



Boone County 4-H Youth Development **JULY** Newsletter

UK Cooperative
Extension Service
Boone County

Cooperative Extension Service
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2025

Agent message:

Last month, four members of the Boone County 4-H traveled to University of Kentucky's campus to participate in the 2025 Kentucky 4-H Teen Conference.

During the four day event, over 500 high school 4-H members from across Kentucky gathered to participate in leadership development trainings, volunteer activities, build relationships with peers, and workshops to build upon their knowledge and skills related to 4-H core content areas.

During the conference, two Boone County 4-H'ers were recognized for their participation in the program:

Jillian Skidmore was awarded a Kentucky 4-H Foundation Scholarship, in recognition of her outstanding achievement in Kentucky 4-H.

Siona Callahan was recognized for achieving Gold Level in the Kentucky 4-H Achievement Program. To obtain Gold Level, members must earn 200 points throughout their 4-H career, pass a rigorous evaluation, and interview at both district and state levels.

We are proud to have this outstanding group represent our program at the state level, showcasing the impact and significance of Boone County's 4-H in developing future leaders across Kentucky.



*Boone County 4-H
Teen Conference
attendees: Audrey Cahill, Siona Callahan, Seth Callahan, Joshua Mink.*



*Jillian Skidmore, Kentucky 4-H
Foundation Scholarship recipient.*



*Siona Callahan, Achievement Program -
Gold Level.*

4-H HARVEST, FOOD EXHIBIT & FOOD PRESERVATION JUDGING CONTEST

Due to the early timing of our county fair, crops won't be ready for harvest, and plants might wilt before it's time to showcase them at the State Fair. But don't worry! We've got something special lined up!



Tuesday, July 22, 2025



8 AM - 7 PM



Boone County Extension Main Office
6028 Camp Ernst Rd. Burlington, KY 41005

Here's how it works:

- Youth participants can enter their fair exhibits in the following 4-H categories: Crops, Food, Food Preservation, Horticulture and Plant Science and Tobacco! (Visit our website for details)
- All submitted items will be judged on Wednesday, July 23, 2025.
- Pick up your judged entries by Friday, July 25, 2025.

1st, 2nd, and 3rd place winners will be notified to submit freshly picked or cooked duplicates for the Kentucky State Fair! Items need to be dropped off to our office on Sunday, August 10, 2025 from 12 - 1 PM. Our staff will transport them to the State Fair.

Questions? Contact Cathy at cathy.fellows@uky.edu or 859.586.6101



Wellness

Begins with you!



July 22–24, 2025



9:00 AM – 3:00 PM each day



Boone County Enrichment Center
1824 Patrick Drive Burlington, KY 41005

Register online at boone.ca.uky.edu

Boone County 4-H Members, ages 9-14, get ready for three fun-filled days of hands-on activities that will energize, inspire, and empower! This unique camp experience is all about having a blast while learning healthy habits—inside and out. Explore **self-defense basics**, dive into fun and **healthy cooking** to learn their way around the kitchen, and get creative with **card making** projects. Stay moving with **dance fitness** sessions and dig into nature with a **horticulture** activity. It's the perfect opportunity for youth to stay active, express their creativity, and make new friends!

4-H FAIR PROJECTS

How do I get my 4-H projects back?

If you did not pick your project up from the fairgrounds on June 29, your project will be transported to the Extension Office and available for pickup beginning Tuesday, July 1st. Items not picked up by July 11th will be discarded.

How do I collect my prize premiums?

Entries awarded first, second, or third place will receive prize money. If you earned prize money and did not pick up your check on Sunday, June 29th at the fairgrounds, checks may be collected at the Extension Office beginning Tuesday, July 1. Checks are only valid for 90 days so be sure to pick them up before September 25, 2025. Expired checks will not be reissued.

When will I get my State Fair items back?

State Fair projects will be available for pick up at the Extension Office on Tuesday, August 26. Hours are 8:00 AM - 4:30 PM, Monday through Friday. Items not picked up by September 30 will be discarded.

THANK YOU!

To all the volunteers and helpers who gave their time to help with the 2025 fair, we want to express our deepest gratitude. Your dedication, compassion, and hard work does not go unnoticed.

Whether you helped with the shows, served drinks in the 4-H drink booth, helped with animals/exhibits, or simply offered a listening ear to the 4-H members, your efforts are truly invaluable.

KID APPROVED RECIPE



Banana Split Breakfast Bowl

Ingredients:

- 2 medium bananas, peeled and sliced lengthwise
- 1/2 cup low-fat vanilla yogurt, divided
- 1/2 cup diced or sliced strawberries, divided
- 1/2 cup pineapple tidbits-drained, divided
- 4 tablespoons granola, divided
- 2 tablespoons of nuts (optional)
- 6 blueberries, raspberries, blackberries or cherries (optional)

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place one banana in bottom of small bowl.
3. Spread half of the yogurt on top of split banana.
4. Add half of the strawberries and pineapple tidbits.
5. Top with half of the granola, nuts and berries.
6. Repeat with other banana half and remaining toppings.
7. Refrigerate leftovers within 2 hours.



Nutrition Facts Per Serving: 310 calories; 8g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 70mg sodium; 58g total carbohydrate; 5g dietary fiber; 35g total sugars; 7g added sugars; 8g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source: Source: Christy Blevins, Bell county NEP Assistant Senior, University of Kentucky Cooperative Extension



An Experience in Agriculture

**September 26th and 27th
5:00-7:00 pm
Boone County Enrichment Center
1824 Patrick Drive, Burlington, KY 41005**



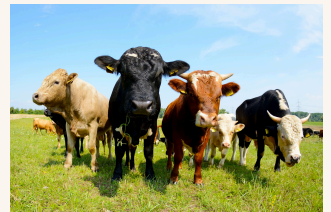
**Free and open to the public, join us to learn about agriculture!
Farm Frenzy is an agricultural experience for your family!
Learn how farmers are responsible for food and fiber production.
We will have live music, food trucks (food available for purchase), animals, a hay ride, and more!**

**To learn more, visit:
boone.ca.uky.edu
or call (859) 586-6101
Facebook @boonecoextension
Instagram @boonecountyextension**

FARM FRENZY HIGHLIGHTS:



CORN



COWS



HONEYBEES



PIGS



TRACTOR



HAYRIDES



Sharpshooters

Sharpshooters will begin taking applications online for our 2026 shooting sports season starting on September 1, 2025. Applications will be due by November 14th for new and returning members. Your child can join for archery only, firearms only, or both.

Email Debra for the club application and/or if you have any questions at bc4harchery@gmail.com.

We teach children how to safely use archery bows, .22 caliber rifles, and 12 & 20 gauge shotguns.

Annual safety education will be held starting in 2026 in the months of January and February. Shooting season runs from March to August.

Christmas *IN JULY*



Monday, July 21



5:00 - 7:00 PM



**Boone County
Enrichment Center
1824 Patrick Drive
Burlington, KY 41005**



Register online at boone.ca.uky.edu

Why not celebrate Christmas twice a year? Join us for snacks while we make a craft, play games, and participate in a white elephant grab bag while listening to holiday music.

Feel free to bring a wrapped small gift for the white elephant grab bag or just come join in on the fun!

Young Guns

Established in 1999, The Young Guns Equestrian Drill Team demonstrates coordination and precision by performing choreographed maneuvers to music. Young Guns instills in its members horsemanship, teamwork, work ethic, and strengthens the bond between rider and horse. The team participates in events such as the Kentucky State Fair 4-H Horse Show (Louisville, KY), Equine Affaire (Columbus, OH), Road to the Horse (Lexington, KY) and many more.

Interested in learning more and becoming part of the team? Contact Joyce Voet at 859-630-4566.



Country Ham News

Join our new Remind group; this is the easiest way not to miss a meeting! Text @bchams to 81010 to join.

Ham Wash for State Fair

- Tuesday, August 12th 5 PM Boone County Extension Office - Ham House

State Fair Ham Contest

- Thursday, August 14th All Day KY State Fair Grounds in Louisville

Art À La Carte Club

Art Club is seeking a new volunteer club leader for the upcoming enrollment year!

Michelangelo or da Vinci level talent is ***not*** required; all that is needed is a desire to introduce 4-H'ers to new artistic styles and techniques.

4-H Agents are here to support our club leaders. If you or someone you know would be interested in becoming a club leader, call 859.586.6101 to speak with an agent.

We want to thank Debra Feitl for her years of leading this club and appreciate her sharing her passion for art with our members!

Boone County 4-H Livestock Judging Teams Win Big at State Contest

The Boone Co. 4-H Livestock Judging Teams achieved an outstanding milestone at the 2025 Kentucky 4-H State Livestock Judging Contest, earning Overall Champion Team honors in both the Senior and Junior divisions.

Colton Kearns was named High Individual Overall in the Senior Division, a prestigious recognition that highlights his exceptional skill in evaluating livestock and delivering oral reasons. The Junior team also rose to the top, with Molly Johnson earning the title of High Individual Overall in the Junior Division, reflecting her sharp eye and passion.

Melissa Rodriguez stood out in the younger age group, winning Overall High Individual in the 9–10 Year Old Division, a promising sign of the next generation of judging talent in Boone County.

In addition to these top individual honors, teammates across all divisions earned a multitude of awards and achievements, including high placings in specific species, reasons, and age divisions. The depth and breadth of success across the team highlights the strong foundation and competitive spirit of the Boone County 4-H program.

“These youth have put in countless hours of practice, and their success is well deserved,” said Rosemary Mastin. “From senior team members to our youngest competitors, every participant demonstrated dedication, growth, and confidence.” The teams’ strong performances reflect the strength and commitment of the 4-H livestock program in Boone County.

Congratulations to all participants, coaches, and families for their hard work and success!

Team includes:
Colton Kearns
Madelyn Johnson
Gianna Vaske
Troy Bronk
Molly Johnson
Melissa Rodriguez
Silas Vaske
Jackson Kohorst
Manny Kinman
Carter Kohorst
AJ Schwenke
Haley Doyle
Grace Noonan
Alexis Schwenke
Will Noonan



Coaches: Rosemary Mastin, Melissa Alsip, and Sydney Alsip

JUNIOR Team: High Junior Team Overall, 7th High Team Overall, 2nd High Team Beef, 2nd High Team Reasons, High Team and 2nd High Team Sheep & Goats, 2nd High Team Swine

Molly Johnson: High Individual Overall Jr. Division, 2nd in Beef, 2nd in Reasons, 4th in Swine

Silas Vaske: 4th High Individual Overall, 1st in Beef, 6th in Reasons

Melissa Rodriguez: High Individual in the 9-10 year old division, 8th High Individual Overall, 8th in Reasons, High Individual Sheep & Goats, 5th in Swine

AJ Schwenke: 10th in Sheep & Goats

Carter Kohorst: 2nd High Individual 9-10 year olds

SENIOR Team: High Senior Team Overall, High Team Cattle, 2nd High Team Reasons, High Team Sheep and Goats, 2nd High Team Swine

Colton Kearns: High Individual Overall, 1st in Cattle, 1st in Reasons, 2nd in Sheep & Goats, 3rd in Swine

Madelyn Johnson: 2nd High Individual Overall, 2nd in Cattle, 5th in Reasons, High Individual Sheep & Goats, 5th in Swine

Troy Bronk: 9th in Reasons



Summer Ice Cream Fun!

All are welcome!

Friday, August 8, 2025

Anytime between 11:30 a.m. and 1:00 p.m.

*Stop by to make and enjoy your own dairy-based ice cream!
Visit our facility, meet our great employees, and learn something about what
we do to improve lives! No cost, no registration, no expectations.
Just come out for a little ice cream fun.*

**BOONE COUNTY EXTENSION FLORENCE
7111 DIXIE HIGHWAY, FLORENCE**

BOONE COUNTY 4-H YOUTH DEVELOPMENT EDUCATION AGENTS

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506

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Disabilities
accommodated
with prior notification.