

# 4-H News

## August/September, 2023

**4-H'ers, Parents & Volunteers**



### KENTUCKY 4-H ACHIEVEMENT APPLICATIONS & SPECIAL AWARDS

**DUE**  
**OCTOBER 1ST, 2023**

**Inside this newsletter you will find info on how to submit your**

#### **Achievement & Project Record Applications!!**

Honors Forms will be judged October 15 at the county level. Senior level applications must be typed up and signed by both the parent, youth and club leaders. Juniors & Senior 4-H members who complete the honors application will be considered for the Special Awards listed in this newsletter.

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#### Kentucky 4-H Achievement Application

NAME: \_\_\_\_\_  
COUNTY: \_\_\_\_\_  
DISTRICT: \_\_\_\_\_

Check the box for the level you are applying for, and that all requirements for the level are met.

Level	Items Required For Level
<input type="checkbox"/> Clover Level 1	10 years of age of the current 4-H program year 25 minimum points accumulated on application
<input type="checkbox"/> Clover Level 2	11 years of age of the current 4-H program year 50 minimum points accumulated on application
<input type="checkbox"/> Clover Level 3	12 years of age of the current 4-H program year 75 minimum points accumulated on application
<input type="checkbox"/> Bronze	13 years of age of the current 4-H program year 100 minimum points accumulated on application Bronze profile page completed
<input type="checkbox"/> Silver	14 years of age of the current 4-H program year 150 minimum points accumulated on application Silver profile page completed
<input type="checkbox"/> Gold	15 years of age of the current 4-H program year 200 minimum points accumulated on application Gold profile page completed
<input type="checkbox"/> Emerald	Must have previously attained Gold achievement level 16 years of age of the current 4-H program year Updated application Three to five minute video Two letters of recommendation Bring a cover letter and resume to interview

All county winners will advance to the Area contest and forms will be due back to the office on December 1st for Area Judging. On December 1st, all Silver & Gold Honors will need the Profile Page completed and on front of your honors form. The profile page is optional for Bronze honor winners.

You can stop by the Montgomery County Extension Office and pick up a paper copy or go to the Office website and download the form for easy completion. The address is:

<https://4-h.ca.uky.edu/content/kentucky-4-h-achievement-0>





**SPECIAL AWARDS INFORMATION:**

A FULL YEAR OF 4-H ACHIEVEMENTS began **September 1, 2022** and ends on **August 31, 2023**. You set your goals, completed project work, and realized your successes—now is the time to summarize it all in your 4-H Project Record Forms and your Kentucky 4-H Achievement Application forms. By completing 4-H PROJECT RECORD FORMS for each project you completed this past year, earns you a “Project Disk” to be applied to your Awards Plaque. The **KENTUCKY 4-H ACHIEVEMENT APPLICATION** is used to summarize all your leadership, citizenship, and individual skill achievements in 4-H. There is form is used by both Junior members ages 9-13 AND Senior members ages 14-19.

**For Novice or Clover Buds**—ages 5-8 years old, we have not forgotten you. Again this year, we will recognize 4-H members under age 9 who have participated in 4-H activities in **2022-23**. We have a report form for you to complete. It is called the **4-H Clover Bud Report Form**. You can visit our website at <http://4-h.ca.uky.edu/content/kentucky-4-H-achievement> to download it to your computer; or the good-old fashioned paper copy from our office. We also will have easy, simple, project forms especially for Cloverbuds to complete.

**What's the Deadline?** The deadline to submit your Project Records and Achievement Applications **October 1st!** Each year we recognize those who bring to a close or completion their project by completing a project record and the **Kentucky 4H Achievement (Honors) Application**. Recognition is presented in late Fall. More information to follow on when!

**DEFINITIONS:**

- **Junior Member** - A 4-H member who was 9 - 13 years old as of Jan. 1st of the current year.
- **Senior Member** - A 4-H member who was 14 - 18 years old as of Jan. 1st of the current year.
- **Clover Bud Member**—A 4-H member who was 5-8 years old as of Jan. 1st of the current year.

**4-H Special Awards**

The following **SPECIAL AWARDS** are easy to apply for. The **deadline is October 1st**. All you have to do is complete a **Kentucky 4H Achievement (Honors) Application**. The form is available at the Montgomery County Extension Office or you can get a copy online—go to the Montgomery County 4-H webpage at <http://montgomery.ca.uky.edu/>. Read the requirements of each award and be sure to list activities related to the award in the **Kentucky 4H Achievement (Honors) Application**.

► **TAMMY WATKINS 4-H AWARD OF EXCELLENCE:** For one Junior AND one Senior 4-H Member—

Sponsored by the Montgomery County 4-H Council. This Award was established *In Memory of Tammy Lynn Watkins*, a 4H member who exemplified outstanding personal development through 4-H and other youth organizations. Winners will be selected in each age division.

The following criteria should be met before applying for this award:

1. Must have excelled and participated in community service and leadership activities.
2. Must have completed the Kentucky 4-H Achievement (Honors) Application.

► **FLOYD MCDANIEL AWARD:** For one Junior OR one Senior 4-H Member—

This agriculture-related award was established *In Honor & Memory of Floyd McDaniel*, a former Montgomery County Extension Agent for Agriculture.

The following criteria should be met before applying for this award:

- A. Completed the Kentucky 4-H Achievement (Honors) Application.
- B. Complete a small/large animal science project such as: dog, sheep, country ham, beef, lamb, swine, goat project, rabbit or an embryology project, etc.
- C. Complete a horticulture/4-H Field Science project. Examples include: a garden project, landscape, beautification project, tobacco, forages (hay), corn, soybeans, or windowsill.



- D. Complete a 4-H communication, marketing or leadership activities such as a presentation before a civic organization, participating in the 4-H Clover sales, appearing on radio, public service announcement, newsletter articles, newspaper articles, promoting your projects, etc.

► **ROBERTA S. HUNT AWARD:** For one Junior OR one Senior 4-H Member—

This Family & Consumer Sciences/Arts and Crafts related award was established *In Honor and Memory of Roberta S. Hunt*, a former Montgomery County Extension Service office secretary and community leader. The Award is sponsored by the family of Mrs. Roberta S. Hunt & was established in 1989 upon her retirement from the UK Cooperative Extension Service.

The following criteria should be met before applying for this award:

- A. Complete a family and consumer science related project activities such as food, nutrition, breads, dairy foods, clothing, home management, home environment, consumer education, or arts and crafts.
- B. Complete a 4-H, Family & Consumer Sciences or arts and crafts related presentation before a civic organization, other than 4-H Club, homemaker club, or community organization or appeared on radio, public service announcement, newsletter articles, news articles promoting your projects, etc.

► **FINNELL FIELDS 4-H COUNCIL AWARD:** For one Senior 4-H Member—

This award recognizes the growth & development of a Senior 4-H member who shows achievement in leadership & citizenship activities. This award is sponsored by the Family of Mrs. Maxine Ricketts *In Honor and Memory of Finnell L. Fields*, a former Montgomery County Extension Agent for 4-H. The following criteria should be met before applying for this award & must be indicated on the Kentucky 4-H Achievement (Honors) Application:

- A). Hold an office or leadership role within your club or community organization.
- B). Give a presentation to your 4-H club, to another 4-H Club, the Montgomery County 4-H Council or to a community organization such as the Mount Sterling Rotary Club or the Kiwanis Club of Mt. Sterling.
- C). Has completed 4-H citizenship activities such as learning about government, our culture history, or the legal process (law).

► **TAKE AIM AWARD:** For one Junior OR one Senior 4-H Member

This award is sponsored by Risner's Tax Service. It recognizes the outstanding achievements of a 4-H Shooting Sports club member who excels in leadership positions and participates in a 4-H Shooting Sports project. A senior member will be given priority if all else is equal. This award is *In Honor & Memory of Mr. Anthony Bellamy*, a 4-H Shooting Sports Coordinator and Coach who passed away in 2011. He instilled in club members a sense of responsibility and respect for firearms. He was an advocate of gun safety and demanded all youth/adults in the range, whether practice or competition to abide by safe firearm handling practices.

The following criteria should be met before applying for this award and must be indicated on the Kentucky 4-H Achievement (Honors) Application:

- A). Be an active member of the Montgomery County 4-H Shooting Sports Club and have shown leadership & growth in the club and community.
- B). Must have shown a respect for fellow 4-H members and leaders on and off the practice field. As in helping the volunteer coaches, leaders, and others in the club.



► **CONNY J RISNER 110% AWARD:** For Senior 4-H Members—

This award, created in 2023 in honor and appreciation to Conny J. Risner, a Montgomery County Extension Staff Assistant for her hard work and dedication to the Montgomery County 4-H Program is awarded to a Senior 4-H Member who has shown outstanding leadership this past year by assisting the 4-H Agent, 4-H Program Assistant or Volunteer Club Leader. This award will be chosen from information taken from the 4-Her's Achievement Application on Leadership. Sponsored by Mary E. Garrett

► **KENTUCKY PETROLEUM SUPPLY AWARD:** For Senior 4-H Members—

This award recognizes the most outstanding senior 4-H'ers in Montgomery County and is given to 4-Her's who have not previously received the award. The award is sponsored by Greg & Tina Garland.

The following should be met before applying for this award:

- A). The 4-H'er must have completed activities in leadership, citizenship, communication/marketing, community service and participation (project work and completion).
- B). Each of the above requirements must be indicated on the Kentucky 4-H Achievement (Honors) Application.

► **SPIRIT OF MONTGOMERY COUNTY AWARD IN ARTS & SCIENCES:** For 1 Junior OR Senior 4-H Member—

This award is sponsored by Len & Kelley Beverley and is given to a 4-H'er who has completed exemplary project(s) in Science, Engineering, Electric, Robotics, Speech and Demonstration, Computers, Soil Science, Dairy Science or Creative and Performing Arts.

The following criteria should be met before applying for this award:

- A). Presented a speech or demonstration at the Montgomery Co. 4-H Speech and Demo Event in their project area.
- B). Achieves success in the community service category of the Kentucky 4-H Achievement (Honors) Application.
- C). Has participated in events in their project area on the district or state levels such as STEM day at the Kentucky State Fair, at State or District Speech and Demonstration event, or performed as part of the State Creative and Performing Arts Troupe.
- D). Attend at least two Montgomery County 4-H Council Meetings and provide updates on their project.
- E). Include a personal profile and resume on their Kentucky 4-H Achievement (Honors) Application.

**REMEMBER HONORS APPLICATIONS ARE DUE BY 4:30 PM ON OCTOBER 1ST, TO THE MONTGOMERY COUNTY EXTENSION OFFICE, 106 EAST LOCUST STREET, MT STERLING.**

### Kentucky State Fair Cloverville: 4-H on Display

The Kentucky State Fair begins this Thursday, August 17 and once again 4-H exhibits are on display in Cloverville in South Wing A, Kentucky 4-H's home during the 2023 run of the state fair. Cloverville is part of AgLand highlighting Kentucky's agricultural heritage.

Project exhibits from 4-H members from all 120 counties are the biggest attraction of Cloverville. It showcases the talent, hard work and dedication of the Kentucky youths. The state fair is the culminating event for these 4-H members who are vying blue ribbon work and the opportunity to be a state champion!

In addition to the projects, Cloverville is home to live showcases and hands-on contests that allow 4-H members to display their natural talents and abilities as well as entertain thousands of fair visitors.

The Kentucky State Fair is Aug. 17-27 in Louisville. For more information on Cloverville is available by contacting the Montgomery County Extension Service office at 498-8741.





## 4-H/FFA Livestock SHOWS AND FAIRS EVENTS

### 4-H Country Ham Contest August 17

Six Montgomery County 4-H members will be entering their cured country hams in the State Fair 4-H Country Ham Contest. In addition to the judged ham contest, they will compete in the 4-H Country Ham Speech Contest. Junior members ages 9-13 years of age will present on the topic of the history of country ham curing. Senior member ages 14-18 will present on the topic of how to control pest that can infest a country ham. The six are Oaklee Amburgey, SydneyShea Amburgey, Rhett Amburgey, Kenleigh French, Marshall Kipp and Jefferson Oldfield.

### Livestock Goes to State Fair

It's the highlight of the summer show season. It's the reward of long hours preparing for several county fair shows. The Kentucky State Fair 4-H and FFA Livestock Shows begins today and runs through next week. Competing at State Fair is the highlight of the summer for youngsters and their families. It's an opportunity to go up against the best of the best from all across the state. Over the next several days, families will be preparing to load up their animals and head to the fair.

Here's a look at the busy schedule ahead:

Tuesday, August 22 – 4-H and FFA Market Goat Showmanship and Commercial Doe Show at 4:00pm in Broadbent Arena

Wednesday, August 23 - 4-H and FFA Heifer Show at 8:00 AM in Broadbent Arena; 10:30am; 4-H and FFA Swine Showmanship contest at 10:00 AM in the Swine Barn; 4-H and FFA Market Lamb Show at Noon in the Sheep Barn; 4-H and FFA Beef Heifer Showmanship at 1:00 PM in Broadbent Arena; 4-H and FFA Breeding Gilt Show in the Swine Barn; 4-H and FFA Market Goat Show in Broadbent Arena.

Thursday, August 24 – 4-H and FFA Crossbred Market Hog Show at 8:00am in the Swine Barn; 4-H and FFA Market Steer Show at 8:00am in Broadbent Arena with the Beef Showmanship Contest following thirty minutes afterwards.

Thursday, August 24 – Championship Drive at 6:30 PM in Broadbent Arena.

All of the animal shows and contests take place in the West Wing and/or Broadbent Arena of the Kentucky Fair and Exposition Center. West Wing includes the Sheep and Swine barns along with Newmarket Hall. For details, contact me at your Montgomery County Extension Service Office at 498-8741.

## 4-H TEEN CLUB HAPPENINGS

4-H Teen Club is meeting the first Thursday of each month. If you are in Middle School or High School, you are invited to become a member of the Teen Club. Clubs meets at 6:00 pm. The focus will be on Leadership and Community Service.





# 4-H RALLY DAY 2023

Montgomery County 4-H held a Rally Day in July in place of the County Fair for members to enter their project records and exhibits to compete for State competition at the Kentucky State Fair. A **BIG THANK YOU** to those who participated:

## PROJECT RECORD BOOKS:

Kenleigh French & Jefferson Oldfield

## PROJECT EXHIBITORS

- Oaklee Amburgey
- Rhett Amburgey
- SidneyShea Amburgey
- Kenleigh French
- Clay Garland
- Lakelyn Hoffman
- Maesyn Ingram
- Marshall Kipp
- Jefferson Oldfield
- Laci Sorrell—Cloverbud



## How Can We Serve You? KY Cooperative Extension Survey...

The University of Kentucky would like for you to take this 10-minute survey to help us develop programs addressing needs in our community. Scan the QR code or visit [go.uky.edu/serveKY](http://go.uky.edu/serveKY)

To scan the code, place your phone camera over the QR Code at the right then, click on the square. The survey will come up on your phone as a qual-trics survey.



All you have to do is answer the few questions on the survey and click submit. That's it. Simple and easy. Thank you for taking the time to give us your opinion and suggestions to make your County Extension Office more accessible and productive for the 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](http://go.uky.edu/serveKY)

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 on former civil rights activity. Reasonable accommodations 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



Contact your local Extension Office for a paper copy of the survey.



# 4-H YOUTH Participant

CLUB/PROJECT: \_\_\_\_\_



# 2023-24

## 4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying. Form Updated: August 2022

Name: \_\_\_\_\_ County/Area: Montgomery  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: KY Zip: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_ Gender:  Female  Male  
 Residence:  Farm  Town < 10,000 or Rural Non-Farm  Race (please choose more than one if applicable):  American Indian  Asian  
 Black  White  Hispanic  Non-Hispanic  Native Hawaiian or Pacific Islander  Prefer Not to Say  
 Not Listed: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact #2: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_

Is any member of your family a current or former member of the United States Military or National Guard?  Yes  No BRANCH: \_\_\_\_\_

### Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1) Asthma .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts.....         | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten.....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy.....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts.....           | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions.....                | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Drug Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:

Please explain any restrictions (dietary, physical, etc):

- The following over the counter medications may be administered to my child without contacting me:
- Antihistamine Pill     Antacid     Ibuprofen (Advil)     Hydrocortisone Cream
- Acetaminophen (Tylenol)     Decongestant     Dramamine     Polysporin (topical antibiotic)

List any conditions requiring medication: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_  
 Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
 Name of Policy Holder/Relationship to Participant: \_\_\_\_\_ Member ID: \_\_\_\_\_

### Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

### Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF GUARDIAN: \_\_\_\_\_  NO, I do not permit

# 4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

## WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

## WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

I, \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules.  
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer \_\_\_\_\_ County \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



**4-H Enrollment Forms**—On page 7 & 8 of this newsletter, you will find the new 4-H Enrollment Form for 2023-24. If you want to receive an emailed newsletter, please complete this form and return it to the Montgomery County Extension Office at 106 East Locust Street. This form will also confirm that you are on our mailing list. Add if you want to join one of our Community Clubs as a member. We have several clubs; Saddle Club, Livestock Club, Shooting Sports, Teen Club, Cloverbuds (5-8 year olds), Dairy Goats, and Jr Chef/Culinary.

EVERYONE IS WELCOME TO ATTEND!

September 8th

COME SUPPORT!



**MONTGOMERY COUNTY SHOW & SALE**



**LOCATION**  
BLUEGRASS STOCKYARDS EAST  
2023 Dates: Sept 8-9  
Mount Airy, NC 27021

**US 60**  
Right Off  
Exit 113 on  
I-64

SHOW STARTS AT 4:00 PM



DINNER & SALE AT 6:00 PM

DINNER, LIVESTOCK SALE, SILENT AUCTION, AND MORE!

FOR MORE INFORMATION  
MONTGOMERY COUNTY  
EXTENSION OFFICE  
CHARLES CORNER  
659-448-9741

PLEASE COME OUT AND SUPPORT ALL OF THE 4-H & FFA KIDS HARD WORK!



THE MONTGOMERY COUNTY EXTENSION OFFICE WILL BE CLOSED ON SEPTEMBER 4TH IN OBSERVANCE OF LABOR DAY. WE WILL BE OPEN ON SEPTEMBER 5TH AT 8 AM. HAVE A HAPPY LABOR DAY.





# HEALTHY CHOICES FOR HEALTHY FAMILIES

**Cooperative  
Extension Service**



This material was partially funded by USDA, Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Summer is time for kids to try new foods

Summer brings lots of tasty new foods. This is the perfect time to bring new fresh fruits and veggies to the whole family.

Try these four summer superstars:

### Berries

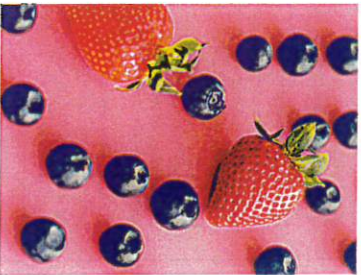
Strawberries, blueberries, raspberries, and blackberries have Vitamin C and antioxidants. The berries can support kids' total health. They are also a good source of fiber!

### Avocados

Add avocados to tacos or use them as a spread on grilled cheese sandwiches. You can also serve them with some eggs and fruit in the morning. Avocados have heart-healthy monounsaturated fat. They also have fiber, vitamin E, potassium, and vitamin C.

### Tomatoes

Tomatoes have fiber, vitamins A and C, and potassium. You can buy tomatoes



### Watermelons

Nothing says summer like a fresh slice of watermelon. Watermelon has one of the highest water contents of any food.

This makes it great for keeping kids hydrated on hot, scorching days. It is also packed with vitamin C and lycopene.

Watch out for seeds. The seeds could be a choking hazard for young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad!

Farmers' markets are a great place to buy fresh-picked foods. A lot of markets now take SNAP benefits.

For a directory of Kentucky's summer farmers' markets, go to <https://www.kyproud.com/farmers-markets> or contact your local county Cooperative Extension Service: <https://extension.ca.uky.edu/county#county-alpha>

Source: Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/summer-4-time-for-kids-to-try-new-foods>

## 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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## BASIC BUDGET BITES

### Tips for saving money on food

- Plan**
  - Take time to plan your meals and make a grocery list.
  - Plan your meals using seasonal foods.

### Shop

- Find stores with super food sales during special times such as "Friday and Saturday Blow-out Sales" or "10 Items for \$10."
- Find a local farmers' market. Fruits and veggies tend to be fresher and cheaper.

### Buy

- Buy store brands when the taste and quality suit your needs.
- Compare the unit price. The cost per ounce or per pound helps you find the best deal.
- Buy family packs of meats, cheese, poultry, and luncheon meats. Split the packs into servings, freeze, and use as needed.

### Track

- Know the normal prices of items you buy most often. A sale will then be easy to spot.
- Compare prices of nonfood items at the grocery store with the same item at a discount store.

Source: Adapted from Alabama Cooperative Extension — <https://www.aace.edu/blog/topics/food/ways-to-save-your-food-dollars>

## FOOD FACTS

# Raspberries and blackberries

Raspberries and blackberries are great when they are picked fresh. Many farms offer "pick-your-own" berry patches. If you pick enough, you can enjoy berries out of your freezer in other seasons.

Local raspberries and blackberries ripen after strawberries. You can gather wild raspberries and blackberries in late summer.

### Nutrition information

Berries are low in calories when eaten raw. A half-cup of berries has 30 to 40 calories.

Limit the added sugar or high-fat products like pie crust or whipped topping, which add calories and fat.

Choose healthy serving methods that will give you the least amount of fat and sugar. One-half cup of some berries has 100% of the vitamin C an adult needs. Berries are also rich in potassium.

### Storage

As soon as you get the berries home, check them over. Throw away any that show signs of decay, mold, or other spoilage. Use blackberries within a couple of days.

Raspberries are more fragile and do not stay fresh very long. Use raspberries right away.

### Preparation

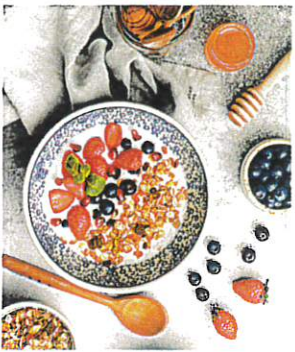
Wash, drain, cover, and store blackberries in the refrigerator for later use. Store unwashed raspberries covered in the refrigerator. Wash them before using.

There are many uses for berries. Use them in baked goods, blender drinks, fresh with milk and sugar, in sauces, over desserts, or just eat them plain. Of course, putting up jams and preserves is a way to make sure you enjoy berries in the winter months.

Source: Adapted from <https://extension.umn.edu/publications/42678>







## PARENT CORNER

## Breakfast ideas to try

The morning meal doesn't have to be all about normal breakfast items. You can mix it up to have other foods and still have a good healthful start to the day.

Serve a balanced breakfast that is made up of whole grains, protein, and fruit or vegetables. You could try any of these delicious ideas:

- whole-grain cereal with low-fat milk topped with fruit or nuts
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whisked in a blender)
- vegetable omelet with whole-wheat toast
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- shredded cheese on a whole-wheat tortilla, folded in half, microwaved for 20 seconds, and topped with salsa

Source: Adapted from <https://kidshealth.org/en/parents/breakfast.html>

## SMART TIPS

## Make better beverage choices

Make healthy drink choices. Limit the amount of added sugars, saturated fat, and sodium. Start simple with these tips today:

## Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks often have a lot of added sugars.

## Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to choices for your kids. Limit the amount of 100% juice you serve.

## Compare food labels

Use the Nutrition Facts label when shopping for drinks. Compare calories and the added sugars.

## Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Try low-fat milk and a sprinkle of cinnamon or nutmeg.

## Grab a bottle and go

Carry a clean, reusable water bottle in your bag to fill up during the day. Tap water is often easy to find.

## Jazz up your drink

Perk up your plain water or seltzer with citrus slices. Try some fresh mint leaves or a few fresh or frozen berries.

Source: Adapted from <https://www.myplate.gov/tip-sheet/make-better-beverage-choices>

## COOKING WITH KIDS

## Seasonal Layered Fruit Salad

- 1/2 cup fruit A
- 1/2 cup fruit B
- 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt

1. Select two different fruits to fit the season, holiday, or summer fun event.
2. Choose fresh, frozen, or canned fruits.
3. Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

## Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: <https://www.planetwinetone.com/recipe/recipe/seasonal-layered-fruit-salad>



## RECIPE

## Apple Grilled Cheese

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, core and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: <https://www.planetwinetone.com/recipe/recipe/apple-grilled-cheese>





**FOR MORE INFORMATION  
ON THE  
MONTGOMERY COUNTY  
4-H PROGRAM**

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**4-H  
TEEN  
COUNCIL**

Meets on  
**1st Thursday**  
@ 6:00 PM

**4-H  
SADDLE CLUB**

Meets on  
**3rd Mondays**  
@ 6:30 PM

**4-H  
LIVESTOCK  
CLUB**

Meets on  
**3rd Tuesdays**  
@ 6:30 PM

**4-H  
SHOOTING  
SPORTS CLUB**

Meets on  
**4th Tuesdays**  
@ 6:30 PM

**4-H  
Clover Bud  
CLUB**

Meets on  
**1st & 3rd Wednesdays**  
@ 5:00 PM

**4-H  
DAIRY GOAT  
CLUB**

Meets on  
**4th Monday**  
@ 6:30 PM

**4-H PLEDGE**

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.



Sincerely,

Charles M. Comer,  
Montgomery County  
Extension Agent  
for 4-H Youth Development

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