

july
25'

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
(859) 792-3026
Fax: (859) 792-3026
extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

Hello and Happy July!

I hope everyone is staying safe in this crazy heat! Summer sure did come in with a bang, didn't it? I'm excited to share with all of you the fun things that we have coming up over the summer, as well as take a little look back over this past homemaker year to highlight some of the great ways in which our county's programming is growing!

Many folks may already know, but in case you don't, I will be out on maternity leave beginning sometime near the middle of this month. I will return part-time in September and then full-time beginning in October. Classes and events will still be continuing while I'm away though, so keep an eye out for all the fun things going on! If you have any questions, call our office and remember that you can reach out to the wonderful FCS Agents in surrounding counties as well!

Have a wonderful rest of your summer and be sure to check out the information near the end of this newsletter regarding the Fair Open Class exhibits!

Kayla Lunsford

County Extension Agent for
Family and Consumer Sciences
kayla.lunsford@uky.edu



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.
FACEBOOK.COM/
GARRARDCOUNTY
FCS](https://www.facebook.com/garrardcountyfcs)

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

Educational 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 belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming Events



LUNCH AND LEARN FREE MONTHLY COOKING CLASS



NEW 4-PART SERIES!
APRIL 1, MAY 13, JUNE 3, JULY 1

**JULY 1ST
12PM OR 6PM**

Garrard County Extension Office
1302 Stanford Road

Call the office at
859-792-3026, comment on
Facebook, or email
kayla.lunsford@uky.edu to
register.

**RECIPE OF THE MONTH:
CHICKEN BURGERS**
TOPIC:
FOOD AS HEALTH FOR
DIABETES



What you'll learn:

- The role of food in blood sugar management
- Simple tips for meal planning and grocery shopping
- Resources and tools to support your journey to better health

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Garrard's Gardeners Presents:

Cut Flower Garden Tour

Saturday, July 12th at 9am

It is time to tour Joanna Kirby's gardens once again!
Call 859-792-3026 to get info and sign up.
Participants will also have the option to make their own
flower arrangement after the tour, and the cost for that
will be \$20. Checks can be made out to Joanna Kirby.



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YOGA CLASS!

INSTRUCTOR: KRISTINA BEAMAN

COST: \$5 PER CLASS

TIMES:

TUESDAYS AT 7PM (BEGINNER AND ADVANCED)

THURSDAYS AT 9AM (CHAIR YOGA)



FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE
"YOGA W/ KRISTINA" FACEBOOK GROUP!



THURSDAY MORNING "SEW"CIAL CLUB

THURSDAYS 9AM-12PM
GARRARD COUNTY EXTENSION OFFICE

OPEN TO ALL- COME HANG OUT, WORK ON UNFINISHED
PROJECTS, AND MAKE FRIENDS ALONG THE WAY!

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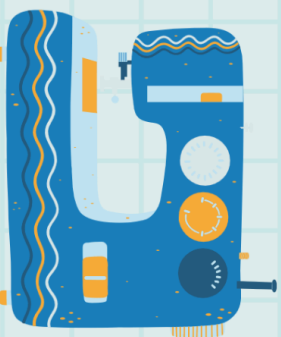
FRIENDLY FIBERS
GROUP MEET THE 4TH
MONDAY AT 1:30PM!
JOIN ANYTIME IF YOU
LIKE KNITTING,
CROCHET, OR OTHER
TYPES OF NEEDLEWORK!



GET TO KNOW YOUR SEWING MACHINE

Choose between 2 different time options:

JULY 29TH, 1PM-3PM
JULY 29TH, 6PM-8PM



Instructor: Mary Hixson

Here's your chance to get your sewing machine out of the box, learn more about how to operate your machine and what all the buttons and knobs do! If you ever get frustrated when trying to do the simplest sewing jobs, come learn some tips and tricks to make your sewing more enjoyable. This class will focus on the basics including care and maintenance of your machine.

Bring machine, foot control, any tools/supplies that came with your machine and instruction book. Other supplies will be furnished.

LOCATED AT THE GARRARD COUNTY EXTENSION OFFICE
1302 STANFORD RD. LANCASTER, KY 40444

Call 859-792-3026 or email garrardext@uky.edu to RSVP by July 25th.

Cooperative Extension Service

Agriculture and Natural Resources
441 South Vandenberg Avenue
Lexington, KY 40506

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

EASY BIG TOTE BAG

INSTRUCTOR: MARY HIXSON

**COST OF
CLASS:
\$5**



IF YOU CAN SEW A STRAIGHT SEAM—YOU CAN MAKE A TOTE BAG WITH FABRIC YOU PICK OUT WITH TRIM YOU LIKE. WE WILL USE SIMPLE DIRECTIONS TO MAKE A FAVORITE BAG WITH STRAPS.
SIZE: 13" WIDE X 16" HIGH X 7" DEEP
PICK OUT DECORATOR WEIGHT FABRIC:
¾ YARD FOR TOP OUTSIDE FABRIC
LINING FABRIC: COTTON WOVEN FABRIC:
¾ YARD
FIND COORDINATING FABRIC IN CANVAS OR DUCK CLOTH FOR STRAPS, BOTTOM AND TRIM: ¾ YARD (YOU MAY USE COMMERCIAL STRAPPING—8 FEET LONG X 1 1/2" WIDE)
PRE-CUTTING DIRECTIONS WILL BE SENT AFTER SIGN UP.

THURSDAY, AUGUST 7TH
5:30PM-8:30PM

Please register via Eventbrite.com by August 4th. Just scan the QR code and follow instructions for checkout! You can also bring cash or check payment to the Extension Office. Call 859-792-3026 if you need assistance with registration.



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Lexington, KY 40506



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**FINAL
HOMEMAKER
VOLUNTEER
SERVICE UNIT
HOURS AND
CHAIRPERSON
REPORTS ARE
DUE TO THE
EXTENSION
OFFICE BY JULY
1ST.**

**DON'T
FORGET!**

SAVE THE DATE!!

**IT'S SEW FINE
SEWING EXPO:
SEPTEMBER 4TH
AND 5TH**

**MORE DETAILS TO
COME!**



Rewiring Lamps Workshop

Do you have a favorite lamp that won't work anymore? Maybe you picked up a vintage lamp at a recent yard sale but it needs attention. Rewiring a lamp is a safe, easy way to keep a favorite light working. No charge for attending this workshop but participants must bring clean lamps without lampshades to Extension Office by July 23rd, which is also the deadline to sign up. Do not take apart or distort the lamp before class. You will be contacted about supplies needed.

Please register by calling 859-792-3026 or by emailing garrard.ext@uky.edu.

Thursday, July 31 at the Garrard Co. Extension Office

Daytime: 1:00-3:00 pm | Evening: 6:00-8:00 pm

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



**Save
the
date**

**FORT HARROD AREA
2025 HERITAGE CRAFT CAMP
OCTOBER 24TH AND 25TH**

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422



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Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

**Heavy
Sweating**

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

**Becomes
Unconscious**

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



Homemaker Highlights from 2024-2025!



ARTS AND CRAFTS BUY, SELL, SWAP EVENT



THERE'S NO PLACE LIKE "HOMEMAKERS"
2024 COUNTY ANNUAL MEETING



EMERGENCY PREPAREDNESS NIGHT
HOSTED BY THE GO-GETTERS CLUB



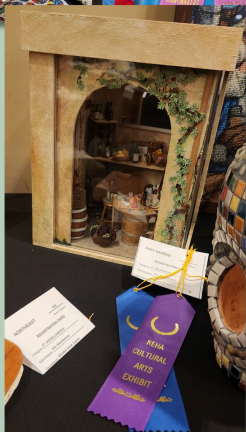
JUDGE DECLARES OCT. 14-18, 2024
KENTUCKY
EXTENSION HOMEMAKERS WEEK



24'-25' OFFICER AND CHAIRPERSON
TRAINING



COUNTRYSIDE CLUB CHRISTMAS
MEETING



2025 CULTURAL ARTS CONTEST



HOMEMADE FOR THE HOLIDAYS
BLANKET DRIVE FOR FOSTER CARE

HEALTHY EATING
AROUND THE WORLD
LEADER LESSON

COUNTY FAIR 2024



KEHA STATE MEETING 2025

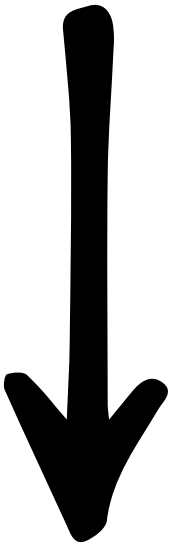
GARRARD'S GARDENERS TERRARIUM CLASS



ARTS AND CRAFTS AND EVERYTHING IN BETWEEN



WHAT'S THE BUZZ ABOUT HOMEMAKERS? 2025 COUNTY ANNUAL MEETING



2025 Garrard County Fair FCS Open Class General Rules

1. Entries are open to ANY Garrard County resident, regardless of age.
2. Professional work is NOT eligible for entry. One who derives the major part of his or her income from the type of work being exhibited is considered a professional.
3. An exhibitor is limited to one entry in each class.
4. All entries must be made by the exhibitor.
5. No article exhibited in this department may be exhibited with "For Sale" tag. The Department reserves the right to remove such tags if discovered after entry.
6. Exhibits must be entered in classes as designated in class description. Only, where no separate class exists may entries be made in the "Any Other" class.
7. Family & Consumer Science Exhibits can be brought to the Garrard County Extension Office on Monday, July 7th from 5pm-7pm and Tuesday, July 8th from 9:00am-12:00pm.
8. Exhibitors will have the choice to keep delicate items at the Garrard County Extension Office for the duration of fair week. Other items will be transported to the Fair Exhibit Hall by Extension Staff where it will remain on display for the week.
9. Superintendents, committee members, and judges will only be allowed in exhibit area during judging. Exhibitors are not allowed in Exhibit Area while judging.
10. The decision of the judges will be final. Any errors discovered in the recording of awards or placement of ribbons will be corrected by judges and/or superintendent.
11. Exhibitors must bring claim ticket (to be checked) before articles are removed. Attached firmly to each article will be a tag bearing the identifying number of the exhibitor and their name on the back of the tag.
12. Please bring your textile goods in clear plastic bags for their protection.
13. Any entry exhibited in previous fairs cannot be exhibited in this year's fair.
14. Three premiums will be offered for each class as follows: Blue-\$5.00; Red -\$3.00; White- \$1.00.
15. Grand Champions will be chosen in each LOT and will receive grand champion ribbon plus \$10.00 award money.
16. Sweepstakes winners are also chosen in each LOT and are based on number of entries and type of ribbon won by exhibitor. Blue – 3 points; Red – 2 points; White – 1 point. Winner receives \$8.00.
17. Every effort will be made by the Garrard County Fair Board to protect all exhibits from casualties. However, the Board will not be responsible for any loss that results from breaking, damage by handling, damage by water or dirt, loss by theft and/or casualties.



Family & Consumer Science Open Division - 2025

#

LOT 1 - NEEDLECRAFTS

SWEEPSTAKES - \$8.00

Grand Champion - \$10.00

QUILTING

- FCS 1 Pieced Cotton Quilt
- FCS 2 Appliqué Quilt
- FCS 3 Embroidered Quilt (cross stitch, candlewick, etc.)
- FCS 4 Any Other Quilt Not Listed
- FCS 5 Pieced pillow, wall hanging or other
- FCS 6 Appliqué Pillow, Wall hanging or other
- FCS 7 Antique quilt (any quilt 20 years or older)
- FCS 8 Quilted Baby Quilt
- FCS 9 Quilted Garment
- FCS 10 Any pieced Top, not quilted (20 years or older)
- FCS 11 Any pieced Top, not quilted (since 1993)

EMBROIDERY

- FCS 12 Any needlepoint item (stool, pillow, etc.)
- FCS 13 Counted Cross Stitch Picture (must be framed)
- FCS 14 Counted Cross Stitch on 22 count Aida cloth or linen
- FCS 15 Any other cross-stitch
- FCS 16 Hand embroidered item (including candle wicking, chicken scratch, crewel)
- FCS 17 Machine embroidery
- FCS 18 Silk Ribbon Embroidery
- FCS 19 Any Smocked item
- FCS 20 Any tatted holiday ornament
- FCS 21 Any Small Tatted piece (all tatted)
- FCS 22 Any Tatting combined with fabric
- FCS 23 Any garment embellished with embroidery
- FCS 24 Any other needle craft item not listed

Knitting

- FCS 25 Any hand knitted large item (afghan or sweater)
- FCS 26 Any hand knitted small item (Dishcloth, baby items, scarves or hats)

Crochet

- FCS 27 Crocheted Rug
- FCS 28 Any large crocheted item made with cotton yarn thread
- FCS 29 Any large crocheted item from other than cotton thread
- FCS 30 Any small crocheted item made from cotton yarn thread
- FCS 31 Any small crocheted item from other than cotton thread
- FCS 32 Any item made from specialty crochet technique stitch, broomstick lace, Irish crochet, novelty etc.)

LOT 2 – CLOTHING

SWEEPSTAKES - \$8.00

Grand Champion - \$10.00

- FCS 33 Any sewn women's garment
- FCS 34 Any sewn men's garment
- FCS 35 Any sewn child's garment
- FCS 36 Any sewn costume
- FCS 37 Any sewn apron
- FCS 38 Any sewn fabric purse
- FCS 39 Any sewn clothing accessory
- FCS 40 Any sewn formal or dressy dress-any age
- FCS 41 Any sewn doll clothes

LOT 3 - ARTS AND CRAFTS

SWEEPSTAKES - \$8.00

Grand Champion - \$10.00

- FCS 42 Christmas Ornaments (collection of 3)

- FCS 43 Christmas Wreath

- FCS 44 Christmas Table Decoration or Centerpiece (no live flowers)

- FCS 45 Seasonal Door Decoration or Wreath

- FCS 46 Seasonal Table Decoration or Centerpiece (other than Christmas)

- FCS 47 Any Tolle Painted Item (oil)

- FCS 48 Any Folk Art Painted Item (acrylic)

- FCS 49 Any Painted Gourd

- FCS 50 Painted Fabric Item

- FCS 51 Any Latch Hook Item

- FCS 52 Braided Rug

- FCS 53 Hooked Rug

- FCS 54 Any Ceramic Item (fired product only)

- FCS 55 Soft Sculptured Doll

- FCS 56 Any Other Handmade Doll

- FCS 57 Any stuffed animal

- FCS 58 Covered photo album

- FCS 59 Basketry

- FCS 60 Finished New Wood Item

- FCS 61 Miniature Room Box (single complete room)

- FCS 62 Miniature Single Furniture Piece (Kentucky theme)

- FCS 63 Miniature Jr. Room Box (any single complete room (18 or younger)

- FCS 64 Miniature Jr. Single Furniture Piece (18 or younger)

- FCS 65 Decorated Sweatshirt

- FCS 66 Any Item With Seat of Hong Kong Grass

- FCS 67 Any Item With Seat of Shaker Tape

- FCS 68 Any Item With Seat of Cane

- FCS 69 Any Hemp Jewelry

- FCS 70 Any Beaded Jewelry

- FCS 71 Jewelry created from paper

- FCS 72 Any Other Jewelry

- FCS 73 Any 3 handmade cards

- FCS 74 Any woven stool seat

- FCS 75 Any Handmade Arts & Crafts Item Not listed (no needlework)

Scrapbooking

- FCS 76 Human Theme

- FCS 77 Animal Theme

- FCS 78 Special Interest Theme

- FCS 79 Scenic Theme

- FCS 80 Special Location Theme

- FCS 81 Family Theme

- FCS 82 Miscellaneous Theme

LOT 4 - CULINARY

SWEEPSTAKES - \$8.00

Grand Champion - \$10.00

1. No prepared mixes or purchased entries allowed (unless specified in the class requirement)
2. All food must be brought in and displayed on sturdy paper plates in plastic bags.
3. All entrants should provide recipe for items entered or be willing to provide recipe on request.
4. No commercially prepared entries.

Cakes

- FCS 83 ¼ iced carrot cake

- FCS 84 ¼ iced jam cake

- FCS 85 ¼ un-iced angel food cake

- FCS 86 ¼ un-iced pound cake

- FCS 87 ¼ favorite cake, made with mix or your special ingredients

- FCS 88 ¼ German Chocolate Cake

- FCS 89 Decorated cake, made by amateur (decorations only judged)

- FCS 90 Decorated cake, made by professional (decorations only judged)

Pies

- FCS 91 ¼ fruit pie (apple, peach, cherry)
- FCS 92 ¾ berry pie (blackberry, raspberry, strawberry)
- FCS 93 ¾ coconut pie

FCS 94 ¾ pecan pie

FCS 95 ¾ chocolate pie

Cookies (plate of 6)

- FCS 96 Chocolate chip cookies
- FCS 97 Oatmeal cookies
- FCS 98 Sugar cookies
- FCS 99 Peanut butter cookies

FCS 100 Brownies, chocolate with or without nuts

FCS 101 Any bar cookie

FCS 102 Any other cookie, not listed

Breads

FCS 103 ½ loaf white yeast bread

FCS 104 ½ loaf whole wheat yeast bread

FCS 105 yeast rolls, plate of 6

FCS 106 Any other yeast bread product not listed (cinnamon rolls, coffee cakes, sour dough, etc.)

FCS 107 ¾ loaf banana bread

FCS 108 ¾ loaf of zucchini bread

FCS 109 Biscuits - plate of 6

FCS 110 Muffins - plate of 6

FCS 111 Corn meal muffins or sticks - plate of 6
or ¾ pan of corn bread

FCS 112 ¾ loaf or plate of 6 other quick bread, not listed

Candy (plate of 6)

FCS 113 Chocolate fudge

FCS 114 Peanut butter fudge

FCS 115 Caramels

FCS 116 Bourbon Balls

FCS 117 Divinity

FCS 118 Cream Candy

FCS 119 Molded and/or Decorated Candy

FCS 120 Any other candy, not listed

LOT 5 - FOOD PRESERVATION

SWEESTAKES - \$8.00

Grand Champion - \$10.00

1. All foods must be in clear standard canning jars (unless specified otherwise). No colored jars will be accepted.
2. All foods must be closed with standard 2-piece metal lids (unless specified otherwise). Lids must not be rusted.
3. All foods must be preserved using the latest USDA and/or University of Kentucky Cooperative Extension recommended procedures. (Free food preservation information is available at the Garrard County Extension Office).
4. All foods must be processed.
5. All jars must remain sealed.
6. Entries not meeting the above requirements will be disqualified.
7. Normally, foods will not be opened. Judges, however, do reserve the right to open products if necessary.
8. Entries should be preserved in current year or previous year.

Canned Fruits

These must be processed in water bath canner.

FCS 121 Jar apples

FCS 122 Jar applesauce

FCS 123 Jar peaches

FCS 124 Jar Pears

FCS 125 Jar Berries (any type)

FCS 126 Jar any fruit, not listed

FCS 127 Jar, any fruit juice or fruit puree,

(Except tomatoes)

Jars

all whole fruit or uniform – size pieces in a clear, slightly
syrup. The fruit should be tender and plump.

S 161 Jar Apple preserves

S 162 Jar Cherry preserves

S 163 Jar Peach preserves

S 164 Jar Plum preserves

S 165 Jar pear preserves

S 166 Jar strawberry preserves

S 167 Jar Raspberry preserves

S 168 Jar Blackberry preserves

S 169 Jar any preserve, not listed

Jams

fruit jellies containing small pieces of fruit or peel
nly suspended in a transparent jelly. They often
tain citrus fruits.

170 Jar any Marmalade

Jams

et spreads made by cooking fruit's pulp with sugar to a
k consistency.

171 Jar apple butter

172 Jar any butter not listed

Jams, Jams and Fruit Spread Collections

173 Best collection of jellies, jams or other fruit spreads
to consist of 3 different types. These should be
attractively displayed.

D FOODS

ried foods must be in airtight container that can be
ied for judging

174 Dried apples, 1 jar

.75 Dried beans, 1 jar

.76 Any other dried fruit, 1 jar

LOT 6 - ART

SWEESTAKES - \$8.00

Grand Champion - \$10.00

- FCS 177 Water Color (properly framed)
- FCS 178 Acrylic painting (properly framed)
- FCS 179 Colored Pencil (mounted or framed)
- FCS 180 Pastels (properly framed)
- FCS 181 Charcoal or etching (properly framed)
- FCS 182 Oil painting (properly framed)

LOT 7 – PHOTOGRAPHY

All pictures must be 5" x 7" or larger and framed (no poster
board)

SWEESTAKES - \$8.00

Grand Champion - \$10.00

FCS 183 Black and White Portraits

FCS 184 Black and White Human Interest

FCS 185 Black and White Scenic

FCS 186 Black and White Floral

FCS 187 Black and White Animals

FCS 188 Black and White Children (including babies)

FCS 189 Black and White Unclassified (abstract, trick,
still-life, digital imagery)

FCS 190 Color Portraits

FCS 191 Color Human Interests

FCS 192 Color Scenic

FCS 193 Color Floral

FCS 194 Color Animals

FCS 195 Color Children (including babies)

FCS 196 Color Unclassified (abstract, trick, still-life,
digital imagery)

LOT 8 -FLOWER EXHIBITS

All flowers must be live and grown by exhibitor.

SWEESTAKES - \$8.00

Grand Champion - \$10.00

Flower Arranging

FCS 197 "Picnic Time" - Summer flowers in a basket that could be carried on a picnic

FCS 198 "Horse' n Around" – Arrangement featuring Kentucky & Horses

FCS 199 "Sunny Days" – Marigolds in a yellow or brass container foliage permitted

FCS 200 "Moonlight Madness" – All white flowers, foliage permitted, arranged any suitable container

FCS 201 "Kids Delight" – Summer flower Arrangement by youth (under 18)

FCS 202 "On, On, UK" – Arrangement featuring white and/or blue flowers with UK accessories in suitable container

FCS 203 "Country Fair Fun" – arrangement depicting county fair theme

FCS 204 "Tea Time" – arrangement of roses, any container depicting "tea time"

FCS 205 "Americana Life" – arrangement featuring red, white and blue flowers and accessories

Single Flower

Single Flower Division Rules:

1. Exhibitors are limited to one entry per class,

and the exhibit must have been grown by exhibitor

2. Bring exhibit in a clear glass bottle with water to insure uniformity of show.

3. A specimen is a single stalk or flower with a natural foliage attached.

A. Annuals

FCS 206 Baby's Breath

FCS 207 Bachelor Button, cornflower

FCS 208 Coleus (highly colored)

FCS 209 Lantana

FCS 210 Larkspur

FCS 211 Marigold, large or small

FCS 212 Petunia, double

FCS 213 Petunia, single

FCS 214 Snapdragon

FCS 215 Sunflower

FCS 216 Sweet Pea

FCS 217 Zinnia, mixture or large

FCS 218 Any other annual not listed

B. Perennials

FCS 219 Astilbe

FCS 220 Chrysanthemums (mum), any color

FCS 221 Cone Flower

FCS 222 Coral Bells

FCS 223 Hydrangea

FCS 224 Liatris

FCS 225 Phlox

FCS 226 Sedum

FCS 227 Shasta daisy

FCS 228 Any other perennial not listed

C. Lilies

FCS 229 Daylily, double any color

FCS 230 Daylily, orange or melon

FCS 231 Daylily, pink

FCS 232 Daylily, purple

FCS 233 Daylily, red

FCS 234 Daylily, yellow

FCS 235 Daylily, 2 different colors

FCS 236 Hybrid Lily, orange

FCS 237 Hybrid Lily, pink

FCS 238 Hybrid Lily, purple

FCS 239 Hybrid Lily, red

FCS 240 Hybrid Lily, white

FCS 241 Hybrid Lily, yellow (bulb type)

D. Gladiolus – (Specimen)

FCS 242 Gladiolus, pink

FCS 243 Gladiolus, red

FCS 244 Gladiolus, white

FCS 245 Gladiolus, yellow

FCS 246 Gladiolus, any color

E. Roses – (Specimen)

FCS 247 Hybrid Tea, pink

FCS 248 Hybrid Tea, red

FCS 249 Hybrid Tea, white or near white

FCS 250 Hybrid Tea, yellow

FCS 251 Miniature (single or spray)

FCS 252 Climbing or Rambler

FCS 253 Any other rose not listed

F. Other Flowers/Horticulture

FCS 254 Bonsai

FCS 255 Buddleia, Butterfly bush

FCS 256 Celosia

FCS 257 Dahlia

FCS 258 Fairy Gardens

FCS 259 Flowering Shrubs

FCS 260 Flowering potted plants

FCS 261 Non-flowering potted plants

FCS 262 Grasses-ornamental

FCS 263 Hosta-foliage only

FCS 264 Terrarium plants

FCS 265 Wildflower

FCS 266 Orchids

FCS 267 Miscellaneous

LOT 9–UPCYCLING

SWEESTAKES - \$8.00

Grand Champion - \$10.00

"Upcycling" meaning the item created is from recycling, reducing, reusing or repurposing. Before and after photos are not required but may strengthen an entry's impact for this category.

FCS 268 Hooked Rug or item made from recycled wool

FCS 269 Any clothing accessory created from recycling, reusing or repurposing. (Sewn item)

FCS 270 Any clothing accessory created from recycling, reusing or repurposing (Non Sewn item)

FCS 271 Any practical household item created from recycling, reusing or repurposing

FCS 272 Any decoupage item

FCS 273 Any article of clothing created from recycling or reusing (Description needed)

FCS 274 Wreath or wall hanging made from natural materials from nature

FCS 275 Any Piece of Refinished Furniture

FCS 276 Jewelry made from recycled items (must have documentation)

FCS 277 Yard Art created from recycled item/s (must be able to display)

FCS 278 Clothing article created by youth (18 or younger) from recycling, reusing or repurposing

FCS 279 Any item created from Pop Can Tabs

FCS 280 Any item created from recycling glass

FCS 281 Miscellaneous item created from recycling, reusing or repurposing

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities and Accessibility Services
with prior notification.

July 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------------|---|-----|--|-----------------|--------------------------|
| | | 1 Lunch & Learn 12pm and 6pm VSU Hours Due | 2 | 3 | 4 Office Closed | 5 |
| 6 | 7 Fair Check-Ins 5pm-7pm | 8 Fair Check-Ins 9am-12pm | 9 | 10 | 11 | 12 Garden Tour 9am |
| 13 | 14 Fair Pick-ups 2pm-4pm | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 Go-Getters Club 6:00pm | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 Friendly Fibers Club 1:30pm | 29 Get to Know Your Sewing Machine 1pm and 6pm | 30 | 31 Lamp Rewiring Class 1pm and 6pm | | |

ADULT

HEALTH BULLETIN



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)

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Zip
(000) 000-0000

THIS MONTH'S TOPIC

WHAT IS ALPHA-GAL SYNDROME?



Alpha-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-

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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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