AUGUST 2023
TAYLOR COUNTY 4-H YOUTH DEVELOPMENT NEWSLETTER

4-H Bee Club Honey Fundraiser

Floral Design Class

4-H Sunflower Contest

Owl Painting

Kimberly Thomas
4-H Agent for Youth Development
(270) 465-4511
kimberly.thomas@uky.edu

Angie Rodgers
4-H Program Assistant
angela.rodgers@uky.edu

In this Issue

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

Lexington, KY 40506

State Communications Contest Results

Lucy Wayne
Second Place
Junior Performing Arts
Demonstration

Molly Oaks
Second Place
Junior Agriculture
Demonstration

Jake Oaks
Blue Ribbon
13 Year Old Speech

Lathan Weatherford
Blue Ribbon
10 Year Old Speech

Lee Leblo
Red Ribbon
9 Year Old Speech

Best of Luck to our 4-Her's at the Kentucky State Fair!

Cloverville

Arts, Crafts, Food, Plant Entries

Logan Allen
Lucas Allen
Indica Baker
Sativa Baker
Rylee Barnett
Emma Fox
Anaia Frankowicz
Laityn Gray
Isaiah Hall
John Wesley Hall
Alaina Holt
Dakota Kester
Caleb Munford
Kathryn Munford
Coy Price
Brysen Sollberger
Lucy Wayne
Luke Wayne

Country Ham Project

Kristen Eastridge
Whitley Eastridge
Kimber Hollins
Dakota Kester
Adam Krayenhagen
Landon Marcum
Luke Marcum
Jake Oaks
Molly Oaks
Alli Patterson
Jaylin Patterson
Coltyn Sollberger

Horticulture Judging

Kristen Eastridge
Whitley Eastridge
Isaiah Hall
John Wesley Hall
Miriam Hall
Dakota Kester
Alli Patterson
Jaylin Patterson
Hailey Stone
Victoria Stone
Lucy Wayne

Land and Soil Judging

Lucy Wayne
Luke Wayne
Blaydon Williams
Jackson Williams

Lawn Tractor Driving

Braysen Hayes

TAYLOR COUNTY
4-H ARCHERS

ADAIR COUNTY SHOOT
AUGUST 5, 2023

9-11 YEAR OLD BARE BOW ARCHERY 2ND PLACE TEAM
CJ ESCOBAR, LUCAS ALLEN, LEAH ALLEN AND CALEB MUNFORD

12-14 YEAR OLD BARE BOW ARCHERY 3RD PLACE TEAM
LOGAN ALLEN, SAMUEL ROACH, COLTYN SOLLBERGER, AND NICOLAS ZIMMERMAN.

Volunteer Appreciation Picnic

18 U.S.C. 707

Taylor County 4-H Ambassador Program

New Youth Leadership Opportunity - Taylor County 4-H Ambassador Program

Taylor County 4-H is looking for youth for our new teen leadership Ambassador program. Please share this program with any youth leaders you know.

What is a 4-H Ambassador?

Our Taylor 4-H County Ambassadors will be a youth leadership team of youth 12-18 years old that works closely with the Taylor County 4-H Agent to bring opportunities to other 4-H members in our county and gain additional leadership and life skills.

Expectations of an Ambassador

- Attend monthly County Ambassador meetings at the Taylor County Extension Office on the second Thursday of each month from 8am-3pm. Lunch will be provided. Each Ambassador will need to be dropped off and picked up from the Taylor County Extension Office by a parent or guardian.
- Participate in outreach to increase 4-H visibility.
- Collaborate and work together as a team.
- Maintain a professional attitude.
- Follow 4-H Code of Conduct.
- Serve as a role model for younger youth.
- Complete work on time.
- Be enrolled in 4-H

Deadline to Apply

Applications are due September 1, 2023 to the Taylor County 4-H Agent.

Questions?

Please reach out to the Taylor County 4-H Agent, Kimberly Thomas by email at Kimberly.Thomas@uky.edu or by calling the Taylor County Extension Office at (270) 465-4511.

APPLICATION CAN BE PICKED UP FROM THE EXTENSION OFFICE OR FOUND HERE: HTTPS://BIT.LY/3QIDJLO

New 4-H Program Year Starts September 1st!

EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

RECIPE NAME	CURRICULUM TOPIC	SETTING REQUIREMENTS
Loaded Apple Rings	Fruit/Veggies; Dairy	Indoor or Outdoor

ESTIMATED TIME	AGE
Less than 30 Minutes	Children and Youth

INGREDIENTS

1 large apple
½ cup vanilla yogurt
1 cup topping (shredded coconut, chopped nuts, mini chocolate chips, raisins, chopped fruit, granola)

DIRECTIONS

1. Slice apple into six ¼-inch thick rings. Remove core.
2. Spread each apple ring with a layer of yogurt.
3. Sprinkle with a variety of toppings. Eat immediately.

Nutrition Facts

3 servings per container
Serving size 2 rings (140g)

Calories 170

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 247mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TAYLOR COUNTY 4-H NEWSLETTER

Our 4-H newsletter is published monthly and includes announcements, club news, registration forms, and information about upcoming events. To get added to our newsletter email list, email Elizabeth.Burton@uky.edu

Taylor County Extension Office
1143 S Columbia Ave
Campbellsville, KY 42718
(270) 465-4511

Kimberly Hope Thomas
4-H Agent for Youth Development
(270) 465-4511
Kimberly.Thomas@uky.edu

Angela Rodgers
Program Assistant for 4-H
(270) 465-4511
Angela.Rodgers@uky.edu