



**June**

## Important Dates:

**Monday, June 2<sup>nd</sup>:** WITS workout at 10:30am

**Tuesday, June 3<sup>rd</sup>:** Community Baby Shower from 4-6pm at Venue 68 for any parent or guardian who is expecting or any parent or guardian who has a child under 1 year old.

**Monday, June 9<sup>th</sup>:** WITS workout at 10:30am

**Thursday, June 12<sup>th</sup>:** Cooking Through the Calendar at 4:30pm

**Wednesday, June 18<sup>th</sup>:** POP Club at Lebanon Farmer's Market from 9-11am for any child 0-18 years of age. Complete the activity and receive POP bucks to spend at the Farmer's Market.

**Thursday, June 19<sup>th</sup>:** Marion County Extension Office closed in observance of Juneteenth

**Thursday, June 26<sup>th</sup> & Friday, June 27<sup>th</sup>:** Open Exhibits will be accepted for the fair from 9am - 3pm

**Monday, June 30<sup>th</sup>:** Perishable items will be accepted for the Fair from 9am - 12:30pm

**Tuesday, July 1<sup>st</sup>:** Homemaker Volunteer Hours due to Rachel

**\*\*Volunteers needed June 26<sup>th</sup>, June 27<sup>th</sup>, and June 30<sup>th</sup> to help with Fair.**

# Marion County FCS Extension Newsletter

June is known as Alzheimer's and Brain Awareness Month. I think everyone has met or been affected by someone who has Alzheimer's or dementia. This disease is unlike any other and causes tremendous stress on the patients and caregivers. A lot of research is going on right now to try to find a cure for Alzheimer's. The Sanders-Brown Center on Aging Clinic is an excellent resource if you have questions about Alzheimer's or dementia. Some lifestyle changes to help keep your mind in shape include regular physical activity, a healthy diet, mental stimulation, social interaction, good sleep habits, stress reduction, and addressing any hearing loss. The WITS workout provided at the extension office offers social interaction and mental stimulation.

**Rachel Mattingly**  
Family & Consumer Science Agent

### 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 made 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.

## Chicken Caesar Pasta

Servings: 8 Serving Size: 1 cup Recipe Cost: \$6.13 Cost per Serving: \$0.76



### Ingredients:

- 1 (8 ounce) package whole wheat pasta
- 1 tablespoon oil
- 2 chicken breasts
- 1 cup croutons
- 4 cups chopped romaine lettuce
- ½ cup Parmesan cheese
- 1 cup homemade Caesar dressing
- Homemade Caesar Dressing
- ¼ teaspoon garlic powder
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 ½ tablespoons lemon juice (or juice of ½ lemon)
- 2 tablespoons olive oil
- ¾ cup low-fat mayonnaise
- ½ cup Parmesan cheese
- ½ teaspoon pepper

### Directions:

#### *Salad*

1. Boil pasta according to package directions. Rinse pasta in cold water and allow to dry.
2. Heat oil in medium sauté pan, add chicken breasts. Cook over medium heat until chicken breasts reach 165 degrees F. Chop into bite-size pieces.
3. In a large bowl, mix pasta, chicken, croutons, lettuce, and parmesan cheese.
4. Toss salad with homemade dressing when ready to serve.

#### *Homemade Caesar Dressing*

1. In small mixing bowl, whisk together garlic powder, Dijon mustard, Worcestershire sauce, and lemon juice.
2. Whisk in olive oil.
3. Add mayonnaise, Parmesan cheese, and pepper. Whisk until well combined.
4. This makes a thick Caesar dressing. Makes 1 ½ cups of dressing you can keep in the refrigerator for 3 to 4 days.

Source: District Two Nutrition Education Program

170 calories; 8g total fat; 2g saturated fat; 0g trans fat; 25mg cholesterol; 300mg sodium; 15g carbohydrate; 2g fiber; 1g sugar; 0g added sugar; 11g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

### YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.



### PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

**DO** Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith\_Family\_Home or 2\_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

**DO** Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

**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 made 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.

## **CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.**



**DO** Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

**DO** Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

**DON'T** Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

**DO** Secure your social media accounts as much as they will permit.

**DON'T** Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

**DO** Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

### **REFERENCES**

U.S. Department of Defense (2021). The Identity Awareness, Protection, and Management (IAPM) Guide. Twelfth Edition. [https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD\\_IAPM\\_Guide\\_March\\_2021.pdf?ver=FDvB5WW2UB\\_vxPVQBJuVww%3d%3d](https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d)

United States Attorney's Office, Northern District of Georgia. (2025, January 30). Protecting Yourself While Using The Internet. <https://www.justice.gov/usao-ndga/protecting-yourself-while-using-internet>

Contributing Author: Paul Reese, Family Financial Counseling Student, University of Kentucky

Edited by: Kelly May, Nichole Huff, and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



# FAMILY CAREGIVER HEALTH BULLETIN



**JUNE 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**

## JUST-IN-CASE CAREGIVING PREPARATION



**I**n the wake of actor Gene Hackman's death at age 95, caregivers can learn the value of having a backup plan to their backup plan. If you are not familiar with the actor or his death, Gene Hackman was an Academy Award-winning actor whose career spanned more than 40 years. He opted to retire from acting in 2004 because of health concerns. He lived a quiet life in New Mexico with his wife, Betsy. Betsy, 30 years younger than him, was a concert pianist. She became Hackman's primary caregiver as he developed advanced Alzheimer's disease. They led a solitary life in New Mexico. It was reported that Betsy worried what would happen to Hackman if something happened to her.

And then it did. Betsy — the only caregiver to Gene Hackman — unexpectedly died in their own home after contracting a rare rodent-borne disease. Hackman, in poor health and likely not knowing

**Continued on the next page** 



**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 will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, or social status. Cooperative Extension serve all people regardless of color, ethnic origin, national origin, creed, religion, or social status. Economic 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 made 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



## Continued from the previous page

that his wife had passed, was left alone for more than a week until he too died. The Hackmans had financial resources to hire help and had family to call. Yet Betsy took on caregiving as a lone caregiver with no backup person or contingency plan.

As caregiving groups review this tragedy, people are sharing similar stories and fears of this occurring in their own families and networks. But there is hope that people can learn how important it is to have a plan for unexpected events and emergencies. Plans could include daily check-ins (by phone, text, email, or social media) and chosen timeframes for a welfare check if check-ins are missed.

Today, you can involve technology in your plan. Technology is transforming caregiving with 24/7 remote monitoring. This monitoring lets caregivers track vital signs, medication, and daily activities. Voice-activated emergency response systems, GPS, and other tailored smart home technology can add safety and reduce caregiver burnout.

Be sure to choose a trusted source as a backup primary caregiver. This person should have house keys, alarm codes, and proper documents about routine. Your backup needs to know about schedule, care, food preferences, health-care providers, medications, dietary needs, insurance, legal records, advanced directives, etc. They need to be fully prepared in case they have to take over as primary caregiver.

Caregivers also need support. Betsy, like so many dementia caregivers, had a huge responsibility to carry. Her husband's care demands left little time for taking care of her own health and social ties. Joseph Coughlin, a senior contributor at Forbes, talks about the need for a "longevity preparedness plan" in which you form the ground work for different types of support beyond financial security. Again, the Hackmans had financial resources. They did not have an extra support system, varied social ties, or adaptive housing or technological monitoring to support the emergency they endured. They did not choose a person beyond Betsy to check on Gene Hackman if she became unable to care for him. The more time we put into caregiver preparation, the less likely the Hackmans' scenario will play out. This is especially true when we know that older age is linked to more frailty, disease, and dependence than earlier life stages.

AARP offers the Prepare to Care Guide which serves as a tool for individuals and families to make a caregiving plan and backup plan, no matter where you are in the caregiving process. The guide highlights five steps:

1. Start the caregiving conversation
2. Form a caregiving team
3. Make a caregiving plan
4. Find caregiving support
5. Maintain self-care

**For more information about AARP's Prepare to Care plan,** go to AARP for an online guide at <https://learn.aarp.org/prepare-to-care-guide>, call 1-877-333-5885, or contact your local Extension Agent.

**To ask for a welfare check,** dial 911 or a non-emergency police number. Give the full name of the person under concern and the reason for your worry.

**Elder services in your area** can refer you to resources that can help. The toll-free number to find services in your area is 1-800-677-1116.

**Call the Alzheimer's Association 24/7 Helpline** to talk to a dementia expert for confidential support, crisis help, local resources, and information at 1-800-272-3900. Dial 711 if you are deaf, hard of hearing, or speech impaired.

### REFERENCES:

- AARP. (n.d.) Prepare to Care. Retrieved 4/21/25 from <https://learn.aarp.org/prepare-to-care-guide>
- Coughlin, J. (2025). Gene Hackman Tragedy Reveals Retirement Planning's Missing Piece. Retrieved from Forbes on 4/21/25 from <https://www.forbes.com/sites/josephcoughlin/2025/03/23/hackman-tragedy-reveals-retirement-plannings-missing-piece-longevity-preparedness>
- 9 Ways Technology in Modern Caregiving Transforms Daily Care. (2025). Retrieved 4/21/25 from <https://www.onwardlivinghq.com/1052/the-role-of-technology-in-modern-caregiving>

**Written by:** Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





# OPEN CLASS EXHIBITS

June 26th—July 3rd



We encourage all entries to be entered on Thursday, June 26th and Friday, June 27th from 9am-3:00pm. Non-perishable entries will be accepted on Monday, June 30th from 9am-12:30pm. Doors will close at 12:30pm.

Entries MUST have been completed within the last 12 months or WILL BE DISQUALIFIED:

## Open Classes

### PREMIUMS

FIRST-\$5; SECOND-\$3; THIRD-\$2

For more information, contact the Marion County Extension Office, 416 Fairgrounds Road, Lebanon, Ky (270) 692-2421 Fax (270) 692-1743

### GENERAL RULES

1. We encourage all entries to be entered on Thursday, June 26th and Friday, June 27th from 9am-3:00pm. Non-perishable entries will be accepted on Monday, June 30th from 9am-12:30pm. Doors will close at 12:30pm. Judging will be done by out-of-county judges. Only the superintendents and judges are allowed in the judging area during judging and displaying of exhibits.

2. Exhibitors will not be allowed to remove exhibits until Monday, July 7th between 10am and 1pm. Not responsible for exhibits after this time. Any exhibit removed before July 7th will forfeit prize money.

3 ITEMS TO BE ENTERED MUST BE COMPLETED WITHIN THE LAST 12 MONTHS! STRICTLY ENFORCED...EXCEPTION QUILTS

4. No individual may have more than one exhibit in each entry, but may exhibit in ALL entries.

5. No article can be shown with "FOR SALE" tag attached.

6. If there is more than one article in any exhibit, they should be fastened together securely or only one item may be exhibited.

7. Ribbons will be awarded on merit of entry.

8. Marion County residents only will be permitted to exhibit.

9. Superintendent can refuse to accept entries

that do not meet printed guidelines.

10. Any item can be disqualified at judges' discretion.

11. The management will not be responsible for an article exhibited, but due care will be given to the handling of articles to give reasonable protection to exhibits at all times.

12. Best of Show Rosettes will be given to an ADULT (19 and over) and CHILD (18 and under). Exception is ARTS.

## FIELD CROPS

Open to any Marion County exhibitor ;  
**MUST BE GROWN BY EXHIBITOR!**

1. Best entry of Hybrid Corn (3 ears and 1 quart shelled)

2. Best collection (3 or more) of grain, field seeds, plants, crops. (For example: wheat, oats, barley, fescue seed, red clover seed, timothy seed, orchard grass seed, soybean, sorghum seed, lespedeza seed)

3. Best exhibit of Alfalfa Hay (1/2 bale)

4. Best exhibit of Legume and Grass Mix (other than Alfalfa, 1/2 bale)

5. Best Alfalfa and grass mixed (1/2 bale)

6. Best entry of growing Burley tobacco plant

## HORTICULTURE & GARDEN PRODUCE

All entries must be grown by exhibitor.  
**JUDGED ON APPEARANCE!!**

1. Dozen Bush Beans, any variety

2. 3 topped beets, any variety

3. 1 bunch broccoli, any variety

4. 1 head cabbage

5. 3 topped carrots, any variety

6. 1 head cauliflower, any variety

7. 2 cucumbers, any variety

8. Plate of 4 green onions

9. 1 squash, spaghetti

10. 3 pods of okra, any variety

11. 3 Brussel sprouts

12. 3 pods of peas, no-edible pod

13. 1 squash, acorn

14. 3 red potatoes

15. 3 white potatoes

16. Rhubarb, bunch of 3

17. 1 squash, summer yellow

18. 1 squash, summer white

19. 1 squash, zucchini

20. 2 tomatoes, any variety

21. bell peppers

22. Plate of 3 onions, white

23. Plate of 3 onions, yellow

24. 3 apples, any variety

25. 3 hot peppers, any variety

26. Sweet corn, 3 ears

27. Miscellaneous vegetable

28. Miscellaneous fruit

29. Farm Display (best display of 5 or more products grouped together)

## ARTS

All work must be the work of an amateur. All entries excluding pre-school art must be either matted or framed.

Matting should be no more than 1-2 inches around picture. "Paint-by-Number" pictures will be accepted as designated only. **ONLY ONE ENTRY, PER CLASS, PER PERSON WILL BE ALLOWED.** Chairman reserves the right to reject any picture they feel would be objectionable. Grade will be determined by

## ADULT (18 and Older)

30. Oil
31. Water Color
32. Acrylic
33. Charcoal, Pen or Pencil, Colored Pencil, Crayon
34. Paint-by-Number
35. Chalk Pastel
36. Fabric Art

### (9th-12th grade)

37. Oil
38. Water Color
39. Acrylic
40. Charcoal, Pen, Pencil, Colored Pencil, Crayon
41. Paint-by-Number
42. Chalk Pastel

### (5th-8th grade)

43. Oil
44. Water Color
45. Acrylic
46. Charcoal, Pen, Pencil, Colored Pencil, Crayon
47. Paint-by-Number
48. Chalk Pastel

### (1st-4th grade)

49. Oil
50. Water Color
51. Acrylic
52. Crayon and Marker
53. Charcoal, Pen, Pencil, Colored Pencil, Crayon
54. Paint-by-Number
55. Chalk Pastel

### (Kindergarten and Younger)

56. Crayon
57. Cutouts
58. Finger Painting
59. Paint-by-Number
60. Markers
61. Charcoal, Pen, Pencil, Colored Pencil

## Hobbies & Ceramics

All exhibits are to be completed by the exhibitor. Entries must be made in name of the person who made the article.

62. Best Collection Hobby (Adult) (i.e. baseball cards, arrowheads)
63. Best Collection Hobby (under 18 years of age) (i.e. baseball cards, arrowheads)
64. Best Creative Hobby (Adult)
65. Best Creative Hobby (under 18 years of age)
66. Best Jewelry Item
67. Best Glazed Ceramic Item
68. Best Stained Ceramic Item
69. Best Dry-Brushed Ceramic Item
70. Paper Mache
71. Clay

## 72. Scrap Booking

## **FOLK ART**

73. Primitive
74. On metal
75. On wood
76. Weaving
77. Gourds

## **CLOTHING**

All exhibits are to be made by exhibitor. Entries must be in the name of the person who made the article. If possible and applicable, item should be on a coat hanger. Articles should have been made within the past year. Articles should be clean.

78. Lady's Tailored Suit
79. Lady's Suit
80. Formal Wear
81. Man's Item
82. Lady's Sports Clothes
83. Lady's Dress (Dressy)
84. Lady's Dress (Casual)
85. Tailored Coat
86. Coat or Jacket
87. Pants
88. Purses
89. Skirt
90. Child's Dressy Wear
91. Lady's Blouse or Top
92. Girl's Blouse or Top
93. Child's Casual Clothing
94. Best Decorated Clothing (includes sweat-shirts, tee shirts, vest)
95. Miscellaneous Garment
96. Knitted Clothing Article
97. Crocheted Clothing Article
98. Baby Garment (knitted or crocheted)
99. French Sewing

## **FLOWERS & PLANTS**

The management assumes no responsibility in the care and watering of the plants and flowers.

100. Flower Arrangement (fresh)
101. Cactus Plants
102. Flower Arrangement (dried)
103. Roadside Arrangement (wildflowers)
104. Miniature Roses
105. Marigolds (small)
106. Marigolds (large)
107. Petunias
108. Mixed Flowers
109. Hanging Flower Plants
110. Potted Flowering Plants
111. Ferns
112. Potted Begonias
113. African Violets

## 114. Herbs

115. Potted Foliage Plants
116. Gladiolus
117. Single Red Rose
118. Single Yellow Rose
119. Single Pink Rose
120. Single White Rose
121. Miscellaneous

## **CULINARY FOOD'S**

Perishable foods should be on a disposable plate enclosed in self-sealing bag. Entries limited to ONE article per class. All entries should be made from scratch. No CRÈME PIES!

122. 1/4 white layer cake-iced
123. 1/4 angel food cake-not iced
124. 1/4 chocolate cake-iced
125. 1/4 jam cake
126. 1/4 pound cake
127. 1/4 cake other than listed above
128. 1 decorated cake by amateur (forms only can be used, judge on decoration only)
129. Decorated cake by professionals (forms can be used, judged on decoration only)
130. 1/4 nut pie or pecan pie
131. 1/4 fruit pie
132. 1/4 miscellaneous pie
133. 3 brownies
134. 3 rolled cookies
135. 3 drop cookies
136. 3 filled cookies
137. 3 non-baked cookies
138. 3 other kind of cookie
139. 4 biscuits
140. 4 corn sticks or corn muffins
141. 4 yeast rolls
142. 1/2 loaf yeast bread
143. 1/2 loaf sweet bread
144. Coffee Cake, 4 pieces
145. Divinity, 4 pieces
146. Chocolate Fudge, 4 pieces
147. Peanut Butter Fudge, 4 pieces
148. Best Novelty Snack (caramel corn, rice crispy treats, etc.)
149. Mints
150. Miscellaneous Candy

## **FOOD PRESERVATION**

(following listed food/canned categories are all under FOOD PRESERVATION)

All canned food must be in a clear standard canning jar. Canned foods **NOT** in specified or regulations will be **disqualified**. Non-regulation jars (such as mayonnaise, peanut butter, etc) type jars will not be accepted. These will automatically be disqualified. All entries must be home canned



“rusty” lids or rings permitted. Jars with broken seals will be disqualified. Jelly must be in regulation glasses or jars with tops and sealed.

- 151. Best jar Peaches
- 152. Best jar Apples
- 153. Best jar Applesauce
- 154. Best jar Berries (any variety)
- 155. Best jar Cherries
- 156. Best jar Pears
- 157. Best jar Misc. Fruit
- 158. Best jar Green Snap Beans
- 159. Best jar Tomatoes
- 160. Best jar Misc. Tomato Product
- 161. Best jar Tomato Juice
- 162. Best jar Kraut
- 163. Best jar Beets
- 164. Best jar Soup Mixture
- 165. Best jar Cabbage
- 166. Best jar Misc. Vegetable Relish

## **JELLY**

- 167. Best jar Apple Jelly
- 168. Best jar Grape Jelly
- 169. Best jar Plum Jelly
- 170. Best jar Misc. Jelly

## **JAMS**

- 171. Best jar Strawberry Jam
- 172. Best jar Blackberry Jam
- 173. Best jar Misc. Jam

## **PRESERVES**

- 174. Best jar Plum Preserves
- 175. Best jar Peach Preserves
- 176. Best jar Pear Preserves
- 177. Best jar Cherry Preserves
- 178. Best jar Any Berry Preserves
- 179. Best jar Misc. Preserves
- 180. Best jar Apple Butter

## **PICKLES. RELISHES & SALSA**

- 181. Best jar Cucumber Pickles
- 182. Best jar Green Tomato Pickles
- 183. Best jar Dill Pickles (must contain dill seed or dill weed)
- 184. Best jar Bread & Butter pickles
- 185. Best jar Misc. Pickles
- 186. Best jar Beet Pickles
- 187. Best jar Green Tomato Relish
- 188. Best jar Misc. Relish
- 189. Best jar Salsa

## **CRAFTS**

- 190. Needlepoint
- 191. Pillowcase (embroidered, appliqued, lace trim, cut work)
- 192. Crewel Picture
- 193. Crewel Misc. Item
- 194. Crocheted Misc. Item
- 195. Knitted Misc. Item
- 196. Embroidered Misc. Item
- 197. Painted gourds
- 198. Decorator or Fancy Pillow
- 199. Kitchen accessory (apron, potholder, place mat)
- 200. Handmade Doll
- 201. Handmade Toy or Animal
- 202. Counted Cross-Stitch Item
- 203. Cross-Stitch Item (not counted)
- 204. Artificial Flower Arrangement
- 205. Plastic Grid Needlepoint
- 206. Wreaths
- 207. Decorated Album
- 208. Basket, any handmade
- 209. Origami-Children 12 and under
- 210. Miscellaneous Craft
- 211. Tablecloth, Crochet
- 212. Tablecloth, Original Design

## **CHRISTMAS**

- 213. Quilt
- 214. Wall hanging
- 215. Tree skirt
- 216. Table Runner/Place Mats
- 217. Angels
- 218. Trees
- 219. Santa
- 220. Wreaths
- 221. Stocking
- 222. Tablecloth
- 223. Purse
- 224. Ornaments
- 225. Centerpiece
- 226. Toy
- 227. Wooden Item
- 228. Misc. Christmas

## **QUILTS**

All exhibits are to be handmade or completed by the exhibitor within the past **2 years**. Quilt entries must give name of individual who made and quilted the entry.

- 229. Pieced (hand pieces, hand quilted) quilt
- 230. Pieced (machine pieced, hand quilted) quilt
- 231. Appliqued (hand appliqued, hand quilted) quilt

- 232. Mixed pieced and appliqued quilt
- 233. Any quilt made from kit
- 234. Baby quilt (any size up to 72 x 90)
- 235. Novelty quilt (yo-yo, tied, puffed, cathedral window, embroidered, cross-stitch, candlewick, painted, machine appliqued, whole cloth.
- 236. FIRST quilt (for new quilters, first quilt made)
- 237. Best miniature quilt (no larger than 18 x 18)
- 238. Best machine quilted quilt or wall hanging (free hand design) (any size)
- 239. Quilted wall hanging (hand or machine quilted) (any size)
- 240. Best quilted project entry (clothing, pillow, vest, etc.) (any size)
- 241. Any quilt/wall hanging made by a group

## **AFGHANS**

- 242. Best Knitted Afghan
- 243. Best Crocheted Afghan
- 244. Best Miscellaneous Afghan
- 245. Baby Afghan
- 246. Table Runner
- 247. Quilted Purse
- 248. Quilted Tablecloth (original design)

## **PHOTOGRAPHY**

All work must be the work of an amateur. All pictures must be mounted or framed no more than 2 inches around. All pictures must be taken within the last year.

### **18 & OLDER—BLACK & WHITE**

- 249. Portrait Human-one subject per picture
- 250. Portrait Human-two subjects per picture
- 251. Portrait, other than human-one subject per picture
- 252. Nature or animal-two objects or more per picture
- 253. Essay-more than three pictures mounted
- 254. Action shot, shows action, clear view

### **18 & OLDER—COLOR PRINTS**

- 255. Portrait, Human-one subject per picture
- 256. Portrait, Human-two subjects or more
- 257. Portrait, other than human-one subject per picture
- 258. Nature or animal-two objects or more per picture
- 259. Essay-three to five pictures mounted
- 260. action shot, shows action, clear view

### **18 & UNDER—BLACK & WHITE**

- 261. Portrait Human
- 262. Portrait Human-two subjects
- 263. Nature or animal
- 264. Essay

### **18 & UNDER—COLOR**

- 265. Portrait, Human
- 266. Portrait, Human-two subjects
- 267. Portrait, other than human
- 268. Nature
- 269. Essay
- 270. Action shot

## **WOODS**

Any individual who is involved in any phase of woodworking at any grade level in school, shop, home workshop, etc. may enter. Entry must have been made during the current year. A 'kit' project must be so designated on the entry form. Any group project made by more than one individual must be entered as a group project. Judges may make their final decision on whether a project best fits into a 'large' or 'small' category.

- 271. Large Furniture (bed, dining table, chest, desk, clock, stereo, etc.)
- 272. Medium Furniture (coffee table, end table, chair, etc.)
- 273. Small Furniture
- 274. Woodturning (spindle or face plate)
- 275. Wood Lamination
- 276. Wood Sculpture
- 277. Wood Crafts
- 278. Refinished Furniture
- 279. Woven or Caned Bottom Furniture

## **HONEY**

- 280. Best Jar of Light Amber Honey
- 281. Best Jar of Dark Amber Honey
- 282. Best of Black Jar-Blind Taste Test Honey
- 283. Any Frame of Extracted Honey—Light