

4-H YOUTH DEVELOPMENT 

October 2010 Franklin County



Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
Fax: (502) 695-9309
www.ca.uky.edu/ces

4-H Shooting Sports Team Shines at State Shoot

Congratulations to all our 4-H Shooting Sports Team members; Aaron Andries, Calvin Andries, John Burris and Shane Mellon who participated in the 2010 State Shoot. Great job Franklin County and special thanks to all the 4-H Shooting Sports Coaches who have worked long hours to prepare our kids Angie Cameron, Jack Kuhn, Rob Park and Kim Wooldridge.



For results go to http://www.ca.uky.edu/agcollege/4h/projects_events/events/shootingsports/sp_scores/




Pictured: Calvin Andries, Aaron Andries, John Burris and Shane Mellon.

Country Ham Project



The Kentucky 4-H Country Ham program helps youth to develop applicable, real world experiences. Youth will learn about the process, history, and science of curing hams. This process covers such issues as food safety, meat production, principles of basic chemistry, and food preservation.

After completing the actual process of curing their hams with a local expert on the process (each youth receives two hams), the youth select their best ham and enter it in the Kentucky State Fair country ham competition. At the state fair, they are asked to give a speech, answer questions pertaining to the process of curing hams, and talk about their experience during the process. This and the quality of the ham both help to determine a winner in the various age categories. If you would like to participate or have any questions, contact Mike Meyer. Deadline November 12th.

WHAT'S INSIDE... 	
4-H Club Calendar	2
Youth Health Bulletin—Building Strong Bones.....	3
State Fair Results	4
62nd Annual Christmas Parade.....	5
Franklin County Teens.....	5
Issues Conference	5
2nd Sunday—10/10/10	5
Variety Show Contest	6



4-H DOG CLUB

Wednesdays at 6:00 p.m.
Franklin County Extension
Office
Room G



Club Leader: Jill Marple
Contact Agent: Samantha
Jeffries



CLOVER BUD CLUB

Monday October 11th
5:30 p.m.
Franklin County Extension Office
Room



Future Dates:
November 8th
January 10th
February 14th



Club Leader: Susan Jones
Contact Agent: Samantha Jeffries



4-H HORSE CLUB

2nd Tuesdays of the
month at 6:00 p.m.
Franklin County Extension
Office
Club Leader: Buff Bradley
Contact Agent: Mike Meyer



4-H SHOOTING SPORTS

Monday October 11th
6:30 p.m.
Franklin County Extension Office
Room G

Future Club Meeting Dates:
November 1st
December 6th

Club Coordinators: Kim Wooldridge and
Angie Cameron

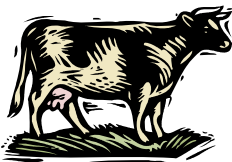
Discipline Coaches: Jack Kuhn and Rob Parker
Contact Agent: Samantha Jeffries



4-H LIVESTOCK CLUB

Club Meeting
Wednesday October 20th
5:30p.m.
Dairy Day at the UK Dairy Farm
October 30th
Call to sign up with Mike Meyer

Contact Mike Meyer at 695-9035 for Club
information





Visit our website!
The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



YOUTH HEALTH BULLETIN

OCTOBER 2010

Franklin County Extension Office
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035

BUILDING STRONG BONES



What are bones?

If you were to stand up, what would be holding you up? Your bones!! Bones fit together to give your body shape and structure. With the help of muscles, your bones help you move. It is important to keep your bones strong as you grow so they can continue to help your body move.

How can I make my bones strong

- There are two ways to make strong bones:
- Doing certain types of exercise
 - Eating foods that have calcium
- Continued on the back** ➔

UKAg UKAgHHS Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties Cooperating. Disabilities accommodated with prior notification.

CONTINUED FROM PAGE 1

Exercises help bones

Exercise can help keep us healthy and fit, and it can also make our bones stronger!

Activities and exercises that are good for bones:

- Jumping rope
- Running
- Hopscotch
- Hiking
- Soccer
- Dancing
- Karate
- Tennis



Call on calcium

We can also strengthen bones by some of the foods we eat. It is important to eat foods that have calcium, which is a mineral. Kids need 2 to 3 cups of milk (or the equivalent) of calcium-rich foods each day.

Foods that are good for bones:

- Milk
- Cheese
- Yogurt
- Orange juice with added calcium



Hello, calcium?

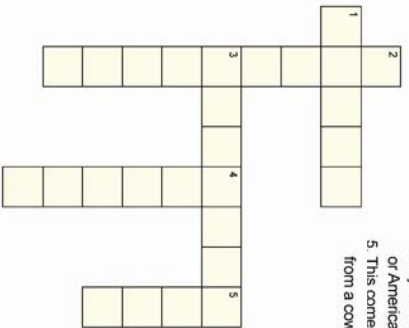
CROSSWORD PUZZLE

ACROSS:

1. Help keep our body standing up
3. A mineral for strong bones

DOWN:

2. This game has squares that you jump on
4. Your favorite may be Cheddar or American
5. This comes from a cow



SOURCES:

- Adapted from the *Get Moving Kentucky: Building Bones* lesson
- Center for Disease Control and Prevention: The National Bone Health Campaign
- Powerful Bones, Powerful Girls
- "Bone Up: Hard Facts"
- "Bone Up: How to Make Strong Bones"
- "Slaying Strong: Fitness Fun"
- "Slaying Strong: Calcium-Where To Get It" (Available online at: <http://www.bestbonesforever.gov/>)

YOUTH HEALTH BULLETIN

OCTOBER 2010

Written by: Nicole Peritore
Get Moving Kentucky Coordinator
University of Kentucky HEEL Program
Edited by: Corneae Wheeler
Designed by: Rusty Marreseau
Wally Cat and other cartoons by:
Chris Ware (@University of Kentucky)



Download past health bulletins!
www.ca.uky.edu/HEEL/bulletins

The development of the HEEL program was made possible by Senator Mitch McConnell with funds earmarked for the University of Kentucky, College of Agriculture, Lexington, KY and donated through the CARES/USDA Federal Administration.

Franklin County 4-H County Fair Champions advance to the State Fair

The following 4-H members entered in the Franklin County Fair 4-H Exhibit Hall, where they won Category Champion and were eligible to advance to the Kentucky State Fair. **We are proud to have these great projects representing Franklin County 4-H to the entire state!**

Class	Champion
632 Land Judging	Andrew Ballard
753 Arts	Emma Boebinger
757 Arts	Emma Boebinger
735 Arts	Emma Boebinger
674 Wood Science	Taylor Gilbert
631 Land Judging	Taylor Gilbert
774 Photography	Samantha Good
776 Photography	Samantha Good
752 Arts	Samantha Good
890 Home Environment	Samantha Good
771 Photography	Mary Good
843 Food Exhibits	Rebecca Graves
569 Horticulture	Rebecca Graves
632 Land Judging	Rebecca Graves
841 Food Exhibits	Rebecca Graves
842 Food Exhibits	Rebecca Graves
778 Photography	Sara Hall
770 Photography	Sara Hall
758 Arts	Sara Hall
888 Home Environment	Sara Hall
754 Arts	Sara Hall
728 Arts	Sara Hall
773 Photography	Sara Hall
891 Home Environment	Sara Hall
573 Horticulture	Ryan Halligan
632 Land Judging	Ryan Halligan
039 Horticulture	Ryan Halligan
567 Horticulture	Ryan Halligan
552 Country Ham	Ryan Halligan
632 Land Judging	Zach Hart
549 Country Ham	Grace Higgs
751 Arts	Ashleigh Luebbers
755 Arts	Ashleigh Luebbers
813 Needlework	Emery Moore
546 Country Ham	Emery Moore
790 Sewing	Emery Moore
631 Land Judging	Isabella Quire
862 Food Preservation	Elizabeth Rearden
649 Electric	Ben Rearden
846 Food Exhibits	Elizabeth Rearden
742 Arts	Ben Rearden
847 Food Exhibits	Elizabeth Rearden
781 Photography	Nick Settle
772 Photography	Nick Settle
780 Photography	Nick Settle
631 Land Judging	Katelyn Taylor

Class	Champion
631 Land Judging	Christian Thompson
547 Country Ham	Christian Thompson
632 Land Judging	Victoria Wallace
676 Wood Science	Mary Wray
579 Horticulture	Mary Wray
688 Entomology	Mary Wray
581 Horticulture	Mary Wray
578 Horticulture	Mary Wray
572 Horticulture	Mary Wray
688 Entomology	Mary Wray
687 Entomology	Lewis Wray
546 Country Ham	Gracie Yocum



62nd Annual Frankfort Jaycees Christmas

Parade- The Music and Magic of Christmas

Saturday, December 4, 2010

5:30p.m. —

Downtown Frankfort
Franklin County 4-H would like
to open participation for all
4-Her's this year. If you are
interested in making the 4-H

float contact,

Samantha Jeffries

502-695-9035.

Franklin County Teens

- Bondurant Middle October 12th 3:30-4:30
- Elkhorn Middle October 12th 8:15 a.m.
- Western Hills 4-H Club October 14th
- Franklin County High 4-H Club October 14th 3:30p.m -4:30 p.m.
- District 4 Teen Social, Madison County November 2nd

Contact Mike Meyer 695-9035



Issues Conference

November 18-21, 2010

Lake Cumberland 4-H Educational Center,
Jabez, KY

Only five sophomores or juniors can attend this four day gathering of top student leaders from across the Commonwealth. It is open to high school sophomores and juniors who display leadership potential and who will make a commitment to implement what they learn back home. Delegates do not need to be 4-H members to apply for this leadership experience.

Deadline is October 15th, 2010

Please contact Mike Meyer at 695-9035
for more information

10/10/10

Communities across Kentucky are planning to simultaneously close a roadway or plan an event from 2-6 p.m. on the second Sunday of October (October 10, 2010) so that residents can bike, walk, run, play and participate in fun and healthy activities. Second Sunday is a state-wide campaign that will serve as a catalyst for improving Kentucky's health status. Come join us for a day of fun and excitement!

Capitol Grounds and Capital Ave
2:00 p.m. -6:00 p.m.

October 10, 2010



Franklin County, KY

COOPERATIVE
EXTENSION
SERVICE

Cooperative Extension Service

University of Kentucky
Franklin County
101 Lakeview Court
Frankfort KY 40601-8750



PRESORTED
NON-PROFIT
US POSTAGE PAID
FRANKFORT KY
PERMIT 10090

RETURN SERVICE REQUESTED

Variety Show Contest

Ages: 6-18

October 11, 2010

Contact Sharon Spencer for rules and more details at
Kentucky Department of Agriculture
502-564-0290 ext. 235

Kentucky Farm Bureau has a **Student Agriculture Science Exhibit** that is held every year at the State Annual Meeting in Louisville. This is offered to students in grades 4-8. Contact Sharon Spencer for more details at Kentucky Department of Agriculture 502-564-0290 ext. 235

https://www.kyfb.com/media/files/fed/youth/2009/science_exhibit_application.pdf



Samantha Jeffries
Samantha Jeffries

CEA for 4-H and Youth Development

Mike Meyer
Mike Meyer

CEA for 4-H and Youth Development