

# LYON COUNTY HOMEMAKERS

MAY/JUNE  
2025

## *In this newsletter:*

A Note from Angie

[Page 01](#)

Leader Lesson Information

[Page 02](#)

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Upcoming Classes

[Page 03](#)

Alpha-Gal Basics

[Page 04](#)

[And so much more.....](#)



**Hello Homemakers,**

**I hope you are surviving and thriving through all the recent storms and bad weather. So much devastation across our state. With all the bad happening, I am so glad we have so many opportunities for us to get together, learn something new, and socialize with others who enjoy the same activities we do. It's a great way to boost your mood.**

**Grab your calendars and make sure to mark all the dates coming up in the next few months. Please plan on attending Homemaker County Annual day. It is such a blessing to honor our veterans with a quilt made by Lyon County Homemakers. You really don't want to miss it.**

**October 2026 may feel like a long way off....but, time flies. Every nine years it is Lyon County's turn to host Area Annual Day and that will happen toward the end of October in 2026. This is a situation where we will need "ALL HANDS ON DECK." There will be months of planning, making, sorting, more planning, setting up and cleaning up to make it all happen. Please be ready when you are asked to help, and please consider sticking close to home during the time frame of the meeting so we have enough people to make this a fantastic event for all of the Pennyriple Counties who will be visiting Eddyville. I want to WOW our neighbors and make sure we are showing them a great time when they visit our area.**

**-Angie**



*Save the Date:*  
**Lyon County  
Homemaker County  
Annual Day**  
*August 5, 2025  
10:30 AM*  
**Lyon County  
Extension Office**

## Cultural Arts Winners

Lyon County showed up and showed out at this year's state Cultural Arts competition. Of all 120 counties in Kentucky, we had the highest number of entries from one county. Great work team! Congratulations to all of our STATE blue ribbon winners!



*Evette Stewart-3  
Bena Travis-1  
Jan Kaufman-3  
Cindy Kennedy-3  
Pat Arnott-1  
Becky McKee-1  
Christy Stephens-1  
Kathy Sims-3*



**Save the Date: Area Cultural Arts Judging for next year will be  
on March 27, 2026. Time to start sewing and crafting!**

# Crafting With Christy



June 2, 2025  
1:00 PM Cost: \$10



THIS MONTH WILL BE A UFO CLASS AND A SURPRISE SURFACE.  
MUST PAY CLASS FEE TO BE ADDED TO THE REGISTRATION LIST.

## WATER BATH AND PRESSURE CANNING Food Preservation



June 4, 2025  
10:00 AM to 3:00 PM  
Call to Register

270-388-2341

Lyon County  
Extension Office  
Space is limited

## MAKE YOUR OWN T-SHIRT

JUNE 12, 2025 9:00 AM

LYON COUNTY EXTENSION OFFICE

ARE YOU READY TO VENTURE INTO  
SEWING KNITS? WITH A FEW TIPS AND A  
SERGER, IF YOU HAVE ONE, THEY ARE  
REALLY EASY TO MAKE. IT'S OK, SEWING  
MACHINES WORK TOO.

CALL 270-388-2341 TO SIGN UP FOR THE  
CLASS. A SUPPLY LIST WILL BE GIVEN  
WHEN YOU REGISTER. BRING A SACK  
LUNCH.



QUILTY PLEASURES QUILT RETREAT

OCTOBER 2-3, 2025

LYON COUNTY EXTENSION OFFICE

## Senior Citizen's Nutrition Class



JOIN ME JUNE 24, 2025 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY  
NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE  
ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.



# 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.

Join the Zoom for  
more information






## Living with Alpha-gal Syndrome

**When:** Thursday, May 29  
**Time:** 7:00 PM EDT/6:00 PM CDT  
**Where:** Zoom

**Register:** [ukfcs.net/AgS](https://ukfcs.net/AgS) or scan the QR Code below





**Presenters:** **Heather Norman-Burgdolf, PhD**  
Associate Extension Professor  
Department of Dietetics and Human Nutrition

**Jonathan Larson, PhD**  
Assistant Extension Professor  
Department of Entomology

**Hannah Tiffin, PhD**  
Assistant Professor  
Department of Entomology

**Heather Shaw**  
Area Agent  
Nutrition Education Programs

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment

 Cooperative  
Extension Service



# Homemaker Volunteer Hours

It's May so that means it's time for me to start reminding you to complete your volunteer hour forms for this Homemaker year. I know many of you don't like doing this. Believe me, you are very vocal about it, but it is an important part of being a Homemaker. Knowing the number of hours volunteered across the state helps our stakeholders at the state level get funding to continue the work that is so important through the Homemaker program. Did you know that each hour you volunteer in the state of KY is worth \$27 When you multiply the hours you volunteer by that dollar amount it shows an amazing group of Homemakers are hard at work serving their communities. We have many new Homemakers on board in the last couple of years, so I want to take a minute to refresh everyone on how to report your volunteer hours. The report form is on the next page of the newsletter.

On the report form you will see four different areas. Each one shows a different area where you may be volunteering your time. It is divided into Extension hours, KEHA hours, community hours, or personal hours. The key thing to remember when completing your form is to think, "am I doing something for free that a person would otherwise have to pay for?" If so, it counts as volunteer time. Here are some examples ( but not all, there are many more) in each category.

## Extension

- Serving as a District Board member
- Serving as a CEC member
- Assisting an agent with a program
- Serving as a 4-H leader or program helper
- Serving as a Master Gardner

## KEHA

- Time spent driving to and from and attending a Homemaker meeting
- Time spent hosting a Homemaker meeting
- Time spent serving on the county or area Homemaker councils
- Time spent on Homemaker projects such as Quilts for Courage, Pretend Store, Bake Sales or other Homemaker events
- Time spent serving as a club, area, or state officer.

## Community

- Volunteering at the food bank
- Volunteering at Nonnie's attic
- Volunteering for your church in any capacity (Sunday school teacher, VBS, treasurer, etc)
- Volunteering at school

## Personal

- Babysitting your grandchildren for free
- Taking your neighbor to the doctor
- Cooking a meal for a sick family member or neighbor
- Babysitting a pet for a family member instead of kenneling

The Homemaker hours for this year are due in the office by **June 30, 2025** These hours should encompass all volunteer work you have done between **July 1, 2024 and June 30, 2025**. Each item should be listed individually. We can make as many copies of the volunteer log as you need. I always encourage you to start keeping these on July 1 each year so you don't have to go back and try to remember. Many hours are lost to reporting when we try to just do it once per year. Club members and Members-at-large should all report. If you have questions, please call the office at 270-388-2341.

**Volunteer Service Unit (VSU) Log (copy as needed)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date	Activity/Job Performed	Hours (report in appropriate category)				
		Extension	KEHA	Community	Personal	TOTAL

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions.

Report all hours earned within the past KEHA year (July 1 – June 30).

Logs are due to the county Leadership Chairman or designated contact by July 1.