

4-H Youth Development

FRANKLIN COUNTY COOPERATIVE EXTENSION NOVEMBER 2023 NEWSLETTER

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
Fax: (502) 695-9309



WHAT'S INSIDE?

CLUBS	PG. 2-3
WELCOME	PG. 4
CHILDREN'S HOLIDAY STORE...PG. 5	
PIGGY BANK DESIGN CONTESTPG. 6-7	
COUNTRY HAM PROJECT	PG. 8-9
CAMP DATES	PG. 10-11
SURVEY	PG. 12
KY VOLUNTEER FORUM	PG. 13
STEAM CLUB	PG. 14
CAREER EXPLORATION	PG. 15
KEEPING IT WILD	PG. 16-17
HEALTH BULLETIN	PG. 18-19
RECIPE	PG. 20

Hey November Peeps!

Can you believe it? November's already here and it seems like this year is flying by! Big shout-out to our rockstar volunteers, leaders, and the awesome Extension staff. You make the magic happen, and we're seriously thankful.

Thanksgiving's around the corner, so here's wishing you a chill and safe one. Pile on the grub and soak in the good family times!

Our clubs are starting the year off strong, if you are interested in joining one feel free!


Stay tuned for more information on 4-H camp! We are gathering our gear to make it a fantastic camp week!!

And it's not just the youth having all the fun. Grown-ups, we got you covered too. Visit our website see what's cooking for the whole family. <https://franklin.ca.uky.edu/> Spoiler alert: there are some awesome events coming up!

Here's to a November filled with thanks, fun, and some 4-H goodness. Catch you later.

- Austin Brewer



	<h1>Franklin County 4-H 2023-2024 Clubs</h1>				
	Monday	Tuesday	Wednesday	Thursday	Friday
1st Week of the Month Dog Club 5:00- 6:00 Room G	Advanced Sewing 11:00-1:00 Room G Beginner Sewing 5:30-7:00 Room G				
2nd Week of the Month	JR Cooking 5:30-7:00 Room G SR Bee Club 5:00-6:30 Room E/F	<p style="text-align: center;"><u>Holiday Club Dates:</u></p> <ul style="list-style-type: none"> • Dog club is cancelled November 20th • No Clubs the week of Christmas– Extension office closed. 			
3rd Week of the Month Dog Club 5:00-6:00 Room G	Livestock Club 5:30-6:30 Room G Communications 5:30- 6:30 Room A/B				
4th Week of the Month Cloverbuds 5:30-6:30 Room G	SR Cooking 5:30-7:00 Room G 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. 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.		Franklin County Cooperative Extension Office 101 Lakeview Court, Frankfort, KY 40601 502-695-9035 franklin.ext@uky.edu 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, abrewer8@uky.edu or MacKenzie Preece, MacKenzie.Preece@uky.edu or call 502-695-9035.

Joining a club/project opens the door to a world of 4-H opportunities!

We are always looking for volunteers to help with various projects and events. If you are interested in helping, please contact our agents, Austin Brewer, abrewer8@uky.edu or MacKenzie Preece at mackenzie.preece@uky.edu
Thank you so much for supporting Franklin County 4-H.



In order to participate in 4-H activities, clubs and/or camps, Franklin County 4-H will need a Participate Information Enrollment Form. Scan this QR code to fill this form out!

Club Spotlight

Livestock Club: Last month livestock club visited Happy Jacks Pumpkin Farm!



Contact Ryan & Haelie Shouse at haelie1988@yahoo.com for more info!

Bee Club: This club will teach youth about beekeeping, bee boxes, pollinator gardens, honey tasting and much more! For more info, contact 4-H Agent MacKenzie Preece at mackenzie.preece@uky.edu.

Junior & Senior Cooking Club (s):

The 4-H Cooking Group is open to youth in 4th to 12th grade. If you want to learn to cook and try new recipes, the Cooking Club is the group for you! Contact Austin Brewer at abrewer8@uky.edu for more info.

4-H Communications Club:

Ready to overcome your fear of public speaking, engage your audience, and become confident in many forms of communication? Contact Club Leader Denise Boebinger for more information on the club! Email: dboebinger@me.com

4-H Sewing Club: Advanced and Beginner sewing clubs! If you are just starting out please join Debi at the beginner sewing club to learn all the basics of sewing! This club is for youth ages 9-18.

Contact Debi Newman at lebident@gmail.com for more info.



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. For more info, contact 4-H Agent MacKenzie Preece at mackenzie.preece@uky.edu.



Beginner bee club made comb shaped cookies this past month! They then participated in the Central Kentucky Bee Keeper meeting!

Cloverbuds Club: Cloverbuds is open to youth ages 5-8 years old. Cloverbuds explores all areas of 4-H throughout the year. Creating crafts and doing different educational activities together at the extension office. Contact Austin Brewer at abrewer8@uky.edu for more information.

Adventure Club: November 8th— Come explore downtown Frankfort with a scavenger hunt! Contact Austin Brewer at abrewer8@uky.edu for more information.

Welcome

Nutrition Education
Program Assistant -

Pamela Holbrook



Pam has joined us as the Nutrition Education Program Assistant. She earned a B.A. in English and has nearly completed a B.S. in Sustainable Agriculture, both at the University of Kentucky. She is married to a computer guy and the mother of four grown children and three dogs. She is also incredibly excited to be a part of the Franklin County community!

4-H Program Assistant

Sam Moore



Sam is very excited to be joining our team as our new 4-H program assistant. She is currently the Franklin County 4-H Dog Club Leader and an avid dog lover. She is married and has 3 children who attend Collins Lane Elementary. She is excited to get to know our county's community.

ADVENTURE CLUB

DOWNTOWN SCAVENGER HUNT

NOVEMBER 8TH @ 5 P.M.



**KENTUCKY HISTORICAL SOCIETY
PARKING LOT**



FRANKLIN COUNTY HOMEMAKERS CHILDREN'S HOLIDAY STORE

SATURDAY, NOVEMBER 18, 2023

9:00 A.M. - 12:00 P.M.

FRANKLIN CO. COOPERATIVE EXTENSION

101 LAKEVIEW COURT

FRANKFORT, KY 40601

502-695-9035

CHILDREN AGES 4-12 SHOULD BRING A GIFT LIST OF THEIR FRIENDS, TEACHERS, AND FAMILY MEMBERS. THEY WILL SHOP PRIVATELY WITH AN ELF TO PURCHASE HANDCRAFTED ITEMS WITHIN THEIR BUDGET.

GIFTS COST BETWEEN 25 CENTS AND \$5.00.

PLEASE BRING CASH ONLY, AND SMALL BILLS (\$1, \$5, \$10).

CREATE THE JOY OF GIVING TO OTHERS
THIS HOLIDAY SEASON!



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 without discrimination 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 Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification

KENTUCKY SAVES

2024

PIGGY BANK

DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK Cooperative
Extension Service

KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **September 1, 2023**
and ends on: **January 5th, 2024**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

Kentucky Saves Week:

April 8-12, 2024

Kentucky Saves:

www.kentuckysaves.org

MoneyWi\$e:

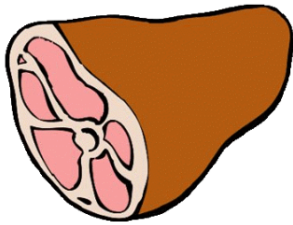
fcs-hes.ca.uky.edu/moneywise

Franklin County
Cooperative Extension Office
101 Lakeview Ct.
Frankfort, KY
40601
(502)695-9035



4-H Country Ham Project

Ages 9-18 are eligible!



4-H members will receive 2 hams to cure, learn how to cure ham, hang their hams for 8 months & present a speech at the state fair!

Contract Due: December 13th to the Extension Office

Country Ham Project—Save the Dates:

December 13th—Country Ham contract due to the Extension Office

January 15th—Country Ham Curing Day

May 20th— Country Ham Cleaning

August 8th— Prepare Country Hams for the Kentucky State Fair

August 15th—Country Ham Competition at the Kentucky State Fair

Speech Topics:

Junior (born 2014-2010) - How to cook and store a country ham.

Senior (born 2005-2009) - How to market and sell country hams.



2024 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <u>Junior (Born 2014-2010)</u> How to cook and store a country ham - Discuss the best ways to store your country ham after the fair and the various ways to cook a country ham. <u>Senior (Born 2005-2009)</u> How to market and sell Country Hams. (visual aids are optional, no digital/electronic devices) Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2024.

4-H'er Signature Date

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2025.

Agent Signature Date

Agents please scan this document into 4-H Online when you sign up youth.

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, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Thank you Fall Environmental Camps!!

Let's raise a toast to the triumph of Franklin County 4-H Fall Environmental Camps! During the fall season six schools, 376 students, and 130 volunteers came together for an immersive experience that left a lasting imprint.

While the camps may be in the rearview, the echoes of canoeing adventures, rocket launches, and owl-filled night hikes continue to resonate. It's a testament to the power of community and environmental education, where every student and each dedicated volunteer played a vital role in crafting this success story.

Beyond the numbers, this narrative speaks to a shared journey of curiosity and stewardship. The memories forged during the camp are not just souvenirs; they are seeds planted for a greener and more connected future. Let's keep the spirit of Franklin County 4-H Fall Environmental Camps alive and thriving!

If you enjoyed environmental camp, consider joining us for 4-H camp July 2-5th. More information to come!

SUMMER
CAMP

SAVE THE DATE

4-H CLOVERBUDS
CAMP

JUNE 1-3 2024

Cloverbud Camp is for youth ages 5-8 years old!

The graphic features a light green background. At the top left, two wooden signs are stacked vertically, reading 'SUMMER' and 'CAMP' in yellow text. A red banner with white text 'SAVE THE DATE' curves across the middle. Below the banner, the word 'CLOVERBUDS' is written in large, light green, bubbly letters, with a green four-leaf clover containing the letters 'H' on each leaf positioned over the 'O'. Below 'CLOVERBUDS', the word 'CAMP' is written in large, colorful letters: 'C' is red, 'A' is blue, 'M' is green, and 'P' is yellow. At the bottom, the dates 'JUNE 1-3 2024' are written in large, bold, green letters. A black text box at the very bottom states 'Cloverbud Camp is for youth ages 5-8 years old!'.



Cooperative Extension Service

PRESENTS

4-H CAMP

“UNDER THE BIG TOP”



FRANKLIN - LAUREL - ESTILL

JULY 2- 5, 2024

Save the date!

4-H camp is for ages 9-15 years old!

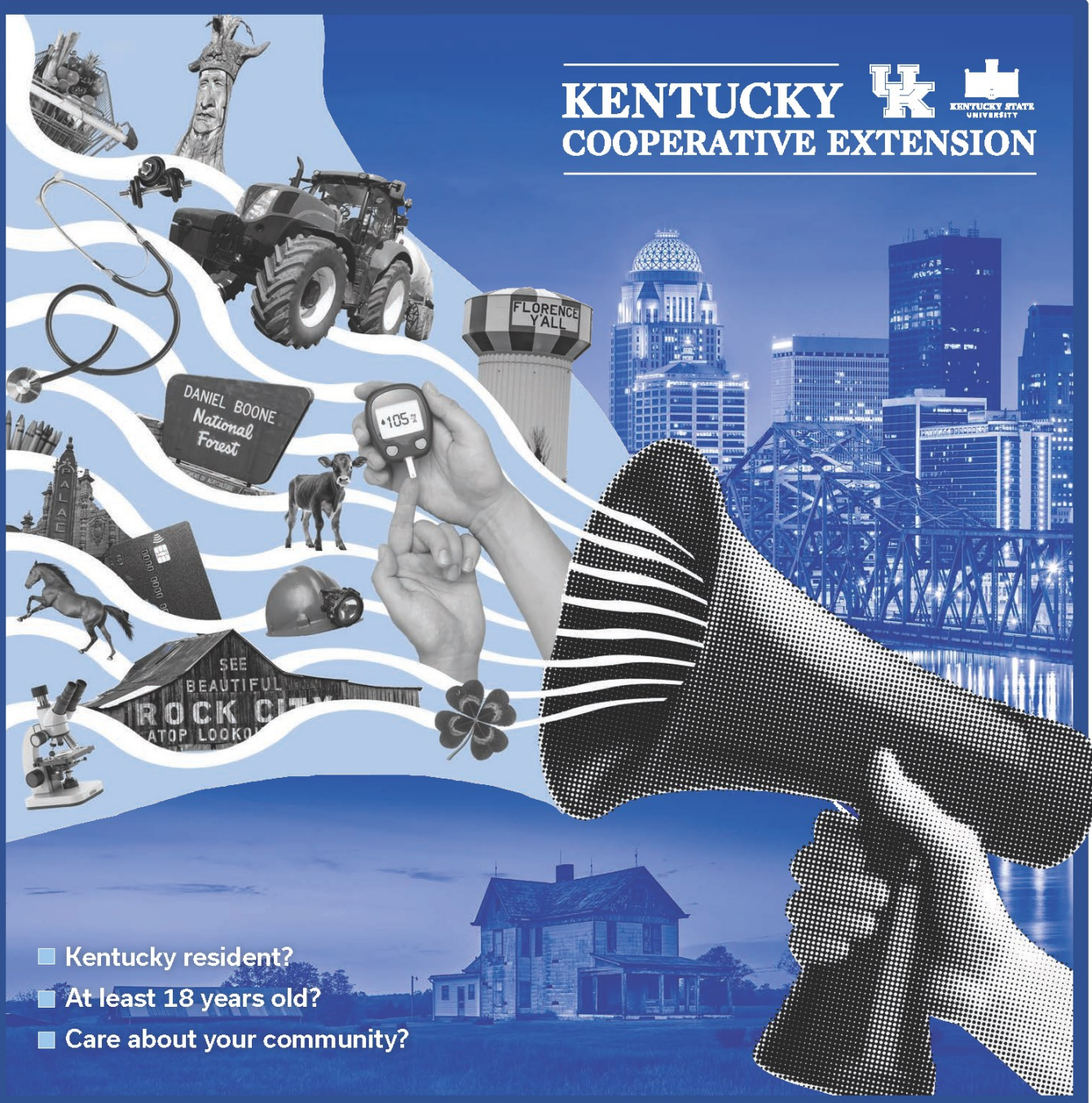


Public Health
Prevent. Promote. Protect.
Franklin County Health Department



Franklin County 4-H accepts the Yes Card!

KENTUCKY  
COOPERATIVE EXTENSION



- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

COOPERATIVE EXTENSION



Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS
OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

For More Information:
Contact your local County Extension Office

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

[HTTPS://4-H.CA.UKY.EDU/CONTENT/KENTUCKY-VOLUNTEER-FORUM](https://4-h.ca.uky.edu/content/kentucky-volunteer-forum)

Contact the Franklin County Extension Office for details on registration. Early Bird registration is due December 15th with a final deadline of January 19th.

KENTUCKY  **COOPERATIVE EXTENSION**

Paul Sawyer
PUBLIC LIBRARY

STEAM

for Teens

First Thursday of the Month at
Paul Sawyer Public Library

319 Wapping Street
Frankfort, KY 40601

Dates:

- November 2nd
- December 7th
- January 4th
- February 1st
- March 7th
- April 4th
- May 2nd

Times:

- 6:30 PM-7:30 PM
- 5:00 PM-7:00 PM
- 5:00 PM-7:00 PM
- 5:00 PM-7:00 PM
- 5:00 PM-7:00 PM
- 5:00 PM-7:00 PM
- 5:00 PM-7:00 PM

Teens, join us monthly to explore Science, Technology, Engineering, Arts, and Math (STEAM).
Be curious, creative, and connect with others!

QUESTIONS?

Contact us:
mora.rehm@pspl.org
danielle.kinder@kysu.edu
abrewer8@uky.edu

For youth ages 11-18

This Institution is an equal opportunity provider.

4-H is a Good Place for Career Exploration

Chuck Stamper, Cooperative Extension Service special projects coordinator

4-H provides youth numerous opportunities to learn, grow and become productive adults. As a result, 4-H is a perfect place for young people to start exploring potential careers.

From robotics to cooking, 4-H's many programs, clubs and activities have something to interest every young person. If youth have an interest, talent or hobby, chances are they can learn more about it or do something productive with it in 4-H. As they learn more and do more in a particular interest area, a young person may develop a passion for a particular activity, eventually leading to a career in that field. 4-H provides a safe environment for exploration before young people choose a college major or commit to a particular career.

Through 4-H, members can explore many of their interests under the guidance of a caring adult volunteer. These volunteers are often experts in the topics they teach, help educate youth and show the many career possibilities available in a particular field. Volunteers also provide valuable networking experiences as youth begin thinking about careers.

Many 4-H activities foster creativity and get youth thinking outside of the box. Just some of the county-level programs offered by the UK Cooperative Extension Service 4-H Youth Development are job shadowing, mentoring, career preparation, assistance with cover letters, resumes and interviewing skills. Their passions may one day turn into a career.

For more information on becoming involved with 4-H, contact the Franklin County Cooperative Extension Service.



Prepare for Sweater Weather

LIHEAP FALL SUBSIDY
NOVEMBER 6 – DECEMBER 15, 2023

APPLY AT YOUR BLUE GRASS COMMUNITY ACTION PARTNERSHIP OFFICE
DETAILS AT BLUEGRASSCOMMUNITYACTION.ORG

THE FRANKLIN COUNTY COOPERATIVE EXTENSION OFFICE WILL BE **CLOSED** NOVEMBER 23-24TH FOR THE THANKSGIVING HOLIDAY

Scan QR Code to learn more

Funding provided by Kentucky Cabinet for Health and Family Services through block grant from the U.S. Department of Health and Human Services.

KEEPING IT

Wild!



SUSTAINING KENTUCKY'S NATIVE WILDLIFE.

2023 Conservation Writing and Jim Claypool Art Contest

Sponsors: Kentucky Farm Bureau Federation // Kentucky Association of Conservation Districts // Kentucky Division of Conservation

2023/Keeping It WILD!

Sustaining Kentucky's Native Wildlife.

Conservation Writing and Jim Claypool Art Contest | RULES

STATE WINNERS:

First: \$250; Second: \$150; Third: \$50

REGIONAL WINNERS: \$50

COUNTY LEVEL WINNERS: \$25

* State/Regional winners will receive a personalized certificate. County winners that win regional or state awards will only receive one check for the top prize.

RULES

1. Kentucky students grades 6-12 are eligible to compete in the writing contest. Students up to grade 5 may compete in the art contest.
2. A student may not enter both the art contest and the writing contest during the same contest.
3. An entry must be created by one and only one student. Any entry submitted by more than one student will be disqualified.
4. All entries become the property of the contest sponsors. The decisions of the judges at all levels of competition are final.
5. Top three writing entries and/or artworks from your school must be submitted to your local county conservation district by Dec. 1, 2023.
6. ARTWORK: Student entries shall be 8 1/2" X 11". Entries may be digital or submitted on any color or thickness of art board (poster board, mat board, etc.) or may be on art paper, which is firmly affixed to art board. All artwork must be two-dimensional (2-D). Three-dimensional (3-D) artwork will not be accepted. Artwork may be rendered in any medium: pencil, ink, charcoal, pastel, crayon, paint, photography, etc. Mixed media and collage work is acceptable as long as all pieces are securely glued to the surface of the work. All entries must convey at a glance an accurate understanding of the information provided in the tabloid, the theme of the competition, and persuade the viewers of the need for good wildlife conservation practices. All entries must be the original work of the student.
7. WRITING: Entry may not exceed 1,000 words and must be written in ink or typed on one side of paper only. No photographs or artwork may be included with the written work. The written entry should demonstrate an accurate understanding of the information provided in the tabloid and inform the reader about wildlife conservation. Students should write from the perspective of an informed writer to a less informed reader and may be in the form of a letter, article, editorial or speech. The work should be from the student author and avoid plagiarism from this source or other sources. ALL sources should be reputable and cited appropriately.
8. The entry form to the right must be completed and attached to your entry.

HELPFUL HINTS

- Keep entry simple and sincere.
- Be creative and original. Avoid plagiarism by using original words and ideas. Plagiarism is defined as the act of stealing and passing off the words of another as your own without crediting the source.
- Consider an area of wildlife conservation that is important to you, your family and your community.
- Draw from your personal interests or experiences.
- Writing entry should take the form of informational.
- Think about wildlife issues in your community, farm, subdivision or city.
- DO NOT use this tabloid as your only source.
- Interview people in your community about changes in wildlife issues. Find ways to improve wildlife issues in your community. TAKE ACTION!

POINT SYSTEM FOR ART

- **50 points** - Purpose/Audience. (Appropriate communication style to reach audience, establishes and maintains a purpose; and holds to subject in community. Theme clearly conveyed at a glance.)
- **30 points** - Composition/creativity/craftsmanship. (Layout, originality, and quality of work, such as neatness.)
- **20 points** - Language/correctness. (Word choice, usage, spelling, punctuation, capitalization.)

POINT SYSTEM FOR WRITING

- **30 points:** Purpose/Audience (establishes and maintains a purpose, communicates with audience, employs a suitable tone)
- **20 points:** Organization (logical order, coherence, transition organizational signals)
- **20 points:** Idea Development/Support and Evidence of Research (student's original work shows sources of research)
- **30 points:** Correctness (spelling, punctuation, capitalization), Language (word choice, usage), Sentences (varied in structure and length, constructed effectively, complete and correct)

ENTRY FORM

Conservation Writing and Jim Claypool Art Contest

Name (Miss, Mr) _____

Parent's Name _____

Home Address _____

City _____ Zip _____

Home Phone () _____

Age ____ Grade ____ Teacher _____

County _____

School _____

School Phone () _____

I hereby certify that I have read the rules and helpful hints and this entry is the original work of:

Student Signature

Parent/Guardian Signature (required)

Teacher or Principal Signature (required)

YOUTH HEALTH BULLETIN



NOVEMBER 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)545-2777

THIS MONTH'S TOPIC: AN ATTITUDE OF GRATITUDE

You may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



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, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

Each day, pay attention to things that make you happy, and that you are glad to have in your life.

➔ Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

REFERENCE:

<https://kidshealth.org/en/teens/gratitude.html>



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/



Corn and Sweet Potato Confetti Salad

- | | | |
|---|------------------------------------|-------------------------------|
| 3 cups sweet potato, peeled and diced | 2 green bell peppers, diced | 1 tablespoon olive oil |
| 3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels | 1 red bell pepper, diced | ½ cup cider vinegar |
| | 1 small red onion, diced | ½ teaspoon salt |

Bring one cup of water to boil in a 2 quart saucepan; **add** diced sweet potatoes. **Cook** sweet potatoes 10 minutes or until slightly tender. **Drain** and set aside. **Remove** shuck and silk from fresh corn ears; **cut** kernels from cob. **Dice** peppers and red onion. **Heat** olive oil in a large skillet on medium setting; **add** sweet potatoes and **cook** until slightly browned. **Add** peppers; **cook** 5 minutes; **add** corn kernels,

cooking until tender. **Combine** red onion and cider vinegar in large bowl; **add** skillet vegetables; **toss** and salt to taste. **Serve** warm or refrigerate for chilled version.

Yield: 16, ½ cup servings

Nutritional Analysis: 70 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 13 g carbohydrate, 2 g fiber, 4 g sugars, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

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

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

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, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.