



FAMILY & CONSUMER SCIENCES MAY NEWSLETTER



Martin-Gatton
College of Agriculture,
Food and Environment

A MESSAGE FROM YOUR FCS AGENT:

Hello, All!

This month's newsletter is packed full of information on how to get involved in new and existing programs. Also, a reading on tick prevention that will hopefully help you keep safe from the tiny critters!

Note: If you are a Bath County Homemaker, there is a list of cultural arts listed at the end so you can start planning your entries for the county judging.

I hope you all enjoy the read!



Alex Sallie

County Extension Agent for
Family & Consumer Sciences

Waiting for you inside!

- **Homemaker News**
- **Calendar of Events**
- **Flyers**
- **Tick Prevention**
- **Cultural Arts List**

**Bath County
Cooperative Extension
Service**

219 East Hwy. 60
Owingsville, KY 40360
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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Bath County Homemaker News

Annual Meeting:
June 24th
6 PM



Salt Lick Homemakers
dropping off Easter bags to
Ridgeway

Cultural Arts

Drop off will be
June 23rd 9-12 and
then 1-3






Homemaker
Council Meeting
July 15th
5:30 PM

Family and Consumer Sciences

Extension Calendar

May

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Lunch & Learn: Meals Around the World	6 Project Linus @ 10 AM 	7 KEHA State Meeting Paper Hugs @ 10 AM hand crafted	8	9	10
11 	12 Sew Day @ 9:30 AM 	13	14	15	16	17
18	19 Cooking Through the Calendar @ 3:30 PM 	20	21	22	23	24
25	26 Memorial Day 	27	28	29	30	31



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Sew Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Come join our two Master Clothing Volunteers for Sew Day!

Help is needed in making:

- Little Girl dresses that will be sent in Christmas boxes to Africa.
- Hats and Port Pillows that will be donated to local cancer patients.
- Pocket Pillow Cases that will be donated.

Volunteers needed for:

- Cutting patterns
- Iron fabric
- Stuffing Port Pillows
- & Sewing -- if you would like to learn, we can teach you!



Healthy Eating *Around the World*



A Lunch and Learn session where we take a trip around the world to explore how other countries promote healthy eating.

When: May 5th

Time: 12 PM

Where: Bath County Extension Office

Registration is required to make food accommodations.
Call 606-674-6121 to register!



COOKING THROUGH THE *Calendar*

Date: May 19th

Time: 3:30 PM

Location: Bath Co. AG Center

For more information on how you can attend
these **FREE** cooking classes, please contact
your local Cooperative Extension office:

Bath County Extension Office
2914 E. HWY 60 Owingsville,
KY 40360

606-694-6121



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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YOUTH ARTS & CRAFTS DAY CAMP

Ages 5- 14
years

This will be a fun, creative day
where youth will get to work with
different elements of art!

Program Starts

June 10th, 2025

Schedule

10 AM - 2 PM

Location

Bath County
AG Center

Lunch will be provided!

To register scan
the QR Code:



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... Laugh ... & Learn Playdate

June 12 @ 10 AM

Come join us for our 2025 Laugh and Learn Playdate program. This program targets school readiness objectives! Each month will have a fun theme that involves learning activities. FREE for all children 1-5 years of age accompanied by an adult.

Scan to
register



Location: Bath County AG Center
Weather permitting, we will be
outside under the green hoop.



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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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

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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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_DlGA4?si=F-EsaDdTMW-XFdUT

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Stock images: Adobe Stock



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