



Family and Consumer Sciences Newsletter

UK Cooperative
Extension Service

Carter County
MAY 2025

Greetings From your FCS Agent

It's finally May! I don't know about you, but I've never been so happy to see warm weather! In April I have continued the Savor the Flavor program at East Carter and taught a lesson to a group from Mountain Comprehensive Care. I attended the Hula to Health health fair at the Health Department where I educated attendees on alternatives to sugary drinks, healthy eating, and promoted our programs. My advisory council also met this month and helped prioritize programs for our Plan of Work. We celebrated our Staff Assistant, Alice Perry and her career of 26 years with Carter County Extension. We wish her the very best in her retirement. The homemaker council finished out the month with meeting and sharing all of the wonderful programs and services they are offering in their communities.

May is usually the busiest month of my life other than Christmas time. The end of school year for my family is filled with baseball, long nights on the soccer field, sports banquets, awards days, field trips, and graduations. I love this time of year so much as we plant our flowers, celebrate and remember our mothers, honor our veterans, congratulate our graduates, and remember our loved ones that have passed on. May your May be blessed with good times and memories!

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.

Mark your Calendars

- KEHA State Meeting- May 6-8, Lexington, KY (We have 8 members attending!)
- Deadline to Register for the Homemaker Annual Meeting- May 15th
- Quilts for Veterans Memorial Day presentation-May 18th 3:00 at FCC, Grayson
- Laugh and Learn Playdate-May 23rd 10-11:30 am @ Grayson
- Memorial Day Office Closed-May 26th
- Homemaker Annual Meeting and Cultural Arts Contest-May 29th 5:00pm
- Voucher Appointments-Call 474-6686 on May 28th or after
- Alpha-gal Webinar-May 29th 7pm (See flyer to register)

Homemaker News

- Congrats on wrapping up a successful Homemaker year! I hope you will join us at the annual meeting to celebrate! Don't forget to send it your registration by the deadline
- Thank you for those of you that have sent me your club reports after your meetings. It's been helpful for me! You can just email me a picture of your notes, whatever is easiest!
- Each club is responsible for bringing one item valued at \$25 for the silent auction and all members are encouraged to bring any other items of any value. The proceeds of these go to camp and homemaker scholarships.
- The committee is taking care of all the assignments this year, so clubs won't have assignments at the meeting unless you have specifically been asked.
- Deceased members, Club of the Year entry, scholarship applications, and any other special recognitions should be submitted by May 9th!
- All Club reports are due to Whitney by July 1st! This includes volunteer hours and chairman reports.



Homemakers Annual Meeting

May 29, 2025

Carter County Extension Office

Registration at 4:30pm

Meeting at 5pm

Registration: \$15

Register by May 15, 2025

Catered By: Brenda Barnhill

*Dinner Menu: Pot Roast, Herb Chicken,
Mashed Potatoes, Corn Pudding, Broccoli
Casserole, Tossed Salad, & Rolls*

*Desserts: Peach Cobbler & Banana
Pudding*

Drinks: Tea & Lemonade



2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)
 - a. Basic Garment APPAREL
 - b. Specialty1 Garment APPAREL
 - c. Accessory APPAREL
 - d. Basic HOME DECOR
 - e. Specialty1 HOME DÉCOR

¹ ***b. and e. "Specialty" may include applied 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 Roughing
 - 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
 - d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY
a. Beaded b. Mixed Media (wire, chain maille, 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
b. Plastic
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*** (continued)
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. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



Cooperative Extension Service

LONGEST DAY OF PLAY



Event Information:

- 📅 Friday, June 20, 2025
- 🕒 10am-1pm
- 📍 Grayson Sports Park

Celebrate the 1st day of summer at the playground and splash pad along with music, outdoor games, obstacle courses, art activities, giveaways, face painting, and more!

FREE
FUN FOR ALL AGES
FREE MEAL FOR 18 AND UNDER
GIVEAWAYS!

More information

📞 (606) 474-6686
✉️ whitney.morrow@uky.edu

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Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

Thursday, May 29th

6-7:30pm CDT

7-8:30pm EDT

Register Now!

ukfcs.net/AGS



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Senior Vouchers

Carter County Farmer's Market

The Kentucky Department of Agriculture's Senior Farmer's Market Nutrition Program provides seniors with \$50 to purchase locally grown fresh vegetables, fruits, cut herbs and honey from state approved farmer's markets

Eligibility

- 60 years of age and older
- Income less than or equal to 185% of the poverty level

Household size	Annual Income	Monthly	Weekly
1	\$28,953	\$2,413	\$557
2	\$39,128	\$3,261	\$753
3	\$49,303	\$4,109	\$949
4	\$59,478	\$4,957	\$1,144
5	\$69,653	\$5,805	\$1,340

For Each Additional Family Member Add

\$ 9,953

\$ 830

\$ 192

How to sign up

- Starting May 28th, make an appointment by calling the Carter County Extension Office at 606-474-6686 between 8am & 4pm
- You will need to provide: Name, Address, Phone, Birthday, & Income
- Bring a valid government ID or other proof of ID to your appointment.



You must live in Carter County to receive vouchers in Carter County



ADULT HEALTH BULLETIN



MAY 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>

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page →



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Disabilities accommodated with prior notification.

Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

➔ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
 - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL

• **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

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THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

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Cooperative Extension Service
University of Kentucky
Carter County
94 Fairground Drive
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NONPROFIT ORG
US POSTAGE PAID
GRAYSON, KY
PERMIT 94

RETURN SERVICE REQUESTED

Homemaker Annual Meeting Registration Form

Please mail form along with \$15 to Dian Ratcliff (Her address is in the handbook)

Name

Club

Phone Number

Email

Dietary Restrictions

Date received by treasurer :

Cash or Check
