

The Extension Cord



Health and Human Sciences

July 2024- Fair Edition

Hello,

July will be here before we know it. The Extension Office is buzzing with activity! Our 4-H families are working hard to get projects ready and preparing for the week of the fair which means our office staff is working just as hard in answering questions and organizing these events. Don't forget, we also have open class projects for adults and children!

Fair week is full of fun events throughout the days and evenings. There is much to look forward to and something for everyone! The Fulton County Extension Homemakers are hosting their annual cookie contest on Thursday, July 11th at 5:00 pm. The event will be judged by two individuals, one with a background in food science and an experienced Extension Educator (not me this year) and a local celebrity who just enjoys tasting cookies.

You can make any cookie to enter into the 'regular' entries and/or enter a recipe into the featured ingredient contest. This year's featured ingredient is chocolate. Contest details are included below. Bring us your best, see you soon!

Come see us!
Enjoy ice-cream with your
Fulton County Extension
educators on
Sunday, July 7th
after vespers and before the
awards program.



-Jessica Riffle

Fulton County 4-H Fair is July 7th-13th

Interested in submitting an open class project? Do you have any new recipes or craft creations that you developed throughout the last year that you'd like to share?

Show off your talents this year at the 2024 4-H fair!

Open Class General Information: Any resident of Fulton County can exhibit items he or she has made and an exhibitor may enter more than one entry in each category. Adults and children 8 years of age and under are eligible to submit exhibits. Each exhibit will receive a label at check in with your name and category. Care is taken to protect all articles exhibited, but we cannot be held liable for loss or damage. All exhibits must remain in place until they are released on Saturday, July 13th at 9:00 am.

Check in for all open class exhibits is Saturday, July 6th from 9:00 am – 11:30 am.

Exhibits options include; Baked Goods, Candy or Snack mix, Food Preservation, Flowers, Christmas at the Fair, Photography, Quilting, Needle Arts, and Arts & Crafts
Detailed exhibit requirements are described in the Open Class booklet.

24th Annual Extension Homemakers Open Class Cookie Baking Contest

When: July 11, 2024

4:00pm-5:00pm: Cookie Entry Time

5:00 pm: Open Judging

Prizes for cookies placing 1st, 2nd, & 3rd!

Rules

1. The contest is open to anyone, regardless of age or gender. 4-H'ers are welcome to enter.
2. Any type of baked cookie may be entered. There is a \$2.00 entry fee per plate of 6 cookies. Cookies must be on a paper plate covered with a plastic zipper type bag.

Featured Ingredient Cookie Event:

The featured ingredient this year: Chocolate of your choice
Cookie recipes in this category must contain at least
1/4 cup of chocolate.
1 winner will be selected from this event.

3. There is no limit on the number of entries (plates of 6 cookies) an individual may enter.
4. Cookies must be entered between 4:00-5:00 p.m.
5. Cookies must be accompanied by their recipe. The cookies and recipes will become the property of the Fulton County Extension Homemakers.
6. Judging will begin at 5:00 p.m. and will be open to the public. Winners will be announced immediately following the judging.
7. 1st, 2nd, and 3rd place winners will be chosen and prizes will be awarded.
8. A gift box of cookies "From the Best Cookie Bakers in Fulton County" will be made from the entries and sold at the Livestock Auction on Friday night of the fair.
9. The contest is sponsored and conducted by the Fulton County Extension Homemakers.
10. Cookies will be judged using the following criteria:
 - All six cookies are of uniform size and shape.
 - All six cookies are uniform in color-neither too light nor too dark.
 - The texture is true to the type of cookie (soft or crisp).
 - The cookie has a tender crumb (a few variations are hard).
 - The ingredients are fresh and well blended.

Enjoy Singing from the Fulton County Choral Club!

What: Song Selections by members of our local choral club.

When: July 13, 2023 Immediately following the cookie contest.

Where: Community Building

Upcoming Public HHS Programming & Important Dates

Date	When	Where	What
July 6	9:00 am	Fulton County Fairgrounds	Open Class Project Judging
July 7 - 13	Week	Fulton County Fairgrounds	Fulton County 4-H Fair
July 9-11	7-10:00 am	Fulton County Fairgrounds	To-go breakfasts from Homemakers
July 11	5:00 pm	Fulton County Fairgrounds	Ladies' Night & Cookie Contest
July 17	11:00 am	Kewanna Library	Empower Me to be Clutter Free

Empower Me to be Clutter Free

Do you trip over boxes, toys, or piles of 'stuff' trying to walk through your home? Does it take a while to locate something you need for a project or everyday activity? Do family and friends think you are disorganized? Does the mail pile up or is it difficult to throw things away? Do you feel embarrassed or nervous if someone visits unexpectedly? If you answered yes to any of the above, it may be time to address your clutter.

Clutter can be costly to your time, finances, safety, and mental/emotional health. It takes extra time to find things, longer to clean, and possibly even time to go to a store to replace an item you can no longer find. Clutter can also be costly if it accumulates enough to need its own room in your house or off site storage unit.

Begin thinking about how you want a space to look. This could be in your home, office, or even an actual storage unit. Start with a small area first. If a large space needs the most attention, divide it into small chunks to tackle separately. You can use boxes or bags to separate items into keep, donate, recycle, or trash. You can even add a 'decide later' box but be careful not to begin saving all your clutter here.

Sometimes it's easier for us to see someone else's clutter before we recognize our own. Invite an outside family member or close friend to help you eliminate unnecessary items and make the decluttering process more fun!

Join me on July 17th at the Kewanna Library to learn more about the benefits of decluttering.

