



# June 2025

**Cooperative Extension Service**

**Cooperative Extension Service**

Daviess County  
4800A New Hartford Road  
Owensboro KY 42303  
270-685-8480  
daviess.ca.uky.edu

## DATES

**June 3**

POP Club sign ups begin

**June 16**

Tune into WBKR

**June 17**

Homemaker Picnic

**June 19**

Juneteenth (office closed)

**June 20**

Camp Courageous

**June 21**

Food+Art+Health at Farmers' Market

**June 24**

Cooking class

**June 30**

Food preservation program at the  
Daviess County Public Library

**July 1**

Basics of Canning

**July 4**

Office Closed

**July 15**

Check in fair entries

**July 16-19**

Daviess County Fair

**July 21**

Tune into WBKR

**July 23**

Farm Succession Seminar

## FARMERS' MARKET

Sharayha Clingenpeel and Katie Alexander will be at the Owensboro Regional Farmers' Market every Tuesday, Thursday, and Saturday in June and July with POP Club! Be sure to sign up at the market the first week of June (June 3rd from 8 am -noon, June 5th from 4-7 pm, or June 7th from 8 am - noon).

Also, stop by the Master Gardener's booth on Saturdays. They are adding adult and youth activities this year. Youth activities for May and June are cupcake liner flowers on May 31st, and coffee filter butterflies on June 28th. The adult topic for June is seeds on June 7th.



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**Daviess County Extension Agent  
for Family & Consumer Sciences Education**

**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**

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Disabilities  
accommodated  
with prior notification.

# Little Chefs Cooking Class

Join the Healthpark Dietitians at the UK Cooperative Extension Office for the Little Chefs Cooking Class for kids and families. Bring your kids for some fun while learning healthy snack ideas and cooking tips.

**Tuesday, June 24, 2025 at 5:30 p.m.**

**UK Extension Office  
4800A New Hartford Rd.  
Owensboro, KY 42303**

**Call 270-685-8480 to register.**

**For ages 5-12**



Owensboro Health  
Healthpark



Cooperative  
Extension Service



**WBKR**  
92.5 The Country Station!

Be sure to tune in  
around 8:10 am on June  
16th as Katie shares  
June's calendar recipe:  
Rice and Bean Salad.



DAVIESS COUNTY  
PUBLIC LIBRARY

Check out the Daviess County Public Library website for more details and to register for upcoming programs on June 30 and July 28, presented by Katie Alexander.

<https://daviesscounty.librarycalendar.com/events/month>



Are you ready for the fair? This year's Daviess County Lions Club Fair is July 16-19, 2025.

We have new categories this year in baked foods and sewing! Check out all of our fair categories for entries by coming by the Extension Office or on our webpage at <https://daviess.ca.uky.edu/dc-fair>.

Fair exhibits can be entered on July 15 from 4-7 pm at the Lions Club Fairgrounds.



# KENTUCKY FARM SUCCESSION SEMINAR

## BUILDING THE BRIDGE TO YOUR FARM'S FUTURE

JULY 23, 2025  
OWENSBORO CONVENTION CENTER



7:30	Registration
8:15	Opening Remarks
8:30	Building the Bridge to your Farm's Future Aleta Botts
9:00	Farm Succession – Challenges & Opportunities Wesley Tucker
10:30	Break for Networking
10:45	Ten Traits of Top Managers Dr. Steve Isaacs
12:00	Lunch
12:45	Positives of Passing it On! Jolene Brown
2:45	Break for Networking
3:00	Panel of Key Advisors
4:10	Keepers, Appreciation, Celebrations Jolene Brown

Farm businesses are in a constant state of change. Each year farm operators, family, and employees experience changes in age, health, equity, and opportunity costs. Other factors, including interest, taxes, births, deaths, marriage and divorce, can all affect the vitality of a farm business. The Kentucky Farm Succession Seminar looks to bring knowledge of how to handle these changes to make it easier for you and your business. Come and listen to national experts, extension specialists, and local resources discuss these topics and more!



IF YOU WISH TO REGISTER , SCAN THE QR CODE OR COMPLETE AND RETURN THE FORM BELOW

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip Code

Email: \_\_\_\_\_ Number of People Attending \_\_\_\_\_

☐ Check # \_\_\_\_\_ Check Amount \_\_\_\_\_ ☐ Cash \_\_\_\_\_

**Cooperative  
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Family and Consumer Sciences  
4-H Youth Development  
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Lexington, KY 40506



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## Extreme Heat Preparedness

**Source:** Cameron Sellers, Community Resource Development - Disaster Educator

*The summer is quickly approaching, and it is the prime time to review extreme heat. Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death if left untreated. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.*

### Tip #1: Prepare for Extreme Heat:

- **Do not rely on a fan as your primary cooling device**
  - Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses
- **Identify places in your community where you can go to get cool**
  - Ex: libraries, shopping malls or a cooling center in your area
- **Doors/Windows:**
  - Cover windows with drapes or shades
  - Weather-strip doors and windows
    - Use window reflectors specifically designed to reflect heat back outside
  - Add insulation to keep the heat out
- **Use a powered attic fan to control the heat level of a building's attic by clearing out hot air.**
- **Install window air conditioners and insulate around them.**
  - If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.
- **Individuals most vulnerable:**
  - Older adults or children
  - Sick or overweight individuals

### Tip #2: Be Safe During:

- Never leave people or pets in a closed car on a warm day
- Take cool showers or baths
- Wear loose, lightweight, light-colored clothing
- Use your oven less to help reduce the temperature in your home
- Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated
- Avoid midday heat
  - Ex: high-energy activities or work outdoors
- Consider pet safety:
  - Make sure they have water and access to comfortable shade
  - Asphalt and dark pavement can be very hot to your pet's feet
- Watch for heat cramps, heat exhaustion and heat stroke

### Tip #3: Heat-Related Illnesses:

- **Heat Cramps:**
  - Signs: Muscle pains or spasms in the stomach, arms or legs
- **Heat Exhaustion:**
  - Signs: Heavy sweating, paleness, muscle cramps, tiredness/weakness, fast or weak pulse, dizziness, headache, fainting, nausea/vomiting
- **Heat Stroke:**
  - Signs: Extremely high body temperature (above 103 degrees F) taken orally
  - Red, hot and dry skin with no sweat
  - Rapid, strong pulse
  - Dizziness, confusion or unconsciousness

### Sources

<https://www.ready.gov/heat>

# Basics of Canning

Tuesday  
July 1, 2025

TWO CLASS OPPORTUNITIES

10:00 AM OR 5:00 PM

\*THIS IS NOT A HANDS-ON CLASS, YOU WILL LEARN THE BASICS  
SUCH AS WATER BATH AND PRESSURE CANNING, EQUIPMENT ETC.\*

TO RSVP, CALL  
(270) 685 - 8480  
\*\*CLASS SIZE IS LIMITED\*\*

LOCATED AT THE DAVIESS COUNTY COOPERATIVE  
EXTENSION OFFICE

4800A NEW HARTFORD ROAD,  
OWENSBORO, KY 42303



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## Those Living With Alpha-gal Syndrome Can Still Lead Normal Lives

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

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, permethrin-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.

For more detailed guidance on living with alpha-gal syndrome, see the University of Kentucky's publication at <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3646.pdf>.





Thanks to all who stopped by our open house. Thanks to WBKR for broadcasting. And to all our volunteers, pictured and not, for making this a success!



**SUMMER SALE**

PIECES \* HALVES

**\$10.00 PER BAG**

Schermer Pecans  
U.S. NO. 1 SHELLED

Davies County  
DCEHA  
EXTENSION HOMEMAKERS  
We're Here When You Need Us!

**POP CLUB**  
POWER OF PRODUCE

- Participate **once** a week (Tuesday, Thursday, or Saturday) and receive \$5 in market bucks to use on fresh produce
- Must be **present** and **participate** to receive market bucks
- Each week offers a different activity and food sample related to in-season produce
- Open to kids and adults (ages 3 and up)

**Program Dates:**  
 Week 1: June 3, 5, 7  
 Week 2: June 10, 12, 14  
 Week 3: June 17, 19, 21  
 Week 4: June 24, 26, 28  
 NONE Week of July 4th  
 Week 5: July 8, 10, 12  
 Week 6: July 15, 17, 19  
 Week 7: July 22, 24, 26  
 Week 8: July 29, 31, Aug 2

**How to Register:**  
 Find the POP Club cart the first week of June (3, 5, or 7) to sign-up!

Owensboro Regional Farmers' Market  
 1205 Triplett St.  
 Owensboro, KY 42303



**Owensboro Health**



Martin-Gatton  
College of Agriculture,  
Food and Environment  
cooperative Extension Service  
Davies County



# HOMEMAKER HAPPENINGS

## Lesson for the Month

*Clubs plan their own programs, educational tours, etc.*

## Roll Call

In June, we celebrate fathers. Share a favorite memory with your father.

## Thought of the Month

"Ah, but he calls them every night  
And he tells them that he loves them"  
—(Roll On [Eighteen Wheeler]), Alabama - 1984

## FOYER DECORATIONS

Maceo celebrated the graduation season.



July and August will be decorated by the Extension Office.

## CAMP COURAGEOUS

On **June 20th**, the Daviess County Homemakers will be making their annual trip to Camp Courageous to donate their handmade pillowcases! For more information, please call the office at 270-685-8480.

## HOMEMAKER PICNIC

**Tuesday, June 17, 2025**

**Registration starts at 10 am**

**We will have fun until 2 pm**

**In Bittel Hall at the Lions Club Fairgrounds**

**Please RSVP by Friday June 13 by calling the Extension Office.**

## Congratulations!

Edna McCrady and Laurel Fant had Cultural Arts Exhibits entered at the state level. Laurel received a blue ribbon for her garden diorama, and Edna received a purple ribbon for her black and white photography.



Celebrate with an inside picnic full of food, fun, and games. Come dressed casually, ready to have fun with other Daviess County Homemakers.

Please go through your stash of small gift items for things to use for prizes. Bring them to the Extension Office.