



# Family and Consumer Sciences Newsletter


## Greetings From your FCS Agent

Happy Summer! I hope you are enjoying these summer months as much as I am. This is my absolute favorite time of year! I hope you are staying cool and hydrated. We celebrated the summer solstice with the 3<sup>rd</sup> annual Longest Day of Play! Around 600 people came out, including 20 agencies and businesses. This is by far the biggest event that we host and it wouldn't be possible without our volunteers and partners. I want to especially give a shout out to Melanie Franks for volunteering to do the sand art activity! Melanie represented Carter County Homemakers and my FCS Advisory Council. I appreciate her willingness to serve!

Several Homemaker members were recognized in May at both the state and county annual meetings.

- Carter County Homemakers raised almost \$500 in 4-H scholarships, received the state membership increase award from 200-222 members, and received the state Coins for Change Award
- Membership Increase Award went to Denton/Willard Club
- Club of the Year was Lindsey-Pactolus Club
- Outstanding Volunteerism (nominated by members)-Dian Ratcliff, Shirley Carra, Janice Prezioso, Sue Tackett, and Dorothy Kiser
- 4-H Volunteer of the Year-Melanie Franks
- Volunteer Service Hours Awards-Dian Ratcliff (most overall), Jeanne Adkins, Janice Prezioso, Melanie Franks, Debbie Prichard, and Cindy Shin
- Club Volunteer Hour winners 1<sup>st</sup> Place Carter Caves and 2<sup>nd</sup> Place Denton/Willard
- Cultural Arts Winners
  - State-Julie Lewis, Marcy Franks, Janice Prezioso
  - County-Janice Prezioso, Marcy Franks, and Linda Arnett.

Congrats to all of our award recipients!

 Cooperative  
Extension Service

Carter County  
Summer 2025

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*Whitney Morrow*

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**Cooperative  
Extension Service**

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

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Disabilities  
accommodated  
with prior notification.

# Mark your Calendars

- Laugh and Learn Beach Day-July 25
- Kids Day at the Farmers Market- July 28<sup>th</sup> 3-4pm Olive Hill
- Kids Day at the Farmers Market-July 31st 2-3pm Grayson
- Fair Exhibit Entries- August 5<sup>th</sup> 12-2pm Carter County Fairgrounds Exhibit Hall
- Homemaker Opening Day-August 19<sup>th</sup> 10am
- Homemaker Leader Lesson Training-August 20<sup>th</sup> Greenup County Office 10am
- Laugh and Learn-August 29th (Grayson)
- Interagency Coalition-September 3<sup>rd</sup> @Carter County Health Department
- Homemaker Enrichment Camp-September 9-11th (I'm taking the van September 10<sup>th</sup> if we have enough interest)
- Farm and Family Field Day September 16th
- Mindfulness Hike at the Grayson Sports Park-September 25th
- Barn Quilt Class-September 27th (Deadline to register and pay is August 27th).



## Kid's Day

In Olive Hill:

Monday, July 28th 3:00PM

In Grayson:

Thursday, July 31st 2:00PM

Kid's Day is an opportunity for kids to participate in a few activities so they can earn "Kid's Bucks" to spend at the Farmer's Market



## Pop-up Market

**Chapel House & Friendship House**

Tuesday, July 1st 5:00PM

Tuesday, August 5th 5:00PM

Tuesday, September 2nd 5:00PM

Tuesday, October 7th 5:00PM

## Seasonal Hours

### Grayson

Thursday 2:00PM-Sell Out

Saturday 9:00AM-Sell Out

### Olive Hill

Monday 3:00PM-Sell Out

Wednesday 8:00AM-Sell Out

# Homemaker News

- Please contact the office 474-6686 or email [whitney.morrow@uky.edu](mailto:whitney.morrow@uky.edu) with club officers, meeting day/time/location for the 2025-2026 year
- The Homemaker Annual Meeting was a huge success! Check out our Facebook group -Carter County Homemaker Members for pictures!
- The Leader Lesson Training will be in Greenup this year. At least one person from each club should attend. I will provide transportation if needed, but you will need to let us know when you call to register. I will cover the registration fee, but you are expected to come back and teach the lesson materials to your club. Each club will receive a binder with all materials. If you need additional copies of lessons, please contact the office with three days notice. I will plan on putting the publications in the newsletters, again this year so everyone will have them.
- **If you are interested in going to Enrichment Camp at Flat Gap, even for just a day, please let me know ASAP. The next few pages have the information, but we have the registration in the office. I am planning on taking a group on Wednesday September 10<sup>th</sup> just for the day.** We will leave the office at 7am. You can register for an all day class or both a morning and after noon. Please let me know ASAP if you are interested so you can reserve a space in the van and come to the office to pick up a registration packet, or I can email you one!





# Enrichment Camp

**September 9-10-11, 2025**

**Camp Caleb**  
Flat Gap, Kentucky



We are so excited about this year's Enrichment Camp and want to welcome you aboard a journey to creativity, connection, and fellowship for our Northeast Area. We're inviting you to "Come Ride & Train" for three wonderful days of crafting and enjoying each other's company! Just like a locomotive gathering steam, this camp is designed to energize us as we explore new skills, strengthen friendships, and have fun along the way. Tuesday night after dinner we will have game night. Wednesday night brings the excitement of bingo and door prizes, and Thursday finish up more crafts and finalize unfinished projects—so pack your enthusiasm, bring your Homemaker spirit, and get ready to ride the rails of enrichment!

## Camp Schedule

### Tuesday, September 09

Registration: 8:00am  
Morning Classes: 8:15am-12:15pm  
Lunch: 12:15pm-1:15pm  
Afternoon Classes: 1:15pm-5:00pm  
Dinner & Game Night: 5:00pm

### Wednesday, September 10

Breakfast: 7:00am-8:00am  
Morning Classes: 8:00am-12:00pm  
Lunch: 12:00pm-1:00pm  
Auction & Afternoon Classes: 1:00pm-5:00pm  
Dinner & Bingo: 5:00pm

### Thursday, September 11

Breakfast: 7:00am-8:00am  
Morning Classes: 8:00am-12:00pm  
Lunch: 12:00pm-1:00pm  
Afternoon Classes: 1:00pm-3:00pm

\*Thursday afternoon classes must break no later than 3:00pm

## Registration

### Option 1: Overnight Camper

\_\_\_\_\_ Full Registration (includes all nights & all meals) \$85.00

### Option 2: Day Camper

(meals not included, please choose your meals below)

\_\_\_\_\_ Tuesday Registration \$10.00  
\_\_\_\_\_ Wednesday Registration \$10.00  
\_\_\_\_\_ Thursday Registration \$10.00

### Choose Your Meals

\_\_\_\_\_ Tuesday Lunch \$7.00  
\_\_\_\_\_ Tuesday Dinner \$10.00  
\_\_\_\_\_ Wednesday Breakfast \$7.00  
\_\_\_\_\_ Wednesday Lunch \$7.00  
\_\_\_\_\_ Wednesday Dinner \$10.00  
\_\_\_\_\_ Thursday Breakfast \$7.00  
\_\_\_\_\_ Thursday Lunch \$7.00

Day Camper Registration/M meal Total \$ \_\_\_\_\_

### Option 3: 1 Night only

(meals not included, please choose your meals above)

\_\_\_\_\_ Tuesday Night \$20.00  
\_\_\_\_\_ Wednesday Night \$20.00

\* If you come for a day you have not registered for, you will be required to pay \$10.00 plus any meals. **You cannot take a class as we are pre-registered.**

Total Registration \$ \_\_\_\_\_  
Total Classes \$ \_\_\_\_\_  
Grand Total \$ \_\_\_\_\_

## Classes

Please select your 1st and 2nd choice class for each morning and afternoon session. Only pay for your 1st choice.

### Tuesday Morning Classes:

\_\_\_\_\_ Cardboard Baskets \$3.00  
\_\_\_\_\_ Diamond Art \$4.00  
\_\_\_\_\_ Storage Caddy \$10.00

### Tuesday Afternoon Classes:

\_\_\_\_\_ Punch Needle \$12.00  
\_\_\_\_\_ Swedish Weaving for Beginners \$5.00  
\_\_\_\_\_ Fairy Garden \$8.00

### Wednesday Morning Classes:

\_\_\_\_\_ Wool Applique \$15.00  
\_\_\_\_\_ Shelf Sitters \$5.00  
\_\_\_\_\_ Plant Stand \$15.00

### Wednesday Afternoon Classes:

\_\_\_\_\_ Beginner Embroidery \$10.00  
\_\_\_\_\_ Macrame Plant Hanger \$8.00  
\_\_\_\_\_ Cards with Marena \$10.00

### Wednesday All Day Classes:

\_\_\_\_\_ Basket Weaving \$25.00  
\_\_\_\_\_ Small Table Topper \$10.00  
\_\_\_\_\_ Tree Farm Table Runner \$5.00  
\_\_\_\_\_ Beginner Paper Piecing \$12.00

### Thursday Morning Classes:

\_\_\_\_\_ Seasonal Center Piece \$6.50  
\_\_\_\_\_ Tatted Necklace \$2.00  
\_\_\_\_\_ Quilt As You Go Baby Quilt \$0.00

### Thursday Afternoon Classes:

\_\_\_\_\_ 3 Drawer Storage Cubie \$12.00  
\_\_\_\_\_ Barn Quilt on Canvas \$8.00  
\_\_\_\_\_ Composition Notebook Fabric Cover \$7.00

NOTE: Overnight campers will likely share a bed with another person since we have limited accommodations at Camp Caleb. All classes and room choices are assigned on first come basis as payment is received.



## Tuesday Morning Classes

### Cardboard Baskets by Sharon Fields

Using cardboard and a liquid mixture you will learn to make baskets that will look like wood. They will be similar to picture.

Cost: \$3.00

Class Limit: 15

Supplies to bring: All supplies will be provided by the instructor.

Kit available: Yes



### Diamond Art

by Kelly York

Using a kit, learn how to do Diamond Art painting. Similar to picture.

Cost: \$4.00

Class Limit: 15

Supplies to bring: All supplies will be provided.

Kit available: Yes



### Storage Caddie

by Amelia Godfrey & Pam Blanton

You will make a small wood caddie to use for storage in any area you want.

Cost: \$10.00

Class Limit: 10

Supplies to bring: Small iron, glue gun, any picture you want to add to the project. Picture can be on a napkin or any type of paper. If you have a pic you want copied send it to [Meme6968@yahoo.com](mailto:Meme6968@yahoo.com).

Kit available: Yes



## Tuesday Afternoon Classes

### Punch Needle by Carolyn Gilliam

We will be using a kit to learn how to Punch Needle from threading the needle to making the stitches.

Cost: \$12.00

Class Limit: 8

Supplies to bring: scissors

Instructor will supply: all other supplies

Kit available: No



### Swedish Weaving For Beginners

by Janice Prezioso

Participants will learn basic stitches as they make bookmarks. Can make 1 to 3.

Cost: \$5.00

Class Limit: 25

Supplies to bring: Sewing scissors, blunt cross stitch needle or a size 22 tapestry needle.

Instructor will supply: aida cloth, embroidery floss, and directions

Kit available: Yes



### Fall Fairy Garden

by Jane Triplett

You will be making a Autumn Themed Fairy Garden.

Cost: \$8.00

Class: Limit 10

Supplies to bring: The instructor will supply everything.

Kit available: No



## Wednesday Morning Classes

### Wool Applique by Kathy King

You will learn applique stitches and make a pillow top or wall hanging

Cost: \$15.00

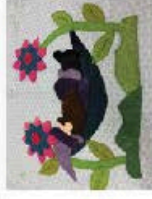
Class Limit: 7

Supplies to bring: scissors and a thimble

Instructor will supply: pattern, wool, thread, iron,

needles

Kit available: No



### Shelf Sitters by Shirley Carra

You will make shelf sitters using terra cotta pots.

Cost: \$5.00

Class Limit: 12

Supplies to bring: All supplies provided by instructor

Kit available: Yes



### Plant Stand by Jane Triplett

You will make a plant stand for everyday use.

Cost: \$15.00

Class Limit: 10

Supplies to bring: Instructor will provide everything.

Kit available: No



## Wednesday Afternoon Classes

### Beginning Embroidery by Kathy King

Will learn basic stitches and make a small sampler

Cost: \$10.00

Class Limit: 10

Supplies to bring: All supplies will be provided by instructor, all- hoop, needles, thread, patterns, snips, instructions

Kit available: No



### Macrame Plant Hanger by Kelly York

You will learn beginner macrame knots and make a plant hanger

Cost: \$8.00

Class Limit: 10

Supplies to bring: All supplies will be provided by instructor

Kit available: Yes if preordered



### Cards with Marena by Marena Cook

You will learn how to heat emboss to add sparkle to your cards. You will learn how to use stamps and ink to create your own design paper. You will make at least 3 cards (more if time allows) that you will be proud to send to your friends. These are high quality cards that would cost you \$7 to \$10 in a card shop. Card colors may vary due to availability of products at camp time.

Cost: \$10.00

Class Limit: 10

Skill Level: Intermediate

Supplies to bring: Paper cutting scissors and put on your Happy Face and be eager to create beautiful cards.

Kit available: No





## Wednesday All Day Classes

### Snack Basket

by Janice Prejones

Weave a snack basket

Cost: \$25.00

Class Limit: 10

Supplies to bring: Weaving tools or sharp scissors, regular flat screwdriver, spray bottle and pan for water, towel sheet of sandpaper, clothespins, wire ties (from bread bags) sandwich bag (one that seals) measuring tape or ruler, pencils

Instructor will supply: Kits will be supplied, colors may vary.

Kit available: No



### Small Table Topper

by Claudine Williamson

Make a star hexagon table topper

Cost: \$10.00

Class Limit: 5

Supplies to bring: Sewing machine, rotary cutter, cutting mat if you have one, 24" clear quilting ruler, white thread, basic sewing supplies.

Instructor will supply: Kits with the required fabric.

Kit available: No



### Tree Runner Table Runner

by Suzie Huonenan

This is a beautiful table runner that will decorate any holiday table.

Cost: \$5.00

Class Limit: 10

Skill Level: Intermediate

Supplies to bring:

3 1/2" x 21" fabrics each of 7 various reds, 3 1/2" x 21" fabric each of 2 various greens, 3 1/2" x 21" x WOF each of 5 various greens. 1/2 yd of ivory, 1/3 yd for border, 3/8 yd for binding, 58" x 21" for backing.

sewing machine and sewing supplies, cutting mat, rotary cutter, ruler, optional iron and small ironing board

Instructor will supply: batting and pattern

Kit available: No



### Beginner Paper Piecing

by Toni Madison

We will learn to paper piece. We will complete 2 or more small paper piecing projects by end of class, you can add to a table runner, quilt, pillow or make more on your own and complete a quilt.

Cost: \$12.00

Class Limit: 15

Skill Level: Beginner

Supplies to bring: Sewing machine, thread, notions, small cutting mat, iron and pressing mat if you have them. You may bring a scrap bag of fabric or small pieces of fabric if you want your own choices.

Instructor will supply: Patterns, piecing tools, add a quarter ruler & fabric.

Kit available: No



### Quilt As You Go Baby Quilt

by Brenda Blackburn

Learn the quilt as you go technique and make a baby quilt.

Cost: 0

Class Limit: 10

Supplies to bring: sewing machine, iron, Jelly roll (Large size will make 2 quilts) 1 1/2 yards for backing and binding, and crib size batting.

Kit available - No



### Barn Quilt on Canvas

by Carolyn Gilliam

You will learn how to draw out and paint a barn quilt on a 12x12 canvas using a grid method.

Cost: \$8.00

Class Limit: 10

Supplies to bring: All supplies will be provided by instructor

Kit available: No



## Thursday Afternoon Classes

### 3 Drawer Storage Cubie

by Amelia Godfrey & Pam Blanton

Using wooden crates to make a 3 drawer storage for anywhere in the home

Cost: \$12

Class Limit: 10

Supplies to bring: A small iron, glue gun, A picture of what you want to add to the project it can be on napkin or regular copy or rice paper

If you need it printed you can email it to

[Meme6968@yahoo.com](mailto:Meme6968@yahoo.com)

Kit available: Yes--5



### Composition Notebook Fabric Cover

Cathy Harville

Participants will sew a fabric cover that fits a standard composition notebook. This lined cover includes a pocket for your pen and an elastic closure. It makes an excellent birthday gift, teacher gift, auction item, or your very own prayer journal.

Cost: \$7.00

Class Limit: 6

Supplies to bring: Sewing machine, clips or pins, hand needle, scissors, point turner, and seam ripper.

Instructor will supply: Kit will include: precut fabric, interfacing, elastic, matching thread, pattern, composition notebook and pen.

Kit available: Yes if preordered



### Tatted Necklace

by Sherry Burchett

Learn how to use a tatting needle and make a necklace.

Cost: \$2.00

Class Limit: 10

Supplies to bring: a Large Tatting needle either a size 3 or 5

Kit available: No





Fall 2025

# HOMEMAKER

## LEADER LESSON TRAINiNG

August 20, 2025

10am-2pm

Greenup County Extension Office

Self-Care: Strengthening Family and Community

Mental Health Matters

Yoga-ta Try This!

For Boyd, Carter, and Greenup Homemaker Members.

Transportation is provided for Boyd and Carter County.

Call your County Extension Office to register by August 13th  
Lunch is provided

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

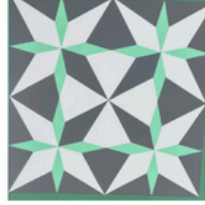
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8



12

# Barn Quilt

## Paint Party

BY: LIZ'S BARN QUILTS

Saturday September 27, 2025

Carter County Extension Office, 1<sup>st</sup> Building  
9am-3pm

Outdoor Signs: 2x2=\$130, 3x3=\$190, 4x4+\$270  
Call (606) 474-6686 to register

- All supplies (board, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch ( Please let us know of any dietary needs)

Must be paid in full by  
August 27<sup>th</sup>

Sorry, No refunds on missed event-alternate arrangements will be available.

Please bring drink, hair dryer, and 94" Frog Tape

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Lexington, KY 40506

# Laugh and Learn Playdates

**Carter County Extension Office-Grayson  
(Located in the 1<sup>st</sup> building facing US 60)**

7/25/25	1/9/26
8/29/25	1/23/26
9/12/25	2/27/26
9/26/25	3/27/26
10/10/25	4/10/25
10/31/25	4/24/26
11/14/25	5/8/25
12/19/25	5/22/26

**Schedule is subject to change  
and children must be accompanied by an adult.**



**Phone Number**  
606-474-6686

**Website**  
<https://carter.ca.uky.edu/events>



# Laugh and Learn Playdates

**Olive Hill Elementary Family Resource Center**  
**(Enter in the 1<sup>st</sup> door, back of the School)**

9/19/25  
10/17/25  
11/7/25  
12/12/25  
1/16/26  
2/13/26  
4/17/26  
5/15/26

**Schedule is subject to change  
and children must be accompanied by an adult.**



**Phone Number**  
606-474-6686

**Website**  
<https://carter.ca.uky.edu/events>



## Books/Themes

July (Just Grayson)- ***Otto Goes to the Beach*** by Todd Parr,  
Beach Day and Water play!

August (Just Grayson) **Fall Apples: Crisp and Juicy** by Martha Rustad

September-**Big Red Barn** by Margaret Wise and Felicia BondOctober- *How Big Could Your Pumpkin Grow* by Windell MinorNovember-10 *Fat Turkeys* by Tony JohnstonDecember-***Gingerbread Baby*** by Jan Bret

January-*Cars and Trucks and Things that Go* by Richard Scarry

February-**Whose Hat is This** by Sharon Katy Cooper and May Bailey Muehlenhardt

March (Just Grayson)-**Over the Jungle** by Marianne Berkes

**April-Rachel's Day in the Garden** by Giselle Shardlow

May- ***Wake Up, Sun*** by David L. Harrison-beach

***Months where there are two meetings in Grayson will include special activities such as holiday parties and field trips!***

LAUGH &  
LEARN  
BEACH PLAYDATE

**FREE**  
**CARTER COUNTY EXTENSION OFFICE**

**JULY 25 10AM-NOON**

**AGES 1-6**

**OLDER SIBLINGS ARE WELCOME**  
**ADULT MUST BE PRESENT**

**STORYTIME**  
**OTTO GOES TO THE BEACH BY TODD PARR**  
**"EACH FAMILY WILL GO HOME WITH A**  
**BOOK**

**OUTDOOR GAMES, WATER PLAY,  
AND MORE!**

**LUNCH WILL BE PROVIDED THROUGH THE SCHOOL LUNCH SUMMER FEEDING PROGRAM**





Prize list for all winners will consist of:

*Blue Ribbon-First Place*

*Red Ribbon-Second Place*

*White Ribbon-Third Place*

*Cash premiums: 1<sup>st</sup> \$3.00, 2<sup>nd</sup> \$2.00, 3<sup>rd</sup> \$1.00.*

## CULTURAL ARTS EXHIBIT CATEGORIES CARTER COUNTY FAIR

All entries must be homemade and created in the last two years and be family friendly in nature. The Carter County Fair Board and Extension Service are not responsible for any lost or damaged items.

### 1. SEWING (Apparel & Home Décor

- a. Basic Garment APPAREL
- b. Specialty1 Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty1 HOME DÉCOR

b. and e. "Specialty" may include appliqued and quilted.

### 2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

### 3. ART, NATURAL

- a. Wood
- b. Other

### 4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

### 5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

### 6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

### 7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

### 8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

### 9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

### 10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

### 11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Rouging
- d. Pencil or Charcoal-Black
- e. Pencil-Color

### 12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

### 13. FELTING\*

- a. Needle Method
- b. Wet Method

### 14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer

## CULINARY EXHIBIT CATEGORIES CARTER COUNTY FAIR

### CANNED FOODS

All canned entries must be preserved in standard canning jars and sealed lids. All canned food must be processed and sealed according to the USDA standards (contact the Carter County FCS Extension Agent if you have questions about the process). Any unsealed or rusty lids will be disqualified. All entries must have been processed within the last year.

For health and safety purposes the Carter County Fair Judges will judge canned items by appearance and proper headspace. Canned foods can either be auctioned or picked up on Saturday.

#### JELLIES

1. Strawberry
2. Apple
3. Grape
4. Hot Pepper
5. Blackberry
6. Raspberry
7. Any other Jelly

#### MARMALADE AND JAMS

1. Orange Marmalade
2. Strawberry Jam
3. Blackberry Jam
4. Raspberry Jam
5. Apple Butter
6. Any other jam

7. Strawberry Preserves
8. Cherry Preserves
9. Blackberry Preserves
10. Tomato Preserves

#### PICKLES AND RELISHES

11. Any other preserves or butter
12. Pickled Beets
13. Sweet Pickles
14. Bread and Butter Pickles
15. Dill Pickles
16. Any other Pickles
17. Chili Sauce
18. Salsa
19. Chow Chow
20. Pickled Relish

#### 21. Corn Relish

#### 22. Any other relish

#### FRUITS AND VEGETABLES

23. Applesauce
24. Blackberries
25. Peaches
26. Pears
27. Any other fruit
28. Green Beans
29. Corn
30. Tomatoes Red
31. Tomatoes-other color
32. Tomato juice
33. Any other vegetable

#### d. Winter

#### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain, mixed with beads)
- c. Original Design

#### 16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

#### 17. KNITTING (OTHER – machine / loom)

#### 18. NEEDLEPOINT

- a. Cloth Canvas

#### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

#### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

#### 21. PHOTOGRAPHY (mounted or framed) \*\*

- a. Black & White
- b. Color

#### 22. QUILTS

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Applique (hand quilted)
- d. Hand Pieced (hand quilted) e. Machine Appliqué (machine quilted)

#### f. Machine Pieced (hand quilted)

#### g. Machine Pieced (machine quilted)

#### h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)

#### i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)

#### j. Technology Based (hand or machine quilted)

#### k. Miscellaneous (hand or machine quilted)

#### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking

#### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

#### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

#### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

#### 27. SOAP

#### 28. POETRY

#### 29. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)



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)



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-

**Continued on the next page**



Disabilities  
accommodated  
with prior notification.



**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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## CARTER COUNTY **RESOURCE GUIDE**

Scan the QR Code for a list of  
community resources

