

# Family & Consumer Sciences Newsletter



## A Word from the Agent...

After all the April showers, May is definitely bringing those flowers. The irises and peonies are abloom in my yard, and it makes me smile every time I look at them. I could say they are definitely good for my mental health, which is appropriate since May is mental health awareness month.

There are some fun classes coming up at the extension office, so make sure to check those out. I've also included the Home Economics categories for the Clark County fair coming up at the end of June. Gather your items and get them ready to enter on Sunday June 23 from 1-3 or Monday June 24 from 9-1. A blue ribbon could be calling your name!



*Shonda Johnston*

**SHONDA JOHNSTON**

Clark County Extension Agent  
Family & Consumer Sciences  
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# MENTAL HEALTH *Awareness* MONTH

May is Mental Health Awareness Month in the U.S. This is an important time to draw attention to the importance of mental health and highlight resources that are available to help. Mental illnesses are brain-based conditions and since all humans have brains, everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are as well as what to do if you see those signs in yourself or others can make a big difference in getting help.

Everyone goes through things in life that can affect mental health - stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks of you feel unlike yourself for more than 4 weeks.

## Common signs of mental illness include:

- feeling sad or down
- confused thinking or reduced ability to concentrate extreme feelings of guilt
- excessive fears or worries, or extreme feelings of guilt
- extreme mood changes of highs and lows
- withdrawal from friends and activities
- significant tiredness, low energy, or problems sleeping
- detachment from reality (delusions), paranoia, or hallucinations
- inability to cope with daily problems or stress
- trouble understanding and relating to situations and to people
- problems with alcohol or drug use
- major changes in eating habits
- excessive anger, hostility or violence
- suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might be worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time. You can use these resources for yourself or to discuss your concern for someone else.



#### References:

<https://www.samhsa.gov/mental-health-awareness-month>

<https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>





# Beginner Card Making Class

DO YOU WANT TO LEARN HOW TO MAKE CARDS FOR BIRTHDAYS,  
HOLIDAYS...ANY OCCASION?!

**NEW  
DATE**

**MAY 16TH** ~~APRIL 16TH~~ 6PM - 8PM

**CLARK COUNTY EXTENSION OFFICE**

Call Linda Winburn at the Extension Office at (859) 744-4682 to reserve your seat.  
Reservations must be made by noon on **May 5th** in order for the instructors to have  
time to prepare the card kits.

Class size is limited to 12 students.

Cost: Homemakers - Free    Non-Homemakers - \$5



## New to You

## Craft Supply Sale

**Saturday, May 18, 2024**  
**9 am-1 pm**

**Featuring Gently Used Craft Items at Great Prices!**

Clark County Extension Office Annex  
1400 Fortune Drive  
Winchester KY 40391



# COOKING WITH HERBS

**Thursday, June 6**

**6:30 pm**

**Clark County Extension Service**



Learning to use herbs allows us to transform meals prepared at home into even more flavorful and robust dishes.

Join us as Shonda Johnston, Family and Consumer Sciences Agent, covers the best ways to use, incorporate, and experiment with herbs when cooking, and more. Carrie Spry, Horticulture Agent, will cover harvesting and storage tips for the herbs you have grown yourself.



**REGISTER NOW:**



859-744-4682



[cynthia.carr@uky.edu](mailto:cynthia.carr@uky.edu)

**SAVE THE DATE**

*Winchester/Clark County*

**Farmers'**

**Market**

**OPENING DAY!**

**SATURDAY, MAY 11**

**8:00 am - 12:00 noon**

**Depot Street**



For questions and information email:  
[wccfarmersmarket@gmail.com](mailto:wccfarmersmarket@gmail.com)



# Barn Quilt Painting Class

by Liz's Barn Quilts

**JULY 27, 2024 9:00-3:00**

**Clark County Extension Office- Annex**

**1400 Fortune Drive**

**Winchester, KY 40391**

Outdoor 2'x2' = \$130 or 3'x3' = \$190

Must be registered and  
paid by June 27th



Scan to register  
or call  
859-744-4682

Space is  
LIMITED!

Lunch and  
Supplies  
Included



A



B



C



D



E



F

Choose from these patterns

**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.

# 2024 Home Economics

*Shonda Johnston, Advisor*

**Blue: \$4.00 Red: \$2.00 White: \$1.00**

## **Rules:**

- 1. Open to any Clark County resident; all articles must be made by the person entering the article, unless otherwise stated.**
- Exhibits will be received Sunday, June 23<sup>rd</sup>, 1 p.m.-3 p.m., and Monday, June 24<sup>th</sup>, 9:00 a.m. to 1:00 p.m. Exhibits should be picked up Saturday, June 29<sup>th</sup>, from 9:00 a.m. to 11:00 a.m.
- The Fair Board will not be responsible for any loss.
- Entries cannot be exhibited more than once, if they have won ribbons.
- Premiums for Grand Champion \$10.00, Grand Reserve \$5.00, Overall Grand Champion \$20.00 and Overall Grand Reserve Champion \$15.00.
- Premiums must be picked up within 30 days or they are forfeited.
- Entries not picked up by on June 29<sup>th</sup> will be disposed of.
- 8. Please read all category requirements carefully before entering.** In the past all rules may not have been strictly adhered to however, this year, **ALL rules will be strictly enforced.**

**Floral Hall IS NOT open for viewing on Monday, June 24<sup>th</sup>.**

## **FOODS**

*Marian Sublette and Edna Pasley, Co-Chairs*

**Food Items must be displayed on a paper plate and sealed in a food storage bag. All baked items will be discarded at the end of the fair.**

### **Lot 1: Breads (Can enter 1 item in each class)**

- |          |                                  |
|----------|----------------------------------|
| Class 1. | Full Loaf of Zucchini Bread      |
| Class 2. | Loaf of White Yeast Bread        |
| Class 3. | Plate of Yeast Rolls (4)         |
| Class 4. | Yeast Bread, Other than Listed   |
| Class 5. | Plate of Buttermilk Biscuits (4) |
| Class 6. | Plate of Fruit Muffins (4)       |
| Class 7. | Plate of Muffins (4)             |

- |           |                                |
|-----------|--------------------------------|
| Class 8.  | Loaf of Banana Bread           |
| Class 9.  | Quick Bread, Other than Listed |
| Class 10. | Loaf of Sour Dough Bread       |
| Class 11. | Corn Bread                     |
| Class 12. | Scones                         |
| Class 13. | Pastry                         |

### **Lot 2: Cakes (Can enter 1 item in each class)**

- |           |   |
|-----------|---|
| Class 11. | ¼ Pound Cake – No Frosting  |
| Class 12: | ¼ Chocolate Cake – with icing   |
| Class 13: | ¼ Other Cake  |
| Class 14: | ¼ Cake “your favorite recipe” made from commercial mix with your ingredients. Must attach recipe. |
| Class 15: | ¼ Jam Cake  |

### **Lot 3: Cookies (Can enter 1 item in each class)**

- |           |  |
|-----------|--|
| Class 16: | Plate of Brownies (4)                  |
| Class 17: | Plate of Chocolate Chip Cookies (4)    |
| Class 18: | Plate of Sugar Cookies (4)             |
| Class 19: | Plate of Peanut Butter Cookies (4)     |
| Class 20: | Plate of Any Other Kind of Cookies (4) |
| Class 21: | Plate of Oatmeal Cookies (4)           |

### **Lot 4: Candy (Can enter 1 item in each class)**

- |           |   |
|-----------|---|
| Class 22: | Plate of Peanut Butter Fudge (4 pieces) |
| Class 23: | Plate of Chocolate Fudge (4 pieces)     |
| Class 24: | Plate of Cream Candy (4 pieces)         |
| Class 25: | Molded Candy (4 pieces)                 |
| Class 26: | Other Candy (4 pieces)                  |

### **Lot 5: Pies (Can enter 1 item in each class)**

- |           |              |
|-----------|--------------|
| Class 27: | ¼ Pecan Pie  |
| Class 28: | ¼ Apple Pie  |
| Class 29: | ¼ Cherry Pie |
| Class 30: | ¼ Other Pie  |

## **CANNING**

*Marian Sublette and Edna Pasley, Co-Chairs*

**Canned food must be canned in standard canning jars.**

### **Lot 6: Canned Fruit (pint or quart jar) (Can enter 1 item in each class)**

- Class 1. Peaches
- Class 2. Applesauce
- Class 3. Cherries
- Class 4. Blackberries
- Class 5. Pears
- Class 6. Other than Listed
- Class 7. Dried Apples

**Lot 7: Canned Vegetables (pint or quart jar)  
(Can enter 1 item in each class)**

- Class 8: Green Beans
- Class 9: Tomatoes
- Class 10: Tomato Juice
- Class 11: Soup Mixture
- Class 12: Vegetable – Other than Listed
- Class 13: Spaghetti Sauce

**Lot 8: Pickles and Relished (pint jars)  
(Can enter 1 item in each class)**

- Class 14: Sweet Cucumber Pickles
- Class 15: Sweet Cucumber Relish
- Class 16: Bread & Butter Pickles
- Class 17: Dill Cucumber Pickles
- Class 18: Beet Pickles
- Class 19: Salsa
- Class 20: Pickles – Other than Listed
- Class 21: Relishes – Other than Listed
- Class 22: Chutney

**Lot 9: Jams, Jellies, & Preserves  
(Can enter 1 item in each class)**

- Class 23: Preserves – Other than Listed (pint or ½ pint)
- Class 24: Strawberry Preserves (pint or ½ pint)
- Class 25: Apple Butter (pint or ½ pint)
- Class 26: Other Butter (pint or ½ pint)
- Class 27: Blackberry Jam – Other than Listed (pint or ½ pint)
- Class 28: Jam - Other than Listed (pint or ½ pint)
- Class 29: Grape Jelly (pint or ½ pint)
- Class 30: Apple Jelly (pint or ½ pint)
- Class 31: Blackberry Jelly (pint or ½ pint)
- Class 32: Jelly – Other than Listed (pint or ½ pint)
- Class 33: Honey

**GARDEN**

*Sallie Evans and Carol Price, Co-Chairs*

**Lot 10: Produce**

**Note: Please provide container for exhibition (plate, basket, etc) (can enter 1 item in each class / subclass)**

- Class 1: a) Plate of Bunch Beans (12)  
b) Plate of Pole Beans (12)
- Class 2: Plate of Beets (3)
- Class 3: Plate of Cabbage (1 head)
- Class 4: Plate of Carrots (3)
- Class 5: Plate of Cucumbers, for Slicing (3)
- Class 6: Plate of Green Peppers (3)
- Class 7: Plate of Other Peppers (3)
- Class 8: Plate of Green Onions (3)
- Class 9: Plate of Potatoes (3)
- Class 10: Plate of Crooked Neck or Straight Neck Yellow Squash (3)
- Class 11: Plate of Green Zucchini (3)
- Class 12: Plate of Gourds (3)
- Class 13: Plate of Rhubarb (3)
- Class 14: Plate of Lettuce (1 head)
- Class 15: Plate of Asparagus (3)
- Class 16: Plate of Radishes (3)
- Class 17: Plate of Vegetables – Other than Listed (3)
- Class 18: Best Vegetable Exhibit (6 of more vegetables grown by exhibitor)
- Class 19: Plate of Apples (3)
- Class 20: Plate of Blueberries (6)
- Class 21: Plate of Cherries (6)
- Class 22: Plate of Raspberries (6)
- Class 23: Plate of Strawberries (6)
- Class 24: Plate of Red Ripe Tomatoes (3)
- Class 25: Plate of Yellow Tomatoes (3)
- Class 26: Plate of Green Tomatoes (3)
- Class 27: Plate of Cherry Tomatoes (6)
- Class 28: Plate of Other Tomatoes (3)
- Class 29: Plate of Any Fruit – Other than Listed (3)
- Class 30: Plate of Broccoli (1 head)

**HORTICULTURE**

*Sallie Evans and Carol Price, Co-Chairs*

**Lot 11: Plants & Flowers**

**Flower Specimen – A single plant bloom, spike, or spray with foliage in a soft drink bottle. (can enter 1 item in each class)**

- Leaves must be left on specimen.



- Use as long stem as possible; stem should be in proportion to bloom.
- Roses – Bloom should be ½ to ¼ open
- Gladiolas – Each stalk should have some blooms, some buds in color, and some green buds.

- Class 1: Rose – Red  
 Class 2: Rose – Pink  
 Class 3: Rose – Orange or Yellow  
 Class 4: Rose – White or Cream  
 Class 5: Marigold – dwarf under 2 ½”  
 Class 6: Marigold – giant over 2 ½”  
 Class 7: Zinnia – dwarf under 2 ½”  
 Class 8: Zinnia – giant over 2 ½”  
 Class 9: Sunflower – cut  
 Class 10: Lily – any cut  
 Class 11: Gladiola – any color  
 Class 12: Hanging Baskets  
 Class 13: Potted Plants  
 Class 14: Floral Arrangement: Fresh cut flowers  
 Class 15: Dried Flower Arrangement  
 Class 16: Fresh Cut Herbs  
 Class 17: Pot of Herbs  
 Class 18: Open Herb Category – herbs in culinary product  
 Class 19: Miniature Cut Arrangement up to 6”  
 Class 20: Other Miniature  
 Class 21: Other Cut Flower  
 Class 22: Fairy Garden  
 Class 23: Cactus  
 Class 24: Flowering Bush  
 Class 25: Carnivorous Plants  
 a) Venus Flytrap  
 b) Pitcher Plants  
 c) All Other  
 Class 26: Succulents

## **HANDIWORK & HERITAGE SKILLS**

*Cindy Spinks, Chair*

### **Lot 12: Apparel**

**(can enter 1 item in each class / subclass)**

- Class 1: Adult Apparel  
 a) Suit  
 b) Pants  
 c) Jacket  
 d) Dress  
 e) Vest  
 f) Blouse / Shirt

- g) Skirt  
 Class 2: Child’s Dress  
 Class 3: Costumes  
 a) Child  
 b) Adult  
 Class 4: Decorated Apparel  
 a) Painted  
 b) Appliqued  
 Class 5: Other than Listed

### **Lot 13: Accessories (Cloth or Clothing)** **(can enter one item in each class)**

- Class 10: Belts  
 Class 11: Purses  
 Class 12: Apron  
 Class 13: Other than Listed

### **Lot 14: Quilts (Hand or Machine)**

**(can enter one item in each class / subclass)**

- Class 1: Pieced  
 Class 2: Appliqued  
 Class 3: Mixed, Pieced, or Appliqued  
 Class 4: Cross-Stitch or Embroidery  
 Class 5: Baby Quilt – No larger than 45”x 60”, no smaller than 35” x 50”  
 Class 6: Wall Hanging / Table Runner  
 Class 7: Group – Any Quilt made by 2 or more people  
 a) Embroidery  
 b) Pieced  
 c) Appliqued  
 d) Other  
 Class 8: Lap Quilt  
 Class 9 : Other than Listed

### **Lot 15: Needlework**

**(Can enter 1 in each class / subclass)**

- Class 1: Knitted Articles  
 Class 2: Crocheted Afghans  
 Class 3: Crocheted Articles  
 Class 4: Needlework  
 a) Crewel embroidery  
 b) Candlewicking  
 c) Smocking  
 d) Ribbon embroidery  
 e) Hand embroidery  
 f) Machine embroidery  
 g) Plastic canvas  
 Class 5: Pillows  
 a) Quilted  
 b) Other  
 Class 6: Counted Cross-stitch  
 1.) 14 count and under

- a) Picture
- b) Samplers
- c) Holiday Decorations
- d) Miniature
- e) Miscellaneous
- 2.) 18 Count and above
  - a) Pictures
  - b) Samplers
  - c) Holiday Decorations
  - d) Miniature
  - e) Miscellaneous
- Class 7: Holiday Decorations other than Listed
- Class 8: Weaving
  - a) Cloth
  - b) Pin Weaving
  - c) Other
- Class 9: Needlepoint
- Class 10: Felted Items
  - a) Wet
  - b) Needle
- Class 11: Other than Listed

**Lot 16: Fine Arts & Craftmanship**

*Cindy Spinks, Chair*

**(can enter 1 item in each class / subclass)**

- Class 1: Baskets
  - a) Traditional Appalachian baskets include-egg, rooster, melon, potato, butterfly, key, fan, etc.
  - b) Basket with wooden bottom
  - c) Any non-ribbed basket – traditional reed
  - d) Any basket with wooden handle
  - e) Double wall basket
  - f) Basket with added color
  - g) Basket with lid – woven or wooden
  - h) Miniature basket – less than 4”
  - i) Other than Listed
- Class 2: Stools
  - a) Woven or cane
  - b) Woven or any other material
  - c) Painted or decorated
- Class 3: Caning Furniture
- Class 4: Woodwork
  - a) Made by exhibitor

- b) Decorated by exhibitor
- c) Wood burned
- d) Refinished
- Class 5: Miscellaneous Heritage Skills
- Class 6: Gourds (must not exceed 18”)
  - a) Woven gourd basket, any material
  - b) Decorated gourd birdhouse
  - c) Woodburned
  - d) Any painted gourd

**Lot 17: Crafts**

*Cindy Spinks, Chair*

**(can enter 1 item in each class / subclass)**

- Class 1: Dolls
  - a) Corn Shuck
  - b) Soft Sculpture
  - c) Other
- Class 2: Wall-Hanging – non quilted
- Class 3: Wreaths
  - a) Holiday
  - b) Non Holiday
- Class 4: Holiday Décor other than Needlework
- Class 5: Ceramics
- Class 6: Recycled Item
- Class 7: Silk Flower Arrangements
- Class 8: Christmas Floral Arrangements
- Class 9: Other Holiday Floral Arrangements
- Class 10: Jewelry
  - a) Made with beads
  - b) Made with clay or wood
  - c) Metal Jewelry
  - d) Made from kit
  - e) Other Materials
- Class 11: Glassware
- Class 12: Scrapbooking
  - 1.) Kit Design
    - a. 2-page layout
    - b. Entire Book
  - 2.) Your Own Design
    - a. 2-page layout
    - b. Entire Book
- Class 13: Kitchen Items
- Class 14: Miniature Miscellaneous Item
- Class 15: Paper Crafts
  - a) Cards
  - b) Decorations
  - c) Other than Listed



**VISUAL ARTS**

*Pam Price Reffitt, Chair*

**Lot 18: Painting**

**Must be Mounted**

**(can enter 1 item in each subclass)**

- Class 1: Oil
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 2: Acrylic
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 3: Pen or Ink
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 4: Pencil
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 5: Colored Pencil
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 6: Pastel
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life

- e) Animals
- f) Buildings
- g) Other
- Class 7: Watercolor
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 8: Charcoal
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 9: Mixed Media
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 10: Digital Media
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Buildings
  - g) Other
- Class 11: Other Media
  - a) Portrait
  - b) Flower
  - c) Landscape
  - d) Still Life
  - e) Animals
  - f) Building
  - g) Other

**Lot 19: Photography**

**Must be Mounted (ABSOLUTELY NO GLASS OR FRAMES)**

**Photo must be at least 5x7, but no larger than 11x14! (can enter 1 item in each subclass)**

- Class 1: Color
  - a) Portraits
  - b) Animals

- c) Pets
  - d) Landscape
  - e) People (with 2 or more)
  - f) Historical Places
  - g) Flowers
  - h) Children
  - i) Clark County Historical Sites
  - j) Other than Listed
- Class 2: Black & White
- a) Portraits
  - b) Animals
  - c) Pets
  - d) Landscape
  - e) People (with 2 or more)
  - f) Historical Places
  - g) Flowers
  - h) Children
  - i) Clark County Historical Sites
  - j) Other than Listed

**Lot 20: ANTIQUES**

*Jerrie Hamm and Wanda McCord,  
Co-Chairs*

**Note: To be considered an antique an article must be 50 years or more. Antiques are judged on rarity, age, and condition. (can enter 1 item in each class / subclass)**

- Class 1: Glass of China Kitchen Item
- Class 2: Metal or Wood Kitchen Item
- Class 3: Metal Kitchen Item
- Class 4: Wood Kitchen Item
- Class 5: China Dish
- Class 6: Glass Dish
- Class 7: Miscellaneous Small Items
- Class 8: Stools
- Class 9: Small Chair (no more than 36" tall)
- Class 10: Small Chest (no more than 30")
- Class 11: Clothing Small Items
- Class 12: Clothing Large Items
- Class 13: Accessories
- Class 14: Jewelry
- Class 15: Quilts or Coverlets
- Class 16: Pillowcase (1 or 2)
- Class 17: Leather Item
- Class 18: Books (Bibles, Scrapbooks)
  - a) Children's Books
  - b) Bibles
  - c) Scrapbooks

- d) Music
- e) Other
- Class 19: Dolls
- Class 20: Dresser Scarves
- Class 21: Crocks
- Class 22: Pictures
- Class 23: Toys
- Class 24: Cast Iron
- Class 25: Vases
- Class 26: Tools
- Class 27: Clocks
- Class 28: Shadow Boxes
- Class 29: Wooden Boxes
- Class 30: Documents
- Class 31: Small Kitchen / Hand Towels
- Class 32: Photographs
- Class 33: Stationary
  - a) Postcards
  - b) Cards
  - c) Letters
  - d) Folders
- Class 34: Needlework (rugs, crochet, etc)
- Class 35: Baskets
- Class 36: Pottery
- Class 37: Magazines
- Class 38: Decorative Pillows
- Class 39: Lamps
- Class 40: Miscellaneous – Household
- Class 41: Miscellaneous – Other than Above