

# Homemakers F&CS

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

JUNE 2025



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

**Gallatin County**  
395 US Hwy 42 West  
PO Box 805  
Warsaw, KY 41095  
(859) 567-5481  
Fax: (859) 567-5432

## Reflections from Ronda

Happy June All!



Can you believe June is finally here? I love Summer and so happy to be able to really get out and move about without jackets, coats, hats and gloves. Let the sun shine! We all need our vitamin D. Deron, Josie and I love our family walks together. It is such a special time for us to practice mindfulness and just be in the moment together. Josie, like any dog,

teaches us to stop and take in all the outdoor pleasures. She has definitely taught us the meaning of "stop and smell the roses" as the song goes.

There is a lot coming up with the Fair festivities. The Fair Open Class Exhibits' entries will be June 11th from 9:00 a.m. to 12:00 p.m. with judging at 1:00 p.m. The Gallatin County Extension Homemakers collaborate with the Gallatin County Fair Board to facilitate and showcase this event. Thank you to the volunteers who have stepped up to help that day. Remember, Extension Days at the Fair-Homemaker Night is that same evening from 5:00 to 9:00 p.m. with fun activities for families. (a flyer is enclosed)

Make sure you check out our upcoming classes and events:

-Splash's Summer Fun Day hosted by the Health Department will be held on June 26 at the city park from 3:00-6:00 p.m.—Extension 4-H and FCS will participate.

-Gallatin County Homemaker Council Meeting is July 14th at 11:30 a.m. with the Scholarship Committee meeting at 10:00 a.m. Lunch will be provided.

-Area Homemaker Council Meeting—Gallatin County has been asked to host on July 23rd at 12:30 p.m.

-The Gallatin County Homemaker Ice Cream Social will be held on August 18th at 7:00 p.m. in our West Wing. This year, 4-H will be in the main office meeting room with their kick-off, Get the Scoop on 4-H. They will have fun activities for families. Invite a friend to attend with you to help us kick-off another fantastic year with Gallatin County Extension.

-Rick Sellnow, N KY Area Digital Literacy Agent, will be at the Extension Office to teach a Facebook Class on August 29th from 1:30 to 3:00 p.m. (flyer enclosed) Please register by calling our office.

Looking forward to seeing you at our upcoming events!

*Ronda Rex*

County Extension Agent for Family & Consumer Sciences

## Important Dates To Remember!

**June 7-14—Gallatin County Fair**

See enclosed flyer for more details

**Open Exhibit Check-in on June 11th**

**9:00am-12:00pm**

**Judging 1:00pm**

**June 10—Fun Time Quilters—9:00am-**

**4:00pm—will meet at the Extension Office**

**June 10—Back to Basics Homemakers—**

**6:00pm—will meet at the Extension Office**

**June 10—Napoleon Homemakers—6:00pm—**

**will meet at Zalla Lodge**

**June 11—10:30am—Cross County**

**Homemakers—will meet at the**

**Extension Office**

**June 15—Happy Father's Day**



**June 19—Juneteenth—**

The Extension Office will be closed

**June 20—First Day of Summer**



**Looking Ahead...**

**Ice Cream Social— August 18th at 7:00pm**

**See enclosed flyer for more details.**



### 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

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Disabilities  
accommodated  
with prior notification.

# Reminder

**Volunteer Service Unit Hours Forms  
are due to the Extension Office by**

**July 1, 2025!**

**Thank you for all you do!**

**\*Forms are included on page 11 of this newsletter. If you  
need additional copies, contact the Extension Office at  
(859) 567-5481.**

## 2025 Homemaker Council Dates

July 14, 2025 at 11:30 a.m.

October 13, 2025 at 11:30 a.m.

All meetings will be held at the Gallatin  
County Extension Office

## KEHA State Meeting

Gallatin County was well represented this year at the KEHA State Meeting held in Lexington. There were 14 Cultural Arts items that went to the KEHA State Convention's Cultural Arts Event. The following Homemakers received a blue ribbon at the State:

Ange Morris—Embroidered jean jacket, Halloween Wall Hanging, and Embroidered tree topper

Doreen Main—Pelican glass sculpture

Beth Lynn—Small felt purse

Sue Keller—Tulip wall hanging and Mr. & Mrs. Claus diamond art framed wall hanging

April Meyung—Woodpecker on driftwood

Sandy Stockdill—Baby afghan, Red, and the White and Bloom Wall Hanging received a Purple.



## Cooking Through the Calendar

### June: Rice and Bean Salad

#### Ingredients:

##### Dressing

1/4 cup red wine vinegar	3/4 tsp. salt
1 1/2 tsp. Dijon Mustard (or any type)	1/4 tsp. ground black pepper
1 tsp. Italian seasoning	1/2 cup canola or vegetable oil
1/2 tsp. garlic powder	

##### Salad

1 can (15 oz.) no salt added black beans, rinsed and drained  
1 can (15 oz.) low-sodium chick peas, rinsed and drained  
1 1/2 cups fresh, canned, or frozen corn  
2 cups cooked brown rice  
1/2 small red onion, chopped  
1/2 bunch cilantro or parsley, chopped  
3 cups spinach, chopped  
1/2 jalapeno, seeded and diced (optional)

#### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine, vinegar, mustard, Italian seasoning, garlic powder, salt and pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, allow it to sit in the fridge for at least one hour.
6. Refrigerate leftovers within 2 hours.

#### Makes 7 servings

**Serving Size: 1 1/2 cup**

**Cost per recipe: \$14.01**

**Cost per serving: \$2.00**

**Nutrition facts per serving:** 350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium.

**Source: Jeannie Noble, RD, Extension Specialist for Nutrition,  
University of Kentucky Cooperative Extension**





# Homemaker Happenings



## Senior Center







# 2025-2026 DONATIONS FOR CINCINNATI FISHER HOUSE PLEASE HELP OUR VETERANS



**JUNE**

**SOUP & CANNED ITEMS**

**JULY**

**GALLON & QUART STORAGE BAGS**

**AUGUST**

**GRAB & GO MEALS**

**SEPTEMBER**

**LYSOL WIPES**

**OCTOBER**

**WATER**

**NOVEMBER**

**HAND SANITIZER**

**DECEMBER**

**PAPER TOWELS**

**JANUARY**

**ROOM AIR FRESHNERS**

**FEBRUARY**

**PAPER PLATES**

**MARCH**

**FABRIC SOFTNER SHEETS**

**APRIL**

**CROSSWORD/SUDOKU BOOKS**

**MAY**

**WATER**

**WE ALSO TAKE ANY OTHER ITEMS ON THEIR WISH LIST AT ANY TIME.**

**DONATIONS CAN BE DROPPED OFF AT THE  
GALLATIN COUNTY EXTENSION OFFICE  
(859) 567-5481**

**395 US HWY 42 W, WARSAW, KY  
9:00AM-4:00PM MONDAY THROUGH FRIDAY**

**YOU CAN ALSO CONTACT MARIE ALLISON AT [mallison600@gmail.com](mailto:mallison600@gmail.com)**



# 2025 GALLATIN COUNTY FAIR EXTENSION EVENTS

Come enter your fair exhibits and join us for some hands-on activities & meet Wally Wildcat

**Location:** Gallatin County Extension Building Glencoe, KY

**WEDNESDAY, JUNE 11TH**

**EXHIBIT DROP OFF 9AM-NOON**

*\*4-H, FFA, & Open Class Exhibits\**

**HOMEMAKER NIGHT 5PM-9PM**

Rock Painting   Balloons  
Kid Friendly Quilt Blocks

**THURSDAY, JUNE 12TH**

**4-H NIGHT 5PM-9PM**

Spin Art   Balloons  
Sand Art   Rock Painting

**FRIDAY, JUNE 13TH**

**AGRICULTURE NIGHT 5PM-9PM**

Flowering Container Gardens

**\*\*Drawings throughout the night\*\***

**EXHIBIT PICK UP 7PM-9PM**

*\*4-H, FFA, & Open Class Exhibits\**

**For Questions, call (859) 567-5481**

**Cooperative  
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Agriculture and Natural Resources  
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4-H Youth Development  
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Disabilities  
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**FIGURING OUT**

 Cooperative  
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# FACEBOOK

**AUGUST 29, 2025**

**1:30 PM–3:00 PM**

**GALLATIN COUNTY EXTENSION OFFICE  
395 US HWY 42, WARSAW, KY 41095**

**Please join us an overview of how to make  
sure your Facebook works best for you,  
rather than for Facebook. We'll discuss  
best practices for using Facebook  
Marketplace, how to decrease unwanted  
ads from showing up in your feed, and  
some basics about Facebook's Meta AI.**

***Speaker: Rick Sellnow***

***Call to register at  
(859) 567-5481***

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# Those Living with Alpha-gal Syndrome Can Still Lead Normal Lives

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." 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 the Gallatin County Extension Office at (859) 567-5481 for more information on alpha-gal and red meat allergies.

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





# **Northern Kentucky Extension Homemakers**

## **Scholarship Information & Guidelines**

### **General Guidelines for Both Scholarships**

- ❖ Scholarship applications are due to the Area Chairpersons by August 15<sup>th</sup> and will be judged by September 15<sup>th</sup>.
- ❖ Applicant must be a paid Extension Homemaker member by December 31<sup>st</sup> of the previous year to apply for a scholarship.
- ❖ Applicant may not win two consecutive years.
- ❖ Scholarships will be judged within the area by a committee consisting of the Area Leadership Development, Community Outreach & Scholarship Chairpersons and the Area Contact Agent for the committee.

### **Nellie Ellis Scholarship**

- ❖ The scholarship must be used for training that would bridge the applicant into the workforce and/or allow for greater earning potential.
- ❖ One \$250 scholarship will be awarded.
- ❖ Upon proof of acceptance, scholarship funds will be sent directly to the Educational facility.
- ❖ If fees for classes or courses do not meet the total of \$250, a partial scholarship shall be granted. The remaining funds can be used for an additional scholarship. Otherwise, the remaining funds will be added to the general fund for the following year.

### **Enhancement Course Scholarship**

- ❖ The scholarship must be used for a course or class of learning enhancement nature.
- ❖ Two \$50 scholarships will be awarded.
- ❖ Winners will be chosen at random.
- ❖ Learning enhancement courses can be paid by the Extension Homemaker ahead of time and a receipt signed by the instructor should be given to the Area Treasurer for reimbursement —OR— an area check can be made out for the course before the class is taken.
- ❖ The class must be taken within the year the scholarship is won.

### ***Northern KY Leadership Development, Community Outreach & Scholarship Chairpersons:***

**Mary Jane Day**

450 Day's Lane, Sparta, KY 41086

**Louise Hiles**

400 Tapering Pointe Road, Glencoe, KY 41046

**For a copy of the application, please contact the  
Gallatin County Extension Office at  
(859) 567-5481.**



# ESTATE PLANNING

 Cooperative  
Extension Service



**September 30, 2025**  
**1:30 PM– 3:00 PM**

**Gallatin County Extension Office**  
**395 US HWY 42 W, Warsaw, KY 41095**

**Speaker: Attorney Michael Keeney**

Topics to be discussed:

Wills & Probate  
Trusts  
Federal & State Estate Tax  
How to settle an Estate  
Health Care Directives

**Call to register**  
**(859) 567-5481**

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395 US Highway 42 West  
PO Box 805  
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(859) 567-5481  
Gallatin.ca.uky.edu

**SAVE THE DATE**

# Ice Cream Social



**MONDAY  
AUGUST 18, 2025**

**7:00 PM**

**GALLATIN COUNTY  
EXTENSION OFFICE**

**395 US 42 W  
WARSAW, KY**

Just as the topping on an ice cream sundae makes something good even better, Extension Homemakers give the extra that makes our community extra special!

Join us as we kick off another Extension Homemaker year with an Ice Cream Social! Stop by Extension Office with your family to meet and mingle with other Extension Homemakers and enjoy homemade ice cream. While you are here you can pay your yearly homemaker dues.

Dues for the 2025-2026 year are only \$10.00.

Our goal is to increase our Homemaker membership. Invite a daughter, a neighbor, or a friend to join Homemakers and bring them with you to the Ice Cream Social!

Call us at (859) 567-5481 if you have questions about the Ice Cream Social, or how to join Gallatin County Extension Homemakers.



**The Gallatin County Homemakers will be accepting donations for the Fisher House which is a project we support for Veterans. Homemakers will be accepting donations of Grab-n-Go meals, water and disinfectant wipes for August, September and October.**

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Name: \_\_\_\_\_ Address: \_\_\_\_\_

County: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.



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