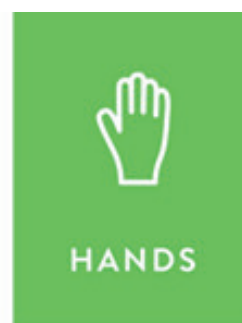


# FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development AUGUST 2025 NEWSLETTER

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

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## Summer with Franklin County 4-H

Franklin County 4-H just wrapped up an incredible summer camp season at JM Feltner 4-H Camp—and what a summer it was! 169 Franklin County youth came together under the guidance of 7 teen counselors, 21 dedicated adult volunteers, and 5 Franklin County Extension staff members to experience all that 4-H Camp has to offer.

4-H Camp is more than just a fun summer tradition—it's a place where youth explore their interests and discover their sparks in the heart of Kentucky's beautiful natural surroundings. Campers are supported by caring adults and teen leaders who ensure every child feels safe, included, and valued.

None of this would be possible without the phenomenal staff at JM Feltner 4-H Camp, whose energy, passion, and dedication create a positive, welcoming environment that makes each session unforgettable. Their commitment to providing meaningful, memorable experiences is what sets 4-H Camp apart.

With hands-on classes, a focus on trying new things, and an environment that celebrates growth and effort over perfection, campers are encouraged to step outside their comfort zones. They leave with more than just great memories—they gain confidence, independence, lifelong friendships, and valuable life skills that will serve them long after camp ends.

We're incredibly proud of everyone who made this camp season a success and can't wait to see how our campers continue to grow in 4-H and beyond!







\$250



# SRTLC

## FIND YOUR SPARK AND BUILD FRIENDSHIPS



**September  
18<sup>th</sup> - 21<sup>st</sup> 2025**

### About Our Event

**The Southern Region Teen Leadership Conference (SRTLC)** brings together 4-H teens and adults, empowering and inspiring them to create positive change across the Southern Region through youth-adult partnerships. This conference draws participants from six states—Arkansas, Florida, Georgia, Louisiana, Kentucky, and Tennessee—and is held at one of Tennessee's 4-H camps.

**Join Us**

### Event Highlights

#### Networking

SRTLC provides a platform for youth to build meaningful relationships with 4-H members from across the southern states in a supportive youth development environment.

#### Workshops

Participants engage in interactive sessions that cover a wide range of topics and are led by youth participants and youth committee members.

#### Southern Showdown

A showdown of skills from each state through a wide range of team events. Activities include basketball, kickball, talent, and knowledge-based activities.

#### Social Activities

Youth have the opportunity t-shirt swap, parade of states, state swap meet, and a taste of the south where each state brings a food unique to their state.

**County Registration deadline August 20<sup>th</sup>.**



# Welcome!

## Beck Armstrong 4-H Program Assistant

Beck is excited to be a member of the Franklin County Extension Team as the new 4-H Program Assistant. He earned his bachelor's degree in History and Fine Arts at Georgetown College, with a focus on Appalachian History and Broque Art. Away from the office, you can find Beck hiking, gardening, or finding other ways to spend time with his dog, Rodeo.



## Kentucky State Fair

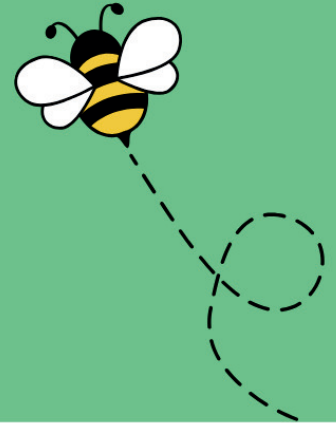
### August 14-24

Don't forget to visit Cloverville while spending the day at the Kentucky State Fair! Congratulations to our 4-H'ers who competed in the exhibit hall, livestock shows and Country Ham Contests!





For more information visit:  
<https://kystatefair.org/>





# 4-H Club Fair

 Come see what fun you can have in a 4-H Club! 

Join us Aug  
28th at  
5:30pm



## Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



# 4-H 2025-2026 Program Year starts September 1, 2025!

## KENTUCKY 4-H PROGRAM YEAR 2026

SEPTEMBER 1, 2025-AUGUST 31, 2026



HOW OLD WILL YOU BE ON  
JANUARY 1, 2026?  
THAT IS YOUR 4-H AGE!

All 4-H youth and participants must re-enroll in 4-H each year to remain an active member, receive newsletters and information via email and participate in all 4-H activities.

Beginning September 1<sup>st</sup>, Fill out the enrollment form in person at the extension office or visit

<https://franklin.ca.uky.edu/4h-youth-development>



Cooperative  
Extension Service

*Save the Date!*  
**102<sup>nd</sup> 4-H Teen Conference**  
**June 2<sup>nd</sup>- 5<sup>th</sup>, 2026**



An Equal Opportunity Organization.

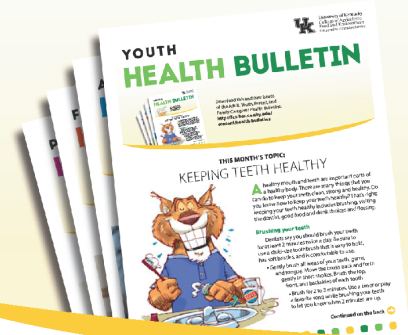
## Kentucky State Fair

Congratulations to Lincoln Driskell for winning Grand Champion at the Kentucky State Fair in the Electric Division! The class was 654 Wired for Power - Tale, desk, vanity or floor lamp!





# YOUTH HEALTH BULLETIN



**AUGUST 2025**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Franklin County  
Extension Office  
101 Lakeview Ct.  
Frankfort, KY  
40601  
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## THIS MONTH'S TOPIC

# THE VALUE OF FRIENDSHIP

**M**aking and having friends is important because it helps us feel happy, learn new things, and grow into strong, confident people. Friends help us feel like we belong. They can support us when we feel lonely or sad. Friendship also teaches us how to share, solve problems, and understand how others think. These skills are important for getting along with others and doing well in school. As we grow up, these same skills help us make decisions about the kind of job we want, the relationships that are important to us, and our values.

Research shows that kids who have friends are more likely to enjoy school and do better in their classes. On the other hand, children who don't have friends may feel anxious or avoid school. Having friends also helps us feel



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 Disabilities  
accommodated  
with prior notification.



# One good way to make new friends is to join activities like sports, clubs, or school events.

## → Continued from the previous page

good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!

### REFERENCE:

<https://www.ncbi.nlm.nih.gov/books/NBK225544>

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Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware  
Illustrations © University of Kentucky  
School of Human Environmental Sciences







I pledge my **HEAD** to clearer thinking  
My **HEART** to greater loyalty,  
My **HANDS** to larger service, and  
My **HEALTH** to better living,  
for my club, my community, my country and my world.

## MONTHLY RECIPE



### Zippy Zucchini Cakes

<b>2 cups</b> shredded zucchini	<b>1 tablespoon</b> olive oil	<b>1 cup</b> shredded Mozzarella cheese
<b>2 large</b> eggs	<b>1/3 cup</b> all-purpose flour	<b>1/2 teaspoon</b> salt
<b>1 egg</b> white	<b>1/3 cup</b> whole wheat flour	<b>1/4 teaspoon</b> dill
<b>1/4 cup</b> skim milk	<b>2/3 cup</b> corn meal	<b>1/2 teaspoon</b> black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
- 2. Stir** until just mixed.
- 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
- 4. Stir** until moistened.
- 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
- 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
- 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**

**Yield:** 10, 2 inch cakes.

**Nutrition Analysis:** 80 calories, 2 g fat, 0 g sat.fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



*Mackenzie Preece*

Mackenzie J. Preece  
County Extension Agent for 4-H  
Youth Development Education

*Samantha Moore*

Samantha Moore  
4-H Program Assistant  
Youth Development Education

*Beck Armstrong*

Beck Armstrong  
4-H Program Assistant  
Youth Development Education

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