

NEWSLETTER



JUNE 2025



AGENT NOTES

June is Here – Let the Fun Begin!

Summer has arrived, and with it comes a full calendar of exciting events! One of the highlights is the annual Bourbon County Fair and Horse Shows. We're thrilled to announce that the Bourbon County Homemakers will once again host a Hospitality Tent at both Horse Shows.

In addition to providing a welcoming space, the Homemakers will be accepting entries and awarding prizes in Floral Hall. Exhibitors will not only receive standard premiums, but there will also be additional cash awards for the Homemakers with the most exhibits:

- 1st Place: \$75
- 2nd Place: \$50
- 3rd Place: \$25

This year, in honor of one of their dedicated members, the Homemakers will also focus on carbon monoxide poisoning prevention. They will be sharing important safety information and giving away a carbon monoxide detector each night of the fair. To enter the giveaway, simply stop by the Homemaker booth and sign up—it's completely free!

Don't miss out on the fun, the prizes, and the chance to connect with your community. See you at the fair!

Second, a need has been identified and FCS/Homemakers has stepped up to assist with that need. A caregiver support group/program is starting July 14th. There will be more information in July newsletter but mark your calendars. This program will be directed towards all types of caregiving and the concerns that go with that responsibility.



Come join the fun at the 2025 Bourbon County Fair June 23- 28. Enclosed in this newsletter are the catalogue listings of exhibit entries in needlework, home furnishings, antiques, quilts and sewing, food preservation, culinary, and agronomy and horticulture along with a flyer of the activities taking place each day of the fair. All of this information and more can be found at <https://www.bourboncountyfair.org> This is a new link address so be sure to copy as printed.

Pre-fair events include:

June 20 - Walking Horse Show in Sosby Arena

June 21 - Saddle Horse Show in Sosby Arena

June 15 - Bourbon County Fair Pageant

Bourbon County High Auditorium

June 22 – Receive entries (other than flowers)

3:00-5:00 pm

June 23 – 8:30-11:00 am Receive entries

11:00 am- 4:00 pm Exhibit Hall

closed to public

June 28 - Pick up entries

NO CARNIVAL ON NIGHT OF 23rd

**PAGES 5-8 IS THE
2025 FAIR ENTRY
CATALOG**



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



YOGURT'S HIDDEN BENEFITS: FROM DIGESTION TO HEART HEALTH

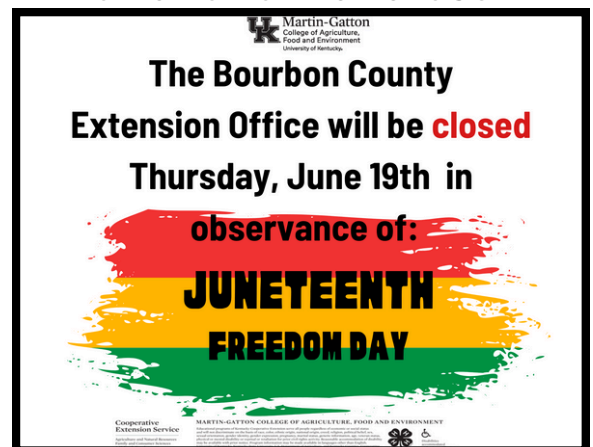
National Dairy Month is in June each year. This is the month that highlights the value of dairy. Despite the wholesome paybacks, a lot of us do not eat enough dairy products. Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

- Gives key nutrients: Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc.
- Helps gut health: Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
- Builds strong bones: Yogurt is packed with calcium and vitamin D, which are vital for making your bones strong.
- Good for your heart: Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.
- Easy to digest: Yogurt is well tolerated by people with lactose intolerance. This is because the live active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
- Helps you feel full: Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
- Easy to enjoy: Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies. Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks.

Source: Adapted from Colorado State University Extension's Yogurt: Health and Probiotic Benefits



NOTICE OF OFFICE CLOSURE



PRESIDENT'S NOTES

As I drive around the local area, I notice billboards and signs promoting the local county fairs. Can you believe that time is upon us, seems like just weeks ago we were dealing with wintery weather. As we get ready to enjoy the warmer weather let us remember to start thinking about our own fair entries. Also, sign up to help with the hospitality tent for the horse shows.

We are winding up our homemaker year with reports due to our county chairs. Please try to get those individual reports to the proper educational chairs as soon as possible.

The state meeting is over and congratulations to our cultural arts winners and our new state 4H Educational Chair Peggy Tracy. Our own Connie Vaughn did an excellent presentation from the area inviting everyone to the state meeting 2026 "Hooray for KEHA" hosted by the Bluegrass Area. Mark your calendars now for plans to attend next year.

Thank you to all the committees and volunteers that have helped make all our events successful. I am looking forward to many of the events remaining for this year. Please take note of what is upcoming.

Enjoy the sunshine!

**"ALONE WE CAN DO SO LITTLE,
TOGETHER WE CAN DO SO
MUCH"**

HELEN KELLER

Elizabeth B Rankin

Bourbon County
Homemaker Presidnet



HELP WITH END OF YEAR REPORTS HAS ARRIVED!

**Appointments preferred. Call
now and schedule your time for
assistance with end of year
chairmen and project reports.**

All day on Monday, June 30th!



June 14.....POP Club at Farmers Market
June 17.....Rug Making Class
June 18Rug Making Class
June 19.....Juneteenth Office Closed
June 20 & 21.....Horse Show Hospitality Tent
June 21Longest Day of Play
June 23.....Fair Entries
June 23-28.....Bourbon County Fair
June 30.....Work Day for Homemaker Reports
July 1.....Food Preservation Class
July 4.....Independence Day - Office Closed
July 7-10.....4-H Camp
July 12.....POP Club at Farmers Market

STATE MEETING/CULTURAL ARTS



Bourbon County had a very successful and honorable KEHA Annual Meeting! :

- Peggy Tracy - elected State 4-H Youth Development Chair
- Ovarian Cancer 100% Award
- Judy Roberts - 1st Family & Individual Self-Care Contest
- Pat Holland - 2nd place Short Story
- Cultural Arts
 - June Erla - Champion Loom Weaving
 - Linda Ramage - 1st Ceramics Hand Formed
 - Kathy Taylor - 1st Holiday Decoration
 - Elysse Poole - 1st Hand Knitting
 - June Erla - 1st Miscellaneous with Eco Printing Scarf

Congratulations Bourbon County!



PARIS BOURBON COUNTY YMCA

The Paris-Bourbon County YMCA has served our community since 1913. The Y is in the business of nurturing the potential of children and teens (Youth Development), improving health and well-being (Healthy Living) and motivating people to support their neighbors and the larger community (Social Responsibility).

Paris facility serves over 6,000 members and 1,000 program participants.

YMCA membership has its privileges, including discounts on all YMCA programs as well as use of our entire facility (age requirements posted). Children under 12 must be accompanied by a responsible person at least 16 years of age.

Thank you Paris Bourbon County YMCA for participating in the Homemakers Shop Local Program. Use your Shop Local Card and initial joining fee is waived. Monthly payments still apply but there will be no joining fee when using "Shop Local" card!

FACILITY HOURS

MONDAY - THURSDAY	5:30 A.M. - 8:30 P.M.
FRIDAY	5:30 A.M. - 8:00 P.M.
SATURDAY	7:00 A.M. - 2:00 P.M.
SUNDAY	12:00 P.M. - 5:00 P.M.

SUMMER HOLIDAY HOURS

MEMORIAL DAY: FACILITY 10:00 A.M. - 3:00 P.M., OUTDOOR POOL NOON - 6:00 P.M.

FOURTH OF JULY: FACILITY 10:00 A.M. - 3:00 P.M., OUTDOOR POOL NOON - 6:00 P.M.

INDOOR POOL HOURS

MONDAY-THURSDAY	5:30 A.M. - 8:00 P.M.
FRIDAY	5:30 A.M. - 7:30 P.M.
SATURDAY	7:00 A.M. - 1:30 P.M.
SUNDAY	12:00 P.M. - 4:30 P.M.

OUTDOOR POOL HOURS

MONDAY, WEDNESDAY, FRIDAY: NOON - 8:00 P.M.

TUESDAY, THURSDAY, SATURDAY, SUNDAY: NOON - 6:00 P.M.



Martin-Gatton
College of Agriculture,
Food and Environment

CAREGIVER SUPPORT GROUP

MONDAY, JULY 14TH AT 10:00AM

Join us for our inaugural meeting! Attend a panel discussion featuring caregivers who will share their insights and experiences. Light refreshments will be provided.

CENTRAL BAPTIST CHURCH FELLOWSHIP ROOM
829 High St. Paris, Ky. 40361



KICK OFF SUMMER WITH THE LONGEST DAY OF PLAY

SATURDAY JUNE 21, 2025

PAID EVENTS <i>Registration required</i>	LONGEST DAY OF PLAY FREE EVENT <i>Open to the public</i>
616 PLEASANT ST. - WALLIS ARBORETUM YMCA Yoga - 8:00 AM 806 MAIN STREET - EIFFEL TOWER 5K Race - Start 9:00 AM	LEGION PARK WALKING TRAIL 11:00 AM - 2:00 PM ACTIVITIES INCLUDE: Food Trucks Outdoor Games Door Prizes Vendor Information

LOT 3 OPEN ADULT NEEDLEWORK		
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00		
Class	Description	
301	Best counted cross-stitch - small picture	
302	Best counted cross-stitch - large picture	
303	Best counted cross-stitch - other than listed	
304	Best cross stitch item - other than counted	
305	Best embroidered pillowcase	
306	Best embroidered tablecloth or runner	
307	Best embroidered item - other than listed	
308	Best creel embroidery	
309	Best Swedish weaving embroidery	
310	Best machine embroidery towel	
311	Best machine embroidery pillowcase	
312	Best machine embroidery - other than listed	
313	Best knitted scarf	
314	Best knitted socks	
315	Best knitted baby item	
316	Best knitted shawl	
317	Best knitted item- other than listed	
318	Best crocheted doily	
319	Best crocheted baby afghan	
320	Best crocheted sweater, vest or cape	
321	Best crocheted novelty item	
322	Best crocheted edge pillowcase	
323	Best crocheted pot holder or dish cloth	
324	Best crocheted item other than listed	
325	Best needlepoint pillow	
326	Best needlepoint picture	
327	Best needlepoint belt	
328	Best needlepoint item other than listed	
329	Best quick point item	
330	Best decorated towel	
331	Best candlewick item	
332	Best handmade pillow - other than listed	
Page 1 of 1		

LOT 4 OPEN ADULT QUILTS & SEWING		
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00		
Nifty Needles will award \$25 for Grand Champion, \$15 for Reserve Grand Champion		
LOT 4 QUILTS		
Class	Description	
401	Best machine pieced top, not quilted	
402	Best hand pieced top	
403	Best hand quilted - machine piece	
404	Best whole cloth quilt	
405	Best cross-stitched quilt	
406	Best youth quilt	
407	Best baby quilt	
407	Best miniature quilt	
409	Best pieced quilt made in the last 5 years - hand quilted	
410	Best pieced quilt made in the last 5 years - machine quilted	
411	Best quilt made in the last 5-10 years	
412	Best pieced quilt made in the last 10-50 years	
413	Best pieced quilt over 50 years old	
414	Best tacked quilt	
415	Best appliqued quilt or bedspread	
416	Best embroidered quilt	
417	Best stained glass wall hanging	
418	Best appliqued quilt made in the last 5 years	
419	Best appliqued quilt made in the last 10-50 years	
420	Best pieced quilt over 50 years old	
421	Best couch quilt	
422	Best recycled quilt	
Page 1 of 1		

LOT 4A ADULT CLOTHING		
Class	Description	
450	Best dress made of woven fabric	
451	Best dress made of knit	
452	Best child's garment	
453	Best ladies garment	
454	Best garment other than listed.	
455	Best women's vest	
456	Best sewn article other than listed	
457	Best decorated sweatshirt	
458	Best hand decorated garment (garment may be purchased)	
459	Best fabric painted sweatshirt	
460	Best wedding dress	
LOT 4B ADULT SEWING - ACCESSORIES		
461	Best cassarole carrier	
462	Fabric sewen purse	
463	Best place mats	
464	Best table topper or runner	
465	Best machine made pillowcase	
466	Best fabric tote	
467	Best sewing accessory other than listed	

LOT 5 OPEN HOME FURNISHINGS		
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00		
LOT 5 HOME FURNISHINGS		LOT 5 HOME FURNISHINGS CONT.
Class	Description	Class Description
501	Best grapevine wreath	531 Best string art project
502	Best Christmas wreath	532 Best decorated greeting card
503	Best mesh wreath	533 Best scrapbook
504	Best dried flower wreath	534 Best paper folding item
505	Book paper wreath	535 Best book folding item
506	Best market basket	536 Best book mark
507	Best Christmas basket	537 Best handmade toy
508	Best shaker basket	538 Best tole painting
509	Best miniature basket	539 Best door decoration
510	Best Easter basket	540 Best collections
511	Best Nantucket basket	541 Best birdhouse (handmade)
512	Best casserole basket	542 Best painted birdhouse
513	Best recycled basket	543 Best recycled birdhouse
514	Best decorated basket	544 Best decorated Christmas tree
515	Best Other Basket	545 Burlap Christmas wreath
516	Best fabric covered caddy/basket	546 Best ornament
517	Best Easter decoration	547 Best angel
518	Best silk flower arrangement	548 Best reindeer
519	Best dried arrangement	549 Best tree topper
520	Best Kentucky inspired project	550 Best Santa
521	Best woven footstool	551 Best Christmas door decoration
522	Best wooden rag stool	552 Best hand painted Christmas article
523	Best chair with woven bottom	553 Best decorated snowman
524	Best door hanger-wooden	554 Best Holiday door hanger- Wooden
525	Best article of woodcraft	555 Best Christmas decoration other than listed
526	Best painted gourds	556 Best decorated article other than listed
527	Best stained ceramic	Best handmade article other than listed
528	Best glazed ceramic	557 listed
529	Best ceramic other	Best home furnishings article other than listed
530	Best lye soap	558 listed
		Page 1 of 1

LOT 6 - OPEN ANTIQUES		
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00		
LOT 6 ANTIQUE DIVISION		LOT 6 ANTIQUE DIVISION CONT.
Class	Description	Class Description
Note: To be considered an antique an article must be 50 years old or more. Antiques will be judges on rarity, age and condition.		
Class	Description	Class Description
601	Best glass or china kitchen item	624 Best antique toy
602	Best wood kitchen item	625 Best type of antique basket
603	Best metal kitchen item	626 Best antique painting
604	Best kitchen item	627 Best antique frame
605	Best china dish	628 Best any type of granite ware
606	Best glass dish	629 Best antique scale
607	Best antique stool	630 Best antique tool
608	Best antique chair (small)	631 Best antique doll
609 30"	Best small chest (no bigger than 30")	632 Best antique figurine
610	Best kitchen accessories	633 Best antique doll furniture
611	Best piece of jewelry	634 Best antique watch or clock
612	Best any leather item	635 Best antique iron toy
613	Best antique book (hard or paperback)	Best antique home furnishing other than listed
614	Best type antique crock	636 Best antique misc. other than listed
615	Best antique picture	
616	Best any cast iron	
617	Best vase	
618	Best needle work	
619	Best type of churn	
620	Best type of stone jar	
621	Best antique knife	
622	Best oil lamp	
623	Best antique article of clothing	
		Page 1 of 2

LOT 7 OPEN ADULT FOOD PRESERVATION		
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00		
LOT 7 FOOD PRESERVATION CONT.		
Class	Description	
737	Best spaghetti sauce	
738	Best barbecue sauce	
739	Best mushroom	
740	Best jar of pepper relish	
741	Best jar of mincemeat	
742	Best jar of kraut	
743	Best jar of vegetables other than listed.	
LOT 7 FOOD PRESERVATION		
Jars must be standard canning jars with standard 2 piece lids required. Jars must include no labels. Entries must also meet USDA guidelines.		
Class	Description	
701	Best glass of grape jelly	
702	Best glass of strawberry jelly	
703	Best glass of blackberry jelly	
704	Best glass jelly other than listed	
705	Best jar of green beans	
706	Best jar of strawberry preserves	
707	Best peach preserves	
708	Best plum preserves	
709	Best cherry preserves	
710	Best jar of preserves other than listed	
711	Best jar of tomatoes	
712	Best jar of green tomatoes	
713	Best jar of canned beets	
714	Best jar of blackberries	
715	Best jar of blackberry jam	
716	Best jar of blueberry jam	
717	Best jar of peach jam	
718	Best jar of fruit other than listed	
719	Best jar of strawberry jam	
720	Best jar of cherry jam	
721	Best jar of jam other than listed	
722	Best jar of applesauce	
723	Best jar of pickles lime crisp	
724	Best jar of dill pickles	
725	Best jar of beet pickles	
726	Best jar of corn relish	
727	Best jar of salsa	
728	Best jar of sweet relish other than listed	
729	Best jar of tomato juice	
730	Best jar of bread and butter pickles	
731	Best jar of honey	
732	Best jar of apple butter	
733	Best jar of plum butter	
734	Best banana peppers	
735	Best squash pickles	
736	Best tomato soup	

LOT 8 OPEN ADULT CULINARY		
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00		
LOT 8 OPEN ADULT CULINARY CONT.		
Class	Description	
836	Best cornbread (1/2 loaf, muffins, or sticks)	
837	Best banana bread (exhibit 1/2 loaf)	
838	Best bread other than listed	
839	Best 3 cupcakes (plain)	
840	Best 3 cupcakes (fancy)	
841	Best 1/2 dozen muffins other than listed	
842	Best 3 egg kisses	
843	Best article baked good other than listed	
LOT 8 OPEN ADULT CULINARY		
It is understood that no mixes will be accepted unless the class states that it may be a mix. All foods must be wrapped in clear plastic wrap.		
Class	Description	
801	Best white layer, 1/4 cake, iced	
802	Best yellow layer, 1/4 cake, iced	
803	Best devil's food cake, 1/4 cake, un-iced	
804	Best jam cake, 1/4 cake, iced	
805	Best angel food cake, 1/4 cake, un-iced	
806	Best cake other than listed	
807	Best plate of assorted candy, at least 3 varieties, 3 pcs. each variety	
808	Best bourbon balls	
809	Best chocolate fudge with nuts	
810	Best chocolate fudge without nuts	
811	Best peanut butter balls	
812	Best peanut butter fudge (6 pieces)	
813	Best cream candy (6 pieces)	
814	Best divinity (6 pieces)	
815	Best peanut butter brittle	
816	Best peanut butter roll, cooked (6 pieces)	
817	Best peanut butter roll, uncooked (6 pieces)	
818	Best Bon Bons	
819	Best candy other than listed (6 pieces)	
820	Best tart (2) or 1/2 pie	
821	Best 1/2 dozen sugar cookies	
822	Best 1/2 dozen oatmeal cookies	
823	Best 1/2 dozen chocolate chip cookies	
824	Best 1/2 dozen cookies other than listed	
825	Best 1/2 dozen chocolate brownies, iced	
826	Best 1/2 dozen chocolate brownies, un-iced	
827	Best 1/2 dozen butterscotch brownies	
828	Best decorated cookies	
829	Best 1/2 dozen peanut butter cookies	
830	Best plate of assorted cookies (3 cookies of 3 kinds each, a total of 9)	
831	Best cookie other than listed	
832	Best 3 light yeast rolls	
833	Best loaf of yeast bread (exhibit 1/2 loaf)	
834	Best 1/2 dozen biscuits	
835	Best nut bread (exhibit 1/2 loaf)	

LOT 9 OPEN ADULT ART	
Premiums: Blue- \$3.00, Red- \$2.00, White- \$1.00	
RULES	
One entry per class per exhibitor. May have a group of showing, but only one piece to be judged.	
All exhibits must be the work of the exhibitors and not copies of another individual's work	
Work must be framed, mounted, or matted. It will enhance the picture. If shrink-wrapped, work will be protected.	
Open to age group 19 and over.	
Class	Description
901	Best drawing (black and white, charcoal, pencil, ink)
902	Best drawing (color, pencil or marker)
903	Best drawing - pastel
904	Best painting - oil
905	Best painting - acrylic
906	Best painting - watercolor
907	Best photography (black and white)
908	Best photography (color)
909	Best graphics (includes etchings, woodcut, linocut, silk screen, and stencils)
910	Best sculpture (clay, stone, metal, textile, ceramic, etc.)
911	Best mixed media
912	Best computer graphics
913	Best cartoon character
914	Best miscellaneous (includes construction, mobiles, collages, etc.)
915	Best ceramic (includes handmade pieces or clay thrown on potter's wheel)
916	Best calligraphy
917	Best craft project (includes folk art fabric painting, etc.)
918	Best stained glass
919	Best portraits (any medium)
920	Best carved wood
921	Best hand tooled project
922	Best machine tooled project
923	Best handmade musical instrument
924	Best Folk Art painting

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PLEASE REVIEW AND SIGN UP FOR 2025-2026 EXTENSION HOMEMAKERS LESSONS

Return to the Extension Office by August 1, 2025 and remember to keep one copy for your club records.

September Lesson	"Laughter is a Must in Marriage" Shonda Johnston	August 21, 2025 – 6:00 pm
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Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits of laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.

Name	Email:	Phone #
1.		
2.		
October Lesson	"Blackstone Grilling" Maranda Brooks	September 25, 2025 – 6:00 pm

This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

Name	Email:	Phone #
1.		
2.		
November Lesson	"Stretching Your Dollar" Ashley Vice	October 30, 2025 – 6:00 pm

"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

Name	Email:	Phone #
1.		
2.		
January Lesson	"Yoga Try This" Shelley Meyer	November 18, 2025 – 10:00 am

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga - what it is, why you might be interested in trying it, and some poses.

Name	Email:	Phone #
1.		
2.		

February Lesson	"Mastering Mindfulness" Alivia Stephens	January 22, 2025 – 10:00 am
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Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

Name	Email:	Phone #
1.		
2.		
March Lesson	"Building a Better Bowl" Caroline McMahan	February 25, 2025 – 10:00 am

Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

Name	Email:	Phone #
1.		
2.		
April Lesson	"Mental Health Matters" Jessica Hunley	March 10, 2025 – 10:00 am

Mental health is important for overall health at every life stage-from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Name	Email:	Phone #
1.		
2.		
May Lesson	"The Big Freeze" Shelley Meyer	April 21, 2025 – 6:00 pm

Freezing is the easiest, most convenient and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

Name	Email:	Phone #
1.		
2.		



2025 Bourbon County Horse Show Hospitality Tent



Homemakers,

Another year has rolled around, and we are preparing for the 2025 Fair and Horse Show session. The hospitality tent is instrumental in the success of the Horse Shows. First, I want to THANK everyone that has worked or prepared food for the hospitality tent in previous years.

This year I need seven (7) dozen cookies from each club. Any kind of cookie is fine, but if you put NUTS of any kind in the cookies or sandwich fixings the packages must indicate that nuts are in the product. We will be needing sandwich fixings such as pimento cheese, chicken salad, ham salad, olive nut, cucumber etc. Please sign up for the fixings that you can provide and if you change item or are unable to prepare item, please contact me at 859-707-7189 so that we can plan accordingly. Country ham, city ham, sliced cheese, buns and bread will not be needed as they will be furnished both evenings.

The workers time will be like last year. The first shift of workers will be 4-8 pm. This shift will set up tables, get food ready and start the serving. The second shift will work 8pm-closing and will help with closing and packing up for the night.

I know it is early in the year to be thinking about June and the Horse Shows, but it is almost here, and we must plan and be prepared. If you or your club has any questions, please call me at 859-707-7189. If there is no answer leave a message and I will return your call. Please return forms to the Extension Office or to me, so I can plan accordingly. Items can be brought to the Extension Office on Friday the 20th by 4:00 pm.

Thank you for all your assistance with making the Horse Show Hospitality Booth successful!

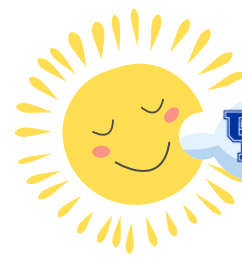
Connie Vaughn
Hospitality Chair

Friday, June 20th Horse Show

Name	Phone	Cookies	Sandwich Fixings	4-8 PM	8-Closing

Saturday, June 21st Horse Show

Name	Phone	Cookies	Sandwich Fixings	4-8 PM	8-Closing



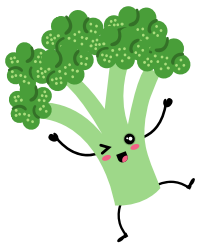
POP CLUB

NEW!

THIS YEAR
PARTICIPATING KIDS
CAN RECEIVE UP TO
\$6 IN POP TOKENS
EACH WEEK

**2ND SATURDAYS IN
JUNE, JULY, &
AUGUST**

**9AM-
1PM**



**EARN AN ORANGE TOKEN (\$2)
FOR PARTICIPATING
IN THE PHYSICAL ACTIVITY**



**EARN A GREEN TOKEN (\$2)
FOR TASTE TESTING A NEW
HEALTHY SNACK**



**EARN A PURPLE TOKEN (\$2)
FOR PARTICIPATING IN THE
ACTIVITY OF THE WEEK**



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.