

# Marshall County FCS NEWS



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.  
**Marshall County**  
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## Upcoming Events

- 7/1 - Sewing with Robynn, MCEO 1-3:30pm
- 7/2 & 7/12 - Basket class with Wendy, MCEO 9-3
- 7/3 - Quilting with Robynn, MCEO 11-3
- 7/7 - Homemakers Advisory Council meeting 9:30am
- 7/14 - Maker Monday, MCEO 9-noon
- 7/14 - Busy Bees, MCEO noon-3pm
- 7/21 - Extension Office Open House & Ribbon Cutting, 4-6pm
- 7/21 - Fair Exhibits check-in, MCEO viewing from 4-6pm
- 7/22 - Fair Exhibits open for viewing 8-4:30pm
- 7/23 - Fair Exhibits pick-up
- 8/4 - Homemaker Advisory Council meeting 9:30am
- 8/18 - County Annual Day, registration 9:30am
- 9/4 - Quilt Barn Square Painting with Liz, 9-3pm
- 9/15 - 2026 KEHA Cultural Arts Contest, MCEO; details coming soon
- 9/23 - Area Annual Day, Beulah Baptist Church

## A DAY AT THE BEACH

Homemakers County Annual Day

Marshall County Extension Office

Monday, August 18, 2025

Sign In: 9:30



Free Meal



Potluck

Awards



## There are many opportunities to get involved with FCS Extension!

**Extension Homemaker Clubs** always welcome new members and have educational activities for everyone to experience!

Robynn, with the **Master Clothing Volunteers**, has classes for those interested in sewing and quilting. Even if you have little to no experience, it's never too late to learn! There are even classes for youth who want to learn to sew!

**Maker Monday** is an opportunity to share new skills or ideas with all who are interested throughout the community. It is open to everyone.

Everyone is welcome to attend **Homemaker Advisory Council** meetings. It's the best way to learn what is going on and how you can get involved!

Quality art activities coming up include **Basket Weaving** with Wendy Tallis, and **Quilt Barn Square Painting** with Liz.

The **Farmer's Market Pavilion** will be open with vendors each Saturday during July and August from 7-noon.



**Please bring  
past cultural arts  
entries with ribbons  
to be displayed at  
County Annual Day.**

## 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

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Disabilities  
accommodated  
with prior notification



*These cultural arts entries earned honors at the  
KEHA state competition in Lexington on May 6-8.*

**Barbara Gillihan - Beading, Blue Ribbon**

**Lynn Hicks - Embroidery, Blue Ribbon**

**Patty Hughes - Felting, Blue Ribbon**

**Melanie LeTourneau - Paper Crafting, Purple Ribbon**

**Melanie LeTourneau - Wall or Door Hanging, Blue Ribbon**



## Recipe Corner...

### Farmer's Market Skillet Bake

½ small onion, finely  
chopped  
2 cloves garlic, minced  
4-5 small red potatoes,  
sliced  
1 **tablespoon** olive oil

2 **cups** shredded  
mozzarella cheese,  
divided  
1 medium summer  
squash, sliced  
1 medium zucchini, sliced

4 medium sized  
tomatoes, sliced  
1 **teaspoon** salt  
1 **teaspoon** pepper  
5 fresh basil leaves, finely  
chopped, divided

**Preheat** oven to 375 degrees F.  
**Prepare** onion, garlic and sliced  
potatoes (about ¼ inch thick). **Heat**  
olive oil over medium heat in a 10 or  
12-inch oven safe skillet. **Add** onion,  
garlic, and potatoes to pan and **stir**  
to coat with oil. **Cook** over medium  
heat, **stirring** occasionally until  
golden brown and tender. **Add** 1 cup  
mozzarella cheese. In a bowl, **toss**  
together the squash, zucchini and  
tomatoes with salt, pepper, and half of  
the finely chopped basil. **Layer** squash

and tomato slices over the potato  
and cheese layer. **Top** with remaining  
mozzarella cheese. **Bake** 35 minutes  
or until vegetables are tender and  
cheese is melted. **Remove** skillet from  
oven and **top** with remaining basil.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 200 calories,  
8 g fat, 4 g saturated fat, 20 mg  
cholesterol, 490 mg sodium, 24 g  
carbohydrate, 3 g fiber, 5 g sugars,  
10 g protein.



### **FCS Fair Exhibit Rules & Categories:**

<https://marshall.ca.uky.edu/county-fair-information>

**KEHA Cultural Arts  
Rules & Categories  
are included in this mailing.**



*Vicki Wynn*

Vicki Wynn  
Agent for Family &  
Consumer Sciences  
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July/August 2025



# 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)

## 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-

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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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**Stock images:** Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2025

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## THIS MONTH'S TOPIC: INVESTING FOR EVERYONE

Benjamin Franklin is credited with saying, "A penny saved is a penny earned." But is this principle true? In today's economy, not necessarily. If we put a penny (or dollar) under a mattress, it may be worth less than a penny (or dollar) tomorrow or next year. Because of inflation, goods and services usually cost more in the future than they do today. This is why even people who are good at "saving" can fall behind financially. Investing your money is one way to battle inflation.



### GROW YOUR MONEY

Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your "risk tolerance" will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as *"an investor's ability and willingness to lose some or all of an investment in exchange for greater potential returns."* There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.

### COMPOUNDING INTEREST

Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100, you could pay back more than \$100 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest, sometimes daily! This illustrates the principle of **compounding interest**, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster. Learn more at [ukfcs.net/MoneyWise2-23](http://ukfcs.net/MoneyWise2-23)

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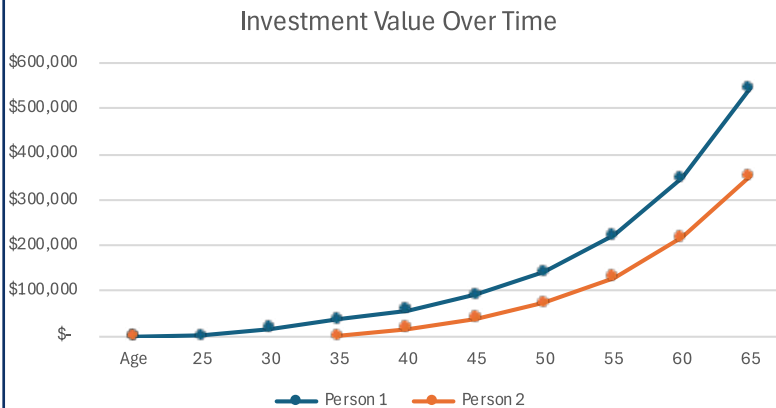
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## MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



**NOTE:** Both investors contribute \$2,000 per year once they start investing. The example assumes a 9% fixed rate of return, compounded monthly. Reference: Investor Protection Trust. *The Basics of Saving and Investing: Investor Education 2020.* <https://www.tn.gov/content/dam/tn/commerce/documents/securities/posts/The-Basics-of-Savings-and-Investing.pdf>

### CAN I AFFORD TO INVEST?

Many people think that to invest you need thousands of dollars, which is a myth. You can invest as little as a dollar a month. Almost anyone can open a brokerage account. This account is like a savings account but with a brokerage company allowed to sell “holdings” like stocks, bonds, mutual funds, and Exchange Traded Funds (ETFs). The U.S. Securities and Exchange Commission offers a beginner’s guide to investing at <https://www.investor.gov/introduction-investing>.

Check with your employer to see if they offer a retirement plan such as a 401(k). If they do, start contributing as much as you can each pay period. Your employer can take this amount from your pay and put it into a brokerage account for you. Many companies also “match” contributions up to a certain amount. This means that for every dollar you put in, the company also adds a dollar. This is free money! Try to maximize this amount each year. There also can be tax benefits depending on the type of account you have.

Once the money is in your brokerage account, you can decide what to buy (e.g., stocks, bonds, annuities). Try to learn as

much as you can about the products you are buying, but don’t wait to start investing. There are investment professionals who can help you figure out which purchases are less risky. Make sure your investment portfolio is diversified. That means you should invest in a variety of different things so you have more “eggs” in your “basket.” On average, inflation has been 3.51% each year since 1950, so you should aim to earn at least 3.51% or more on your investments (<https://www.officialdata.org/us/inflation/>).

### SLOW AND STEADY

Once you start investing, use the “buy and hold” strategy to sit back and watch your money grow over time. If you earn 9% interest (assuming a strong market), your money will double in 8 years! Then it will double again in the next 8 years, and so on. The sooner you invest, the sooner that can happen. So, whether you can invest \$5 a month or \$5,000, just get started. Your future self will thank you.

### REFERENCE:

Office of Financial Readiness. *Investing Basics: Bonds, Stocks, Mutual Funds and ETFs.* <https://finred.usalearning.gov/Saving/StocksBondsMutualFunds>

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## **2025 – 2026 Cultural Arts Exhibit – CATEGORIES**

### **01. SEWING (Apparel & Home Décor)**

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

### **02. ART, 3-DIMENSIONAL**

- 2a. Carving
- 2b. Sculpture

### **03. ART, NATURAL**

- 3a. Wood
- 3b. Other

### **04. REPURPOSED & UPCYCLED (MUST include a “before” picture)**

- 4a Clothing
- 4b Household
- 4c Other

### **05. BASKETRY**

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

### **06. BEADING**

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

### **07. CERAMICS**

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-Made

### **08. COUNTED CROSS STITCH**

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens etc.)

### **09. CROCHET**

- 9a. Accessories
- 9b. Garment
- 9c. Home Décor & Afghans
- 9d. Thread
- 9e. Figurine

### **10. DOLL/TOY MAKING**

- 10a. Cloth
- 10b. Handmade Toy other than Porcelain/China or Cloth
- 10c. Porcelain/China

### **11. DRAWING**

- 11a. Pastels
- 11b. Pen and Ink
- 11c. Pen and Ink with Oil Roughing
- 11d. Pencil or Charcoal – Black
- 11e. Pencil – Color

### **12. EMBROIDERY**

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Puch Needle (Under 60” perimeter)
- 12k. Miscellaneous

### **13. FELTING**

- 13a. Needle Method
- 13b. Wet Method

**14. HOLIDAY DECORATIONS**

- 14a. Autumn
- 14b. Spring
- 14c. Summer
- 14d. Winter

**15. JEWELRY**

- 15a. Beaded
- 15b. Mixed Media (wire, Chain Maile, mixed with beads)
- 15c. Original Design

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

- 16a. Accessories
- 16b. Garment
- 16c. Home Décor and Afghans
- 16d. Figurine

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

- 17a. Other

**18. NEEDLEPOINT**

- 18a. Cloth or Canvas
- 18b. Plastic

**19. PAINTING, ART**

- 19a. Acrylic
- 19b. Oil
- 19c. Watercolor

**20. PAINTING, DECORATIVE**

- 20a. Metal
- 20b. Wood
- 20c. Other

**21. PHOTOGRAPHY**

- 21a. Black & White
- 21b. Color

**22. QUILTS**

- 22a. Baby-size or Lap Size (hand quilted)
- 22b. Baby-size or Lap Size (machine quilted)
- 22c. Hand Applique (hand quilted)
- 22d. Hand Pieced (hand quilted)
- 22e. Machine Applique (hand quilted)
- 22f. Machine Pieced (hand quilted)
- 22g. Machine Pieced (machine quilted)
- 22h. Novelty (hand quilted) (stenciled, embroidered, miniature, etc.)
- 22i. Novelty (machine quilted) (stenciled, embroidered, miniature, etc.)
- 22j. Technology Based (hand or machine quilted)
- 22k. Miscellaneous (hand or machine quilted)

**23. PAPER CRAFTING**

- 23a. Card Making
- 23b. Origami
- 23c. Quilling
- 23d. Scrapbooking

**24. RUG MAKING**

- 24a. Braided
- 24b. Hooked
- 24c. Punch Needle, rug (over 60" perimeter)
- 24d. Woven

**25. WALL or DOOR HANGING**

- 25a. Fabric
- 25b. Other
- 25c. Diamond Art Mosaic

**26. WEAVING**

- 26a. Hand (macrame, caning)
- 26b. Loom (includes pin weaving)

**27. MISCELLANEOUS**

- 27a. Miscellaneous

\* All felted items should be entered into the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felt 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 completed 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.



## **CULTURAL ARTS and HERITAGE**

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

If a Homemaker is a **dues-paying member in more than one county**, please choose **ONLY ONE county** in which to enter all Cultural Arts exhibits.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/country will have the option to enter it at the next level.

Entries will be exhibited by category. Entries will be judged by subcategory when indicated.

The exhibitor is responsible for category/subcategory determination. Extreme care should be taken at the county and area level to place entries in the correct category.

Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

AREAS may exhibit one item from each category and/or subcategory (maximum number is 100 for 2025-2026). Identification of item should be on tag provided by state and attached to exhibit.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue-ribbon entries in each category.

BLUE Ribbon and PURPLE Ribbon exhibits from previous years in each subcategory (or category, if category has no subcategories) are not eligible for entry in another KEHA cultural arts contest.

The exhibitors and/or their representative is responsible for transporting exhibits to and from the state meeting.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall.

Please label any easels, picture stands, hangers, or other display equipment with exhibitor name.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairperson.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors.