

## Family & Consumer Sciences



Cooperative Extension Service  
Carroll County  
500 Floyd Drive, Carrollton, KY 41008  
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

July 2025



### CHRISTY'S CORNER

Welcome to summer! As you enjoy the sunshine, don't forget to wear sun-screen and protective clothing, and stay hydrated by drinking plenty of water throughout the day. Our raised beds in front of the office have been planted and are already producing vegetables—it's so exciting to watch them grow and look forward to preserving the harvest! A big thank you goes out to Bud Kemper and Becky Utz for providing the plants, Wesley Smith and Jessica Noble for their hard work planting them, and Phil Habas for keeping the beds maintained. Your contributions are truly appreciated! Be sure to register for upcoming classes—spots are filling fast. And mark your calendars: July 11th is All American Pet Photo Day, the third Sunday in July celebrates National Ice Cream Day, and July 31st is National Avocado Day. Enjoy these warm, sunny days while keeping cool and staying safe—I hope to see you at one of the classes!

Sincerely, Christy

*"Only I can change my life.  
No one can do it for me."*

*Carol Burnett*



*Christy Eastwood*

Christy Eastwood, Carroll County Extension Agent for  
Family & Consumer Sciences Education



Christy's cat "Lucy"!

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Dates to Remember

# July 2025

Remember to call the office at (502) 732-7030 to sign up!

July 4		Office closed due to holiday	
July 11	noon-1pm	Lunch and Learn	CCES
July 23	noon	N. KY Area Homemaker mtg	Gallatin Co. Ext. Office
July 24	6-8pm	Homemaker Painting Night	CCES
July 25	10:30am	Lunch Bunch	West Port
Aug. 14	10am-noon	Sourdough Class (full)	CCES
Aug. 15	noon-1pm	Lunch and Learn	CCES
Aug. 26	6pm	Explore Belize	Boone Co. Enrichment Center (Must register)
Aug. 27	5pm	Water Bath Canning class	CCES
Aug. 28	5pm	Pressure Cooker Canning	CCES
Sept. 6	all day	Homemaker Yard Sale	CCES
Sept. 18	all day	Cultural Arts due to office	CCES
Sept. 19	noon-1pm	Lunch and Learn	CCES
Sept. 25	6pm-7pm	Making Decisions Today for Peace of Mind Tomorrow	CCES
Sept. 26	10:30am	Lunch Bunch	Smithfield
Oct. 2	5:30pm	Annual Homemaker Mtg.	CCES
Oct. 9	6pm-7pm	Aging with Dignity	CCES
Oct. 16	TBA	Triennial Homemaker Mtg.	Grant Co. Extension Office
Oct. 20	6pm	County Extension Council	CCES
Oct. 21	10am	Nutrition for Older Adults	CCES
Oct. 23	10am, 2pm, or 6pm	Medicare 101	CCES

## Homemaker News!

- Please save your plastic bags for a project to make mats for the homeless.
- The Homemakers are collecting prescription bottles. Please remove the labels from the bottles.
- July 23 at noon is the N. KY Area Homemaker Meeting in Gallatin County.
- July 24 from 6pm-8pm is Homemaker Painting Night. See Patty Kost for details.
- July 25 is Lunch Bunch. We will be going to Knock on Wood Café in West Port.
- The annual Homemaker Yard Sale is scheduled for September 6<sup>th</sup>. Please look around your house to see if you have anything to donate.
- September 16 at 6pm the Homemakers will be constructing the mats for the homeless at the Extension Office. Older children are welcome to attend.
- September 18 cultural arts will be due to the Extension Office. Please come to the Extension Office to pick up a list of items that can be entered. There are new categories for this year.

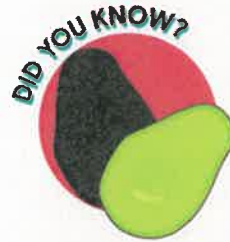




# Avocado

## Avocados Facts

With their smooth, creamy texture, and huge degree of versatility, **avocados** have become an increasingly trendy fruit (yes, fruit!) — and for good reason. They're well known for their healthy fats, but avocados also have a ton of fiber. In fact, avocados are packed with often-overlooked nutrients. Read on for more reasons why you should add this Instagram-friendly superfood to your plate more often.



The healthy fats in avocados actually **lower your bad cholesterol.**

Stick to **half an avocado** per meal as a smart serving size.

Serving Size: 1/2 avocado

- 114 calories
- 6g carbohydrates
- 1g protein
- 10.5g total fat (16% DV)
- 1g saturated fat
- 5g fiber
- 0g sugar
- 345mg potassium (10% DV)
- 20mg magnesium (5% DV)
- 6mg vitamin C (10% DV)
- 0.2mg vitamin B6 (10% DV)

## Health Benefits of Avocados

All of the unsaturated fats, fiber, and phytochemicals (biologically active components of plants) in avocados work a lot of magic. Eating them can:

**Lower LDL cholesterol:** Avocados themselves contain no cholesterol and the unsaturated fats they *do* have may help get **"bad" cholesterol** in check. According to the **Hass Avocado Board**, avocados are also the richest known fruit source of phytosterols, important cholesterol-lowering compounds.

- **Boost your heart health:** The fats and fiber may help lower your risk of cardiovascular disease.
- **Promote eye, skin, and bone health:** Phytochemicals like carotenoids and phytosterols reduce oxidative and inflammatory stress.
- **Promote nutrient absorption:** The unsaturated fat in avocados helps increase the absorption of fat-soluble vitamins A, D, K, and E, while the vitamin C helps your body absorb iron and Vitamin D.
- **Improve digestion:** Fiber in general helps keep you fuller longer, but avocados are also a good source of a fruit fiber called pectin, which supports a healthy gut.
- **Manage weight and glucose:** One small study (supported by the Hass Avocado Board) found that when people replaced carbohydrates with avocado, they felt more satisfied after eating and had better glucose control.

Now that you've got the facts, here are the top questions nutritionists get about avocados, answered:



## Are avocados fattening?

Avocados are rich in mono- and poly-unsaturated fats — the healthy kinds that actually reduce your risk of heart disease and stroke. Clinical trials have consistently found that eating avocado can lower your LDL cholesterol and improve lipid and lipoprotein profiles. Just keep in mind that avocados aren't calorie-free so if you're trying to lose weight, you might not want to add guacamole to *everything*.

## Will avocados make you gain weight?

Studies have shown that moderate consumption of avocados and other healthy fats can actually promote weight loss through its effect on satiety. The water content and dietary fiber help you feel full, meaning you're less likely to overeat throughout the rest of the day. Try integrating them into a DASH (Dietary Approaches to Stop Hypertension) or Mediterranean-style eating plan if you're looking to lose or maintain weight.

## How much can I eat and what should I eat them with?

As with most foods, it's important not to go overboard. We recommend keeping serving sizes to 1/4 to 1/2 an avocado per meal or snack, and having no more than one whole avocado per day. But think beyond avocado toast — there are unique ways to eat them, too! Use avocados to add variety to your meal routine with one of these recipes:

- Put avocado in your salad to make it more filling
- Substitute it for mayo in tuna or egg salad sandwiches
- Make "creamy" pasta sauces (such as avocado pesto)
- Indulge in avocado chocolate mousse or spicy chocolate muffins
- Freeze slices and then blend into an avocado smoothie
- Spice up your backyard barbecue by grilling avocados
- Mix up an avocado piña colada without adding sugar
- Serve avocado dip as an alternative to guacamole



## Should you eat the pit?

You may have heard that you should eat the seed of an avocado because it contains beneficial antioxidants and fiber. However, the California Avocado Commission does *not* recommend eating the pit.

## What's the best way to pit, peel, slice and store avocados?

Follow these steps:

- With a paring knife, cut avocado from top to bottom and around the pit, then twist halves to separate.
- Hold the half with the pit in it tightly with a kitchen towel and strike the pit with the blade of a chef's knife.
- Twist the blade and pull it away to release the pit from the fruit.
- Use the thumb and forefinger that are holding the knife to carefully push the pit off the knife.
- To create slices or chunks, use a paring knife to cut through the avocado, but not through the peel, then use a spoon to scoop out the slices.
- If you're only using half right now, prevent browning on the other half by brushing it with lime juice, then pressing plastic wrap onto the surface



# 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)

Carroll County  
Extension Office  
500 Floyd Drive  
Carrollton, KY  
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(502) 732-7030

## 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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Agriculture and Natural Resources  
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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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**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





# 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, KY



*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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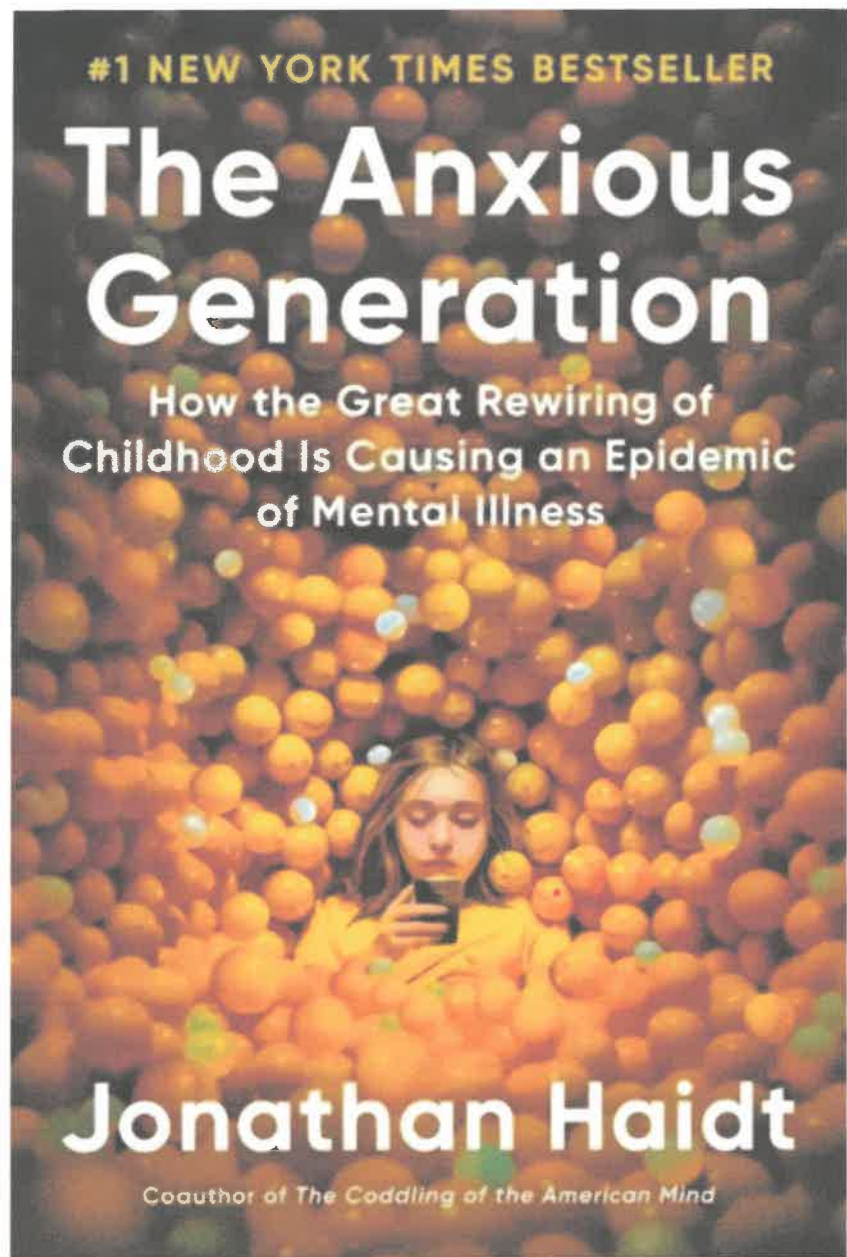


**Why are today's  
kids more anxious,  
depressed, and  
fragile than ever  
before?**

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

*"We have overprotected our  
children in the real world  
while underprotecting them  
in the virtual one."  
~Jonathan Haidt~*

THE FIRST 20 PEOPLE TO REGISTER WILL RECEIVE A FREE COPY!



# ZOOM BOOK DISCUSSION

**Wednesdays | 7 PM  
Two-Part Virtual Discussion  
September 10<sup>th</sup> & 24th**

**Join via Zoom  
Call PCEO to register  
859-654-3395**

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# 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](http://boone.ca.uky.edu/on-line) registration**

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# Planning Ahead

**Making Decisions Today for Peace of Mind Tomorrow**



**A conversation about living wills, life prolonging treatments and durable power of attorneys. Planning ahead doesn't have to be complicated.**

**September 25, 2025**

**6:00 - 7:00 p.m.**

**Carroll County Extension Office  
500 Floyd Drive, Carrollton, KY  
RSVP - (502) 732-7030  
Door Prizes Available**

***Guest Speakers***

***Emcee*** - Rob Adams - Carrollton Mayor  
***Spike Wright*** - Former County Attorney  
***Alan Wade*** - Administrator at Signature Healthcare  
***Brent Stucker*** - Carroll County Coroner  
***Mary Blattman, APRN*** - Carroll County Family Practice  
***Starlette Fowler, RN,CHPN*** - Bluegrass Hospice

***Catered Meal Sponsored By: Signature Healthcare***

**Sponsors:** Fairview Place Assisted Living, Bluegrass Navigators, NKAADD, Carroll County Extension, KY Cancer Program, Interim Health, Passport Health, Carroll County Memorial Hospital and Signature Healthcare



# Aging with Dignity

## From Independence to Support



Explore care options for every level of need, from home care to skilled facility care. Join us to learn how to plan.

**October 9, 2025**

**6:00 - 7:00 p.m.**

**Carroll County Extension Service**

**500 Floyd Drive, Carrollton**

**RSVP - (502) 732-7030**

**Door Prizes Available**

### ***Guest Speakers***

**Emcee- Milkweek Wotier**

**NKADD- Anne Wildman**

**PACE - Jen Campbell**

**Interim Healthcare- Jen Sparks**

**Bluegrass Navigators- Starlette Fowler**

**Signature Healthcare- Alan Wade**

**Allie Wilson - Fairview Place**

***Catered Meal Sponsored By: Bluegrass Navigators & Interim Healthcare***

**Sponsors: Fairview Place Assisted Living, Bluegrass Navigators, NKAADD, Carroll County Extension, KY Cancer Program, Interim Health, Passport Health, Carroll County Memorial Hospital and Signature Healthcare**