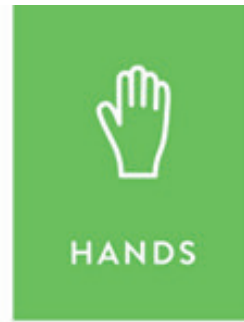


FRANKLIN COUNTY COOPERATIVE EXTENSION 4-H Youth Development OCTOBER 2025 NEWSLETTER

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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franklin.ca.uky.edu



4-H Achievement Program

The 4-H Achievement Program is intended to recognize 4-H participants with outstanding accomplishments and to provide an incentive for youth to increase their knowledge, skills, and abilities. It is a comprehensive program spanning the entire career of the 4-H'er, awards points for outside efforts and interests, and encourages growth and development by awarding high points at multi-county, state, and national levels. As youth work their way through the achievement levels they become eligible for scholarships to teen summit, teen conference, and eventually college scholarships. The 4-H program year runs from September 1 to August 31 of the next year. Youth who are age 9 as of January 1 of that program year may start documenting their 4-H achievements, participation, and projects to go toward their 4-H Achievement Application.

The achievement application is now open! Visit <https://franklin.mgcafe.uky.edu/4-h-achievement-program> to view the application and instructions. Franklin County achievement applications are due - **November 1st**.

Achievement Levels Explained

Clover Levels (1, 2, 3): These are county-level awards focused on participation and initial leadership experiences. They are not competitive and are earned by achieving a minimum number of points.

Bronze, Silver, Gold, and Emerald Levels: These are competitive state-level medal awards. They require more points, a profile page demonstrating 4-H growth, and potentially interviews.

- **Bronze:** 100 points + Bronze Profile Page
- **Silver:** 150 points + Silver Profile Page
- **Gold:** A higher level of achievement (requiring 25 points in the PY24 cycle, though this may vary), a Gold Profile Page, and are awarded at the state level.
- **Emerald:** The highest level, requiring previous Gold Achievement, a more updated application, a video, and letters of recommendation.

Congratulations to those who completed the achievement application last year!

Renne Hackett - Clover Level 2
Molly Mangan - Clover Level 1
Elli Mangan - Clover Level 3
Ayden Moore - Clover Level 1
Isabella Sparrow - Clover Level 1
Kaydence Ware - Clover Level 2



Franklin County 4-H

2025-2026 Clubs

KENTUCKY 
COOPERATIVE EXTENSION

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

All youth must have an enrollment form completed before they may attend a club.

This can be completed online by visiting <https://franklin.ca.uky.edu/4h-youth-development>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1ST		Homeschool* 1:30 - 3:30 Dog 5:30 - 6:30	Baking 5:30 - 6:30		
2ND		Beginner Sewing* 5:30 - 7:30	Art 5:30 - 6:30		
3RD	Adv. Sewing+ 5:00	Homeschool* 1:00-3:00	Cloverbud 5:00 - 6:00	Garden 5:00 - 6:00	
4TH	Adv. Sewing+ 5:00	Bee 5:00 - 6:00	Art 5:30 - 6:30		

All clubs
are FREE

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.

*clubs- MUST attend the September/October meeting in order to join, membership will close after the October meeting.

+Advanced Sewing is for youth who have a basic sewing knowledge.

Monthly Club Highlights!

Garden Club



Great way to kick off the year with the 4H Garden Club! We set up a taste-testing bar of common herbs. How can you cook with them if you don't know what they taste like? At first, noses were raised, but then the kids got into the spirit! Then, they each got to build an herb container garden. The idea is that they will nurture them at home, and use them as growth allows, until time to enter them in the fair next summer. And we also did hands on with drying herbs in paper bags. Next month is going to be fairy or dinosaur garden, or whatever the kids want to do. If anyone has interesting containers or materials that would be cool for such a project that you would like to donate, let us know!

Again, we hope to enter them in the fair next year.

Beginner Sewing Club

Beginner Sewing Club met for the first time on September 10th. Youth started working with a sewing machine practicing sewing lines!

The next meeting is October 14th at 5:30pm
Please RSVP for the October meeting by calling 502-695-9035.

Beginner sewing club registration will close after the October meeting. IF your youth is interested in joining, they must attend the October club meeting!



NATIONAL 4-H WEEK

October 5-11, 2025

Let's paint the nation green! 🍀❤️ We're kicking off #National4HWeek with a bold splash of Kentucky 4-H spirit. Whether it's a green hat, shirt, face paint, or even green socks—show the world you're #4HBeyondReady! 🌱🌟 Snap a pic in your best green gear, tag @national4H, and help us flood social media with the power of Kentucky 4-H. Let's light up every feed with your boldest green!

Let's paint the nation Green on Monday, October 6th.



4-H For Good Day



Let's shine a light on the good! 🍀❤️ Today, it's all about celebrating the impact Kentucky 4-H'ers are making in their communities—and the volunteers, leaders, and mentors helping us grow. From leading service projects to lending a helping hand, we're showing what it means to be #4HBeyondReady. 🙌🌟 Know someone making a difference? Or are you making change happen? Post a shoutout, share your story, and tag @national4H using #National4HWeek. Let's fill every feed with positivity and the power of 4-H! 🌟

THURSDAY, OCTOBER 9
NATIONAL 4-H WEEK



**Beyond
Ready**



Franklin County Conservation District
103 Lakeview Court
Frankfort, KY 40601
Phone: (502) 352-2701

 Cooperative
Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
502-695-9035
franklin.ca.uky.edu

FREE SOIL SAMPLE COUPON

Sponsored By:

Franklin County Conservation District

October 1, 2025- January 31, 2026, the Franklin County Conservation District is sponsoring 10 FREE soil tests.

Bring this coupon in with your soil sample(s) and receive FREE BASIC SOIL TESTING.

Redeemable only at the FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE located at 101 Lakeview Court, Frankfort KY. (502) 695-9035 <https://franklin.ca.uky.edu>

For information on how to take a soil sample:
www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf

LIMIT 10 (ten) FREE SAMPLES per PERSON

Coupon available for Franklin County or Frankfort Residents or Farms located in Franklin County.

NO COMMERCIAL SAMPLES WITH THIS OFFER

NAME _____

ADDRESS _____

PHONE _____

	Sample Number Office Use Only	Date Submitted		Sample Number Office Use Only	Date Submitted
1			6		
2			7		
3			8		
4			9		
5			10		

Staff _____

Kentucky 4-H Issues Conference

Dates:

November 20-22

Location:

Paradise Valley
Conference Center in
Burkesville, Kentucky

Registration:

Registration is open
September 15-
October 24. Open to
grades 9-11.

Contact your local
Extension office to
learn more.

Leap into Civic Action!

Join the 36th annual
4-H Issues Conference to
develop action plans and
make a real impact. This
is your chance to gain
leadership skills, create
meaningful change, and
even apply for grants to
fund your projects.



Issues

CONFERENCE



Public Health
Franklin County Health Department



Franklin County 4-H accepts the Yes Card!

Franklin County 4-H is happy to accept the YES Card! Youth are able to use the Yes Card on any camp, project or conference they choose to participate in. Questions? Contact the program coordinator for Just Say Yes by calling 502-352-6807 or call the Franklin County Extension Office!

4-H 2025-2026 Program Year started September 1, 2025!

KENTUCKY 4-H PROGRAM YEAR 2026

SEPTEMBER 1, 2025-AUGUST 31, 2026



HOW OLD WILL YOU BE ON
JANUARY 1, 2026?
THAT IS YOUR 4-H AGE!

All 4-H youth and participants need to enroll & re-enroll in 4-H each year to remain an active member, receive newsletters and information via email and participate in all 4-H activities.

Beginning September 1st, Fill out the enrollment form in person at the extension office or visit <https://franklin.ca.uky.edu/4h-youth-development>

We are working on a great program year and excited to see our Franklin County Youth grow! Take a look on the next page to see what clubs we have to offer this year!

GROWING

KENTUCKY 4-H

Who can join Kentucky 4-H?

Kentucky 4-H is open to any young person ages 9 through 18.

Some counties offer Cloverbud activities for youth ages 5-8. Once a young person reaches age 19, he/she is too old to participate but may volunteer in the 4-H program.

ROBOTICS PROGRAM INTEREST FORM

https://uky.az1.qualtrics.com/jfe/form/SV_3CVjIEBZYD9d0fs



Franklin County 4-H is exploring the idea of starting a Robotics Program to provide hands-on STEM learning opportunities for youth in our community. Robotics programs help youth develop critical thinking, problem-solving, and teamwork skills while having fun with technology.

We would love your feedback! Your input will help us decide if this program would be valuable for our community and how we can best serve youth and schools. This survey is for youth, parents, teachers/school employees and community members.



4-H Council Meeting

NOVEMBER 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November 12, 2025

5:30 pm

Franklin County
Extension Office

If you are interested in getting involved in 4-H as a volunteer, please reach out for more information.

4-H Council meetings are open to the public.



**Starting
10/20!!!**

Pardon Our Mess...

Our bathroom facilities are antiquated, dating back to the 1990s! Please be patient with us as we endure a long needed upgrade.

The building and meeting rooms will be open as usual but the available restrooms may be on a different floor than where you're meeting.

Sorry for the inconvenience caused & Thank You for your patience!

Franklin County Homemakers



CHILDREN'S HOLIDAY STORE

NOVEMBER 22, 2025 | AT 9AM-12PM

CHILDREN AGES 4-12 WILL SHOP PRIVATELY
WITH AN ELF TO PURCHASE HANDCRAFTED
ITEMS WITHIN THEIR BUDGET.

- ITEMS COST BETWEEN .25 CENTS AND \$5.00
- CASH ONLY - SMALL BILLS (\$1, \$5, \$10)

*Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY
502-695-9035*

Franklin County 4-H is using the REMIND app this year!

Feel free to sign up for reminders for each club you are interested in joining! You can join from the app or by texting @81010 with your club code.

**ADVANCED
SEWING CLUB @FC4HADSEW**

**HOMESCHOOL CLUB
@FC4HHOME**

**GARDEN CLUB
@FC4HGARDEN**

**CLOVERBUD CLUB
@FC4HCLOVER**

DOG CLUB @FC4HDOG

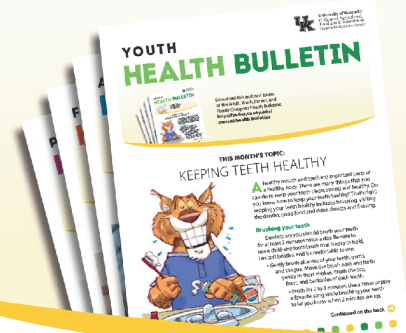
**BEE CLUB
@FC4HBEE**

**BEGINNER SEWING CLUB
@FC4HBGSEW**

BAKING CLUB @FC4HBAKING

ART CLUB @FC4HART

YOUTH HEALTH BULLETIN



OCTOBER 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](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 TECH TALK

Using tablets, phones, video games, and TV can be a lot of fun. But you should also know when to take a break. Having limits around when to use and not use something is called setting boundaries. Technology boundaries, or "tech boundaries," are simple rules we follow to make sure we're using screens in a way that keeps our bodies, brains, and feelings healthy. Think of these boundaries like a superpower shield. They help you enjoy technology while still protecting your time for all the other awesome parts of life.



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

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Try balancing screen time with other activities, like dancing, riding your bike, or creating things.

➔ Continued from the previous page

Having limits around screens is important for a few reasons. First, too much screen time can make your eyes and body feel tired. It might even make you cranky or bored. Taking breaks gives your brain and body time to rest and grow. Boundaries also help you stay safe online. They keep you from seeing things that make you uncomfortable or sharing too much personal stuff. And best of all, setting limits on screens gives you more time to do fun things like playing outside, drawing, reading, or spending time with family and friends.

There are lots of simple limits you can try. For example, you can set a timer for 20 to 30 minutes to remind you when to take a break. You might choose to be tech-free in certain places or at specific times, such as at the dinner table or right before bed. Try balancing screen time with other activities, like dancing, riding your bike, or creating things. It's also a great idea to check how you feel after using screens. If you notice you feel grumpy or sleepy, that's a sign it's time to do something else for a while.

To make your tech boundaries work, talk to a grown-up about your plan. They can help remind you and cheer you on. You could also make a fun chart or draw pictures to keep track of how well you're doing. Sharing your plan with friends and family can help you stick with it. It might make others want to set healthy boundaries of their own.



Your parents and teachers want to help you learn how to use technology safely. If you ever see or hear anything on a screen that makes you feel sad, uncomfortable, or scared, talk to them about it. Never share your personal information (like your address, school name, or phone number) or photos of yourself without your parents' permission.

When you use technology with limits, great things happen. You feel more focused, rested, and in a better mood. You also get to enjoy more of the world around you and learn new things in different ways. Most importantly, you become a Tech Time Hero. That's someone who knows how to use screens wisely, safely, and in a way that keeps life full of fun, learning, and adventure!

REFERENCE:

<https://www.samhsa.gov/sites/default/files/building-healthy-relationships-with-media-activities.pdf>

Written by: Katherine Jury,
Extension Specialist for Family Health

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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



Nutty Sweet Potato Biscuits

1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
⅓ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	⅓ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet	½ teaspoon vanilla
		1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.

2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.

4. **Bake** at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



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

Mackenzie Preece

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

Samantha Moore

Samantha Moore
4-H Program Assistant
Youth Development Education

Beck Armstrong

Beck Armstrong
4-H Program Assistant
Youth Development Education

Cooperative Extension Service

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Disabilities
accommodated
with prior notification.