

# 4-H Youth Development

## FRANKLIN COUNTY COOPERATIVE EXTENSION APRIL 2024 NEWSLETTER

Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
(502) 695-9035  
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## Teen Leadership Summit 2024



Franklin County sent 5 amazing youth to the 4-H Teen Leadership Summit March 21-23, 2024, and they absolutely rocked it! Huge applause to our



outstanding youth for their dedication and leadership. Let's keep cheering them on as they make a positive impact!

See a swarm? Call your local extension office!!



Our 4-H Bee Club is catching swarms to start hives for each individual youth member. Call our office and we will send a club leader to get the bees or pass along the swarm call to the Capital City Beekeepers Association. This will ensure that the bees find a new home with a beekeeper!

Not during office hours?  
Email: [mackenzie.precece@uky.edu](mailto:mackenzie.precece@uky.edu)      502-695-9035

 **Support Your Local 4-H** 

Kentucky


# 4-H Teen Conference

2024




**100th ANNUAL**

**ILLUMINATE 4-H**  
LEXINGTON, KENTUCKY

 Cooperative Extension Service

**June 11-14 2024**

for incoming  
**9-12th graders**

**Cost: \$250**

**University of Kentucky Campus**

**REGISTER BY MAY 13TH**

**TO REGISTER- CONTACT THE FRANKLIN COUNTY EXTENSION OFFICE AT 502-695-9035**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating  
Lexington, KY 40516





# FRANKLIN COUNTY 4-H Demonstration Contest

**April 18, 2024**  
**5:30 pm**

**Win a half  
scholarship  
to 4-H  
Camp!**

Youth will present a 5-10 minute demonstration to an audience on a topic of their choice. They are required to use visual aids such as notecards, posters and props! See the contest categories below.

This is a great way for youth to practice public speaking and build confidence in their ability to be in front of a group.

## Categories

### **Divided into Junior and Senior Divisions**

Agriculture  
Animal Science  
Visual Arts  
Performing Arts  
Clothing & Textiles  
Family & Consumer Sciences  
Foods

Health  
Team Demonstrations  
Natural Resources  
Shooting Sports  
Science, Engineering and Technology  
Digital Media Presentation

Questions? Contact the Extension Office at  
502-695-9035 for more information.


Register online  
through the QR code!



Register by April 16th



# Franklin County 4-H 2023-2024 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup> Week of the Month</b>	Dog Club 5:00- 6:00 Room G	Advanced Sewing 11:00-1:00 Room G Beginner Sewing 5:30-7:00 Room G ART Club 5:00- Room E/F	STEM Club 5:00- 7:00 Room G	<b>STEAM Club</b> 5:00 - PSPL	
<b>2<sup>nd</sup> Week of the Month</b>		JR Cooking 5:30-7:00 Room G SR Bee Club 5:00-6:30 Room E/F			
<b>3<sup>rd</sup> Week of the Month</b>	Dog Club 5:00-6:00 Room G	Livestock Club 5:30-6:30 Room G Communications 5:30- 6:30 Room A/B	Teen Leadership 5:00- 6:30 Room A/B	Garden Club 5:00-7:00 Room G	
<b>4<sup>th</sup> Week of the Month</b>	Cloverbuds 5:30-6:30 Room G	SR Cooking 5:30-7:00 Room G JR Bee Club 5:00-6:30 Room A/B			
<p>Cloverbuds is for youth in <b>Kindergarten – Third Grade.</b> Regular 4-H Clubs are for youth <b>Fourth Grade and Up.</b> Clubs allow for both <b>4-H Age and Cloverbud + Parent</b> to attend. JR Clubs are for <b>Kindergarten – Fifth Grade.</b> <b>Senior Clubs are for Sixth Grade and Up.</b> Advanced Sewing is for youth who have a basic sewing knowledge.</p>			<p>Franklin County Cooperative Extension Office 101 Lakeview Court, Frankfort, KY 40601 502-695-9035 <a href="mailto:franklin.ext@uky.edu">franklin.ext@uky.edu</a></p> <p>All Clubs are free except for occasional fees related to trips. All youth must have an enrollment form completed before they may attend a club. This can be completed online by utilizing the QR Code:</p> 		

To learn more information about the clubs/projects available in Franklin County view our website or contact our County Extension Agents for 4-H Youth Development; Austin Brewer, [abrewer8@uky.edu](mailto:abrewer8@uky.edu) or MacKenzie Preece, [MacKenzie.Preece@uky.edu](mailto:MacKenzie.Preece@uky.edu) or call 502-695-9035.

**Joining a club/project opens the door to a world of 4-H opportunities!**

**Monthly clubs will meet through May. Club meetings will pause from June –August with the exception of SR. Cooking and Sr. Bee Club!**





# ELEVATING LEADERS

## YOUR DONATION YOUR COMMUNITY ELEVATES KY LEADERS

GIVE \$10 WITH EACH AG TAG AND  
GROW KENTUCKY YOUTH

HALF OF THE FUNDS FOR 4-H AND FFA COME  
BACK TO YOUR LOCAL CLUBS AND  
CHAPTERS IN YOUR COUNTY.

SUPPORT STATEWIDE PROGRAMS  
IMPACTING 274,000 STUDENTS ENROLLED  
IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING  
A \$10 DONATION  
WITH YOUR AG TAG,  
YOU ARE CHOOSING TO  
INVEST DIRECTLY INTO THE  
FUTURE OF KENTUCKY  
AGRICULTURE. DONATIONS ARE  
DIVIDED EQUALLY BETWEEN FFA,  
4-H AND KENTUCKY PROUD WITH HALF  
GOING DIRECTLY BACK TO YOUR COUNTY.  
THANK YOU FOR YOUR SUPPORT.





# 2024 Outdoor Adventure Camp

Franklin County 4-H went to Outdoor Adventure Camp March 29-30, 2024! They had so much fun participating in lots of new classes. They learned about tracking, food dehydration, outdoor cooking, fishing, land navigation, mammals, tree identification, fire starting, & shelter building! Youth also watched a presentation by the Kentucky Reptile Zoo! At the end of camp, they tested their abilities in a challenge involving what they discussed at camp!







# Reforest Frankfort 2024

**4-H will be here with a FREE kids event!**

Tree Planting, Music, Environmental Activities, Food.  
Free for the Community!

**SAVE THE DATE**

**SATURDAY, APRIL 13 | 8 AM - 12 PM  
WEST SIXTH FARM**

More information coming soon!





# 4-H SUMMER CAMP 2024

We are so excited for 4-H camp this summer!

Don't forget to turn in your paperwork by April 30th!

Payment is due by June 15th. The total cost is \$250. If your family needs assistance we have scholarships available! We also accept the Yes Card.

Scholarships: Franklin County 4-H has scholarships available for youth. Please find the scholarship form on our website or contact the office. Youth can also earn a scholarship by competing in the county and area speech and demonstration contests.

How to register: There is currently a **waitlist** for both girl and boy spots at camp. To join the waitlist, please call the office at 502-695-9035.

When: Tuesday July 2nd– Friday July 5th, 2024

Where: Feltner 4-H Camp, London, KY

Who: Campers 9-15, Junior Counselors 16-17, Adults 18 +

What: Youth are able to spend 4 days, 3 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, cooking and much more! They will build leadership skills and meet other youth from other parts of the state!



**WAITLIST**

**Girls & Boys**

**Please call the office at  
502-695-9035 to add your youth to  
the waitlist!**



# Payment Assistance Opportunities

## Speech Contest

Youth will participate in the speech contest held on March 28th. Age group winners who compete at the area division, will be awarded a 1/2 scholarship to camp. Youth must register by March 26th.

## Demonstration Contest

Youth will participate in the demonstration contest held on April 18th. Age group winners who compete at the area division, will be awarded a 1/2 scholarship to camp. Youth must register by April 16th.

## 4-H Scholarship Application

Youth are able to apply for a scholarship to 4-H camp. The scholarship paperwork is located on our website. Deadline to turn in the scholarship: April 30th.

Contact the Franklin County Extension Office for more information.  
502-695-9035



Franklin County 4-H accepts the Yes Card!

**FRANKLIN  
COUNTY 4-H**

*Summer*

**PROJECT  
DAYS**



**SAVE THE DATES:**

**JUNE 6,7**

**JUNE 20,21**

**JUNE 27,28**

**SUBMIT YOUR PROJECTS TO THE  
FRANKLIN COUNTY FAIR!**

**MORE INFORMATION TO COME!**





**Animal and Plant Health Inspection Service**  
U.S. DEPARTMENT OF AGRICULTURE



## Want to explore exciting careers in agriculture? Apply for AgDiscovery 2024!

The U.S. Department of Agriculture (USDA) offers this summer outreach program for middle and high school students. It's a unique chance to live and study on a college campus and get a first-hand look at the many career paths open in the agricultural sciences.

### 2024 Locations and Dates

- Alcorn State University, June 9–22
- Coppin State University, July 14–26
- Delaware State University, July 7–20
- Florida A&M University, June 9–22
- Fort Valley State University, June 10–21
- Fresno State University, June 10–20
- Iowa State University, July 7–20
- Kentucky State University, June 9–22
- Lincoln University, July 7–20
- North Carolina State University, June 17–28
- Prairie View A&M University, June 3–14
- Purdue University, July 7–19
- South Carolina State University, June 9–21
- Tuskegee University, June 2–15
- University of Arizona, June 10–22
- University of Arkansas at Pine Bluff, June 8–21
- University of Hawaii, July 7–20
- University of Texas, Rio Grande Valley, June 22–July 3
- University of the Virgin Islands, July 14–27
- Virginia State University, June 16–30



Learn more about AgDiscovery

**Learn More: [www.aphis.usda.gov/careers](http://www.aphis.usda.gov/careers)**

USDA is an equal opportunity provider, employer, and lender. | APHIS-24-007 | Issued January 2024

# SAVE THE DATE

## Franklin County Fair

July 16-20, 2024

Scan the QR code below to view the 4-H state fair catalog!



SCAN ME

Or visit:  
<https://4-h.ca.uky.edu/kentucky-4-h-state-fair-0>



# Recipe



## Zunicotti

- |   |   |   |
|---|---|---|
| <b>1 cup</b> ricotta cheese                         | <b>2 cups</b> whole spinach, roughly torn | Freshly ground black pepper to taste    |
| <b>1 cup</b> finely grated Parmesan cheese, divided | <b>½ teaspoon</b> Italian seasoning       | <b>4</b> medium zucchini                |
| <b>1</b> large egg, lightly beaten                  | Salt to taste                             | <b>1 cup</b> marinara sauce             |
| <b>1</b> clove garlic, minced                       |   | <b>¾ cup</b> shredded mozzarella cheese |

**Preheat** oven to 350 degrees Fahrenheit. **Spray** 13-by-9-inch baking dish with cooking spray. In a medium bowl, **combine** ricotta, ½ cup Parmesan cheese, egg, garlic, spinach, and Italian seasoning. **Add** salt and pepper to taste, and **mix** until well combined. **Set** aside. **Wash** zucchini and **cut** off ends. Use a mandolin or sharp knife to **slice** zucchini thinly lengthwise. To reduce water, **place** zucchini on a microwave-safe plate lined with paper towels and **cover** with a paper towel. **Microwave** 1 minute. **Pat** excess moisture away with paper towels. On a clean work surface, **place** three slices of

zucchini so they are slightly overlapping and place a spoonful of ricotta mixture on top. **Roll up** and **place** in baking dish. **Repeat** with remaining zucchini and ricotta mixture. **Spoon** marinara on top of zucchini. **Sprinkle** with remaining Parmesan and mozzarella cheese. **Bake** until zucchini is tender and cheese has melted, about 30 minutes.

**Yield:** 10 servings

**Nutritional Analysis:** 130 calories, 7 g fat, 4 g saturated fat, 40 mg cholesterol, 410 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 9 g protein



# WHAT'S Happening

HANDMADE BIRTHDAY CARDS WITH MICHELLE SUTTON



MAY 21, 2024  
5:00PM-7:30PM

Call to register: 502-695-9035  
101 Lakeview Court Frankfort, KY 40601

\$12 per person. All supplies are included. Spots are limited.

## COOKING THROUGH THE Calendar



Second Monday of each month starting February 12, 2024  
5:30pm - 7:30pm at the Franklin County Cooperative Extension Office  
101 Lakeview Court Frankfort, KY 40601

All 2024 Class Dates  
Feb 12  
March 11  
April 8  
May 13  
June 10  
July 8  
Aug 12  
Sept 9  
Oct 14  
Nov 11  
Dec 9

For more information on how you can attend these FREE cooking classes, please contact your local Nutrition Education Program Assistant:  
Pamela Holbrook  
502-695-9035  
pamela.holbrook@uky.edu

RSVP Required three days before class



## GROW IT, EAT IT, COOK IT

GROW YOUR OWN FOOD, COOK DELICIOUS RECIPES, AND ENJOY A TASTY MEAL TOGETHER! EACH PARTICIPANT WILL GET TRANSPLANTS OR SEEDS TO GROW AT HOME.

- Mar 14 -Potatoes
- April 18 -Broccoli & Cauliflower
- May 16 -Tomato
- June 20 -Pepper
- July 25 -Summer Squash
- Aug 15 -Spinach
- Sept 12 -Radishes
- Oct 10 -Garlic



SCAN THE QR CODE OR ENTER THE LINK TO REGISTER.  
[HTTPS://FORMS.GLE/5G6QKHXX93M3XJ06](https://forms.gle/5G6QKHXX93M3XJ06)  
YOU MAY ALSO CALL TO REGISTER: 502-695-9035



FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE  
101 LAKEVIEW COURT, FRANKFORT, KY 40601  
502-695-9035

## Plant Market

Capital Area Extension Master Gardeners' Saturday, April 27th  
9am - 1pm  
Lakeview Park (Farm Bureau Pavilion)  
118 Park Avenue Frankfort, KY

Tomatoes, peppers, herbs, perennials and MORE!

SAVE THE DATE!!!

## FARM CITY FIELD DAY

Happy Jack's Farm July 11, 2024

# SAVE the Date

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Agriculture and Natural Resources Family and Consumer Sciences  
215 North Westwood Drive  
Frankfort, KY 40601

Cooperative Extension Service

## Paw Paw Grafting Class

LEARN TO GRAFT YOUR OWN PAW PAW TREES  
CLASS BEGINS AT 6PM  
\$10 PER PERSON

TO REGISTER, SCAN THE QR CODE, ENTER THE LINK BELOW, OR CALL 502-695-9035.  
[HTTPS://TINYURL.COM/33SAT2J3](https://tinyurl.com/33SAT2J3)

APRIL 23  
101 LAKEVIEW COURT  
FRANKFORT KY 40601  
502-695-9035



# YOUTH HEALTH BULLETIN



**APRIL 2024**

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

Franklin County Extension Office  
101 Lakeview Ct.  
Frankfort, KY 40601  
(502) 695-9035

## THIS MONTH'S TOPIC

# WATCH OUT FOR EYE INJURIES

**Y**our eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page →



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Lexington, KY 40506



Disabilities accommodated with prior notification.

**If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.**

**→ Continued from the previous page**

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT  
RESPONSE  
is VERY  
important!



If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

**REFERENCE:**

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



**ADULT  
HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:** Chris Ware (© 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.

# Adult Counselors Needed

For 4-H summer camp July 2-5 2024.

**Must be 18 years old or older**

We are currently taking applications for Volunteer Adult Counselor (AC) positions for Franklin County's 4-H summer Camp!

**Please submit the application by April 15th.**

Adult Counselor applications are available on our website!

Questions? Contact the 4-H agents at 502-695-9035.

**Austin J. Brewer**  
 County Extension Agent for 4-H  
 Youth Development Education

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

**Samantha Moore**  
 Program Assistant for 4-H  
 Youth Development Education



Be the first to know about 4-H Events and Activities by liking our Franklin County 4-H Facebook page.

**facebook.com/FranklinKY4H/**

## Cooperative Extension Service

Agriculture and Natural Resources  
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Disabilities accommodated with prior notification.