

NEWSLETTER

 Cooperative
Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

IMPORTANT DATES



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 in 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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

SEE YA
Around Town

**Mount★
Olivet**

TAYLOR ELEMENTARY STUDENTS LEARN LIFE-SAVING LESSONS AT SUMMER SAFETY DAY

Students from 1st through 5th grade at Taylor Elementary had an unforgettable day filled with learning, laughter, and life-saving lessons during a special Summer Safety Day event. The school buzzed with excitement as students took part in a variety of hands-on activities, safety demonstrations, and interactive stations—all designed to teach them how to stay safe not only during the summer months but throughout the year.

One of the highlights of the day was a special visit from Britney Poe, the FCS/ 4-H Agent from Robertson County. Poe led an engaging and informative session on poison look-alikes, helping students learn to identify common household items that may appear safe but can be dangerous if not used properly. Using visual aids and relatable examples, she encouraged kids to always ask an adult before touching or tasting anything unfamiliar.

Teachers and staff praised the event as a meaningful way to kick off summer break with a focus on health, awareness, and prevention. Students left not only with cool giveaways, but also with the knowledge and confidence to make safe choices every day.

Summer Safety Day at Taylor Elementary was more than just fun—it was a powerful reminder that safety starts with education.



COOKING THROUGH THE CALENDAR

JULY 10
11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

CHICKEN
BURGERS





CUT FLOWER ARRANGEMENTS

**JULY 8TH
5:00 PM**

ROBERTSON COUNTY EXTENSION OFFICE

Join us in learning all about cut flower arrangements!
Each participant will create their own bouquet to take home.

SPOTS ARE LIMITED!

CALL 606-724-5796 TO REGISTER!



**\$20
REGISTRATION
FEE**

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Cooperative Extension Service CRAFTS & CRUMBS

July 22

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796

Limited to 10 Spots



**\$7.00 - Community Members
\$5.00 - Homemakers**

Includes all material and instructions.

Registration by July 18



HEALTH BULLETIN

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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Disabilities
accommodated
with prior notification



The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubby, use tick spray or wear tick-proof clothing.

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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. If possible, stay out of tall grass and thick woods, and walk in the center of trails.

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

If you are diagnosed with ACS, 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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Free Grocery List Apps Help You Organize

Apps have taken on the grocery list! Use one of these free apps and say good-bye to the days of leaving your list on the kitchen table...and trying to re-create it in the grocery store parking lot. Choose the set up that works best for you.

AnyList
AnyList allows you to create grocery shopping lists that can easily be shared with anyone in the family. Changes to lists show up instantly on all group devices.

Out of Milk
Fun feature: the Cart helps you keep track of what you've purchased, what you still need to pick up, and then refreshes your list for next time.

Grocery Pal
The Grocery Pal app is a great way to get organized for your weekly shopping activities and find savings from your favorite stores.

Our Groceries Shopping List
With Our Groceries, you never forget your list at home, and always know the exact right times to get.

