

WHAT'S INSIDE?

TEEN SUMMITPo	G . 1
BEE SWARMSP	G. 2
TEEN CONFERENCEPO	G. 2
DEMONSTRATION CONTEST	G. 3
CLUB CALENDARPO	G. 4
AG TAGPC	G. 5
OUTDOOR ADVENTUREP	G. (
REFOREST FRANKFORTPO	G. 7
CAMP INFO PG.	8-9
PROJECT DAYSPG	. 10
AG DISCOVERYPG	. 11
COUNTY FAIRPG	. 12
COUNTY FAIRPG RECIPEPG	
	. 12
RECIPEPG	. 12 . 13

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!!





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

```
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Extension of programs of termsky Comparing and the start of the
```



FRANKLIN COUNTY 4-H Demonstration Contest

April 18, 2024 5:30 pm

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.



Win a half

scholarship to 4–H

Camp!

	Franklin County 4-H 2023-2024 Clubs					
18 USC 707	Monday	Tuesday	Wednesday	Thursday	Friday	
1 st Week of	Dog Club 5:00- 6:00 Room G	Advanced Sewing 11:00-1:00 Room G	STEM Club 5:00- 7:00 Room G	STEAM Club 5:00 - PSPL		
the Month		Beginner Sewing 5:30-7:00 Room G ART Club 5:00- Room E/F				
2 nd Week of		JR Cooking 5:30-7:00 Room G				
the Month		SR Bee Club 5:00-6:30 Room E/F				
3 rd Week of	Dog Club 5:00-6:00 Room G	Livestock Club 5:30-6:30 Room G	Teen Leadership 5:00- 6:30 Room A/B	Garden Club 5:00-7:00 Room G		
the Month		Communications 5:30- 6:30 Room A/B				
4 th Week of	Cloverbuds 5:30-6:30 Room G	SR Cooking 5:30-7:00 Room G				
the Month		JR Bee Club 5:00-6:30 Room A/B				
Cloverbuds is for youth in Kindergarten – Third Grade. Regular 4-H Clubs are for youth Fourth Grade and Up . Clubs allow for both 4-H Age and Cloverbud + Parent to attend.		Franklin County Cooperative Extension Office 101 Lakeview Court, Frankfort, KY 40601 502-695-9035 <u>franklin.ext@uky.edu</u>				
JR Clubs are for Kindergarten – Fifth Grade. Senior Clubs are for Sixth Grade and Up. Advanced Sewing is for youth who have a basic sewing knowledge.			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:			

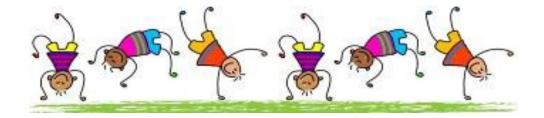
To learn more information about the clubs/projects available in Franklin County view our website or contact our County Extension Agents for 4-H Youth Development; Austin Brewer, <u>abrewer8@uky.edu</u> or MacKenzie Preece, <u>MacKenzie.Preece@uky.edu</u> or call 502-695-9035.

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!



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.



14

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.

SS SUMPLEXY

🍯 🍋 🚍 🍩 🋞

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!



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

Reforest Frankfort Reforest 5224 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.

<u>Scholarships:</u> 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.

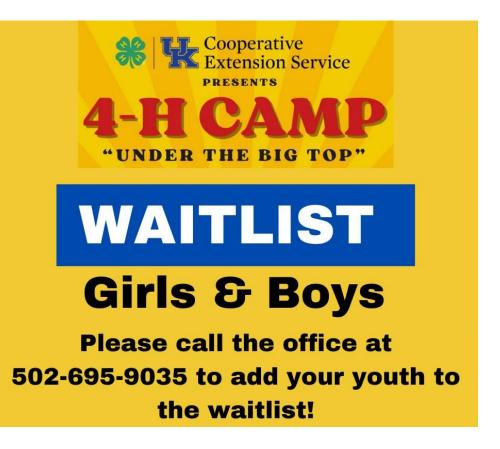
<u>How to register</u>: There is currently a <u>waitlist</u> for both girl and boy spots at camp. To join the waitlist, please call the office at 502-695-9035.

<u>When:</u> Tuesday July 2nd– Friday July 5th, 2024

<u>Where:</u> Feltner 4-H Camp, London, KY

<u>Who:</u> 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!





JULY 2-5, 2024

DER THE BIG TOP

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.

Contact the Franklin County

Extension Office for more

information.

502-695-9035

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.



Franklin County 4-H accepts the Yes Card!



JUNE 27,28

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

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



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



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







Zunicotti

- 1 cup ricotta cheese 1 cup finely grated
- Parmesan cheese,
- divided
- 1 large egg, lightly beaten 1 clove garlic, minced
- spinach, roughly torn **½ teaspoon** Italian seasoning Salt to taste

2 cups whole

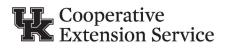
Freshly ground black pepper to taste
4 medium zucchini
1 cup marinara sauce
34 cup shredded mozzarella cheese

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





HEALTH BULLETIN U Harden HEALTH BULLETIN THIS MONTH'S TOPICI VG TEETH HEALTHY

YOUTH

APRIL 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.ukv.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

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 🧲



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperatin 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.

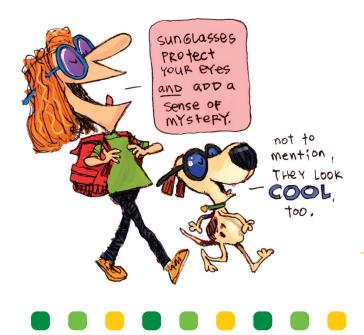
Continued from the previous page

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.

PROMPT Response is very important!

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.





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



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)





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

mantha Moore

Samantha Moore Program Assistant for 4-H Youth Development Education

Machenni

Prece

MacKenzie J. Preece County Extension Agent 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 Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marial status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.

Lexington, KY 40506