the greater the protection. For example, an SPF of 45 means that you can stay outside in the sun 45 times longer without getting burned. However, sunscreens lose their effectiveness over time and as you sweat, so you need to reapply every two hours.

Now that it is getting warmer outside, you may start thinking about wearing sunscreen. However, we should be wearing sunscreen every time we step outside. That includes even in the middle of winter. The sun and its accompanying UVA and UVB rays are working all year, not just in the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Protecting yourself from the sun should be done from head to toe, including your face, lips, or any exposed skin. Follow these tips on how to enjoy time in the sun safely.

How to protect your skin from the sun

- **Wear sunscreen.** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Reapply every 2 hours.
- **UV protective clothing.** When possible, wear UV protective clothing. This can include shirts, long sleeves, arm sleeves, shorts, leg sleeves, and pants. If you do not have UV protective clothing, you can wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- **Rock a hat.** Try to wear a hat that has a wide brim to shade your face, ears, and the back of your neck. A darker hat may offer more UV protection. If you wear a typical baseball-style cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas or applying sunscreen to exposed skin.



- **Use sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

REFERENCES:

- https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- <https://www.hhs.gov/surgeongeneral/reports-and-publications/skin-cancer/consumer-booklet>

