Share your Talent by entering projects into the County Fair!

Are you artistic, a good photographer and/or a carpenter? Check out our 4-H Catalog of the many sections and list of classes on our website to enter your projects into the county fair. Your projects will be judged, giving you a chance to receive a premium and advance onto the Kentucky State Fair! Contact Krista at the Extension office for questions and more information.

AS A REMINDER, YOU MUST BE A CURRENT 4-H MEMBER TO ENTER PROJECTS IN THE FRANKLIN COUNTY FAIR!

More details are on page 9, or call 502-695-9035 for more information.

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Clover Buds Club: *CLOVER BUDS WILL BEGIN MEETING AGAIN IN SEPTEMBER*
Just like the 4-H program for older youth, the purpose of the Kentucky 4-H Clover Buds is to help young children learn life skills to become competent, caring and contributing citizens. Any 5-8 year old is welcome to join our club! Emma Boebinger, Club Leader

Cooking Club: Come join the fun of learning how to prepare and cook a meal! This club is open to all 4-H’ers 9-18 years old. Contact Krista (502) 695-9035 at the Extension office for more information. *COOKING CLUB WILL RESUME MEETING IN SEPTEMBER*

Dog Club: Open to youth ages 9-18 years old. Youth and their dogs will learn obedience, companionship, and responsible dog ownership. All dogs must be current on all vaccinations and have all puppy vaccinations. **DOG CLUB WILL BEGIN MEETING AGAIN IN SEPTEMBER**
Nancy Wilson, Club Leader

Racers Horse Club: Open to youth ages 9-18 years old. Youth learn all about horses and the horse industry. Youth may choose to participate as a horse owner or non-horse owner. **MEETINGS ARE THE 2ND TUESDAY OF THE MONTH, 6:00 P.M. AT INDIAN RIDGE FARM. BUFF BRADLEY, CLUB LEADER**

Shooting Sports Club: Open to youth ages 9-18 years old. Youth will receive an introduction to the safe and responsible use of firearms and archery equipment which is a valuable life skill. Youth will be trained to handle and shoot firearms safely. Youth will be taught leadership and responsibility in a non-formal environment while offering fun activities for youth and adults. While competition is not the main focus, the program does offer opportunities to participate in shooting events, competing in various disciplines and age groups. **SHOOTING SPORTS WILL BEGIN MEETING AGAIN IN SEPTEMBER**
Jack Kuhn, Club Leader
Ken Andries, Club Coach

LIVESTOCK CLUB: The livestock club is a great way to learn about animals and get hands on experience in the agriculture community. Monthly meetings are focused on a specific species (cows, pigs, sheep, rabbits or chickens) or a specific area (nutrition or veterinary practices). Some meetings will be at farms to get a new perspective and to see animals! Everyone is welcome to join! If you do show a species through 4H, livestock club meetings are used for the 6 hour education requirement. **REGULAR MEETINGS ARE ON THE THIRD TUESDAY OF EVERY MONTH AT 5:30. LIVESTOCK CLUB WILL BEGIN MEETING AGAIN IN AUGUST**
Anna Hawkins, Club Leader

DAIRY CLUB: Come join our newest 4-H Club, the Franklin County 4-H Dairy Club! You will learn the different breeds of dairy cattle, the importance of dairy cattle, how to care for dairy cattle, even how to show them! **DAIRY CLUB WILL BEGIN MEETING AGAIN IN SEPTEMBER**
For meeting information, contact Krista Perry at 502-695-9035! Cody Brenneman, Club Leader
THIS MONTH’S TOPIC: SPORTS WEEK

It feels good to have a strong, healthy body that can do all the fun things you enjoy, such as playing with your friends. Playing sports can help you be the best version of yourself.

The week of July 16-22 (2018) is National Youth Sports Week.
To participate in this week, you can run around outside, have a water balloon fight with your family or play soccer at school with your friends. Any type of play, sports, dancing or even doing push-ups counts as participating in National Youth Sports Week. If you are active every day for 60 minutes, your body will thank you!

Continued on the back
Any type of play, sports, dancing or even doing push-ups counts as participating in National Youth Sports Week.

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Benefits of playing sports

Why play sports? To have fun, of course! However, participating in sports also has many other benefits:
- gives you an advantage in the classroom because play helps improve your memory and concentration
- helps you learn communication skills, as well as how to be a team player
- helps you feel better about yourself
- helps you maintain a healthy body and make new friends
- helps cut down on the pressure you may be feeling in life and put you in a better mood

Sports to try

There are many different types of sports that you can play with your friends or individually. Remember, any type of movement is good for you — so be creative!

Many sports help keep your heart healthy. Here are some you might want to try:
- Swimming
- Hiking
- Skateboarding
- Rollerblading
- Soccer
- Basketball
- Karate
- Tennis
- Track

Activities to try

Sports help you build strong bones and muscles. Here are some activities that will help you maintain strong bones and muscles:
- Monkey bars
- Volleyball
- Tug-of-war
- Running
- Jumping rope
- Hopscotch
- Wall climbing
- Bike riding
- Rowing
- Rope or tree climbing

Safety

Safety is very important when playing sports.
- Before going outside to play sports with friends, you should always ask permission and let an adult know where you are going.
- If you ever have pain during sports or while playing, make sure to tell an adult.
- Make sure to use the correct protective equipment when playing sports, such as a helmet when riding your bike or shin guards when playing soccer.

RESOURCES:
- http://www.acys.org/advocacy/national-sports-day.php
- https://www.cdc.gov/physicalactivity/basics/pa-health

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Cartoon Illustrations by: Chris Ware © University of Kentucky School of Human Environmental Sciences
Be the first to know about 4-H Events and Activities by liking our Franklin County 4-H Facebook page. facebook.com/FranklinKY4H/
4-H Summer Fun

Even though our 4-H Clubs may be on summer break, there are still many great things to do with Franklin County 4-H!

4-H at the Franklin County Fair: Come out to the Franklin County Fair at Lakeview Park July 17-21, 2018. As a 4-H member, you can enter items into the Franklin County Fair. The catalog is available on the Franklin County Extension website. From artwork to photography to carpentry, and other project areas, you are sure to find a great fit for your talents. It’s free to enter, and you have the chance to win ribbons, a premium, and advance to the Kentucky State Fair. For more information, contact Krista at the office at 502-695-9035.

4-H Summer Camp: Many of our 4-Hers are headed to our annual summer camp the week of July 16-20, 2018. With so many different activities to participate in, Summer Camp is always a wonderful way to enjoy your break.

4-H at the Kentucky State Fair: This year, the Kentucky State Fair is hosting AgLand! See more than an acre of agriculture exhibits in the South Wing highlighting Kentucky’s farm and field heritage, including the future of farming and agribusiness through 4-H and FFA exhibits. AgLand is brought to you by Kentucky’s Farm Families. 4-H members share their skills and compete for champion honors. Categories include: geology, knitting and crocheting, forestry, electric, foods, horticulture, woodworking, entomology, clothing, home environment, technology, country hams, consumer science management and photography. Visit the Kentucky State Fair August 16-26, 2018 in Louisville KY. For more information, go to www.kystatefair.org.

Camper Orientation

Monday, July 9, 2018
5:30PM
Meeting Room E/F
Franklin County Cooperative Extension Service
101 Lakeview Court
Frankfort, KY 40601
Ph: 502-695-9035

*Parent or guardian of the camper MUST be present for this meeting.
Last month, 4-H'ers enjoyed showing their artistic side by creating painting masterpieces, learning new skills in sewing by creating a pillowcase and laundry bag, and even showing off their baking skills making rolled biscuits and snickerdoodle cookies. All of the items the 4-H'ers made and prepared can be entered into the 4-H portion of the County Fair coming up this month!
Franklin County 4-H Dairy Club helps with the 2018 Franklin County Dairy Show

In June, the Dairy Club attended the Franklin County Dairy Show. The members enjoyed handing out ribbons, show halters, buckets, and other fun items to the exhibitors. The show was very successful and well attended with 141 head!

2018 4-H Teen Conference

In June, four teens from our 4-H program joined hundreds of other teens from across the state at the State 4-H Teen Conference in Lexington.

They spent four days meeting new friends, attending classes in a major of their choice, participating in community service projects across the Central Kentucky area, and experiencing the dorm life as a college student on the University of Kentucky Campus. They said the days were long, but well worth the fun they had!

4-H Teen Conference is an annual event, and open to high school 4-Hers. Save the date for next year, June 10-13, 2019! More information for the 2019 Teen Conference will be in future newsletters.
What a blast the Clover Buds had at Camp. They enjoyed swimming, sitting around the campfire, learning how to Sally down the Alley, and attending lots of classes!

Who is eligible to enter 4-H projects in the Franklin County Fair?

You must be an enrolled Franklin County 4-H member of the current program year to enter projects in the Franklin County Fair.

What 4-H projects may I enter in the fair?

Eligible projects are ones made after the fair last year. The Franklin County Fair catalog explains what categories and units you may enter. Check the overall 4-H rules as well as the rules for each specific division. If you need clarification, call 695-9036 to speak to a 4-H representative.

How do I enter my 4-H project in the Franklin County Fair?

Entries will be taken in the Farm Bureau Pavilion at the fairgrounds on Monday, July 16, from 3:30 p.m. to 8:30 p.m. or Tuesday, July 17 from 8:00 a.m. to 11:00 a.m.

No projects will be accepted after 11:00 a.m. on July 17.

How are my 4-H projects judged?

In 4-H, we use the Danish System of judging. In this system, each exhibitor is recognized for his or her efforts and accomplishments. Each exhibit is considered in comparison with the ideal and is evaluated and awarded a ribbon as follows: Blue means excellent. Red means good, and White means fair. Thus, each entry is accorded a rating based on how it compares to the ideal or standard, not in comparison or competition with other entries.

After all individual ribbons are awarded, the individual Comparison System is used to consider each blue ribbon entry in comparison with other blue ribbon entries. From that group, first, second, and third place winners are determined. Entries qualifying for State Fair will have a sticker displayed on their ribbon. Please note that State Fair rules determine what each county is allowed to bring as entries. You may contact the extension office at 695-9036 for more details.

Please be aware that some categories are county level only and do not advance to the State Fair.

What happens with the 4-H projects after they are judged?

Once items are judged, they will be arranged in a display with all the other 4-H projects. All entries will remain on display in Cloverville during fair week.

When do I get my 4-H projects back?

All items, except those selected to go to the state fair and food entries, must be picked up in the Farm Bureau Pavilion on Saturday, July 21, from 10:00 a.m. to 12:00 p.m.

If you cannot pick up your project on that day, ask a friend or relative to do so for you. Projects not picked up will be taken to the extension office and held until September 30. They will be discarded after that date.

My 4-H project is going to the State Fair...what do I need to do?

Nothing really, unless you have a food item. You should prepare a duplicate item and bring it to the Extension Office on Sunday, August 12 from 10:00-11:00 a.m. Those items and all the other State Fair bound entries will be boxed up and taken to Louisville. Your entry may be required to have additional paperwork. If you are unsure, please check with Krista Perry to make sure 4-H has everything necessary for your project.
Since my last update, I’ve had many opportunities to learn new information and new experiences! Franklin County 4-H hosted a Super Star Chef program. The program conducts hands-on nutrition, healthy eating, and teaches basic cooking skills.

The main event that I’ve attended was State Teen Conference. This was an amazing experience and the four Franklin County teens had a great time. There were insightful workshops and many fun activities. It was a great opportunity to learn and meet new people for both the teens and myself.

4-H also hosted a Painting project day and a Sewing Project day. The 4-Hers made some incredible paintings, laundry bags, and pillowcases. We will also be hosting a Cooking project day on June 25th that I know the 4-Hers will enjoy!

I also had the opportunity to attend my first District Dairy Show. This was a great learning experience and all attendees did a wonderful job.

Later this month, I will also be attending 4-H Camp, which I am looking forward to. I have the opportunity to be an adult counselor, and to continue to develop my leadership skills while at Camp.

In addition to all of these activities, I’ve also been working on my intern project. My intern project will be a Bee literacy day hosted at the Extension office. Topics covered will include: the life of bees, the adventure of the pollinators, bee etiquette, a honey recipe, live beekeeping, and more!

I’m looking forward to all these new adventures and so many more before my internship concludes later this summer.
This Month’s Recipes

Gluten Free Peach Blueberry Muffins

1 cup blueberries
1 cup peaches, small dice
3 cups gluten-free baking flour
1/2 cup granulated sugar
1/2 cup brown sugar
1 tablespoon baking powder
3/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon butter
3 eggs
1 1/3 cups non-fat milk

Streusel Topping:
1/4 cup gluten-free baking flour
1/2 cup brown sugar
1 teaspoon cinnamon
1/2 teaspoon ground nutmeg
2 tablespoons butter

Preheat oven to 400 degrees F. Grease the wells of a muffin tin or line with paper liners and spray with non-stick spray. Rinse blueberries and drain well. Remove skin from peaches and dice. In a large bowl, mix together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. Melt butter in a microwave-safe bowl. In a medium bowl, whisk the eggs, milk, and melted butter together. Pour the wet ingredients into the dry ingredients and use a spoon to mix just until incorporated. Fold the blueberries and peaches into the batter gently. Fill muffin cups 1/3 full.

For the streusel topping: In a medium bowl, place gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, cut in butter until mixture resembles fine crumbs. Spoon streusel topping over the batter evenly. Bake muffins 18-20 minutes. Do not overbake. Remove muffins from pan to cool.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein

Herbed Pasta with Roasted Cherry Tomatoes

1/2 pound whole wheat pasta
3 tablespoons olive oil
1 pint cherry tomatoes
1 medium chopped onion
4 chopped garlic cloves
1 medium chopped red bell pepper
2 teaspoons dried oregano
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
1 teaspoon red pepper flakes (optional)

1. Cook pasta according to package.
2. Preheat oven to 400°F.
3. Score each of the cherry tomatoes with a small X. Toss the tomatoes with 1 tablespoon olive oil and roast in oven for 10-15 minutes, until they burst.
4. Sauté onion in 2 tablespoons olive oil for 5 minutes.
5. Add garlic and red bell peppers. Sauté for an additional 5 minutes.
6. Add fresh and dried herbs, salt and oven roasted cherry tomatoes.
7. Toss with drained pasta.

Yield: 6, 1 cup servings.

Nutritional Analysis: 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.
4-H is awesome!!

Leslie Bullock
County Extension Agent for 4-H
Youth Development Education

Krista M. Perry
County Extension Agent for 4-H
Youth Development Education

Contact the Franklin County Extension Office at (502) 695-9035 or email requests to leslie.bullock@uky.edu or krista.brown@uky.edu If you would like to receive our newsletter via email. If you DO NOT want to receive this newsletter or your address is incorrect, please let the Extension Office know as soon as possible.

Complaint Procedure
Any employee who believes they have been discriminated against may seek resolution through a variety of paths. Discrimination may be reported to the Jenny Cocanougher, Director for District 4- Ft. Harrod/Bluegrass at 859-257-7478 or a supervisor. To initiate a complaint at the college level, contact Tim West in the Business Office at 859-257-3879. At the University level, Terry Allen and Patty Bender in the UK Office of Institutional Equity and Equal Opportunity (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any research or extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington DC 20250-9410 (202-720-5964).