

June 8, 2026



RECYCLE ELECTRONICS & APPLIANCES and HELP THE 4-H FOUNDATION SATURDAY, JUNE 20, 2026

E-WASTE

We accept anything with a cord!
(Includes large appliances. No plastic vacuums or loose batteries.)



**Drop Off your items on June 20th
10am to 2pm
Lockwood 4-H Youth Center**

**CMC 4-H Fairgrounds, 355 Court House-S. Dennis Rd, CMCH
Drop large appliances at brown garage on 4-H fairgrounds.
Call (609) 465-5115, ext. 3605 to drop off at other times.**

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



Explain why 4-H community service is important to you.

Suggest ways that 4-H can encourage clubs to do more community service.

Ask your club leader or parent to write a statement of support.

OPEN DIVISION AT THE 4-H FAIR



just for non 4-H youth and adults!



Registration: Monday, July 13 from 5-6 PM



Lockwood 4-H Center
Cape May County 4-H Fairgrounds
355 Court House - So. Dennis Rd
Cape May Court House, NJ



Rosette Ribbon for Best in Show for adult and youth entries in each category- Home Preserves, Handwork/Sewing, Art and Photography.

**Entrance fee per item - Kids \$2/Adult \$5
For more information call 609-465-5115 ext. 3605**

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RUTGERS UNIVERSITY
Cooperative Extension
of Cape May County
New Jersey Agricultural Experiment Station

**Cape May County 4-H Fair
July 16-18, 2026**



Cape May County 4-H Foundation's

4-H FAIR

& Chicken BBQ

July 16, 17 & 18, 2026

355 Court House-South Dennis Rd, CMCH, NJ



Red, White & Blue Ribbons... Celebrating 250 Years the 4-H Way



FREE ADMISSION ★ Thurs 3-10pm, Fri & Sat 10am-10pm

\$10 PREMIUM & FREE PARKING AVAILABLE
<https://capemay.njaes.rutgers.edu/4h/fair/>

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Cooperative Extension
New Jersey Agricultural Experiment Station

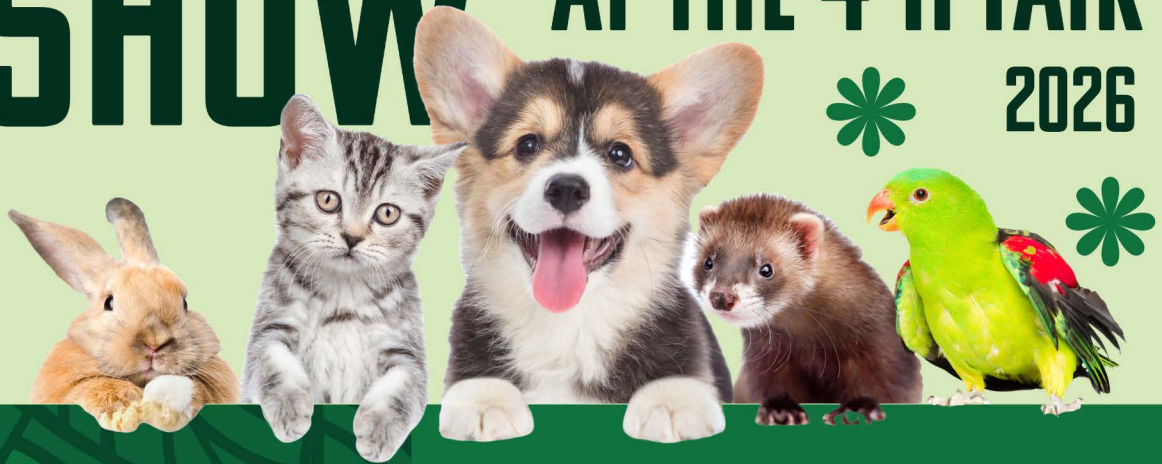


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PET SHOW AT THE 4-H FAIR

2026



GRAND PRIZE - 1 Year's Supply of Pet Food from Smeltzer & Sons!

SATURDAY, JULY 18

check-in: 9 to 9:45 AM
show time: 10 AM

Main Stage

CMC 4-H Fairgrounds
355 Court House-South Dennis
Road, CMCH

**OPEN TO THE PUBLIC,
NOT JUST 4-H!**

Contact the 4-H office for more
information 609-465-5115 ext. 3617



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Cooperative Extension
of Cape May County
New Jersey Agricultural Experiment Station

big, small and unusual pets!

PET SHOW AT THE 4-H FAIR

2026



General Entry Fee: \$1 per class.
Ribbons will be awarded and Best in Show Trophy for each division. Kids under 5 may have a helper.

DIVISIONS AND CLASSES

Youth Participants

Dogs- longest tail and best trick

Cats- longest whiskers and best fur

Furry Pets- smallest critter and longest ears

All others- most unique and friendliest

All pets- most beautiful eyes and best costume

Adult Participants

All pets- most beautiful eyes, best trick and best costume

IMPORTANT- adults and youth may not show the same animal.

PET SHOW GUIDELINES:

All cats and dogs must SHOW PROOF of current vaccinations!

- Pet Show animal are restricted to the front of the fairgrounds.
- Animals entered in other 4-H Fair competitions NOT eligible.
 - All pets must be leashed or crated.
 - Please bring water for your pets!
 - Adult classes for 18 and over.
- Keep cats & dogs separated while waiting to go on stage.
- Pet owners are solely responsible for their animal's safety!
- Unusual pets welcomed. Must be under owner's control.



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SUMMER TEEN HELPERS 2026

Help make the Cape May County 4-H Summer Day Camps a success. Sign up to be a teen helper (grades 6th-13th) for August 3-6 for Barnyard Buddies and August 10-13 for Eco Art Adventures (both are 9am-1pm).

EARN SERVICE HOURS,
AWARDS AND PRIZES!

attend the training workshop on
Tuesday, July 29 from 10:00 AM
to 1:00 PM. Pack a lunch and
reusable water bottle.



for more information or to sign up
contact Donna Griebau at
donna.griebau@rutgers.edu or at
609-465-5115 ext 3617





RUTGERS UNIVERSITY
Cooperative Extension
of Cape May County
 New Jersey Agricultural Experiment Station

Monday-Thursday

August 3-6, 2026

9:00 AM - 1:00 PM



Barnyard Buddies

cost: \$150

What We'll Do:

- Meet farm animals
- Explore the gardens
- Learn how food grows
- Create art projects
- Meet new friends and more!

grades K-2nd



Cape May County
 4-H Fairgrounds

<https://forms.gle/WTjAVV4dPDqTbR3w7>

SIGN UP NOW



scan Qr code to register

Questions? Call 609-465-5115 ext. 3617



RUTGERS UNIVERSITY
 Cooperative Extension
 of Cape May County
 New Jersey Agricultural Experiment Station



Cape May County 4-H

ECO ART ADVENTURES

4-H Summer Day Camp

Monday-Thursday

August 10-13, 2026

9 AM - 1 PM

Cost: \$150

**OPEN TO ALL
 YOUTH GRADES
 3RD - 5TH**

Combine science, art and nature!



**SCAN QR CODE
 TO REGISTER**



<https://forms.gle/E8B8bznXn7zJetdf9>

Questions? Call 609-465-5115 ext. 3617

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.





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 4-H Youth Development
 New Jersey Agricultural Experiment Station



Check out this podcast for 4-H VOLUNTEERS:



This podcast explores the fun, but sometimes confusing role of the 4-H volunteer. Each episode examines a specific aspect or challenge volunteers face and offers best practices to improve the experience. New episodes are released every other Wednesday.

Previous Episode Topics Include:

- 4-H Thriving Model
- Healthy Competition
- 4-H Club Business Meetings
- 4-H Thriving Model
- Healthy Competition
- The Power of Saying "Yes"
- Balancing the Volunteer Life
- Community Service vs. Service Learning
- Surviving Fair Season
- Supporting Youth with Special Needs
- Working with Teen Leaders
- Measuring a Successful 4-H Club
- All About 4-H Camp
- Ages and Stages of 4-H Youth

LISTEN NOW:



SHOW LINK: <https://go.rutgers.edu/awotzzkr>
 FACEBOOK PAGE: <https://go.rutgers.edu/v1zxgnk>





ARE **YOU** THE FUTURE OF INNOVATION IN NEW JERSEY?

APPLY TO THE GOVERNOR'S STEM SCHOLARS!

APPLICATIONS OPEN FROM MARCH 1 - JUNE 11, 2026



NEW JERSEY IS



Where Thomas Edison developed the incandescent light bulb



Albert Einstein delivered lectures on the theory of relativity



Home to 13 of the world's 20 largest pharmaceutical companies



Has more scientists & engineers per square mile than anywhere else on the globe

ABOUT THE GOVERNOR'S STEM SCHOLARS

The Governor's STEM Scholars brings together New Jersey's high-achieving high school and college STEM students to connect with STEM professionals and experts, learn about higher education and career pathways in STEM, participate in a STEM research project, and acquire important professional development skills. ***Read more at govstemscholars.com***



AS A GOVERNOR'S STEM SCHOLAR YOU WILL



Discover New Jersey's STEM economy



Network with STEM experts



Explore STEM labs and facilities



Conduct research



APPLY



APPLICATIONS ARE OPEN
for the 2026-2027 class of Scholars
from March 1 - June 11, 2026!

*Learn if you qualify & how to apply at:
govstemscholars.com/apply*

NOMINATE



DO YOU KNOW A NJ
STUDENT PASSIONATE
ABOUT STEM?

*If so, nominate them for the
Governor's STEM Scholars at
govstemscholars.com/nominate*

R

NJ 4-H Dog Project



Fun Match Event

Saturday, June 13, 2026
11:00 am - 4:00 pm

Hunterdon County Fairgrounds - 1207 Route 179 Ringoes, NJ



4-H dog project members and their canine companions are invited for a fun time at the Hunterdon County Community Day.

For 4-H Dog Project Members:

Enter the NJ 4-H K-9 Arts Show

Dog Costume Class

Practice

Agility / Rally / Obedience / Jr. Show

Seeing Eye Puppy Raisers Demonstration

Canine Good Citizen & Trick Dog

Event Offerings:

Food Trucks & Vendors

Live Music & Games

Reptile Show & Petting Zoo

Touch-a-Truck & Mini-Golf

Enjoy a day out with your dog and meet 4-H Dog Project members from around the state.

More info and registration can be found

<https://nj4h.rutgers.edu/dogs/>

Questions? Contact:

dziak@njaes.rutgers.edu

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NJ 4-H Dog Project



K-9 Arts Show

Saturday, June 13, 2026

11:00 am - 4:00 pm

Hunterdon County Fairgrounds - 1207 Route 179 Ringoes NJ



All 4-H members are invited to enter the K-9 Arts Show at Hunterdon County Community Day.

All entries must relate to a dog theme

Entries can include:

Photography
Short Story
Painting
Drawing

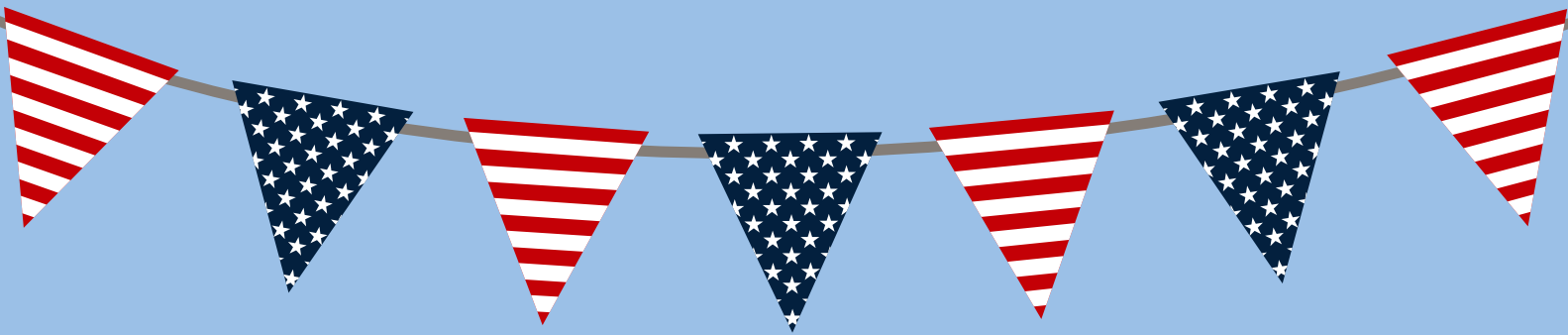
Felting
Sculpture
Digital Art
Poetry

Handmade toys
Pottery
Jewelry
Fiber Arts

Comic Strips
Collage
Woodworking
Costumes/Apparel

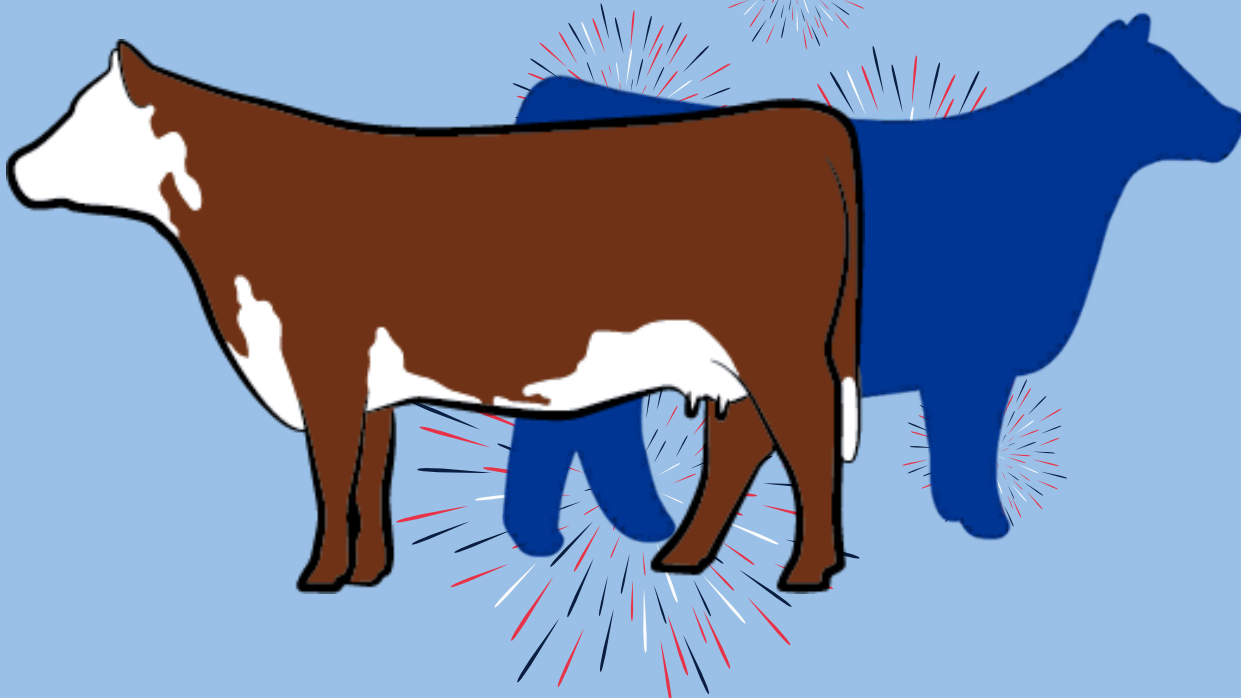
More info and registration can be found <https://nj4h.rutgers.edu/dogs/>

Questions? Contact:
dziak@njaes.rutgers.edu or
shannon.glynn@co.middlesex.nj.us



NJ STATE 4-H BEEF SHOW

Red, White & BEEF

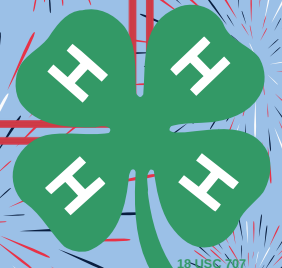


SAVE THE DATE

WEDNESDAY JULY 22, 2026

HOSTED BY:

NEW JERSEY 4-H BEEF LEADERS COMMITTEE
BURLINGTON COUNTY FARM FAIR





NEW JERSEY 4-H DAIRY CATTLE SHOW
Tuesday/Wednesday August 11th and 12th
Salem County Fairgrounds

Showmanship will be Tuesday August 11th at 4:00 pm
Breed Shows: Color Breed Wednesday August 12th at 8:00am
Holsteins will begin Prompt at 9:00am

Show Superintendent: Tracy A Smith
President, New Jersey 4-H Dairy Advisory Council
Tracy's Cell: (908)-887-2630
E-mail: bdtsmith@gmail.com

New Jersey 4-H Dairy Advisory Council Liaison
Melissa Bright, County 4-H Agent
Email: mb2173@njaes.rutgers.edu

Member Requirements

Any New Jersey 4-H club member may exhibit in this show if he/she meets the following "member in good standing" requirements.

1. A 4-H member registered in the Dairy Project in the county they will represent by January 1 of the current year.
2. Completed grades 4-13 (Grade 13 is one year out of high school)
There will be a cloverbud Division
3. Have given a club, county or state 4-H presentation in the past year following the N.J. 4-H Presentation Guidelines.
4. Have attended at least 70% of regular club meetings.
5. Have been responsible for the physical care and training of the animal to the fullest extent possible.
6. Has an up to date 4-H record book for animals to be shown (as of July 1).
7. Has participated in at least one community service project in the past year.
8. If there are extenuating circumstances and a 4-H member may not be able to show their own project animal there is an alternate leadsperson form which needs to be completed and given to the Show Chair the night before the show. Valid excused are: Member is out of state attending college, injured or sick, has a school or family function that member had no control over (like a death in family).

Animal Requirements

Animals must meet the following requirements to be eligible:

1. Registered purebreds or recognized grades of one of the six breed associations. **Registration papers must be on hand at check in unless a copy was mailed to the superintendent with payment ahead of the show.** No pending papers. The PDCA Scorecard is used for this show and horns are not allowed.



2. Owned or leased by the exhibitor as of **May 1** of the current year. The registration or lease papers must list the members name and be on file at the county 4-H office by **May 1** of the current year, signed and dated by their Agent/Associate. **A copy of the lease form and registration paper may be sent with payment or they must be presented at check in.**
3. All animals must have been entered in their county 4-H show to exhibit at the State 4-H Show. Exhibitors from counties without a County 4-H Dairy Show must contact the Show Superintendent to clarify their eligibility. Members are expected to exhibit the best quality animals they own or lease.

Animal Health Requirements-rules updated by NJ Department of Ag.

1. All animals entering the show must have a valid Certificate of Veterinary Inspection (CVI) or Animal Health Certificate (AHC) signed by an accredited veterinarian. Certificates should indicate that the animal did not originate from a herd with any infectious or contagious disease.
2. Both forms of health certificates are acceptable at the state show. A CVI is issued for an animal if the inspection is done on the farm where the animal originated. A CVI is only valid for a maximum of 30 days.
3. Any animal housed outside of New Jersey must use a CVI form to compete at the state show. An AHC may be issued by an accredited veterinarian at the site where the animal is housed or at the show site prior to unloading. The veterinarian can issue an AHC valid for a 30, 60 or 90 day period based on the veterinarian's knowledge of the herd.
4. The State Department of Agriculture is recommending rabies vaccinations for all domestic livestock. Please talk with your veterinarian about this recommendation. There are liability implications for animal owners who choose not to follow these recommendations and expose their animals to the public.

How to Enter

Holstein Breed entries must be submitted on the Holstein Entry Form (enclosed). Along with the 4-H Entry Form with Sections I and III completed - including Verification page of 4-H Member in Good Standing Status. Colored Breed Entries must use the 4-H Entry Form. All entries are due by July 17th 2026. Entry Fee is \$5.00 per 4-H animal entry. Post Entries will be accepted this includes any entries received after August 1st and up until 4pm on Tuesday August 11th will be accepted with a \$20.00 entry fee per 4-H animal entry. 4-H Fees must be made in a separate check made out to NJ 4-H Dairy Advisory Council.

Make payable to New Jersey 4-H Dairy Advisory Council, mail to: NJ 4-H State Dairy Show and Mail to : Tracy Smith – 115 Jackson Valley Road, Oxford, NJ 07863.

At the Show

1. All registration papers, lease forms and Certificates of Veterinary Inspection must be presented at check in. Check in will be done from **12pm to 4pm on Tuesday August 11th.** **At the check in desk in the Showring.** Verification of animals to registration papers will be checked later that evening.
2. Members and exhibits should appear neat at all times. White shirts and pants are requested for the show. **Exhibitors must have white sleeved shirts tucked into their pants with no mid-driffs showing.** The shirts must not denote personal, herd, club or county identification during the show. **Exhibitors must wear sturdy shoes (No open- toed, or sling- back shoes). Boots are recommended.**



3. No decorations or ribbons shall be allowed in the show ring except those being presented.
4. The State 4-H Dairy Advisory Council will handle any rule discrepancies.
5. Exhibitors need to provide their own feeding utensils and equipment. **All equipment must be clean and sanitized prior to bringing it to the fairgrounds.** All exhibitors are responsible for the clean up of their own area. Specific clean up instructions will be given the day of the show.
6. Any animal shown in a special group class (#20-24) must have also been shown in a type class. The same exhibitor need not own animals in group classes (20-23).
7. Placing will be made on merit alone. **The judge's decision is final.**
8. Exhibitors may not enter more than two animals per class.
9. Animals in Showmanship classes must be owned or leased by the 4-H member exhibiting it.
10. **Another 4-H member may exhibit an animal in the type classes if the owner or lessee is unable to show due to illness or school function and requires an excuse from the school official. The exhibitor must be the same age or younger. Exceptions will only be made at the discretion of the show committee. Request an alternate leadsperson form and submit it prior to the show.**
11. **There will be no free bedding provided. If you need to purchase straw, please contact Julia and Brett Baldwin – 518-231-9094**
12. **Any campers coming must have their own generators. There are no camper hook ups. There will be food available Tuesday and Wednesday. Please support the vendor we will have coming.**
13. **The state is recommending that farms milk with the same equipment and there be no sharing of milking equipment without following proper sanitation. (Following of new Recommended State Agriculture Department are to be adhered to in regards to Lactating Cattle). Same has been included in this packet.**

Ethics Policy/4-H Code of Conduct

1. **All 4-H'ers, parents and leaders are expected to be polite, sportsmanlike and properly attired. Any act of discourtesy, direct criticism, interference, disrespect, disobedience and abusive or threatening conduct to the judges, show officials, committee members or any other competitors, or failure to follow the rules shall cause the 4-H'er to forfeit participation and dismiss them from the grounds.**
2. **This is a 4-H Show, all youth, parents and club leaders are expected to follow the 4-H Code of Conduct especially on alcohol and drugs.** The NJ State 4-H Dairy Advisory Council and the NJ 4-H Department Liaison will decide any infractions of ethics or the 4-H Code of Conduct.
3. The showing of unethically fitted cattle is prohibited. Unethical fitting will be deemed to consist of any method of altering the natural appearance or conformation of any part of the animal's body. Animals showing signs of having been operated upon or tampered with for the purpose of concealing faults in conformation and appearance or with intent to deceive relative to the animal's soundness will be disqualified, these include:
 - A. misrepresentation of the age or milk status of the animal;
 - B. treating the animal (particularly the udder) internally or externally with an irritant or counter irritant to artificially improve the conformation;
 - C. surgery or insertion of foreign matter under the skin or into body cavities to change the natural contour or appearance of the animal;



4. Every exhibitor, in consideration of his/her entry being accepted, agrees to submit any animal so entered by him/her to inspection and agrees to have such animal submitted to any tests as may be designated and requested by the Show committee and agrees that the conclusions reached by the committee as to whether such animal is unethically fitted shall be final, without recourse against the committee and the show.
5. No one may conspire, contribute to or cooperate with others to violate this code, either by their action or inaction.
6. Exhibitors, owners, and parents are absolutely responsible for an animal's condition whether or not they did something in violation themselves or knew of treatment that violates the code.
7. Exhibitors submitting a show entry consent to disciplinary action for violation of the 4-H Code of Conduct and Ethics Policy.
8. **By submitting a show entry, exhibitors verify that they have read and understand the 4-H Code of Conduct, show Ethics Policy, and show rules and regulations, as well as the consequences and penalties for violations. Exhibitors understand that evidence of violation of any state law will be released to the appropriate law enforcement authorities.**
9. **Exhibitors and parents/guardians signing the 4-H Event Permission Form have verified that they have read, understand and agree to abide by the rules above. These must be turned in before the end of registration on August 11th to show chair.**

2026 Show Class List

1. Spring Heifer Calves - Between March 1, 2026 & May 31, 2026
2. Winter Heifer Calves - Between December 1, 2025 & Feb. 28, 2026
3. Fall Heifer Calves - Between September 1, 2025 & November 30, 2025
4. Summer Yearling Heifers - Between June 1, 2025 & August 31, 2025
5. Spring Yearling Heifers - Between March 1, 2025 & May 31, 2025
6. Winter Yearling Heifers - Between December 1, 2024 & February 28, 2025
7. Fall Yearling Heifers- Between September 1, 2025 & November 30, 2025
In the event that a Milking Yearling is exhibited, it will be shown in the Summer Junior Two-Year Old Class.
8. Selection of Junior Champion Female & Reserve Junior Champion Female - 4-H Division
9. Summer Junior Two Year Old's - Between June 1, 2024 & August 31, 2024
10. Junior Two Year Olds - Between March 1, 2024 & May 31, 2024
11. Senior Two Year Olds - Between September 1, 2023 & February 28, 2024
13. Junior Three Year Old - Between March 1, 2023 & August 31, 2023
14. Senior Three Year Olds - Between September 1, 2022 & February 28, 2023
15. Four Year Olds - Born Between September 1, 2021 & August 31, 2022
16. Five Year Olds - Born Between September 1, 2020 & August 31, 2021
17. Aged Cows: Six-Year Olds & Over - Born Before September 1, 2020.
18. Selection of Senior Champion Female & Reserve Senior Champion Female
4-H Division
19. Selection of Grand Champion Female & Reserve Senior Champion Female -
4-H Division
20. Produce of Dam- Two animals any age, offspring of same Dam



- 22. Dam & Daughter - A cow and her female offspring.
- 23. 4-H Class only - Bred by Exhibitor - Animal bred by exhibitor (Calf, Heifer, or Cow).

24. Showmanship Classes will run by Age: Showmanship will be held Tuesday August 11th at 4:00 pm. Showmanship will run concurrently with Junior Holstein Showmanship. Age will be as of January 1. Classes maybe adjusted as needed according to number of entrie.

- 1. Cloverbud - Ages 8 and Under
- 2. Ages 9 to 12
- 3. Ages 13 to 14
- 4. Ages 15 to 16
- 5. Ages 17+ (20-21 Junior Holstein Only)
- 6. Champion Showman - the winner of classes 2, 3, 4 and 5 will compete.

Updated MB 4/8/2026

National 4-H Animal Science Career Night



Presented by the National Association of Extension 4-H Youth Development Professionals, Animal Science Working Group

Join us for an evening to hear from noted speakers in the animal science industry as they share career exploration insights, advice, and more! Youth do not need to be a 4-H member to participate.

Open to youth in grades 7-13 (ages 12-19)

**June 18,
2026**

**at 7-8:30p.m. EST
via Zoom**

***Classes and Clubs
encouraged to join**



**Register by June 17 at
11:59p.m. EST
at [go.illinois.edu/
CareerNight](https://go.illinois.edu/CareerNight)**



**For more information contact:
srcarls2@illinois.edu**



Dr. Mark Hoge
Associate Professor of
Animal Science and
Livestock Judging Coach
Western Illinois University



Mr. Kevin Robinson
Senior Animal Care Specialist
Sea World San Diego

AFFORDABLE HOUSING OPPORTUNITY



📍 14 AND 16 WILLOW AVE CAPE MAY, NJ 08204




(2) 3-BEDROOM SINGLE FAMILY HOMES

Property highlights:

- Single-story layout
- Covered front porch
- New Construction

Program Overview:

- Low and Moderate-income units
- Sweat Equity Required (200 hours)
- Random Selection Process
- Households of 3-6 persons may apply

 3 BDRM  2 BATH  1292 SQFT

HOW TO APPLY:

SCAN



Completed applications with accompanying documentation should be **MAILED** to:
The Housing Partnership
2 East Blackwell Street, Suite 12
Dover, NJ 07801

Visit: habitatcapemaycounty.org/homeownership/how_do_i_apply/ to download an application



APPLICATIONS WILL BE ACCEPTED BETWEEN
4/9/26-6/8/26

SELECTION LOTTERY DATE: 6/15/26

LOW-INCOME UNIT: ESTIMATED SALE PRICE POINTS

40%: \$138,081
45%: \$157,124
50%: \$176,166

MODERATE-INCOME UNIT: ESTIMATED SALE PRICE POINTS

55%: \$195,209
60%: \$214,250
65%: \$233,293

INCOME GUIDELINES

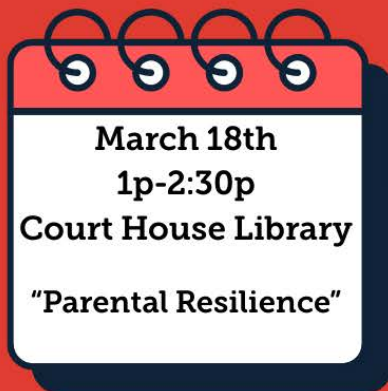
People in household	Income Limits
3	\$46,250-\$74,000
4	\$51,350-\$82,160
5	\$55,500-\$88,800
6	\$59,600-\$95,360

Eligibility determined according to NJ Affordable Housing Regulations (UHAC). Applications will only be accepted during the official open application period. Maximum sales price to be determined in accordance with UHAC.




Rutgers Southern Regional Child Care
Resource and Referral Agency

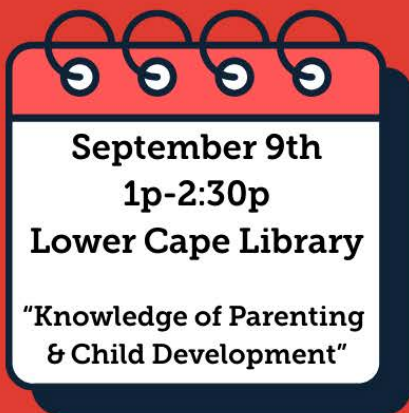
Parent Cafe Support Group



March 18th
1p-2:30p
Court House Library
"Parental Resilience"



June 3rd
1p-2:30p
Upper Cape Library
"Social Connections"



September 9th
1p-2:30p
Lower Cape Library
"Knowledge of Parenting
& Child Development"



December 2nd
1p-2:30p
Wildwood Crest Library
"Concrete Support in
Times of Need"



Cape May County
Library System



Adult Events Department
609-463-6350 ext. 700
adultevents@cmclibrary.org



**8-WEEK
MENTORSHIP
PROGRAM!**

NJ Audubon's Nature Center of Cape May

Nature Camp

COUNSELOR-IN-TRAINING LEADERSHIP PROGRAM

Enjoy spending time outdoors and working with children? Want to learn more about marine and environmental science? Becoming a Nature Camp Counselor-in-Training (CIT) may be a good fit for you! Activities include assisting with summer children's classes, outdoor activities like kayaking, animal care, and so much more. Nature Center staff will guide CITs through leadership development, community building, and teach successful work habits.



Register Now!



Held at the Nature Center of Cape May (1600 Delaware Avenue, Cape May, NJ), this 8-week program fosters leadership and learning for students ages 13-15. Scan the QR code for more information. Contact the Nature Center of Cape May at 609-427-3045 or at nccm@njudubon.org.

Outdoor Activities • Leadership Development • Natural Science Exploration

AVIATION MUSEUM – CAPE MAY AIRPORT



SOARIN' HIGH ART CONTEST

Theme: America 250*

**ARTWORK WILL BE DISPLAYED AT
WINGS & THINGS ARTS AND CRAFTS FESTIVAL
ON JUNE 27TH, 2026**

ACCEPTED ART MEDIUMS:

- PAINTING: WATERCOLOR, ACRYLIC, OIL, ETC.
- DRAWING: PENCIL, CHARCOAL, INK, PASTELS, COLORED PENCIL, ETC.
- DIGITAL PHOTOGRAPHY/ARTWORK: ORIGINAL WORKS CREATED WITH DIGITAL TOOLS
- PAINTING AND DRAWING SUBMISSIONS MUST BE ON PAPER OR CANVAS
- AI-GENERATED ART IS NOT PERMITTED

SUBMISSION REQUIREMENTS:

- ORIGINAL, AGE-APPROPRIATE ARTWORK ONLY
- PATRIOTIC, NOT POLITICAL*
- 2D ARTWORK: MAX 18" X 24" (INCLUDING FRAME)
- PHOTOGRAPHY: PRINT ON HIGH-QUALITY PAPER
- DIGITAL ART: HIGH-RESOLUTION JPG OR PNG
- LABEL EACH ENTRY WITH NAME + PHONE/EMAIL
- IN PERSON DROP-OFFS RECOMMENDED, FOR QUESTIONS, EMAIL AUSTIN.NASW@GMAIL.COM

Deadline: Friday, June 12th, 2026

**DROP OFF: 500 FORRESTAL RD, CAPE MAY AIRPORT
RIO GRANDE, NJ 08242**

***Entries should celebrate America's history, people, places, and traditions and remain non-political.**



FUNDING HAS BEEN MADE POSSIBLE IN PART BY THE NEW JERSEY STATE COUNCIL ON THE ARTS / DEPARTMENT OF STATE, THE NATIONAL ENDOWMENT FOR THE ARTS, AND THE CAPE MAY COUNTY BOARD OF COUNTY COMMISSIONERS THROUGH THE DIVISION OF CULTURE & HERITAGE





TEEN DATING: 5 TIPS ON ENDING A TOXIC RELATIONSHIP



ACKNOWLEDGE THE PROBLEM:

The first step is recognizing and admitting that the relationship is unhealthy. This can involve reflecting on how the relationship makes you feel and identifying patterns of manipulation, disrespect, or control. Trust your instincts if something feels wrong.

SEEK SUPPORT:

Talk to someone you trust, such as a close friend, family member, or school counselor, about your situation. Having a supportive network can provide emotional strength and practical advice. It's essential to have people who can offer perspective and encouragement.



PLAN YOUR EXIT:

Before ending the relationship, plan how you will do it safely and effectively. Consider the timing and setting for the conversation. If you're worried about your safety, think about having the conversation in a public place or with a trusted person nearby.

COMMUNICATE CLEARLY:

When you decide to end the relationship, be clear and direct about your decision. It's okay to express your feelings, but try to avoid getting drawn into arguments or justifications. Focus on your need to move on and make it clear that your decision is final.



PRIORITIZE SELF-CARE:

After ending the relationship, focus on healing and taking care of yourself. Engage in activities that make you happy and boost your self-esteem. Surround yourself with positive influences and give yourself time to process and heal from the experience.



TEEN DATING RED FLAGS



RED FLAG:

Constant Belittling or putting down.

RED FLAG:

Ignores or uses silent treatment.



RED FLAG:

Blames their partner, no matter the situation.

RED FLAG:

Controls partner's behavior & time spent with others.



WHERE TO GO FOR HELP:

NJ DOMESTIC VIOLENCE HOTLINE

1 (800) 572 - SAFE (7233)
24 hours a day
7 days a week

CRISIS TEXT LINE

Text NJ to 741741
24 hours a day
7 days a week

2ND FLOOR YOUTH HELPLINE

1 (888) 222-2228
24 hours a day
7 days a week