

Hart County Homemaker Newsletter

 Cooperative
Extension Service

Family & Consumer Sciences

Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Crafty Friends
July 9
August 13

Cub Run Club
July 16
August 20

Outreach Too
July 15
August 19

Quilt Club- Sew & Sew
July 24
August 28

Waterloo
July 17
August 21

Hardyville
July 17
August 21

July-August 2025

A Note from Sonya

Summer is here! Our office is super busy at this time. We are getting ready for the Hart County Fair. Come join the fun at the fair!

Annual Day is on July 10. Make sure you come and attend! The cost is \$20. Food and fun is being served up! Come by to register by July 3.

See inside the newsletter for upcoming events. Encourage your friends to join Homemakers and get in on the fun activities that we will be participating in.

Sonya Carter

Extension Agent for
Family and Consumer Sciences

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.

HAPPENINGS IN JULY & AUGUST

Hart County Fair 2025

June 30 -July 5th the Hart County Fair will be happening! There is something for everyone. You can see all the events that are happening at the fair on the Hart County Fairgrounds Facebook page.

The Floral Hall has numerous categories that you can bring an item to enter. Everyone is encouraged to come to the fair and see all of the exhibits.



Hart County Homemaker Annual Meeting

The Hart County Homemaker Annual Day will be held at the Hart County Library on Thursday, July 10, 2025 at 11 AM. Our guest speaker is Jane Ann Tharp. The Homemaker directory will be given out that day. The meal is being catered by White's Catering. The cost is \$20. Last day to register is July 3rd.



Area Annual Day

The Mammoth Cave Area Annual day will be held on October 16. It is being held in Logan County. We want everyone to attend and have a fun day! Watch for more details about registering and cost.

Congratulations!!!

Hart County Homemakers received a \$500 grant at the KEHA Meeting for "Creating Welcoming Communities". Janice McCullough applied for the grant and our Homemakers received the award. Thanks to Janice for completing the application!

2025 Cultural Arts

Don't forget about our annual Cultural Arts competition. There is a category for everyone to enter something in. We have so many talented people in Hart County that could be winning the contest! The county contest entries should be brought in between August 18 and August 21. For more information about Cultural Arts check out the KEHA website at:

<https://keha.ca.uky.edu/content/cultural-arts-and-heritage>

Darlene Kersey and Christine Keith are our Cultural Arts Chairpersons. Contact them for more information.

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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)

Hart County
Extension Office
(270) 524-2451

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-

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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.

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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

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | 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

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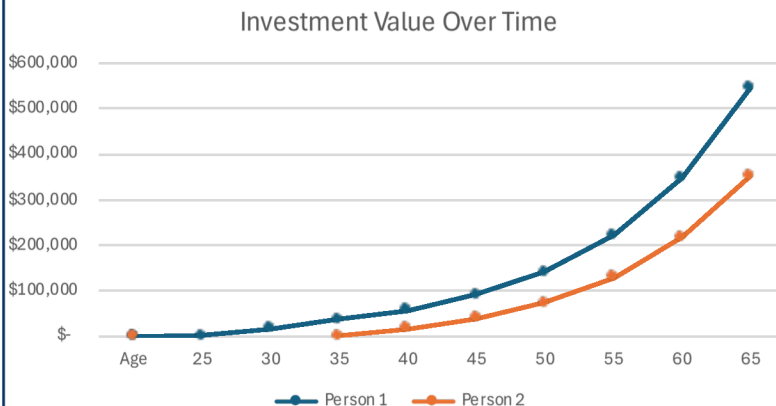
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MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



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

Hart County Extension
P.O. Box 367
Munfordville, KY 42765-0367
RETURN SERVICE REQUESTED

Cooperative Extension Service



Creamy Avocado Cucumber Salad

1 ½ cups diced cucumber	1 cup diced yellow pepper	2 tablespoons balsamic vinegar
1 teaspoon dried basil	1 cup chopped fresh parsley	1 tablespoon fresh lemon juice
1 cup diced tomato	1 cup chopped fresh mint	Salt and pepper, to taste
1 cup diced sweet onion	1 tablespoon olive oil	
1 cup diced avocado		

Wash fresh ingredients. **Remove** cucumber ends and peel if skin is tough or bitter. **Slice** lengthwise, **remove** large seeds, if needed, and finely **dice**. **Place** diced cucumber in a colander over a bowl, **sprinkle** evenly with basil, **stir** and let **stand** 15 minutes. Finely **dice** and **chop** tomato, onion, avocado, yellow pepper, parsley, and mint. **Place** in a large bowl and **add** cucumber.

Drizzle with olive oil, balsamic vinegar, and lemon juice. **Toss**, **add** salt and pepper to taste, and **serve**.

Yield: 8, 1-cup servings

Nutritional Analysis:

70 calories, 3.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 10 mg sodium, 9 g carbohydrates, 3 g fiber, 2 g protein, 3 g sugars, 0 g added sugars.

