

TAYLOR COUNTY

EXTENSION NEWSLETTER

June/July 2025

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Those Living with Alpha-gal Syndrome Can Still Lead Normal Lives

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb—anything from a mammal—can trigger the same immune response, even hours after a meal.

Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts for confirmed cases, so prevention and practical know-how matter. If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set someone off; it varies. Reading labels becomes routine, especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract.

However, dropping mammal meat and avoiding other triggers doesn't leave a person with limited food options, especially high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts and seeds can all stay on the menu. For example, ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin- and talk to your health-care provider or pharmacist.

Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, -treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups.



Source: Heather Norman-Burgdolf, Department of Dietetics and Human Nutrition associate professor

Easy to Sew CASSEROLE CARRIER

Cooperative
Extension Service



Tuesday, June 10
10 AM - 12 PM

Please call the Extension Office
at (270) 465-4511 to RSVP.

What You Need to Bring:

- Two 22 in. squares of cotton
- One 5 in. by 22 in. strip of cotton
- Two 7 in. lengths of wide ribbon
- Matching thread

*An equal opportunity organization

Lake Cumberland Area Canning Camp

THREE DAY FOOD PRESERVATION WORKSHOP ON WATER BATH AND PRESSURE CANNING IN A HANDS-ON ENVIRONMENT. REGISTRATION FEE WILL BE \$15 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 9TH.

**Class
Fee
\$15**

JUNE 16-18, 2025
11 AM - 2 PM EST

HOSTED AT GREEN COUNTY
EXTENSION OFFICE
298 HAPPYVILLE RD GREENSBURG
KY 42743

RSVP AT GREEN COUNTY EXTENSION
OFFICE BY CALLING 270-932-5311

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Dissemination programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, disability, or any other basis prohibited by federal, state, or local law. For more information, contact the National Center for Food Loss and Waste Reduction at 1415 York Street, Lexington, KY 40506. Program information may be made available in languages other than English.

AED TRAINING

Join us in training with using an AED to gain the knowledge and skills needed to save lives.

TUESDAY, JUNE 10 5:00 PM

**A MEAL WILL BE PROVIDED.
CALL THE EXTENSION OFFICE AT
270-465-4511 TO RSVP!**

*An equal opportunity organization.

Blankets of Love

Tuesday, June 17 1:00 PM

Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are made with 4 yards of fleece. You can choose 2 yards of corresponding fleece to donate. Monetary donations are also appreciated. Donations can be made at the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.

**In May, we
donated 4
blankets to the
Hope Pregnancy
Center!**

*An equal opportunity organization.



10 MINUTE TABLE RUNNER WORKSHOP

FABRIC REQUIREMENTS:

- THEMED FABRIC:
10-12 IN. BY WIDTH OF FABRIC
- COORDINATING FABRIC:
18 IN. BY WIDTH OF FABRIC

**WEDNESDAY,
JUNE 18
10:00 AM**



LIMITED SPOTS!
CALL THE EXTENSION OFFICE AT
270-465-4511 TO RSVP!

*An equal opportunity organization.



Taylor County Extension Homemakers Blood Drive

**Thursday, June 26
1:00 PM - 6:00 PM**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

For an appointment, please visit redcrossblood.org,
call 1-800-RED CROSS (1-800-733-2767),
or call the Taylor County Extension Office at (270) 465-4511.



1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App



VOLUNTEER HOURS

Did you know that an hour of volunteering in Kentucky is worth \$31.80?! Your time is **VALUABLE**! Make it count by turning in your volunteer hours to the Extension Office June 30, 2025.

We appreciate all of our volunteers and your hard work!



Tuesday Treks

Join us for a trek around our local walking tracks.

July 1 - Trace-Pittman Greenway
 July 8 - Miller Park Walking Track
 July 15 - Trace-Pittman Greenway
 July 22 - Clay Hill Memorial Forest
 July 29 - Hospital Walking Track
 Aug 5 - Trace-Pittman Greenway
 Aug 12 - Miller Park Walking Track
 Aug 19 - Stride at the State Fair

Tuesdays at 8:30 AM

Attend 5 & get a surprise!

*An equal opportunity organization.



A Bad Deal in Disguise: Types of Scams

Tuesday, July 8 at 2:00 PM



**CALL THE TAYLOR COUNTY EXTENSION
OFFICE AT 270-465-4511 TO RSVP!**

*An equal opportunity organization.

PASSPORT TRIP

**GLASS NATIONAL ART MUSEUM
ART CENTER OF THE BLUEGRASS
IN DANVILLE, KY**



**THURSDAY
JULY 10
LEAVING AT
9:00 AM**

**SPOTS ARE LIMITED! CALL THE
EXTENSION OFFICE AT
270-465-4511 TO RSVP!**

***An equal opportunity organization.**

Dehydrating Basics

Join us to learn about dehydrating
various fruits!

**Monday, July 14
10:00 AM,
2:00 PM or
6:00 PM**

**Spots are limited for each class!
Call the Taylor County Extension Office
at 270-465-4511 to RSVP!**

***An equal opportunity organization.**

Savvy Sellers & Bargain Hunters

**Basic Guidelines to Yard Sales &
Consignment Shops**

**Tuesday, July 15
2:00 PM**



**Call the Taylor County
Extension Office at
270-465-4511 to RSVP!**

***An equal opportunity organization.**

Glass Cup Painting

Join us in learning about painting on
glass cups!



**Adults
Only!**

**Wednesday,
July 16
10:00 AM &
2:00 PM**

**Spots are limited!
Call the Taylor County Extension Office
at 270-465-4511 to RSVP!**

***An equal opportunity organization.**



Passport Trip

**Ale-8₁ Factory Tour
Halls on the River
in Winchester, KY**



**Thursday, July 17
Leaving at 8:00 AM**

**Call the Taylor County Extension
Office at 270-465-4511 to RSVP!**

**An equal opportunity organization.*

TRACK YOUR CURRENT BEHAVIOR



**Tuesday,
July 22
2:00 PM**

**Small Steps to
Health and
Wealth™**

**Call the Taylor County
Extension Office
at 270-465-4511 to RSVP!**

**An equal opportunity organization.*

BARN QUILTS

2 FT X 2 FT ONLY

WEDNESDAY

 **JULY 30**

9:00 AM - 3:00 PM

**Class Fee \$40 required for registration!
Pick your design when you pay.**

**Stop by the Taylor County Extension Office at
1143 South Columbia Avenue, Campbellsville, KY
to register!**

**An equal opportunity organization.*

Transferring Cherished Possessions

**Join us learning about transferring your
cherished possessions to loved ones.**

**Thursday, July 31
10:00 AM or 2:00 PM**

**Call the Taylor County Extension
Office at 270-465-4511 to RSVP!**

**An equal opportunity organization.*



UK Cooperative
Extension Service

Passport Trip

**South Central Kentucky
Culture Center,
Kenny's Farmhouse Cheese
& Barren River State Park
in Glasgow, KY**



**Friday, August 1
Leaving at 9:30 AM**

**Spots are limited! Call the Taylor County
Extension Office at 270-465-4511 to RSVP!**

**An equal opportunity organization.*



UK Cooperative
Extension Service

Passport Trip Kentucky State Fair in Louisville, KY



**Tuesday,
August 19
Leaving at
8:00 AM**

**Spots are limited!
Call the Taylor County Extension Office
at 270-465-4511 to RSVP!**

**An equal opportunity organization.*



UK Cooperative
Extension Service



OVARIAN CANCER SCREENING

**THURSDAY, AUGUST 21
9:30 AM**

Ovarian Cancer Screenings are free at the University of Kentucky Cancer for women over 50 years old, or women over 25 years old with known family history.

Join us for a trip to Lexington, KY for Ovarian Cancer Screening. We will be leaving from the Taylor County Extension Office at 9:30 AM.

We will stop to eat lunch on the way!
SPOTS ARE LIMITED TO 12 INDIVIDUALS!
Call 270-465-4511 to reserve your spot today!

**An equal opportunity organization.*

UK Cooperative
Extension Service

***Featherweight Friday* AT THE KENTUCKY STATE FAIR**



Do you own a Singer Featherweight Sewing Machine? Join us Friday, August 22 to take your Featherweight to the State Fair to demonstrate sewing on an antique machine to the public.

**FRIDAY, AUGUST 22
8:00 AM - 4:00 PM**

**RSVP by Thursday, July 31 to reserve your
ticket. Call the Taylor County Extension
Office at 270-465-4511 to RSVP!**

**An equal opportunity organization.*

June 2025

KENTUCKY
Extension Association of
Family and Consumer Sciences

Low Impact Fitness will
continue to meet weekly
on Thursdays at 1:00 PM

CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Taylormade Quilters 9:00 AM	4	5 Homemaker Council Meeting 10:00 AM	6	7
						
8	9	10 Casserole Carrier 10:00 AM AED Training 5:00 PM	11	12	13	14 Flag Day 
15 HAPPY FATHER'S DAY	16	17 Blankets of Love 1:00 PM	18 Table Runner Workshop 10:00 AM	19 JUNE TEENTH OFFICE CLOSED	20	21
22	23	24	25	26 Blood Drive 1:00 PM - 6:00 PM	27	28 Cross Stitch Retreat 1:00 PM
29	30 Volunteer Service Hours Due					

Bunco Club No longer meeting at this time.	Circle of Friends 2nd Tuesday 6:30 p.m.	Cross Stitch Retreat Last Saturday 10:00 a.m.	Harmony 2nd Tuesday 12:30 p.m.	Mannsville 2nd Thursday 6:00 p.m.	Mastering Skills 2nd Monday 12:30 p.m.
Modern Day No meeting this month.	Quilts of Freedom 4th Wednesday 10:00 a.m.	Saloma Road 2nd Thursday 10:00 a.m.	Sidetracked 2nd Tuesday 6:00 p.m.	Taylor Made Quilters 1st Tuesday 9:00 a.m.	

July 2025

CALENDAR OF EVENTS

KENTUCKY
Extension Association of
Family and Consumer Sciences

Low Impact Fitness will
continue to meet weekly
on Thursdays at 1:00 PM

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Tuesday Treks 8:30 AM Taylormade Quilters 9:00 AM	2	3	4 HAPPY Independence Day OFFICE CLOSED	5
6	7	8 Tuesday Treks 8:30 AM A Bad Deal is Disguise Types of Scams 2:00 PM	9	10 Passport Trip to Danville, KY 9:00 AM	11	12
13	14 Dehydrating Basics 10:00 AM, 2:00 PM & 6:00 PM	15 Tuesday Treks 8:30 AM Savvy Sellers & Bargain Hunters 2:00 PM	16 Glass Cup Painting 10:00 AM & 2:00 PM	17 Passport Trip to Winchester, KY 9:00 AM	18	19
20	21	22 Tuesday Treks 8:30 AM Track Your Current Behavior 2:00 PM	23	24	25	26 Cross Stitch Retreat 1:00 PM
27	28	29 Tuesday Treks 8:30 AM	30 Barn Quilts 9:00 AM - 3:00 PM	31 Transferring Cherished Possessions 10:00 AM or 2:00 PM		

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49th Annual Campbellsville-Taylor County Fourth of July Celebration

June 28 - July 5, 2025

Saturday, June 28	6:00 PM - Air Show over Taylor County Fairgrounds 7:00 PM - Murakami Hot Air Balloon Glow
Sunday, June 29	7:00 AM - The Tom McClendon Memorial Hot Air Balloon Lift-Off <i>Miller Park Walking Track</i> 1:00 PM - Campbellsville Baptist Church Community Picnic & Annual Gospel Singing
Monday, June 30	5:30 PM - Firecracker Games - Cornhole, Pickleball, Volleyball <i>Miller Park</i>
Tuesday, July 1	5:30 PM - Firecracker Games - Cornhole, Pickleball, Volleyball <i>Miller Park</i>
Wednesday, July 2	6:00 PM - Downtown Activities Begin 7:00 PM - Green River Meats Kick-Off Concert - <i>Miller Park</i> Featuring: Family Tradition & The Warren Project
Thursday, July 3	5:00 PM - Downtown Activities Begin 6:00 PM - Taylor County Public Library Children's Parade 6:30 PM - Kentucky Farm Bureau Children's Tractor Pull 7:00 PM - Annual K-Country Showdown
Friday, July 4 Downtown Activities	7:00 AM - Campbellsville Christian Church Free Breakfast 8:00 AM - Independence Day Car Show - <i>Campbellsville University</i> 9:00 AM - Downtown Activities 10:00 AM - Duo Broadband Fourth of July Parade 12:00 PM - Citizens Bank Antique Tractor & Steam Engine Show 1:30 PM - One Cross Health Big Wheel Races
Friday, July 4 Miller Park Activities	5:00 PM - Manchester Tank "Party in the Park" 6:00 PM - Str8fwd, Grace Farmer & The Whiskey Shots 10:00 PM - Fireworks over Miller Park
Saturday, July 5	8:00 AM - Hometown Pharmacy Stay Well 5K/10K <i>Downtown Campbellsville</i>



Eggplant Parmesan Rollatini

2 large eggplants	3 garlic cloves, minced	1 teaspoon basil
4 tablespoons olive oil (divided)	¼ large yellow onion	4 large egg whites
3 teaspoons ground black pepper (divided)	1 tablespoon dried parsley	1 (15 ounce) container skim ricotta cheese
6 large tomatoes	2 tablespoons fresh oregano (divided)	2 cups grated mozzarella cheese
	1 teaspoon salt	½ cup grated Parmesan cheese

Heat oven to 450 degrees F. **Slice** each eggplant (about 8 slices per eggplant) in long slices. **Brush** a layer of olive oil (2 tablespoons) on both sides of each slice. Dividing evenly, **arrange** the eggplant slices in a single layer on baking sheets and **season** with 1 teaspoon pepper. **Bake** the eggplant, until soft and beginning to brown, 12-15 minutes; **remove** from oven and **cool**. **Reduce** heat to 400 degrees F. **Remove** top stem of tomatoes and **score** bottoms in x shape. **Boil** water and add scored tomatoes. **Boil** 1-2 minutes until skin begins to wrinkle. **Remove** tomatoes and immediately **transfer** to ice bath and keep submerged for 30 seconds. **Remove** tomatoes from ice bath. **Peel** and **discard** skin. **Cube** tomatoes.

For marinara sauce:

In a skillet, **sauté** garlic and onion in 2 tablespoons olive oil. Once onions are translucent, **add** cubed tomatoes, parsley, 1 tablespoon oregano, 1 teaspoon pepper, salt and basil. **Simmer** uncovered on medium heat for 20-25 minutes. **Remove** from heat and **drain** excess liquid. **Pour** mixture into a blender and **puree** for desired thickness. **Cool** and **spread** 1 cup of the marinara sauce on the bottom of a 9-by-11 inch baking dish.

In large bowl, **whisk** together the egg whites, ricotta, 1 tablespoon oregano, 1 cup mozzarella and 1 teaspoon pepper. **Spread** 2 tablespoons of the ricotta mixture on each eggplant slice, **roll up**

each slice, starting at the wider end and **place** seam side down in the baking dish, side-by-side in two columns. **Top** the eggplant rolls with the remaining marinara sauce and the mozzarella cheese. **Sprinkle** with Parmesan. **Bake** until the cheese has melted and the sauce is bubbling, 20-25 minutes. **Cool** for 5 minutes and **serve**.

Yield: 8 servings, 2 eggplant rolls per serving

Nutritional Analysis:

310 calories, 18 g fat, 8 g saturated fat, 0 g trans fat, 35 mg cholesterol, 670 mg sodium, 18 g carbohydrate, 4 g fiber, 7 g sugars, 18 g protein.