

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

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University of Kentucky.

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## Spring with Franklin County 4-H

Franklin County 4-H has been busy this spring with hatching chicks, outdoor adventure camp, Ag Days, school lessons and getting ready for camp. We hope everyone has a great last few days of school and an even better summer! See you at 4-H Camp soon!



# 2025 May

| Monday | Tuesday                                     | Wednesday                                   | Thursday  | Friday |
|--------|---|---|---|--------|
|        |   |   | 1   | 2      |
| 5      | 6<br>Dog<br>5:00 pm<br>Willow Room          | 7   | 8<br>Baking<br>5:30 pm<br>Willow Room                     | 9      |
| 12     | 13<br>Beginner<br>Sewing*<br>5:30 pm Room G | 14<br>Jr. Cooking<br>5:30 pm<br>Willow Room | 15<br>Advanced<br>Sewing*<br>Garden<br>5:00 pm Big Garage | 16     |
| 19     | 20  | 21<br>Last Day FCS                          | 22<br>Advanced<br>Sewing*<br>5:30 pm Willow Room          | 23     |
| 26     | 27<br>Jr. Bee<br>5:00 pm<br>Willow Room     | 28  | 29<br>Summer Camp<br>Orientation                          | 30     |

## 4-H Save the Dates!

**CAMP ORIENTATION- MAY 29**

**TEEN CONFERENCE- JUNE 10-13**

**SUMMER CAMP- JUNE 16-20**

**MINI CAMP- JUNE 27-29**

**STATE COMMUNICATIONS CONTEST - JULY 12**

**FRANKLIN COUNTY FAIR- JULY 25-19**

**CLOVERBUD CAMP- JULY 26-28**

**STATE FAIR- AUGUST 14-24**



## CloverBud Camp

Camp Dates: July 26-28

Camp Location: J.M. Feltner 4-H Camp

Who: Youth age 5-8

Camp Price: \$175

### How to register:

Starting April 1st, you will be able to place a \$50 deposit to hold your camper's spot through our square site or in person at the Franklin County Extension Office. Once we receive payment we will email you a camper application to be submitted by July 1st. Final payment must be made by July 15th.

### Important Summer & Mini Camp Dates to Remember

Applications due - May 1st

Final Payment - May 15th

#### MANDATORY Summer Camp

Orientation - May 29 - 5:30-7:30 pm

Summer Camp - June 16- June 20

Mini Camp - June 27-29

### 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.



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 & Mini camp!



# FRANKLIN CO. 4-H WEEKEND MINI CAMP

 Cooperative  
Extension Service

## June 27-29, 2025

**We still have  
space  
available!**

**Registration Open!**

**One campfire wasn't enough for  
Summer 2025!**

**Cost: \$175 Ages 9 +**



**J.M. Feltner 4-H Camp  
London, KY**

**4-H Summer Camp fun packed into ONE weekend!**

**Questions?  
502-695-9035**



Yes Card Accepted!

**Registration Link:**  
<https://franklin.ca.uky.edu/4-h-mini-camp-weekend-2025>



## 4-H Mini Camp

Youth are able to spend 3 days, 2 nights at camp exploring new opportunities, participate in classes, such as swim, archery, canoeing, and much more!

Camp Dates: June 27-29, 2025

Camp Location: J.M. Feltner 4-H Camp

Who: Youth age 9-15 or Junior Counselors 16-17 years old & Adult Volunteers.

Camp Price: \$175

**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. Payment will be accepted on our square site and in person at the extension office.

**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 (\$175 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.



# Franklin County Fair

July 15-19, 2025

**Tractor & Lawn  
mower driving  
contest July 19th**

**4-H Exhibit hall-  
Visit**

**[https://franklin.ca.uky.edu  
/franklin-county-fair](https://franklin.ca.uky.edu/franklin-county-fair)  
to view the 4-H State fair catalog.**

KENTUCKY COOPERATIVE EXTENSION  
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOREST AND ENVIRONMENTAL SCIENCES  
KIN COLLEGE OF AGRICULTURE, FOREST AND NATURAL RESOURCES

## Farm City Field Day

**07.10.25**

**KSU Harold R. Benson  
Research Farm**

**5 PM- FREE MEAL  
6-8 PM FARM TOURS**

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



**Congratulations to the  
4-H area Demonstration  
contestants!**

**Renne Hackett -  
Jr. Performing Arts  
Blue Ribbon & Class  
Champion**

**Molly Mangan -  
Jr. Natural Resources -  
Blue Ribbon**

**Lincoln Driskel -  
Jr. Agriculture Science -  
Red Ribbon**

# YOUTH

# HEALTH BULLETIN



**MAY 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 CATCH SOME Z'S



**S**leep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

### How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

**Continued on the next page** ➔

## 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



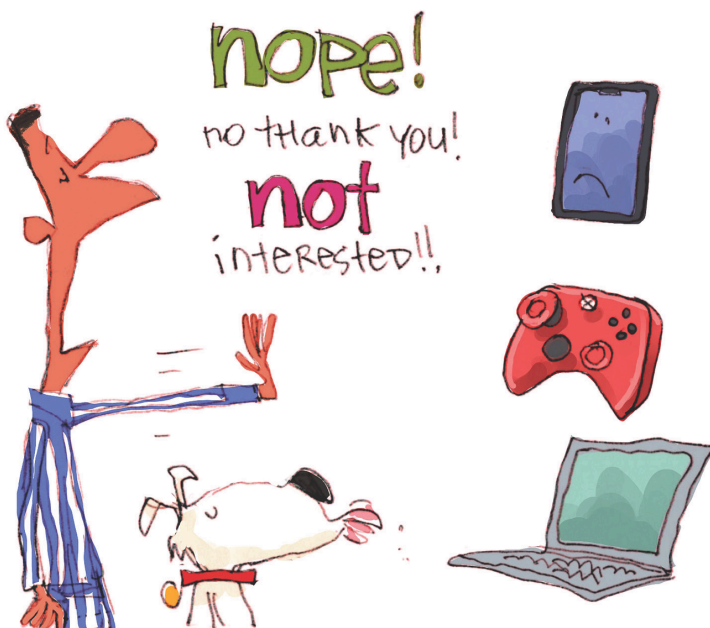
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body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
  - Keep your room cool (around 60 to 67 degrees F).



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinnertime you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

**REFERENCE:**

[https://archive.cdc.gov/www\\_cdc\\_gov/healthyschools/features/students-sleep.htm](https://archive.cdc.gov/www_cdc_gov/healthyschools/features/students-sleep.htm)

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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



## 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

FIRST BAPTIST CHURCH

SATURDAY  
**JUNE 21**  
10a-4p

Dr. Rosby L. Glover  
**UNITY** in the  
**COMMUNITY**



UK Health Fair, Food, Contests, Entertainment, Kids Activities & Community Partners

100 CLINTON STREET FRANKFORT, KY 40601 | BISHOP TIANGELLO HILL | SENIOR PASTOR

*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

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Disabilities  
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with prior notification.