

## Magoffin County Family & Consumer Sciences

July 2025

Heat and thunderstorms seem to be the new normal for Magoffin County. Be sure on these hot, steamy days to stay well hydrated. Check on elderly neighbors to be sure that they are prepared for the heat and have what they need to stay cool and well.

Our 4-H "Hooked on Nature" Day Camp was a huge success, with over 100 children participating. Coming up, there is a 4-H Cooking Camp and 4-H Junior Beef Cattle Association meeting.

Quilt Guilds, just a reminder that the Quiltin' in the Mountains Shop Hop is scheduled for July 11<sup>th</sup> & July 14<sup>th</sup>. Call the extension office to register to ride the van.

Lexington, KY 40506

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Visit our website at https://magoffin.ca.uky.edu

**CEA for FCS/4-H** Youth Development Education

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### Cooperative **Extension Service**

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















Wednesdays

10 AM-Noon

July 9th

July 23rd

Call the Extension

Office at 349-3216 to learn more about the program.

Cooperative Extension Service

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QUILTIN' IN THE MOUNTAINS
SHOP HOP
FRIDAY, JULY 11<sup>TH</sup> &
MONDAY, JULY 14TH

CALL THE EXTENSION OFFICE TO REGISTER TO RIDE THE VAN.



### **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

Magoffin County **Extension Office** 15 Rockhouse Rd Salyersville, KY 41465 606-349-1236

### THIS MONTH'S TOPIC

### WHAT IS ALPHA-GAL SYNDROME?



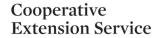
Ipha-gal Syndrome (AGS) is a severe allergy that can happen after a tick bite. It causes allergic reactions when people eat red meat or use products derived from animals, such as cows, pigs, or deer.

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 Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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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

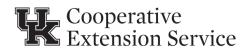
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VALUING PEOPLE. VALUING MONEY.

**JULY 2025** 

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### 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.



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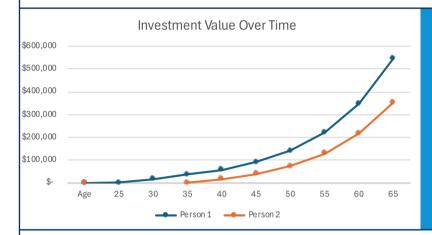
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## MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



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.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



### **Long form Non-discrimination Policy**

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Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

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

the 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.

Visit the CES Program and Staff Development website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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Magoffin County Extension Office P.O. Box 349 Salyersville, KY 41465

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### Blackberry Lemon Upside Down Cake

2 teaspoons melted

1/3 cup brown sugar

11/2 teaspoons grated lemon peel

2 cups fresh blackberries

1¼ cup all-purpose flour

1½ teaspoons baking powder

1/4 teaspoon salt ²⁄₃ cup sugar

blended.

juice. Mix well.

2 tablespoons butter on medium speed until well

Add egg, vanilla, and lemon

Add dry ingredients to egg

mixture alternately with milk,

1 large egg

3/4 teaspoon vanilla

1 teaspoon lemon juice ½ cup skim milk

Preheat oven to 350°F. Place melted butter in the

bottom of a 9-inch round cake pan.

**Sprinkle** with brown sugar and lemon rind.

**Top** with berries. Set aside.

beginning with milk and **Combine** flour, baking powder ending with flour. Mix after

and salt in a small bowl. Set dry each addition. ingredients aside.

Beat sugar and butter together blackberries. in a large bowl with a mixer Bake at 350 degrees for 40

**Spoon** the batter over the

minutes. Cool cake for 5 minutes on a

wire rack. Loosen edges of

cake with a knife and place a plate upside down on top of cake; invert onto plate.

Serve warm.

Yield: 8, 3 inch wedges. **Nutritional Analysis: 230** calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate,

Buying Kentucky Proud is easy. Look for the label at 10 the la grocery store, farmers' market, or roadside stand.