

# 4-H Youth Development

## FRANKLIN COUNTY COOPERATIVE EXTENSION AUGUST 2023 NEWSLETTER

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### UPCOMING PROGRAM EVENTS

COUNTRY HAM CLEANING..... 8/7-8/8  
STATE FAIR ..... 8/17-8/27/23  
CLUB FAIR .....8/28

### WHAT'S INSIDE?

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### 4-H ENROLLMENT STARTS SEPTEMBER 1st!

Beginning on September 1, 2023, our new 4-H Program year will begin. Enrollment forms will be available at the Extension Office and online at <http://franklin.ca.uky.edu/>.

**Please note that all pages of the form must be completed and each child must have their own individual enrollment form.**

To continue being an active 4-H member, receive monthly newsletters and participate in 4-H events, summer projects, and the Franklin County Fair as a 4-H member, you **MUST** enroll by completing the 2023 enrollment form.

New this year! We will have a digital version of the enrollment form. It will be shared on our website, Facebook and a QR code in the newsletter!

**Note: If you DO NOT complete an enrollment form, you will be removed from our mailing and membership lists as a 4-H member.**



## Country Hams!

The next ham cleaning date will be August 7th and 8th. 4-H'ers will be preparing their country hams to take them to the state fair!

August 17th is the Country Ham Contest at the State Fair. Speech registration is at 8:30 am for Franklin County. You will go to the second floor of the south wing of the state fair grounds to register.

Remember, you must compete at the state fair in the speech contest to take your country hams home! Contact Austin if you have any questions.

Students are invited to Kentucky's largest classroom, the Kentucky State Fair, to learn about everything from agriculture to history at the annual summertime celebration. Running Aug. 17-27, fairgoers can explore acres of exhibits highlighting farming, agribusiness, history, arts and more at this year's Kentucky State Fair.

### Excused Absence —>

Take a day off from school and come to the Kentucky State Fair. Going to the Fair is a state-wide excused absence for Kentucky students. Students can request an excused absence form online at <https://kystatefair.org/excused-absence>.

**4-H & FFA  
SAVE \$7  
PER ALL-DAY RIDE  
WRISTBAND**

Thrill Ville wristbands will be discounted 20% (\$28 with discount) August 21-24 **ONLY** with this voucher.

Available on-site only at the Kissel Welcome Center. Good for 4-H & FFA Fair participants, family and friends. Limit 4 wristbands per voucher. No other discounts apply. All riders must be present at time of purchase to receive discount and wristbands.

SATURDAYS, 8:30-NOON

# 2023 KIDS DAYS

Thanks to all our sponsors!

APRIL 22 SOLARIZE FRANKFORT	MAY 13 BLUEGRASS REALTY & INVESTMENTS	JUNE 10 FRANKLIN CO. FARM BUREAU
JULY 8 INDEPENDENCE BANK	AUG. 12 TRADITIONAL BANK	SEPT. 9 EXPREE CREDIT UNION
OCT. 14 FRANKLIN CO. EXTENSION & HAPPY JACK'S FARM	NOV. 11 COMMONWEALTH CREDIT UNION	DEC. 9 (10 AM - 1 PM) KY DANCE ACADEMY

**FUN & KIDS GET \$2 TO SHOP!**  
FCMARKET.ORG

Franklin County  
Cooperative Extension

\* Have a  
great school  
year! \*

**JUST SAY Yes**

**Public Health**  
Present. Promote. Protect.  
Franklin County Health Department

Franklin County 4-H accepts the Yes Card!

# Franklin County Fair

Thank you to all our exhibit hall participates!



**Congratulations to the exhibit hall winners who's projects will be moving onto the state fair!**

**Sofia Linwick, Bethany Linwick, Kaydence Ware, Brayden Roberts, Jude Quarles, Noah Miller, Ansley Roberts, Christian Roberts, Tyson Miller, Cristina Petrey, Esmeralda Lopez, Katrina Petrey, Soledad Lopez, Valentin Lopez, Hope Maglinger, Lynlee Quarles, Molly Mangan, Will Maglinger, Elli Mangan, Levi Quarles, Bailey Quarles, Harper Shields**

## Tractor and Lawn Mower Driving Contest!



**Congratulations to Lynlee Quarles (Jr. Lawn Mower), Christian Roberts (Sr. Lawn Mower) & Brayden Roberts( Jr. Tractor)!**



**UK** Cooperative  
Extension Service

# FRANKLIN COUNTY 4-H CLUB FAIR

## August 28, 2023

## 5:30 PM-7:30 PM

Located at the Franklin  
County Extension Office

Come join us and see what 4-H will  
have to offer this school year!

Questions?

Contact the Extension office at 502-695-9035 or

by email at [abrewer8@uky.edu](mailto:abrewer8@uky.edu) or [mackenzie.preece@uky.edu](mailto:mackenzie.preece@uky.edu)

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Agriculture and Natural Resources  
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Disabilities  
accommodated  
with prior notification.

## August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Area Tractor/ Lawn Mower Driving Contest
6	7 Country Ham Cleaning	8 Country Ham Cleaning	9 First Day for Franklin Co. Schools!	10	11	12
13	14	15	16 Good Shepherd First day of School!	17 Country Ham Contest @ State Fair First Day of State Fair	18	19
20	21	22	23	24	25	26 WJRF High School Leadership Seminar
27 Last Day of State Fair	28 <b>CLUB FAIR</b> Meeting room G 5:30-7:30pm	29	30	31		

## 4-H Clubs will start back in September!

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!**

### Shooting Sports Needs leaders!

Interested in Volunteering with Franklin County 4-H?

We need 3 Shooting Sports leaders in order to have a club meeting! Certification is required but will be reimbursed!

Interested? Email Austin at [Abrewer8@uky.edu](mailto:Abrewer8@uky.edu) or call the office!



Interested in receiving the 4-H newsletter? Sign up today!

Scan the QR code above.

# YOUTH HEALTH BULLETIN



**AUGUST 2023**

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:

# TAKE THE FRUIT AND VEGGIE A DAY CHALLENGE



**Y**our body needs a lot of different kinds of foods to grow! Two kinds of food that your body needs are fruits and vegetables. Fruits and vegetables have important nutrients. Nutrients are building blocks that your body needs for your brain, eyes, ears, bones, muscles, and stomach. They help you get bigger, stronger, and feel good.

We want to make sure that kids are eating a variety of fruits and vegetables. So, we are challenging YOU to eat at least one fruit and one vegetable each day, all month long! Ideally, your body needs about half of all the food you eat to be fruits and vegetables. So the more, the better! A great way to think about eating a lot of different kinds of fruits and vegetables is to try to eat fruits and veggies that are the different colors of the rainbow.

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Can you think of fruits and vegetables that are each color? Here are a few. Try to think of some more! Fill in the blanks below with more fruits and vegetables of each color:

• **Red:** apples, beets...

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• **Orange:** carrots, cantaloupe...

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• **Yellow:** bananas, summer squash...

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• **Green:** cucumbers, kiwi...

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• **Blue:** blueberries, blue cabbage...

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• **Violet:** eggplant, grapes...

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Try to choose different fruits and vegetables to eat each day. Here is a list of ways to include fruits and vegetables into your meals and snacks:

- Include chopped up fruit to breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Make a smoothie with cold or frozen fruit, milk, and a splash of juice
- Put leafy greens or thin sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

For more ideas of how to include at least one fruit and vegetable in your diet each day, ask your parent for help and visit [planeatmove.com](http://planeatmove.com).

**REFERENCE:**  
<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

**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.



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

[facebook.com/FranklinKY4H/](https://facebook.com/FranklinKY4H/)



## Mozzarella Basil Chicken with Roasted Grape Tomatoes

- |  |   |  |
|--|---|--|
| 4 (4 ounce) boneless chicken breast halves | 12 large fresh basil leaves                                   | 2 ½ cups grape tomatoes, halved        |
| ½ cup lite balsamic vinaigrette dressing   | 2 ounces low-fat skim mozzarella cheese, cut into four slices | 4 tablespoons shredded Parmesan cheese |

**Place** chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture.

**Yield:** 4 servings  
**Nutritional Analysis:** 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

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

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

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