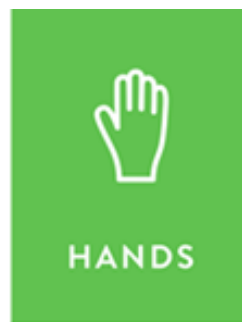


# FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development MARCH 2025 NEWSLETTER



## Congratulations to the 4-H Speech contestants!

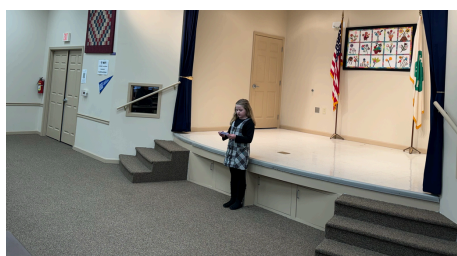


From left to right: Elli Mangan, Lincoln Driskell, Georgia Mangan, Molly Mangan, Renne Hacket, Ainsley Fryar. Not pictured: Sofia Saylor

On February 17th, we had 7 participants in the county speech contest. Youth had speech topics ranging from "Why Hercules is my hero", "Daniel Boone", "Self Confidence", and "Learning through Colored Lenses". Next youth will be participating in the area speech contest on April 15th. Franklin County youth that are moving on to Area are: Renne Hacket, Ainsley Fryar, Elli Mangan, Sofia Saylor, and Lincoln Driskel. Good Luck to everyone! Don't forget- There is still time to register for the County Demonstration Contest held on March 17th.



Molly Mangan presenting on "A Road Trip to Remember"



Georgia Mangan presenting on "My dog Gus"



Ainsley Fryar presenting on "Self Confidence"



# Franklin County 4-H SPRING 2025 Clubs

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

1st	Livestock 5:00 pm Maple Room	Dog 5:00 pm Willow Room			
2nd		Beginner Sewing* <b>CLUB FULL</b>	Jr. Cooking 5:30 pm Willow Room	Baking 5:30 pm Willow Room	
3rd	Communications 5:30 pm Coffee Tree Room	Dog 5:00 pm Willow Room		Advanced Sewing* 5:30 pm Willow Room  Garden 5:00 pm Big Garage	
4th	Cloverbud 5:30 pm Willow Room	Jr. Bee 5:00 pm Willow Room	Sr. Cooking 5:30 pm Willow Room	Advanced Sewing* 5:30 pm Willow Room	

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.  
Senior Clubs are for Sixth Grade and Up.

\*Sewing clubs- MUST attend the September meeting in order to join  
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:



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 40506



Franklin County Cooperative Extension Office  
101 Lakeview Court, Frankfort, KY 40601  
502-695-9035      franklin.ext@uky.edu

## 4-H Save the Dates!

**CAMP APPLICATION RELEASE DATE-MARCH 3**  
**LOCAL DEMONSTRATION CONTEST-MARCH 17**  
**MIDDLE SCHOOL SUMMIT- MARCH 20-22**  
**AREA SPEECH CONTEST- APRIL 15**  
**AREA DEMONSTRATION CONTEST- APRIL 29**  
**TEEN CONFERENCE- JUNE 10-13**  
**SUMMER CAMP- JUNE 16-20**  
**STATE COMMUNICATIONS CONTEST - JULY 13**  
**CLOVERBUD CAMP- JULY 26-28**



# FRANKLIN COUNTY 4-H

# Demonstration Contest

March 17, 2025

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

Register Here!



<https://tinyurl.com/2y4vps5p>

Register by March 12

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



# Franklin County 4-H SUMMER CAMP

5 DAYS, 4 NIGHTS OF 4-H FUN!  
FOR AGES 9-14



**Dates:**  
Monday June 16-  
Friday June 20

Cost  
**\$250**

Camp Registration  
begins March 3!

Scholarships Available  
& Yes Card Eligible



Call Our Number  
502-695-9035



Visit Our Website  
<https://franklin.ca.uky.edu/4-h-camp-2025>



**When:** Tuesday June 16-20, 2025

**Where:** Feltner 4-H Camp, London, KY

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

**What:** Youth are able to spend 5 days, 4 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, and much more! They will build leadership skills and meet other youth from other parts of the state!

**Cost:** \$250—We accept the Yes card and we have scholarships available! Franklin County 4-H is a Yes Card vendor and families can utilize their youth's Yes Card for the deposit or entire camp payment, just checkout like you would using a debit card! Final payment is due May 15th.

**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 are four steps to the online camper registration process!

*Step 1.* -- Pay your camp pre-registration fee to reserve a spot! \$50/camper will hold a bed while you fill out the required paperwork for camp. This process will begin on March 3rd at 9:00 AM, payment will be accepted on our square site and in person at the extension office. We will immediately begin a waitlist once all spots have been filled. At checkout on the square site you will need to put your campers name, age, and an email address.

*Step 2.* -- Once the Franklin County Extension Office receives the deposit for your camper. You will receive an email with the link to the virtual camp application. Please note it could take up to 24 business hours to receive this email. Paper applications can also be picked up at the extension office. This application will need to be completed and submitted to the office before May 1st.

*Step 3.* -- NEW this year! Once the Franklin County Extension office receives your camper's application, we will send SECOND email with confirmation of your camper's application. This email will include a form to submit your youths camp class list rankings and cabin mate requests. It will also include information if your youth will need to take medication at camp. This information needs to be submitted before May 1st.

*Step 4.* -- The last step is to pay the final payment (\$250 total) before May 15th. Failure to pay the full amount by May 15th will result in your camper being moved to the back of the waiting list.

## Important Camp Dates to Remember

**Applications open-** March 3rd - 9am

**Scholarship application due** -TBD

**Applications due** - May 1st

**Final Payment** - May 15th

**MANDATORY Camp Orientation** - May 29 - 5:30-7:30 pm

**Camp** - Monday June 16- Friday June 20



Volunteers are needed, but spots are limited! For Franklin County to have a successful camp week for our youth, we depend on our volunteers! Volunteers ages 16 and up are needed to serve as camp counselors. Parents, grandparents, aunts or uncles, older brothers or sisters make great adult and teen counselors! Adults and teens who volunteer to attend camp will be able to attend for FREE. All volunteers must apply and pass a background check. Please contact the Franklin County Extension Office if interested in an application. Please note, if you submit a counselor application, this will not guarantee you will have space. You will be contacted by April 15th IF you are selected to attend.



KENTUCKY COOPERATIVE EXTENSION

# 4-H SUMMER CAMP

## ADULT VOLUNTEERS NEEDED

### JUNE 16-20 2025

## A Capitol Experience

Franklin County 4-H went to the Capitol on February 26th for a day of networking and learning. We toured the capitol, attended committee meetings, met with representatives and spent time with 4-Her's across the state. A special THANK YOU to Representatives Roarx, Bojanowski and Stalker for taking time out of their day to meet with us.





As we approach the March 2025 Ag Tag renewals, we invite you to consider a voluntary \$10 donation when renewing your farm license plate. The \$10 donation is evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud, allowing these organizations to continue their valuable work. Commissioner of Agriculture Jonathan Shell fully supports the Ag TagDonation program. Half of the funds donated to Kentucky 4-H will stay right here in Franklin County. This portion directly supports local 4-H programs and activities that help our youth learn about leadership, citizenship, science and technology, communications, public speaking, agriculture, and more. Franklin County 4-H thanks you for your donation!

# 2025 Ag Tag Campaign



## The Franklin County Extension Office is hiring an extension assistant to 4-H Youth Development!

As an Extension Assistant for 4-H Youth Development, you will be responsible for providing administrative support to the 4-H Youth Development program area and the 4-H Youth Development County Agent(s). You will report to an Extension Agent and there will be a high level of interaction with the general public. The Extension Assistant will be expected to be knowledgeable of the philosophy, goals and objectives, policies and procedures of the Cooperative Extension Service. General duties include program support, teaching, recruitment & marketing, and record keeping while conducting yourself in a professional manner. Under the supervision of the 4-H Youth Development Extension Agent(s), the Extension Assistant will assist in: Quickbooks; maintaining budget files; promoting and organizing new 4-H clubs; recruiting members and volunteer leaders; providing support and guidance to existing 4-H clubs; recruiting and working with volunteers in conducting events and activities such as group projects, 4-H achievement events, and public presentation programs; serving all clientele, ensuring that all youth and adults have an equal opportunity to participate in extension programs.



To learn more and apply visit:

<https://ukjobs.uky.edu/postings/573474dy>

# VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

Franklin County 4-H is looking for volunteers for 4-H Shooting Sports!



In order to have a successful Shooting Sports program here in Franklin County we need 3 volunteers to become certified Shooting Sports Coaches and one shooting sports coordinator.

Contact us by **MARCH 10th** to learn more about this exciting volunteer opportunity.

**3 DAY- 2 NIGHT TRAINING  
MARCH 28-30, 2025 REQUIRED.**

Don't forget to use your yes card before funds expire at the end of July! And YES you can use your card for 4-H Summer camp!

## What can I use my Yes Card for?

- The **Yes Card** is to pay for registration fees related to an **out-of-school activity**. For example: *monthly dance memberships, pottery class, school sport fee, canoe rental, instrument rentals, instrument lessons, art workshops.*
- CAN be used for **club fees** and the associated trip. For example: *Beta convention, band field trip.*
- CAN be used for uniforms or equipment IF it is included in the registration fee.



**KENTUCKY COOPERATIVE EXTENSION**  
An Equal Opportunity/Affirmative Action Employer

# Farm City Field Day

# 07.10.25

5 pm - 8 pm

## SAVE THE DATE & TIME

Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

For more details visit our website <https://franklin.ca.uky.edu/field-day>

**4-H** Cooperative Extension Service

## Host International Students with Kentucky 4-H!

For over 20 years, Kentucky 4-H has hosted youth from around the world through the States' 4-H International Exchange Program. This summer, they are looking for 40 families to welcome students from Japan, Taiwan, and Korea.

### Benefits for Host Families

- ✓ Learn about diverse cultures
- ✓ Build international friendships
- ✓ Represent the US to visiting youth
- ✓ Contribute to positive youth development

### Apply Today!

Applications are accepted year-round. If you want to learn more about the program, contact your local county extension office.

Source: Chuck Stamper, 4-H Specialist  
An Equal Opportunity Organization.



# Natural Resources Academy

**What is NRESci?** The NRESci Academy is a three-year program designed to teach youth about their natural environment through hands-on investigations of Kentucky's water, forest, entomology, and wildlife resources.

**When does the Academy meet?** The Academy is a three-year commitment, meeting quarterly each year. Delegates attend a two-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer. Locations vary across the state, including places like Salato Wildlife Education Center, Pine Mountain Settlement School, Robinson Forest, Lost River Cave, and UK Campus. Note that substantial travel is required for families, as 1-day events take place across the state.

One-day events are generally held on weekdays in October/November, February/March, and May. Dates for 2025-2026 are listed on the application.

**Transportation:** Families are responsible for providing transportation to and from events. Some county Extension staff may provide transportation, while others rely on families. Carpooling is often arranged. Please note that this program does require significant travel as we meet at various locations throughout the state.

**Who can apply?** Applicants must be in the 5th grade at the time of application (upcoming 6th graders in Fall). If selected, youth and families must commit to the three-year program. Only 25 youth will be selected statewide. Applications will be reviewed in May, and notifications will be sent in June.

**Cost:** The program costs \$175/year, covering lodging and meals for the Fall Retreat and programming costs for the 1-day events. Partial and full scholarships may be available, with applications provided by June.

**What do youth do in the Academy?** Each year, delegates focus on a different core area (water, entomology, forestry, wildlife) at the retreat and interact with experts. Activities include stream sampling, forest measurement, wildlife observation, insect collection, and more. Youth visit various natural areas throughout Kentucky, such as Lost River Cave, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, and the University of Kentucky's campus.



On February 27th, Nolan Jones and Ayden Moore visited Carter Cave State Park. They participated in classes on Kentucky Fossils, X- Cave Tour, & Corrugated Cave.

Franklin County 5th Grader's who are interested in this program can apply here:

[https://franklin.ca.uky.edu/sites/franklin.ca.uky.edu/files/NR\\_NRESci\\_Academy\\_Application\\_PY26.pdf](https://franklin.ca.uky.edu/sites/franklin.ca.uky.edu/files/NR_NRESci_Academy_Application_PY26.pdf)

Application is due April 15th to the Franklin County Extension Office.



Capital Area Extension  
Master Gardeners'

Saturday, April 26th

9am - 1pm

Lakeview Park

(Farm Bureau  
Pavilion)

118 Park Avenue  
Frankfort, KY

# Plant Market

Tomatoes, peppers,  
herbs, perennials  
and MORE!

SAVE THE  
DATE!!!

Come see our  
Franklin County  
4-H Garden Club!  
They will have a  
booth set up!



**SATURDAY, APRIL 12 | 9 AM - 1 PM**  
**RIVERVIEW PARK**  
**404 WILKINSON BLVD**

Join us for tree planting, free food & music,  
urban forestry and eco art along the banks of  
our Kentucky River!



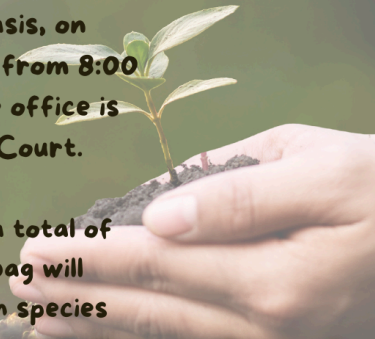
## FREE TREE SEEDLINGS

**One Day Only - March 19, 2025**

Tree Seedlings will be given away at the  
Franklin County Conservation District  
office, on a first come basis, on  
Wednesday, March 19, 2025, from 8:00  
am until supply is gone. The office is  
located at 103 Lakeview Court.

Individuals will be limited to a total of  
ten tree bags only - each bag will  
consist of two trees of each species

Chinese Chestnut, Chinkapin Oak, Flowering Dogwood,  
Pawpaw, Pecan, Persimmon, Pin Oak, Red Shumard Oak,  
White Oak and White Pine



## 10 FREE SOIL SAMPLES

Sponsored By:  
Franklin County Conservation District



**January 1- April 30, 2025**

For Franklin County or Frankfort Residents  
or Farms located in Franklin County.



# THE ORGANWISE GUYS®

For kids in grades 1-3

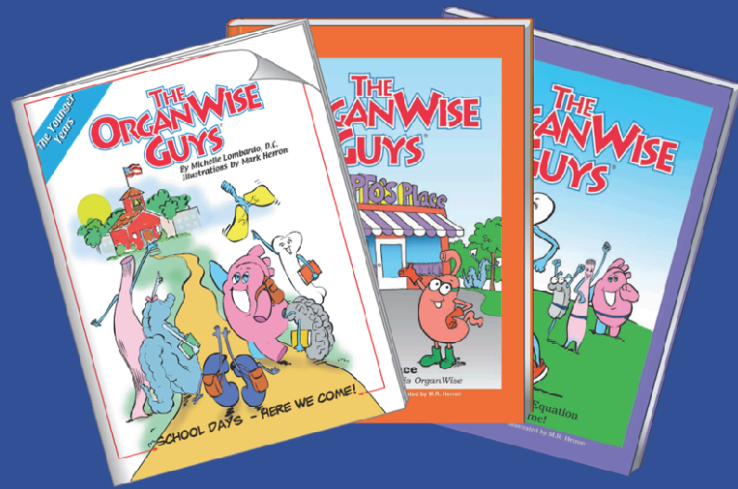
April 7, 8 & 10, 2025  
(Monday, Tuesday & Thursday)  
10am-12pm each day

Join Pamela Holbrook, Franklin County Extension Nutrition Education Program Assistant, for **a fun few days of learning how nutrition affects our bodies – and try some fun snacks too!**

Register by scanning the QR code or contacting Pamela Holbrook at [pamela.holbrook@uky.edu](mailto:pamela.holbrook@uky.edu) or 502-695-9035



SCAN HERE



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



UK Cooperative Extension Service



USDA Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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Disabilities accommodated with prior notification.



# TEEN CUISINE



For teens in grades 6-12

March 31, April 1 & April 3, 2025

1:30pm-3:30pm each day

Join Pamela Holbrook, Franklin County Extension Nutrition Education Program Assistant, for a fun few days of trying new recipes, learning nutrition and new cooking skills!

Register by scanning the QR code or contacting Pamela Holbrook at [pamela.holbrook@uky.edu](mailto:pamela.holbrook@uky.edu) or 502-695-9035



SCAN HERE



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Lexington, KY 40506



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**Martin-Gatton**  
College of Agriculture,  
Food and Environment



**HIKE! EXPLORE! LEARN!**

# **OUTDOOR ADVENTURE CAMP**



**Get together with friends and  
learn outdoor survival skills!**

**Scan below for the  
application!**



**MAY 2-3, 2025  
STARTS AT 1 PM  
\$100 PER PERSON  
REGISTER WITH YOUR  
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP  
17500 KY-196  
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.  
THE TEAM OF SKILLED PROFESSIONALS ENSURE  
ALL KIDS ARE SAFE 24/7.**

# YOUTH

# HEALTH BULLETIN



**MARCH 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>

Franklin County Extension Office  
101 lakeview Ct.  
Frankfort, KY 40601  
502-695-9035

## THIS MONTH'S TOPIC

# USE GOOD WORDS FOR FOOD



**T**he way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy.

The words we use when we talk about food can change how we feel about eating. If we

**Continued on the next page** ➔



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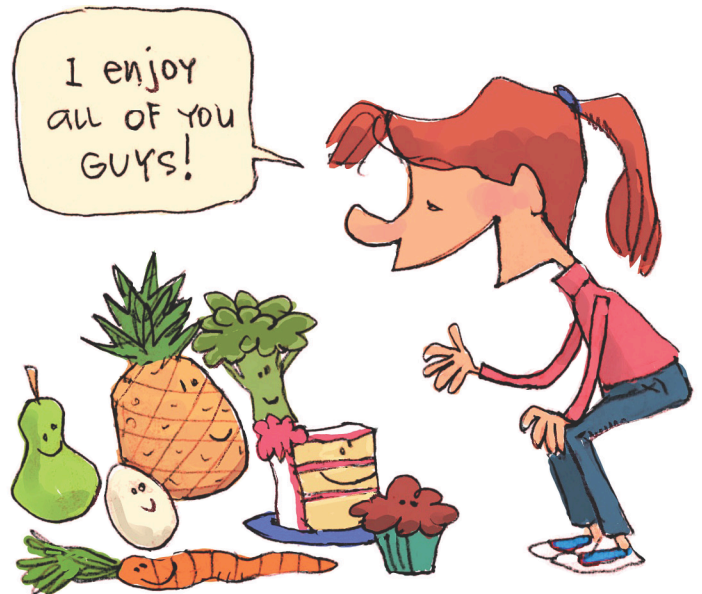
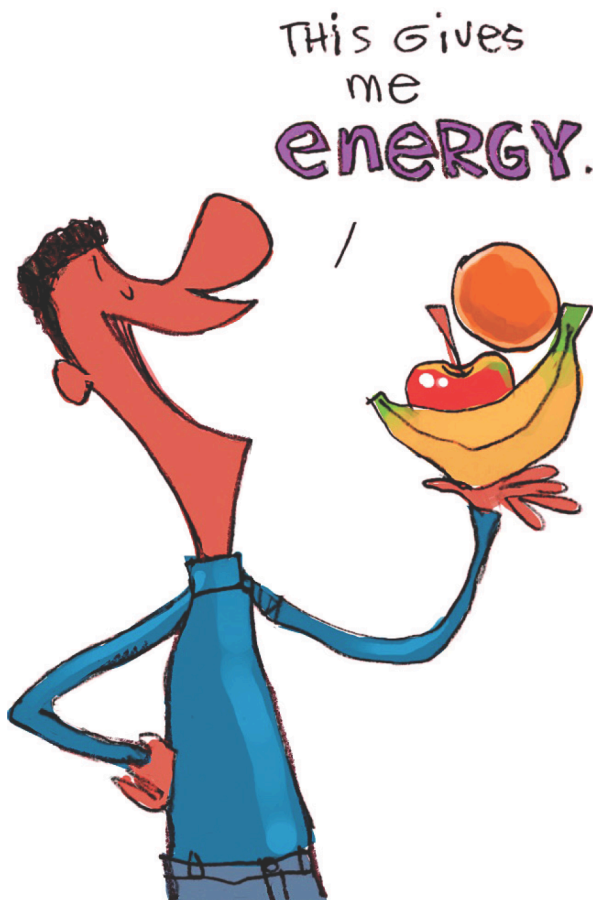
# By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

## → Continued from the previous page

say things like, “that food is unhealthy,” or “you shouldn’t eat that,” it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, “this food gives me energy,” or “this helps my body stay strong,” we start to see food as something that helps us feel good.

It is important to remember that no food is really “bad.” It’s all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won’t be as healthy. It’s about having all types of food in different amounts.

When we say foods are “good” or “bad,” it can make us feel like we’re doing something wrong



when we eat the “bad” food. Instead of using these words, we can talk about food in a more helpful way.

It’s also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it’s a treat or a healthy meal, food is something to enjoy.

### REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

## YOUTH HEALTH BULLETIN

### Written by:

Anna Cason, RDN

**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.

**MONTHLY RECIPE**



**Dijon Chicken Asparagus Roll Ups**

- |  |   |   |
|--|---|---|
| <b>3 tablespoons</b> Dijon mustard                   | <b>2 teaspoons</b> dried thyme            | <b>4</b> skinless, boneless chicken breast halves (about 5 ounces each) |
| <b>½ cup</b> low fat mayonnaise                      | <b>2 teaspoons</b> black pepper           | <b>4</b> slices skimmed mozzarella cheese                               |
| <b>1</b> lemon, juiced (approximately 3 tablespoons) | <b>½ teaspoon</b> salt                    | <b>1 cup</b> panko bread crumbs   |
|  | <b>16</b> spears fresh asparagus, trimmed |   |

**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings  
**Nutritional Analysis:**  
 370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

*MacKenzie Preece*

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

*Samantha Moore*

Samantha Moore  
 Program Assistant for 4-H  
 Youth Development Education

Franklin County 4-H follows the same closing schedule as Franklin County Public Schools for inclement weather.

If schools are closed, all evening clubs and events are cancelled.



Please check our Facebook page for closing information  
<https://www.facebook.com/FranklinCo4H>  
 or our website <https://franklin.ca.uky.edu/>

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