

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
JULY 2023



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Take Safety Seriously This Summer

By Stephanie Ramsey

June is National Safety Month. While safety matters every day, during June it gets the extra recognition it deserves.

To observe National Safety Month, the Kentucky Injury Prevention and Research Center (KIPRC), housed in the University of Kentucky College of Public Health, compiled these tips from its research and prevention efforts to help keep you safe at home, on vacation and anywhere else this summer.

The warm, long days of summer are the perfect time to be outside. But summertime adventures come with risks, whether you're spending your summer by the water, at the playground, or setting off fireworks at your festivities. Knowing how to stay safe is vital for everyone.

(Continued on pg. 2)

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Water Safety

Being in the water is a great way to cool down in the summer. However, safety precautions are imperative for everyone's wellbeing. Remember, drowning can happen in a matter of seconds.

From 2016 through 2021, there were 543 emergency department (ED) visits by Kentucky residents for unintentional drowning injuries. Most were kids under the age of 5.

Before you take a dip in the water or go out on a boat with your loved ones, review these water safety tips:

- Learn how to be safe around water by taking water safety, rescue and swimming lessons.
- Lock and fence off swimming pools and ponds completely.
- Use life jackets in and around lakes, ponds, rivers and other water bodies.

Choose the right life jacket for the activities you will be doing. Double check to make sure the life jackets are U.S. Coast Guard approved and fit correctly.

- Never leave kids alone and unsupervised when around water.
- Check weather and water conditions before you go.

For more KSPAN prevention briefs, visit the KSPAN website.

Fireworks Safety

Many celebrate the Fourth of July with barbecues and fireworks. Fireworks may be a fun spectacle, but setting them off yourself is risky.

In 2020, there were 18 deaths and over

15,000 injuries related to fireworks nationally, according to the Consumer Product Safety Commission.

Follow these tips for a safe celebration:

- Never let kids use fireworks (including sparklers, which are dangerous if someone is poked with one).
- Keep a bucket of water or a garden hose handy to extinguish any unexpected fires.
- If a firework fuse burns down but the firework doesn't detonate, leave it alone for at least 10 minutes and then put it in water.
- Never point a firework at another person, animal, or property.
- Have a designated adult shooter for fireworks, as alcohol and fireworks don't mix.
- Obey all local laws.

For more firework safety tips visit the KIPRC website.



Playground Safety

Playgrounds are a great way to let kids let off some steam and get exercise in the summertime. But youths aged 17 and younger are at particular risk for falls on playgrounds.

Kentucky youth averaged 2,069 visits to an emergency department due to playground falls annually from 2016–2021.

Keeping track of kids on the playground can be difficult. Use the following checklist to keep your children protected:

- Does the surface surrounding the playground equipment have at least a foot of materials (mulch, sand, wood chips, etc.) to protect against injuries from falls?
- Make sure the protective surfaces you just checked off the list extend at least 6 feet in all directions from the playground equipment.
- Look for protruding fasteners (bolts), sharp points and edges, and other hardware that can pose dangers to kids.
- Look for tripping hazards. These can include raised surfaces, exposed concrete footings, rocks and tree roots.
- Make sure all elevated surfaces have guardrails to help prevent falls and injuries.
- Regularly check playground equipment and surfaces.
- Supervise your kids when they are on the playground.
- Teach kids to safely and properly use playground equipment. Regularly check playground equipment and surfaces.
- Supervise your kids when they are on the playground.
- Teach kids to safely and properly use playground equipment.



Blueberry Cheesecake Bars

DELICIOUS

Recipe



Servings:16 Serving Size:1 bar Recipe Cost:\$7.42 Cost per Serving:\$0.46

Ingredients:

- ***1 cup graham cracker crumbs (9-10 graham cracker sheets)**
- ***3 tablespoons unsalted butter, melted**
- ***3 tablespoons unsweetened applesauce**
- **1 1/2 cups nonfat plain Greek yogurt**
- **3.5 ounces cream cheese, softened**
- **1 tablespoon cornstarch**
- **1/4 teaspoon salt**
- **1/3 cup sugar**
- **2 tablespoons lemon juice**
- **2 cups blueberries**
- **1 tablespoon lemon zest (optional)**



Instructions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

From the Fingertips of Your FCS Agent

I want to give a warm welcome to our new Homemaker President, Elizabeth Collins. I know her experience and dedication will bring great opportunities to the Franklin County Homemakers Association.



Carla A. Carter

The Franklin County Fair will be held July 18th - 22nd. Exhibit entry guidelines may be found on pages 13-16. I look forward to seeing all of your wonderful submissions.

Have a safe and happy 4th of July !

Carla A. Carter



This is a photo of Betsy Kennedy and Mary Jacobs with West End Homemakers.

They are dropping off a donation on behalf of our club to the Frankfort Police Department's Christmas in July project. It's to encourage children to get outside and play.

From your Franklin County Homemaker President, Elizabeth Collins

Happy July!

Hello, my name is Elizabeth Collins and I am your new Franklin County Homemaker President. I am so excited (and a little nervous) to take on this new role.

I thought I would take this opportunity to introduce myself. I have been a part of Franklin County Homemakers for about 6 years now. For the past 3 years I have been the County Vice President. I have been involved in the planning and running of the Children's Holiday Store for the past 2 years. This year I was a part of the Committee that hosted the Area Cultural Arts held here in Frankfort. In March I completed the Homemaker's Leadership Academy.

I am a mother of three and Gram E to an amazing grandson.

I am looking forward to working with all of you and please do not hesitate to reach out to me if you have any questions or suggestions on how I can help you and your club.

Enjoy your Summer!

Elizabeth Collins



HAPPY

4th of July

INDEPENDENCE DAY

MEET THE FRANKLIN COUNTY EXTENSION SUMMER INTERNS

Lauren Leahr is currently attending North Carolina Agricultural and Technical State University with a major in animal science and a minor in chemistry. Lauren grew up in Loganville, Georgia and graduated high school in 2020. She enjoys gaining work experience in her field of interest through shadowing experienced veterinarians and having hands-on experiences within the agricultural field. During her junior year, Lauren had the opportunity to study abroad in Italy and complete an internship at an Italian veterinary hospital. This year, Lauren is excited to be a 2023 summer intern for the University of Kentucky Cooperative Extension program and experience all areas this opportunity has to offer. This is her first time in the state of Kentucky, and she is excited to learn more about the 4-H program, horticulture, and agriculture through this internship experience.



Ciara Brown is from Raleigh, NC. She graduated from Needham Broughton High School in 2019 and currently is a senior at North Carolina Agriculture and Technical State University, majoring in Nutrition and minoring in Biology. On campus, Ciara is president of Kappa Omicron Nu Honor Society, vice-president of Golden Key International Honor Society and an active member and past president of the Food and Nutritional Sciences Club. This summer, Ciara will be interning alongside of her 4-H agent, MacKenzie Preece. Ciara is excited to step outside of her comfort zone and see what Cooperative Extension has to offer. Ciara always challenges herself and is always willing to try new things!



Make sure to say hello!

They will be out and about at all summer at Franklin Co. Extension Programs helping the agents!

Farm City Field Day

The 63rd Franklin County Farm City Field Day is July 13th in the Bridgeport community off Evergreen Road. This year we have two host farms, Firmly Rooted Flowers and the Harrod Family Farm.

Firmly Rooted Flowers is a seasonal, specialty-cut flower farm operated by a 5th generation farm family. The Harrod Family Farm is a beef cattle operation of multiple families and generations as well.

Tours will start at 9:00 a.m. and run until lunch. Stops include cut flower production, heavy-use feed pad, tire waterers and the embryo-transfer process of artificial insemination. After our meal and short program, we will be offering an in-depth tour of the flower operation for those interested.

Please join us for an informative, educational day of fellowship. **Contact your local Farm Bureau office for tickets (required for the meal).**

SAVE THE DATE: JULY 13, 2023
9AM- 1PM

FARM CITY FIELD DAY

FARM HOSTS:

HARROD FARM - 645 EVERGREEN RD.

FIRMLY ROOTED FLOWERS - 650 EVERGREEN RD.

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ADULT HEALTH BULLETIN



JULY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Franklin County Cooperative Extension Office
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THIS MONTH'S TOPIC:

INFANT CORD BLOOD BANKING



Expecting a baby can be an exciting time for soon-to-be-parents. It can also be overwhelming, with many decisions to make. One such decision parents today face is whether to donate, bank, or discard their baby's umbilical cord blood. Parents need to decide by the time of arrival or registration at the hospital or birth center where the child is to be born. Here are some things to consider when deciding what to do with your child's cord blood:

Cord blood is the blood contained in the placental blood vessels and umbilical cord, which connects an unborn baby to the mother's womb. Cord blood has hematopoietic progenitor cells (HPCs). At birth, cord blood is collected or "recovered" from the umbilical cord, if desired.

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If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth.



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HPCs are blood-forming stem cells. HPCs are found in bone marrow, peripheral blood, and cord blood. These types of stem cells are routinely used to treat patients with cancers such as leukemia or lymphoma and other disorders of the blood and immune systems.

You can donate cord blood to a public cord blood bank, which will store it for potential future use by anyone who may need it. Alternatively, parents may arrange to store the cord blood in a private cord bank. That way the child from whom it was recovered can use it later if needed. First- or second-degree relatives can also use it.

Donating cord blood to a public bank adds to the supply and can potentially help others. Donating to a public bank is especially important for ethnic minorities, who are not well represented in cord blood banks. Public cord blood donation increases the chance of all groups finding a match. Only certain hospitals collect cord blood for storage in public banks, so ask your local hospital or birthing facility if this is a possibility for you.

If you decide to store cord blood in a private bank for personal or familial use later, you should

find out the total cost, including charges for collecting and processing cord blood and the annual storage fees. Prices for these services vary greatly.

If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth. They can help you to ensure your wishes are followed and answer any questions you may have about cord blood banking.

More information on donating cord blood to a public cord blood bank, as well as banking cord blood with a private cord blood bank for personal or family use, is available on the Health Resources and Services Administration (HRSA) website: <https://bloodstemcell.hrsa.gov>.

REFERENCES:

- <https://www.fda.gov/vaccines-blood-biologics/consumers-biologics/cord-blood-banking-information-consumers>
- <https://www.acog.org/womens-health/faqs/cord-blood-banking>

**ADULT
HEALTH BULLETIN**

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123RF.com





FAMILY CAREGIVER HEALTH BULLETIN



JULY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC:

THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



Social connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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Lexington, KY 40506



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Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

→ Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance

Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

self-confidence and self-worth. Friends are there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose

company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully

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KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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Franklin County Fair

2023



Schedule of Events

SATURDAY, May 20 - PRE-FAIR

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SATURDAY, July 15 - PRE-FAIR - No Rides - \$5 Gate

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Franklin Co. Extension Basement page 67

6:00 p.m. Miss Teen Franklin Co. Fair Pageant, Hancock Pavilion page 73

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5:00-8:00 p.m. Exhibit Hall Open, Farm Bureau Pavilion page 28

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6:00 p.m. Tiny Miss & Mister Pageant, Hancock Pavilion page 81

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6:00 p.m. Cincinnati Circus (*multiple shows nightly*) page 14

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Franklin County Fair

2023

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6:00 p.m.	Jurassic Mark Dinosaur Encounter Show.....	page 15
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7:00 p.m.	Franklin County High School Majorettes, Hancock Pavilion.....	page 22
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6:00 p.m.	Cincinnati Circus (<i>multiple shows nightly</i>)	page 14
6:00 p.m.	Jurassic Mark Dinosaur Encounter Show.....	page 15
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	Diaper Derby, Hancock Pavilion.....	page 83
	Baby Show (13-18 months, 19-24 months & 25-35 months), Hancock Pavilion	page 79
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5:30 p.m.	Pleasure Horse Show, Paul Gray Arena.....	page 65
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6:00 p.m.	Cincinnati Circus (<i>multiple shows nightly</i>)	page 14
6:00 p.m.	Jurassic Mark Dinosaur Encounter Show.....	page 15
	<i>(multiple shows nightly)</i>	

Exhibits



Location: Farm Bureau Pavilion

Exhibit Hall Viewing Times:

Tuesday-Friday, July 18-21: 5:00-8:00 pm

Saturday, July 22: 9:00 am - 12 Noon

2023 Exhibit Hall Committee

Chair: Matt Graham

Keenan Bishop, Jenna Burke, Erica Baxter,
Anne Marie Franklin, Julie Derringer, Linda
Eldridge, Mary-Grace Allen, JR Zinner

How to Enter your Exhibit

Entries will be registered on Monday, July 17, 5-7:00 pm and Tuesday, July 18, 8-11 am at the Farm Bureau Pavilion in Lakeview Park. (Note: ALL perishable entries should be entered on Tuesday morning to ensure the integrity of exhibits for judging.)

If entering more than 10 items, please arrive at least ONE HOUR before entry time closes.

Exhibitors will be assigned a unique number and ticket at registration for their entries and will then check their entries into division tables in the pavilion for public display.

General Exhibit Entry Guidelines:

1. Any article winning a blue ribbon from any division in the last 5 years is not eligible to compete in any division.
2. Participants are limited to ONE entry per lot/category, unless stated otherwise.
3. Exhibitors must compete as individuals and not as groups, families, and organizations.
4. We encourage you to provide address labels for each item you enter in the exhibit hall (1" x 3" approximate spacing). This speeds up entry process for volunteers and judges.
5. Anyone removing an entry before 10:00 am on Saturday, July 22, will forfeit their prize money.
6. Pick up entries on Saturday, July 22, from 10:00 am-12:00 noon.
7. Judges award ribbons and prizes based on specific rules/criteria in coordination with the KY State Fair catalog for each division/class/lot and do NOT guarantee a prize solely for participation.
8. Prize money Not received on Saturday will be held at the Extension Office but will be forfeited after 15 days.
9. See specialized rules/ entry requirement for specific divisions and classes in those sections below.

Home Division

Class 1 QUILTS

Sponsored by

Central Ky. Homemakers Quilt Guild

- All quilts designated NEW must have been made since 2013 (*within the last ten years*).
- All blue ribbon winners will receive a year's complimentary membership in the Central Kentucky Homemakers Quilt Guild.
- Best of Show in both adult and youth categories will receive a Medallion.
- Quilts must be made by person whose name is on the entry form.
- Two-person or group quilt may be entered in classes that specify two or more people.
- An exhibitor winning first prize in a class one year is prohibited from exhibiting ONLY THAT ITEM in subsequent years.

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

One Person Quilts - Quilt is Entirely Made by One Person

01001. Hand Appliqué – machine or hand quilted– New
 01002. Machine Appliqué – machine or hand quilted – New
 01003. Pieced/Appliqué, long-arm quilted – New
 01004. Pieced – machine or hand, but hand quilted – New
 01005. Pieced – machine or hand, but machine quilted – New
 01006. Wall Hanging – any technique, hand quilted – New
 01007. Wall Hanging – any technique, machine quilted – New
 01008. Mixed Techniques (appliquéd, pieced, machine, hand tied, cross-stitched) – New
 01009. Baby or Juvenile Theme Quilt - any technique – New
 01010. Scrap Quilt – Includes scrap quilts, string quilts, crazy quilts and improvisational quilts - New
 01011. Holiday Theme Quilted Items, Any Holiday – including quilts, wall hangings, tree shirts, table runners, etc. – New
 01012. Miscellaneous – quilted garments, table runners, etc. – New
 01013. Old Quilts made before 2013 but since 1963
 01014. Your First Quilt – any technique

Two Person Quilts – Quilt is Made by One Person and Quilted by Another

01020. Two Person Quilt – hand or machine pieced by first person; hand, machine or long-arm quilted by second person – New
 01021. Two Person Quilt – hand or machine appliquéd by first person; hand, machine or long-arm quilted by second person – New
 01022. Two Person Quilt – Wall Hanging, any technique, made by first person and quilted by second person.
 01023. Two Person Quilt – Baby or Juvenile Theme quilt made by one person and quilted by a second person.
 01024. Two Person Quilt – Scrap Quilt – includes scrap quilts, string quilts, crazy quilts and improvisational quilts made by one person and quilted by another. – New.

01025. Two Person Quilt – Holiday Theme Quilted Item, Any Holiday – including quilts, wall hangings, tree skirts, table runners, etc. Made by one person and quilted by another.

Youth Quilts

For the Youth Categories, the Quilt Guild wants to encourage young people to become interested in quilts and quilting. It is hoped that this will stir an interest.

01030. Quilt made by youth (grades 12 and under)
 01031. Quilt made by youth group (grades 12 and under)

Best of Show - Medallion

01098. Best of Show – Adult Category – Medallion
 In Honor of Martha Whelan
 01099. Best of Show – Youth Category – Medallion
 In Honor of Martha Whelan

NOTE: We do not have a category for truly antique quilts. The Guild believes that all antique quilts are a treasure, and should not be judged. If you would like to bring your antique quilts just for show, please feel free to do so.

Class 2 HANDIWORK

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

02001. Soft Toy
 02002. Character Doll (*Raggedy Ann, Santa, etc.*)
 02003. Patchwork Pillow
 02004. Miscellaneous Decorated Pillow
 02005. Pin Cushion
 02006. Christmas Decorations
 02007. Other Holiday Handiwork
 02008. Clay or Dough Hand Sculpture
 02009. Recycled Items
 02010. Miscellaneous Stitchery
 02011. Miscellaneous (*any item that will not fit in any other category in handiwork or skills*)

Class 3 CERAMICS/POTTERY

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

03001. Molded Ceramics - stained
 03002. Glazed Ceramics
 03003. Hand-Painted Ceramics
 03004. Wheel Thrown Pottery

Class 4 KNITTING

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

04001. Afghan
 04002. Hand Knit Clothing
 04003. Miscellaneous



**Class 5
CROCHET**

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

- 05001. Afghan
- 05002. Baby Afghan
- 05003. Miscellaneous

**Class 6
MISC. NEEDLEWORK**

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

- 06001. Tatting
- 06002. Embroidery
- 06003. Miscellaneous Embroidery

**Class 7
CLOTHING**

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

- 07001. Apron - half or full
- 07002. Dress - one or two piece
- 07003. Child's Dress
- 07004. Adult Jacket
- 07005. Menswear
- 07006. Wearable Art
- 07007. Purse or Tote
- 07008. Miscellaneous

**Class 8
HOME FURNISHING**

Amateurs ONLY

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

- 08001. Wreath - Miniature (6 inches & under)
- 08002. Wreath - Large
- 08003. Hooked or Handmade Rug
- 08004. Stained Glass
- 08005. Recycled Items
- 08006. Painted or Decorated Gourds
- 08007. Miscellaneous

**Class 9
PICTURES**

Amateurs ONLY

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

- 09001. Cross-Stitched - Framed
- 09002. Needlepoint
- 09003. Miscellaneous

**Class 10
WOODCRAFT - OPEN**

Amateurs ONLY

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

WOODCARVING

- 10001. Walking Stick (*hand carved walking stick*) – not to exceed 50" in length
- 10002. Miscellaneous – carved design article not mentioned above

WOODWORKING

- 10003. Lathe-Turning, one article
- 10004. Scroll Saw Wood Craft
- 10005. Intarsia
- 10006. Article No Larger Than 24" x 24" [Ex: wall shelf, bookrack, etc.] (*No Furniture*)
- 10007. Any Small Article made of Natural or Stained Wood – no larger than 24" x 24" [Ex: wall shelf, bookrack, etc.] (*No Furniture*)
- 10008. Miscellaneous – any woodworking article not mentioned above (*NO FURNITURE*)

State Fair Entries Exhibitors are reminded that if they wish to make entries to the Kentucky State Fair, they must register on their own by the July 10 deadline. For additional information, go to www.kystatefair.org. Franklin County Fair blue ribbon winners have until August 1 to be entered at the Kentucky State Fair. Exhibit Hall Chairs will have entry forms and information for you .

**Class 11
YOUTH HANDICRAFT**

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

- 11001. Needlecraft – 8-18 years of age
- 11002. Woodcraft – 5-8 years of age
- 11003. Woodcraft – 9-18 years of age
- 11004. Folk Art – 8-18 years of age
- 11005. Ceramics – 5-8 years of age
- 11006. Ceramics – 9-18 years of age
- 11007. Holiday Decoration – 8-18 years of age
- 11008. Scrap Art – 8-18 years of age
- 11009. Collage – 8-18 years of age
- 11010. Handmade Jewelry – 8-18 years of age
- 11011. Weaving – 8-18 years of age
- 11012. Patriotic Item – 8-18 years of age
- 11013. Miscellaneous – 5-8 years of age
- 11014. Miscellaneous – 9-18 years of age

**Time to start making a list
of things to enter in this year's
Exhibit Hall!!**

**Class 12
FOODS**

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

**MOST Individual Food Entries - Medallion
Best of Show - Foods (Nancy Edwards Award) - Medallion**

Rules:

- Place foods on paper plates
- Enclose in a zipper bag
- Name should be on back of plate
- No bought mixes

ADULT CLASSES

ROLLS and BREAD

- 12001. Biscuits (3)
- 12002. Yeast Rolls (3)
- 12003. ½ loaf Banana Bread
- 12004. ½ Coffee Cake
- 12005. 3 muffins [other than listed]

CAKES

- 12006. ¼ Cake

COOKIES

- 12007. Brownies (3)
- 12008. Oatmeal (3)
- 12009. Chocolate Chip (3)
- 12010. Other Cookies (3) (*not listed above*)

CANDY

- 12011. Your Favorite Fudge (3 pcs)
- 12012. Any Candy Not Mentioned (3 pcs)

PIES

- 12013. ¼ Pie; Small individual pies acceptable; No meringue

OVERALL

- 12099. Best of Show Medallion - Foods (Nancy Edwards Award)

YOUTH CLASSES

Youth: 19 and under as of January 1 of current year

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

CANDY

- 12050. Fudge (4 pieces)
- 12051. Other candy (4 pieces)

FOODS

- 12052. Cake [(¼) one-fourth]
- 12053. Cookies (4)
- 12054. Bread [(½) one-half loaf]
- 12055. Muffins (4)
- 12056. Rolls (4)
- 12057. Decorated Cupcakes (3)
- 12058. Cupcakes (3)

**Class 13
CANNING**

Rules:

- Any brand of standard canning jar may be entered in the fair.
- Entries must be labeled with product name, date of preparation, processing method and length of processing time. Home canned foods to be judged must have been prepared within a one-year period prior to July 20, 2022.
- Must be heat-processed following canning guidelines in the Ball® Blue Book canning guide or USDA guide. The two approved methods are: boiling-water canning for high-acid foods and steam-pressure canning for low-acid foods.
- Bands should be in place for transporting home canned products; however, bands may be removed when presented for judging.
- Pint or quart sized jars only.
- All jars must have name of exhibitor on bottom.

Prizes: First-\$6.00; Second-\$4.00; Third-\$2.00

Best of Show - Adult Canning – Medallion

ADULT CLASSES

VEGETABLES

- 13001. Green Beans
- 13002. Tomatoes
- 13003. Other Miscellaneous Canned Vegetable

SOFT SPREADS

- 13004. Jam (*pints*)
- 13005. Jelly (*pints*)
- 13006. Miscellaneous Soft Spread

SAUCES

- 13007. Salsa

OVERALL – ADULT CANNING

- 13099. Best of Show Medallion - Canning – Nancy Edwards Award

YOUTH CLASSES (5-18 years of age)

VEGETABLES

- 13025. Green Beans
- 13026. Tomatoes

SOFT SPREADS

- 13027. Jam (*pints*)
- 13028. Jelly (*pints*)
- 13029. Miscellaneous

SAUCES

- 13030. Salsa



FORT HARROD AREA

UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Extension Homemakers Officer & Chairman Training

August 23rd
9:30 a.m.- 4 p.m.

Boyle Co.
Extension Office
99 Corporate Dr, Danville, KY 40422



Training is FREE
(Lunch will be provided.)

Register by August 15th by calling 859-236-4484

Come join the Fort Harrod FCS Extension Agents and the Fort Harrod Extension Homemaker Officers for an area-wide officer and chairman training. Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



JULY 8

8:30AM - NOON

Kids Day

At The Franklin Co. Farmers Market

Riverview Park - 404 Wilkinson Blvd - fcmarket.org

Come see the
Raccoons from
Crittter Ridge Sanctuary





Fun & Free Activities

arts and crafts, free samples and swag,
playtime and educational games

Kids get \$2 in tokens
FOR FREE
to buy produce or plants



Many Thanks July
Kids Day Sponsor!



Independence Bank

A REVOLUTION IN BANKING Member FDIC



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Carla A. Carter

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County Extension Agent for Family
and Consumer Sciences Education

