



Traveling with Children this Summer

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

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.



Disabilities accommodated with prior notification.



A Note from the president...

Thank you to Debbie Hyson and her very active committee for delivering a wonderful **Annual Homemaker Meeting!** The program about the history of our county's association was sprinkled throughout with fun. We had winners of the dessert competition (and we enjoyed those with our tasty meal), a parade of aprons, door prizes, and opportunities to enjoy the array of aprons and club projects on display, as well as bidding on goodies. Thank you to those who provided or purchased items in the Silent Auction fundraiser, too.

Check out the photos taken at the event on pages 4 and 6!

The new program year for Homemakers begins July 1st. Thank you to our former and new Officers and Chairs:

- Former Council Secretary, Susan Davis, and to our returning Officers Pam Fields, President, and Marcia Kerby, Treasurer.
- Sue Linnenkohl (former Food/Nutrition Chair) has volunteered as our new Council Vice President and Debbie Hyson as Council Secretary.
- Our county and Area Co-Chairs for Individual and Family Development, Mary Lou Vogel & Pam Fields, have completed their 3 years of service. Sue Linnenkohl will be the new county Chair of the program.

- Former and returning Chairs of Cultural Arts and Scholarship Committee, Linda Booth & Pat Gabelman, and to Judy Yeager, Environment, Housing and Energy program chair.
- New Program Chairs are: Octavia Dales, International; Marietta Knuehl, 4-H; and Mary Lou Vogel, Management & Safety.

We also thank our members for their valuable support and participation in the past! Please read your newsletter when it arrives to stay informed about all the opportunities provided for YOU through Extension and Homemakers. Looking forward to experiencing life with you, Pam.

Campbell County Extension Cultural Arts



Thursday, September 18

Items need to be at the
Extension Office by 9:30 a.m.

Judging starts at 10:00 a.m.

Lunch will be served.

Campbell County Cooperative Extension



The Maker Club ventured into abstract watercolors for wall art and card making. Many were enamored with embossing and die-cutting to take their cards up a notch. We always have so much fun and never enough time! Thanks for all of your positive feedback on the survey, Makers!

Our next art adventure will be on July 14, 6PM, for miniature Christmas canvas paintings. RSVP required by July 1. Contact Debbie Hyson 859-512-6400.



LUNCH BUNCH

July 1 - 11:00
 Outback Steakhouse
 7731 Five Mile Road,
 Anderson Township, OH
 Call/Text RSVP by ASAP if you
 plan to attend or would like to carpool.
 859-816-8707

Off for August

September 2 - 11:00
 Golden Lamb (tentative)
 27 S Broadway St,
 Lebanon, OH 45036



Campbell County Homemakers Annual Meeting

June 23, 2025



Karen Hogan, was the winner of the dessert competition at the 101st Campbell County Homemakers Annual Meeting. Her entry, Amaretto Cake, won over the judges and was devoured with the rest of the delicious entries in the competition by all in attendance. Thank you to all who entered (Rosemary Harrison, Emily Hornsby, Octavia Dales and Tracey Wenz)!



Rosemary Harrison (L), wearing her winning apron in the Parade of Aprons for the People's Choice Awards! Congratulations to Rosemary and all the door prize and auction winners! What a spirited group of homemakers at the annual meeting! Thanks to the committee for all their hard work in prepping for and executing an epic event. Way to go Campbell County Homemakers!

(Chris Hornsby, Emily Hornsby, Aleyna Hehman, Judy Yeager, Sue Linnenkohl, Octavia Dales, Mary Lou Vogel and Debbie Hyson)



Kate Vaught Thompson

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

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-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and 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.

What's Your Algorithm?



Please join us for a discussion of what makes up your unique algorithm, how algorithms shape the online world you see, and how that world differs from what others see. This session contains instruction and time for Q&A.



JULY 24TH, 2025 @ 10AM - 12PM



Campbell County Extension Office
3500 Alexandria Pike,
Highland Heights, KY 41076
ROOM A

REGISTER AT: campbell.ca.uky.edu or (859) 572-2600



Campbell County Homemakers Annual Meeting

June 23, 2025





Thank you to the Homemakers who have been busy making fabric bunnies recently. Attached to each one recently delivered was a tag shown in one of the pictures. Pictured standing next to Pam Fields is a young lady named Margie Sawyer who works on activities for residents at The Seasons in Alexandria. The day these bunnies were delivered, 30 residents (a few are shown in the other pictures) were playing bingo and were surprised when each one received them. Now it is reported that those bunnies are in residents' rooms, serving as a reminder that they are loved.




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2025 Flower Buds

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
 Older children are also
 welcome to join with prior notification.

Space is limited to 15 children
 plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:
 Campbell County Extension Service
 3500 Alexandria Pike
 Highland Heights, KY 41076

2025 Flower Buds Schedule:

10:00 a.m.-11:30 a.m

- Thursday, August 7
- Thursday, September 4
- Thursday, October 2
- Thursday, November 6
- Thursday, December 4

If you have questions, please contact Kate Thompson or Terri Turner.

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Cooperative Extension, Lexington, KY 40546

The 4 Stages of Parenting and How to Maximize Each One

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

Parenting is a journey that changes as children grow and change. Understanding the four main stages of parenting can help parents through each phase, making sure they give the right support at the right time. Each stage has its own challenges. Knowing what tack to take in each can mean better results for both parents and kids.



through social pressures. Research shows that teens benefit from open communication and the chance to make choices within limits. Parents should maintain trust while offering support and emphasizing the value of personal responsibility and prepping teens for adult life.

Infancy Stage (0-2 years).

During infancy, the main focus is on meeting a child's basic needs — feeding, comfort, and safety. Research shows attachment and bonding are key, as babies count on their caregivers to feel safe in the world. Positive interactions and consistent caregiving help build a sense of trust and safety in the baby. They lay the groundwork for later stages. During this stage, parents should focus on forming a responsive caregiving style.

Early Childhood Stage (2-6 years).

In this stage, children have quick cognitive, emotional, and social growth. Children start to explore their freedom. Their language skills, motor skills, and social understanding grow. Parents should give structure and guidance while letting your child explore their sense of wonder and curiosity. Research says it is vital to let children succeed in tasks to build confidence. Encouraging positive social interactions and giving proper challenges for their age can help children build self-esteem and start to learn how to navigate their environment.

Middle Childhood Stage (6-12 years).

In middle childhood, children gain more even more freedom and start forming their own sense of self. Their cognitive skills grow, and they start to build skills in problem-solving and logical thinking. Parents should focus on giving chances for learning and personal growth while keeping up steady support. Studies suggest that more school engagement and activities outside of school at this stage are key for fostering a sense of skill and self-worth. Parents can boost this stage by fostering good friend bonds, promoting responsibility, and encouraging exploration of their child's interests.

Adolescence Stage (12+ years).

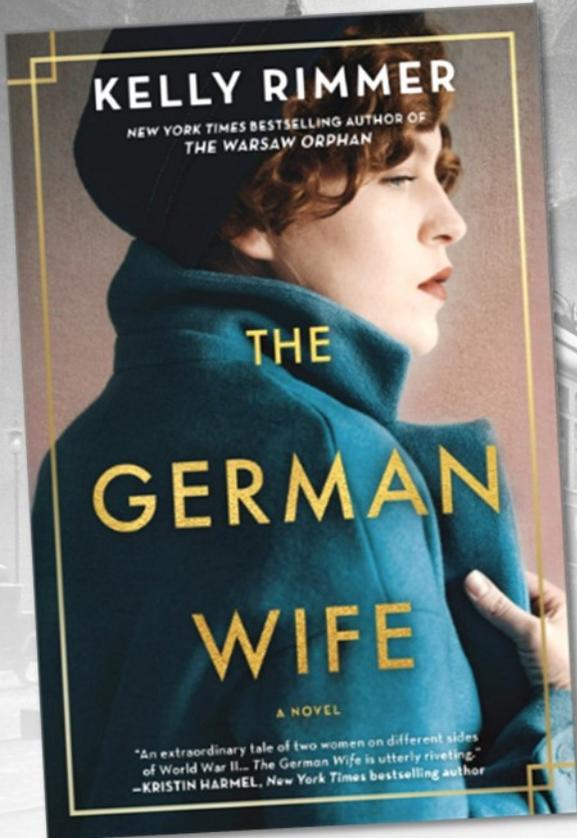
Adolescence has intense physical, emotional, and social changes. Teens strive for freedom and build more complex thinking. Parents should use a more flexible, supportive role, guiding their teens through decision-making and helping guide them

Each stage of your child's growth needs different parenting methods to make sure children develop into well-adjusted, competent adults. By understanding the unique needs of each phase, parents can give the care and support their child needs at every step of the journey.

References

- Bowlby, J. (1988). *A Secure Base: Parent-Child Attachment and Healthy Human Development*. Routledge.
- Eccles, J. S., & Roeser, R. W. (2011). *School and Community Influences on Human Development*. Wiley-Blackwell.
- Erikson, E. H. (1963). *Childhood and Society*. W.W. Norton & Company.
- Steinberg, L. (2001). *The Adolescence: An Overview*. Oxford University Press.





Plan to join us
for a discussion...

For fans of historical fiction, this is an absolute must-read. Confronting, challenging, and illuminating, this story will linger long after the final page.

by Kelley Rimmer

Please note:

- You must supply your own book.
- Read the book before the gathering.
- Must be 18 years or older to register.

Wednesday, July 23, 2025

6:00pm - 7:30pm

Campbell County Cooperative Extension

3500 Alexandria Pike | Highland Heights, KY 41076

Registration Required: 859-572-2600

or online: <https://campbell.ca.uky.edu/events/>

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Cultivating Joy Tools for Tough Days



Discover ways to help yourself and others navigate life, manage stress and anxiety, and build strategies.

Anchor in the Chaos - Learn tools and strategies to effectively manage stress, anxiety, and overwhelming situations.

Kate Thompson, Campbell County Agent for Family and Consumer Sciences

The Rhythm of Resilience – Explore creative ways to help you through life’s ups and downs.

Susan Miller, Boone County Agent for Community Arts

The Architecture of Joy—Discover five pillars of personal happiness.

Diane Mason, Boone County Agent for Family and Consumer Sciences

TUES, 9/16/25, 9:00 a.m. – Noon

Boone County Extension Florence | 7111 Dixie Highway, Florence

Registration requested: 859-586-6101 or boone.ca.uky.edu/on-line registration

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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

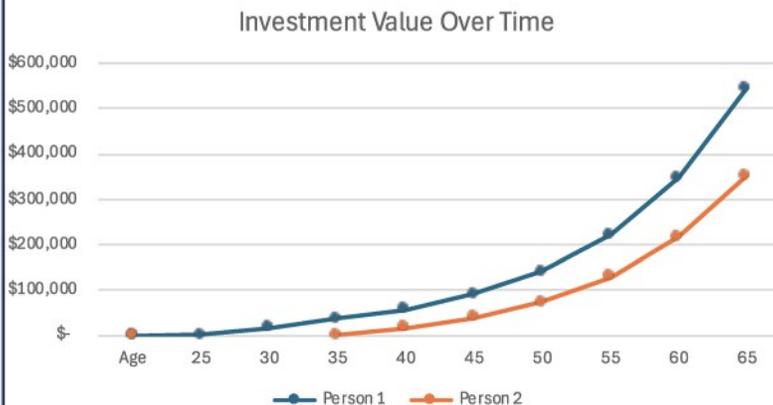
Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your "risk tolerance" will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance 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



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

EXPLORE Belize with US!



CULTURE COFFEE CHOCOLATE



Date: August 26, 2025



Time: 6:00 PM - 9:00 PM



Location:

Boone County Enrichment Center
1824 Patrick Drive, Burlington



RSVP!  Cooperative Extension Service

Please call Boone County Extension Office [at] 859-586-6101 to register.

Please join us for an evening of exploration as we enjoy a presentation and discussion on Mayan culture, coffee bean production, and chocolate processing in Belize.

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Alcohol Safety in the Sun

Source: Dr. Alex Elswick, Assistant Professor and Extension Specialist



Summer is peak time for doing outdoor activities with family and friends like swimming, boating, and lounging by the pool. Perhaps not coincidentally, summer is also peak time for alcohol sales in the United States. Memorial Day to Labor Day is considered the most profitable season for alcohol producers. If you choose to drink alcohol this summer, keep the following tips in mind to keep yourself healthy and safe.

Harms Caused by Alcohol and the Sun

Many of the harms associated with alcohol are well-known: intoxication, alcohol poisoning (i.e., overdose), falls and accidents, lowered inhibitions, and risky behaviors. During the summer, however, more alcohol consumption along with more outdoor activities creates even greater risk of harm. For instance, 31% of all drowning deaths in the U.S. involve a blood alcohol concentration of .10% or higher. Alcohol can affect judgment and

disorient you. This is especially dangerous in the water. There are other harms to consider. Be aware of boaters losing their bearings, intoxicated drivers, and dehydration. You are even more likely to sunburn when drinking alcohol!

Alcohol Harm Reduction in the Sun

Fortunately, there are ways to protect yourself while still enjoying alcohol during the summer months. Be sure to stay plenty hydrated. That may mean alternating water and alcoholic beverages. Always make sure you have non-alcoholic drinks nearby. Keep healthy snacks on hand, including healthy fats, to slow the absorption of alcohol. Protect your skin by covering up or wearing sunscreen. And always use a designated driver, even (or especially) on a boat.

Reference

National Institute on Alcohol Abuse and Alcoholism. (2024). Available at: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/risky-drinking-can-put-chill-on-your-summer-fun>

Spencer County Homemakers Program — Basket Bonanza Mini Retreat with the Bluegrass Basket Guild.

Bluegrass Basket Guild

4th Annual Basket Bonanza

For more information contact
Nichole Hutchins
Spencer County Extension Office
(502) 477-2217

September 12 & 13, 2025
Spencer County Extension Office
100 Oak Tree Way
Taylorsville, KY 40071



I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrenmentalhealth/depression.html)



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>

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Cooperative Extension Service
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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-

Continued on the next page ➔



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➔ **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

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Stock images: Adobe Stock



UK Cooperative Extension Service

Multi-County Discussion w/
Kenna Knight, Joan Bowling,
& Kate Thompson



Why are today's kids more anxious, depressed, and fragile than ever before?

Psychologist Jonathan Haidt explores how the rise of smartphones and social media has reshaped childhood - and what we can do to fix it.

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~Jonathan Haidt~*

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Jonathan Haidt

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Disabilities accommodated with prior notification.



CHICKEN BURGERS

Servings: Makes 4

Serving Size: 1 burger on bun with toppings

Recipe Cost: \$8.36

Cost per Serving: \$2.09



Ingredients:

- 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

Directions:

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.

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

July 2025



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p>		<p>1</p> <ul style="list-style-type: none"> Lunch Bunch - 11:00am <i>Outback Steakhouse, Anderson Township, OH</i> 	<p>2</p>	<p>3</p>		<p>5</p>
		<p>6</p>	<p>7</p>	<p>8</p> <ul style="list-style-type: none"> Valley Homemaker PLANNING Meeting - 10:00am (Rm C) Handmade Pasta Class - 2:00pm 	<p>9</p>	<p>10</p>
<p>13</p>	 <ul style="list-style-type: none"> Homemakers Maker Club Meeting - 6:00-8:00pm 	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>20</p>	 <ul style="list-style-type: none"> Crazy Quilters - 10:00am (Rm B & C) 	<p>22</p> <ul style="list-style-type: none"> Growing Culinary Herbs - 10:00am 	<p>23</p> <ul style="list-style-type: none"> Homemaker Area Council Meeting - 1:00pm <i>Gallatin County Ext.</i> Book Club Meeting - 6:00pm 	<p>24</p> <ul style="list-style-type: none"> What's Your Algorithm? - 10:00am 	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	 <ul style="list-style-type: none"> August 7 - Flowerbuds Program - 10:00am August 14 - Homemaker Council Meeting - 10:00am August 19 - Polymer Clay Jewelry Making - 2:00pm August 21 - Sourdough Basics - 5:00pm August 26 - Belize with Us! Chocolate Program November 13 - Homemaker Council Meeting - 10:00am 	