

# FAMILY AND CONSUMER SCIENCE NEWS



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension  
Service**

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*Boyd County Cooperative Extension Service  
July, 2025*



Happy July, Everyone! The heat is here, and I hope everyone is enjoying BBQs, pools, and vacations. Make sure to take a beat to enjoy the month and try to stay as cool as possible! A reminder that the Extension office will be closed on Friday, July 4<sup>th</sup>, for Independence Day.

We are a little slow this month so that we can rest up for next month's county fair, but that doesn't mean we don't have our July Lunch and Learn on July 18<sup>th</sup> at noon. Speaking of the Boyd Co. Fair, I want to take the time to encourage everyone to enter something in the fair. We have a lot of talented people in our county, and the fair is a perfect opportunity to showcase them! Please stop by my office if you have any questions or would like to chat!

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**Health Bulletin**

*Jacqueline Doucet*

Jacqueline Doucet  
County Extension Agent  
For Family and Consumer Sciences

**Cooperative  
Extension Service**

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

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Lexington, KY 40506



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# *Message from the President*



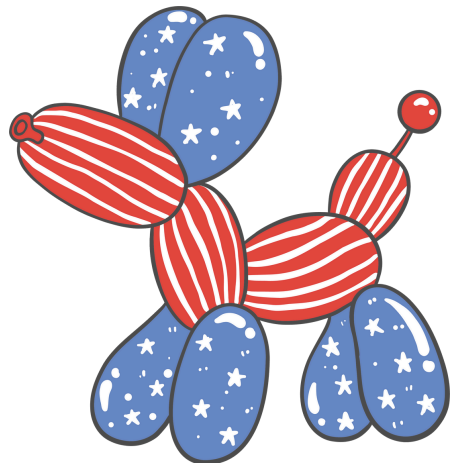
Hey Homemakers,

As we move into July, the year is half over, and Summer is upon us. The temperature gets higher, and patience gets shorter, so allow extra time for everything you need to get done. Farmers Markets, cookouts, fireworks, swimming, busy, busy, busy.

Slow down and take time to enjoy the activities, don't rush through like it's a chore to check off on a to-do list. Make time for yourself to go out for lunch, stay home and take a nap, or have ice cream for breakfast. Life is short, make the most of it.

Love and prayers,

Kathy



# Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Hillendale, **July 10th at 10 a.m.**, Boyd County Extension Office. **July's Recipe: Chicken Burgers***
- *Homemaker Council Meeting, **July 9th at 10 a.m.**, Boyd County Extension Office.*
- *Cultural Arts Drop-Off for End-Of-The-Year- Banquet, **July 23<sup>rd</sup>, 3 p.m.-6 p.m.**, Expo Building.*
- *Boyd County Homemakers End-Of-The-Year Banquet, **July 24<sup>th</sup> at 6 p.m.**, Frank's Building.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for the Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*





# KEHA Upcoming Events & Announcements

- July 1 – Due date for club reports to be submitted to the county (paper forms). This includes both the program of work reports and volunteer service logs.
- July 8-10 – NVON Conference in Springfield, IL.
- July 21-24 – ACWW USA Area Conference in Erlanger, KY.
- Aug. 15 – Due date for county reports. County VSU reports are due via paper forms, and educational chair reports must be entered online.
- Sept. 15 – Due date for area VSU reports via paper forms.





# COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

**JANUARY 16TH**

**FCS:  
SPLIT PEA  
SOUP**

**FEBRUARY 6TH**

**CATLETTSBURG:  
CAULIFLOWER  
BITES**

**MARCH 6TH**

**HILLTOP:  
CRUNCHY AIR  
FRYER FISH**

**APRIL 3RD**

**TRACE:  
LEMON  
BROCCOLI  
PASTA**

**MAY 1ST**

**HILLENDALE:  
BANANA  
PANCAKES**

**JUNE 5TH**

**HILLENDALE:  
RICE AND BEAN  
SALAD**

**JULY 10TH**

**TRACE:  
CHICKEN  
BURGERS**

**AUGUST 7TH**

**SUNSHINE:  
SLOW COOKER  
ASIAN PORK  
TACOS**

**SEPTEMBER 4TH**

**HILLTOP:  
GRITS, GREENS  
AND EGG BOWL**

**OCTOBER 2ND**

**CATLETTSBURG:  
CHEESY  
PUMPKIN PASTA  
BAKE**

**NOVEMBER 6TH**

**SUNSHINE:  
PARMESAN  
CARROT CHIPS**

**DECEMBER 4TH**

**FCS:  
LASAGNA SOUP**

# Recipes from the 2025 Food and Nutrition Recipe Calendar



## July's Recipe: Chicken Burgers

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

**July 10th  
at 10 a.m., Boyd County  
Extension Office.**



# 2025 Lunch and Learn Upcoming Dates

**12 pm-1 pm**

**Boyd County Extension  
Office**

**Join us for a fun lunchtime discussion.**

**Lunch will be provided**

**Please call 606-739-5184 to Register.**

**This program is FREE**

**Limited to 20 participants**

**July 18th**

Saving Water At Home

**October 17th**

Reducing the Risk of Identity Theft

**August 8th**

Scam Red Flags & Avoiding Fraud

**November 14th**

Talking Turkey

**September 19th**

What's That Date Mean?

**December 19th**

Sweet Enough Without All That  
Sugar





*Boyd County Extension Homemakers*

## Longaberger Basket Bingo

**August 7th, 2025**

**Boyd County Cooperative Extension Office**

**2420 Center St., Catlettsburg**

**DOORS OPEN AT 5:30 ~ GAMES BEGIN AT 6:00**

*\$20 for 20 games, Money collected at the door*

**\*\*DOOR PRIZES\*\*RAFFLE BASKETS\*\*50/50\*\***

*Refreshments available for purchase*

**For more information please call (606) 739-5184**

*The vintage Longaberger Basket Bingo is a fundraiser for  
the Boyd County Homemakers Community Projects.*

*A great time for a worthwhile cause.*





Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Sciences



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## Chicken Burgers



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Prep time: 10 minutes**

**Cook time: 10 minutes**

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

*Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 burger on bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

### Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

### Source:

Andrea Wilde,  
NEP Area Nutrition  
Agent, University of  
Kentucky Cooperative  
Extension Service

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# 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-

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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>

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