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FOR IMMEDIATE RELEASE

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Cornell Cooperative Extension Ulster County and Ulster County
4-H Announce Activities and Events Schedule for Ulster County Fair

Cornell Cooperative Extension Ulster County and Ulster County
4-H Activities and Events Scheduled in the Jane W. Barley Youth Building at the Ulster County
Fair.

Kitchen Science: Everyday at the top of each hour beginning at 1:00pm

Join our Nutrition Education staff in the tent outside of the Jane W. Barley Youth Building for
Kitchen Science featuring fun experiments with food.

Wednesday, July 30

12:30pm

Save Energy, Save Dollars

Learn how to reduce your annual electric bill and how to reduce your heating bill this winter.
Demonstration hosted by Cornell Cooperative Extension Ulster County's Financial Educator
Tom Heffernan.

1:30pm

Youth Activity

The History of Rope and Rope Making

Learn the interesting history of rope and then make your own in this fun hands-on activity. All
ages welcome. First come, first served.

2:30pm

4-H Public Presentations

Featuring our Ulster County 4-H Youth Members.

3:00pm

Making Ends Meet

Learn how to manage your money and make it go further, how to use credit cards to your
advantage and reducing your credit card debt. Demonstration hosted by Cornell Cooperative
Extension Ulster County's Financial Educator Tom Heffernan.

Building Strong and Vibrant New York Communities

Thursday, July 31

12:30pm

Paint a Still Life with Vegetables

Demonstration hosted by Cornell Cooperative Extension Ulster County's Nutrition Educator and local artist Pablo Shine. There is a 10 person maximum for this activity. First come, first served.

1:30pm

Youth Activity

Create a Water Critter

Learn about watershed science and the characteristics that make aquatic creatures distinct. All ages welcome. First come, first served.

2:30pm

4-H Public Presentations

Featuring our Ulster County 4-H Youth Members.

3:00pm

Healthy Stamped Caps

Learn the need to eat fruits and vegetables of various colors and then decorate white painters' caps with colorful fruit & vegetable stampers. Demonstration hosted by Cornell Cooperative Extension Ulster County's Nutrition Program Educator, Eileen Polk. First come, first served.

Friday, August 1

12:30pm

Make an Herb Wreath

Design a decorative and functional herb wreath that can hang in your kitchen and be used to season your meals. Fresh herbs, ribbon and a straw wreath will be used to create this beauty. Demonstration hosted by Cornell Cooperative Extension Ulster County's Nutrition Program Educator, Deanna Young. First come, first served. There is 10 person maximum for this activity.

1:30pm

Youth Activity

Fun with the Sun

Investigate the power of the sun's energy. Help design a solar cooker or make a solar picture. All ages welcome. First come, first served.

2:30pm

4-H Public Presentations

Featuring our Ulster County 4-H Youth Members.

3:00pm

Growing and Using Herbs in the Kitchen

Demonstration hosted by Cornell Cooperative Extension Ulster County's Nutrition Program Educator, Ronald Baatz. First come, first served.

4:00pm

Carl Welden presents Dances with Werewolves

A captivating spoken word performance featuring a lively combination of voices, instruments, masks and motion.

Saturday, August 2

12:30pm

The Lawn Ranger

Learn quick and easy steps that any homeowner can take to improve the health and appearance of their lawn. Demonstration hosted by Cornell Cooperative Extension Ulster County's, Horticulture and Agriculture Issues Educator, Teresa Rusinek

1:30pm

Youth Activity

Make and Fly a Boomerang

Make two different boomerangs to compare flight styles. All ages welcome.

2:30pm

4-H Fashion Review

4-Hers will model their sewing creations.

3:00pm

The Lawn Ranger

Learn quick and easy steps that any homeowner can take to improve the health and appearance of their lawn. Demonstration hosted by Cornell Cooperative Extension Ulster County's, Horticulture and Agriculture Issues Educator, Teresa Rusinek

Sunday, August 3

12:30pm

The Mighty Esopus Creek

Witness an interactive stream table that demonstrates how streams change form and transport sediment. Learn about protecting streams as well as property from flooding and erosion. Demonstration hosted by Cornell Cooperative Extension Ulster County's Ashokan Basin Program staff.

1:30pm

Youth Activity

A Craft Trio: Leaf Prints, Pea Sculptures and Marble Painting

No experience needed. Paint with a marble, print with a leaf and make a sculpture with garbanzo beans. All ages welcome.