

Newsletter

July 2025

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 @KnottCES

 @KnottCES



Lorie I. Adams

Lorie I. Adams

Knott County Extension
Agent for Family &
Consumer Sciences

Knott County Homemakers:

It is with mixed emotions that I inform you that I will be transitioning to a new role as County Extension Agent for FCS in Perry County. My last day with Knott County Extension will be July 31st.

These past three years have been an incredible journey, and I am truly grateful for the opportunities I've had to work alongside such dedicated colleagues and serve a community that has been so supportive. From the recovery of the flood to today, it has been an honor to contribute to the growth and well-being of this community, and I've learned so much along the way.

As I prepare to take on new challenges in Perry County, I will carry with me the lessons, experiences, and relationships I've gained here. While it is difficult to leave, I'm excited about the opportunity to continue serving and making a positive impact in a new community.

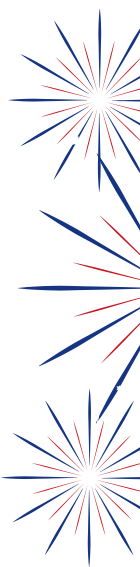
I want to thank each of you for your support, hard work, and collaboration. I have no doubt that the future of Knott County Extension will continue to thrive, and I look forward to hearing about all the great things that will come next.

Please don't hesitate to stay in touch! I'm just one county over and I'll see homemakers at the area wide events.

Wishing all of you the very best and thank you again for everything.

Lorie I. Adams, Knott County Extension Agent for FCS


















KNOTT COUNTY

Family & Consumer Sciences

July

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Knott Co Farmers Market @ 4-6 pm (Hindman Settlement School - HSS)	2	3	4 <i>Happy 4th of July</i> Knott Co 4th of July Event @ 3pm (Knott Co. Sportsplex)	5 
6	7	8 Keenagers Homemakers @ Noon (Old Carr Creek HS) Hindman Homemakers @ Noon (Extension Office) Knott Co Farmers Market @ 4-6 pm (HSS)	9	10	11  Knott Co Farmers Market @ 10 am - Noon (HSS)	12
13	14 	15 Creekside Crafters Homemakers @ 6 pm (Carrie Community Center) Knott Co Farmers Market @ 4-6 pm (HSS)	16  Quick Pickles @ 10 am & 6 pm (Extension Office)	17 Hamburger Dill Pickles @ 10 am & 6 pm (Extension Office) 	18  Knott Co Farmers Market @ 10 am - Noon (HSS)	19
20	21  Summer Smoothies @ 1 pm (Extension Office)	22  Cook the Calendar @ 2 pm (Extension Office) Knott Co Farmers Market @ 4-6 pm (HSS)	23	24	25  Knott Co Farmers Market @ 10 am - Noon (HSS)	26
27	28 Diamond Art Club ~ @ 2 pm (Extension Office) 	29 High Noon Book Club @ Noon (Extension Office) The Dinner Bell Book Club @ 6pm (Extension Office)  Knott Co Farmers Market @ 4-6 pm (HSS)	30	31  Diabetes Support Group @ 10 am	Notes <hr/> <hr/> <hr/> <hr/> <hr/>	

July

FCS HAPPENINGS

Quick Pickles Workshop

Knott Co Extension Office

Come and learn how to make quick pickles.
The class size is limited so call our office
(606)785-5329 to reserve your seat.

DAY WORKSHOP

JULY 16th @ 10 am

EVENING WORKSHOP

JULY 16th @ 6 pm



Hamburger Dill Pickles Workshop

Knott Co Extension Office

Come and learn how to make quick pickles.
The class size is limited so call our office
(606)785-5329 to reserve your seat.

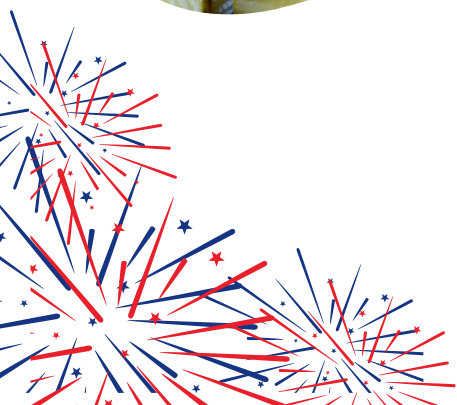


DAY WORKSHOP

JULY 17th @ 10 am

EVENING WORKSHOP

JULY 17th @ 6 pm





Cook the Calendar



JULY 22nd
@ 2 pm
Knott County
Extension Office
"Chicken Burgers"

Summer Smoothies



JULY 21st
@ 1 pm
Knott County
Extension Office

Book Clubs

JULY 29th ~ Knott Co Extension Office

*High Noon Club @ Noon

*The Dinner Bell Book Club @ 6 pm

*Discuss The Book ~ "The Kitchen House"

*We will have an old-fashion meal.

(Sign-up what you plan to bring on the Facebook group)

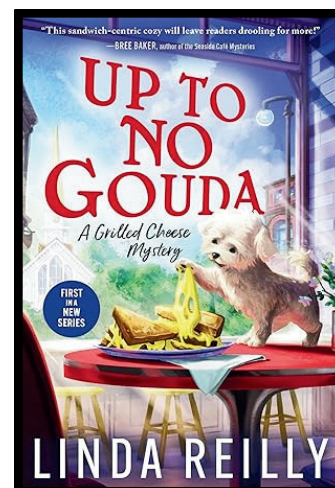
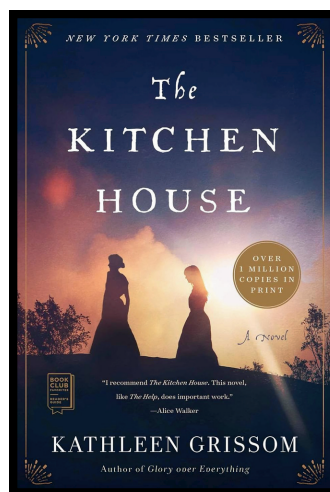
Diamond Art Club



JULY 28th @ 2 pm
Knott Co Extension Office

*Bring a friend and your
current project to work on
during club meeting

August Book



July Book

Diabetes Connections



JULY 31st @ 10 am
Knott Co Extension Office

We will be discussing eating out with
Diabetes and making fresh fish tacos.
Join us and bring a friend.



Quicksand Area Agents Present Food Preservation Workshop

August 4th and 8th

10 a.m.-2 p.m.

Robinson Center

Jackson, KY

Join us for a two day Food Preservation
Workshop covering:

Water Bath Canning

Dehydrating

Vacuum Sealing

Pressure Canning

Freezing

Jam & Jellies

and more!

Contact your local Extension Office to sign up!

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Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



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accommodated
with prior notification.

HOMEMAKER HAPPENINGS



Knott County Homemakers Club Meetings

***Knott Your Average Homemakers** ~ Contact Pam Conn for more information.

JULY 1st @ 6 pm, Knott Co Extension Office

Activity: Making a Craft

Food: Cold Dips

***Hindman Homemakers** ~ Contact Bernice Fletcher or Nadine Waddell for more information.

JULY 8th @ Noon (12 pm), Knott Co Extension Office

Activity: Bring a Book to Donate to the Little Free Library

Food: Cold Dips Check Facebook Messenger Group for Update

***Knotty Krafters** ~ Contact Gail Reynolds for more information.

JULY 12th @ 5 pm, Prestonsburg, KY

Activity: MAC Arts - Billy Jean Osborne's Kentucky Opry (7 pm)

Food: Local Restaurant

***Creekside Crafters Homemakers** ~ Contact Shana Craft for more information.

JULY 15th @ 6 pm, Carrie Community Center

Activity: Sunflower Wall Hanger ~ "Bee Happy" or "Bee Kind"

Food: Nachos - Sign up on the Facebook Messenger Group

***Keenagers Homemakers** ~ Contact Alma Back / Etta Jo Gayheart for more information.

No June Meeting

***Jones Fork Homemakers** ~ Contact Lorie Adams, FCS Agent for more information.

Mail Out Club

***Soft Shell Homemakers** ~ TBA



FCS PROGRAM UPDATES

BINGOcize Graduation

A 10-week Falls Prevention Nutrition session was just completed this past month.

Participants reported becoming more aware of food and nutrition labels when they are shopping at the grocery store, and feeling more motivated to exercise, having lower A1C numbers, discussing their concerns about falling with their doctor, and that the program helped prevent feelings of loneliness.

Judy Collins was crowned "Bingo Queen" because she won the most games, and then Faye Halcomb was awarded the Perfect Attendance Award.



Come Sew With Us

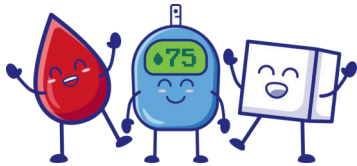
"Come Sew with Us" was held in Breathitt and Perry Counties. Knott County had four ladies in attendance. Each participant had the opportunity to sew three different projects, choosing from a variety of options, including pillowcases, aprons, pot holders, and shoulder heating pads. The Quicksand Area Master Clothing Volunteers taught the classes.



FCS PROGRAM UPDATES

Diabetes Connection Mid-Year Celebration

In June, the group celebrated their six-month healthy challenge. Janie Triplett received prizes for attending all six meetings and having the most points from the challenge. Bernice Fletcher had the biggest weight loss of 2% and Ginger Combs had the most significant decrease in her A1C of 13%!



Volunteer Hours Awards

Congratulations to the three of our Knott County Homemakers who were awarded certificates for their volunteer hours at the 2025 state meeting.

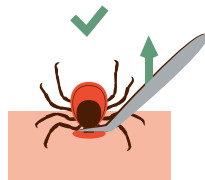
- *Gail Reynolds had 2089 hours
- *Carolyn Mullins had 2080 hours
- *Tressa Patrick had 1670 hours

We ♥ Our Volunteers



Alpha - Gal Syndrome Workshop

Knott County Extension hosted a watch party for the Alpha-Gal Webinar. Participants learned about the Alpha-Gal food allergy, including how it is acquired and what to eat when it is present. They also learned how to protect themselves if a tick bit them. Participants were able to sample several alpha-gal-approved recipes. They were given a tick kit, which included a magnifying glass, tweezers, sanitizing wipes, and a tube for placing the tick in for identification.



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>

KNOTT COUNTY
Extension Office
149 Parks Branch | PO Box 462
Hindman, KY 41822
(606) 785-5329
<https://knott.ca.uky.edu/>



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, 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>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Mansau
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



Cooperative Extension Service

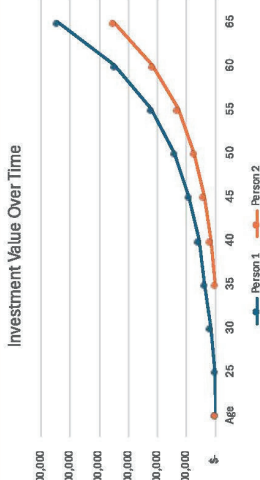
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MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



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.in.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

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 | Images by: Adobe Stock
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Recipes from the 2025 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Rice and Bean Salad



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

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

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

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 black 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, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two 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 Service

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Cucumber, Corn, and Bean Salsa

2-3 large cucumbers
2 tomatoes
1 yellow bell pepper
1 small red onion
¼ cup chopped fresh cilantro
½ cup black beans

Wash all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

In a small bowl, mix together ranch

½ cup fresh whole kernel corn, cooked

1 ounce package dry ranch dressing mix

⅓ cup cider vinegar

2 tablespoons sugar, optional

dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: Makes 20, ½ cup servings.

Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

