

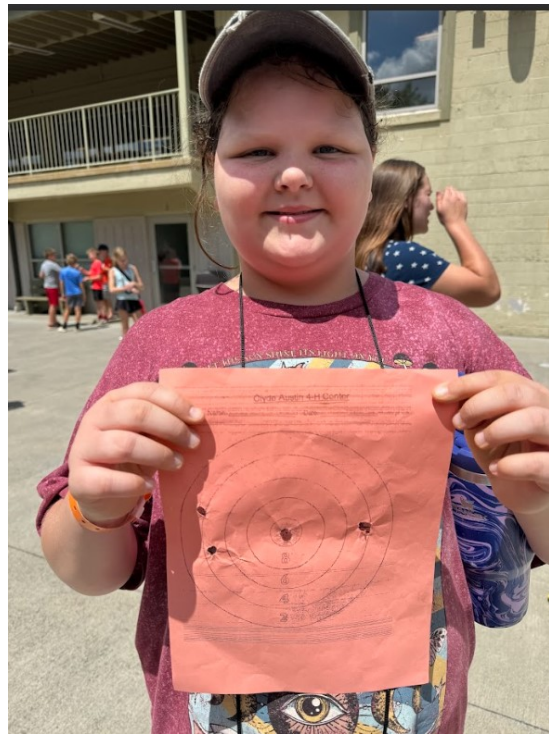
July Hamilton County 4-H Update



4-H Junior Camp 2024







Hamilton County's junior camp week at Camp Clyde Austin in Greeneville was a hit! Campers had tons of activities to choose from, including Gaga ball, axe throwing, the rifle and archery ranges, wildlife (including snakes), Health Rocks! activities, driving go-karts, learning how to code robotics and drones, a carnival (including cotton candy) and, of course, lots of swimming. Can't wait for next year!

4-H Day Camp





4-H Day Camp 2024 was two days of fun! Campers shot archery (some for the first time), sewed pillows, learned Tai Chi, tried out yummy fruit smoothies and fruit water, learned about the importance of hydration and how to stay safe around household poisons, played 4-square, tie-dyed shirts, learned about plants and made plant people, tried out driving robots, and created plenty of art. A big thank-you to our camp teen leaders Aaron, Heidi, Edith, Hayden, Kaden, and Beau and to awesome intern Jessie for all of their help with day camp!

June Dairy Month Spreads the Word about the Benefits of Dairy!



Congratulations to 2024 June Dairy Month Chairperson Beau Duvall, who spent the month of June spreading the word about the benefits of dairy! Beau taught about dairy, including how to

make smoothies, ice cream in a bag, and yogurt parfaits and how to incorporate enough protein into your diet with dairy products. He appeared on regional TV talk shows to discuss dairy's benefits and shared trivia questions about dairy on social media.

4-H Healthy Living Ambassadors

Congratulations to these Hamilton County youth who have been selected to serve as 2024-2025 Tennessee 4-H Healthy Living Ambassadors – Noah Ham, Nevaeh Lane, Edith Provence, Heidi Provence and John Wood! Look for their information in the coming 4-H Newsletters.

Health Tips from Jessie!



Hello! My name is Jessie Salisbury and I am a Family and Consumer Sciences career edge intern for the summer of 2024! I am a rising senior at the University of the South studying psychology and neuroscience.

When you think of July, what do you think of? Is it pool days, watermelon, fireworks or cooking out? If you thought of any of these you probably have been amidst the sweltering heat that July brings. This is why I want to remind everyone why staying hydrated, especially during the summer, is a priority.

In warmer weather, people are more vulnerable to heat stroke, dizziness and other heat-related conditions. And a good guide for hydration can be to drink half your weight in oz, but research shows that you can get 20% of your hydration from your food! Fruits and vegetables specifically are made up of a high percentage of water. For example, one wedge of watermelon can be equivalent to 7 oz. of water, an ear of corn 3 oz of water. and one tomato can be 4 oz. of water.

Some tips for better hydration are limiting sugar intake from beverages and not exceeding your sodium intake for each day. Other fun ways to get your hydration is by making fruit infused water!

Here is my favorite combination for fruit flavored water:

- 1 whole lemon (remove seeds)
- 3 crushed up mint leaves
- 1 cup of crushed blueberries or strawberries

Ag Night at the Lookouts!

The graphic is a green rectangle with white text and images. The text reads "Ag Night at the Chattanooga Lookouts!". There are three images: a top-left photo of hands holding various fruits and vegetables, a bottom-center photo of a baseball player in a red jersey swinging a bat on a field with "Baseball" written on the scoreboard, and a bottom-right photo of a red tractor in a field. There are also two black clover logos with white "H" letters on each leaf, one in the bottom-left and one in the top-right.

Take me out to the Ballgame! Join us for the Annual Agriculture Night at the Lookouts on **Friday, August 16**, with the first pitch thrown at 7:15 p.m. This event is presented by Chattanooga Tractor, and 4-H will have a booth at the event. Don't miss the petting zoo! Kids can run the bases after the game, and fireworks are also planned. For more information or to purchase tickets, visit the [Chattanooga Lookouts website](#).

4-H Club Meetings

4-H is open to all Hamilton County youth in grades 4th-12th, whether they are in public schools, private schools, or are homeschooled. Come to a club meeting and get involved!

**Join 4-H at any time; there is no cost to join.
<https://tiny.utk.edu/HC4H>**

4-H Mane Attraction Horse Club

Monday, August 5 at 6:30 p.m.



The 4-H Mane Attraction Horse Club is open to grades 4th-12th. You do not need to own a horse to join or to participate in the 4-H Horse Club, which meets every month on the first Monday of the month at Saddle Pals Riding Club in Soddy Daisy. This club emphasizes learning about horses and participating in 4-H contests on knowledge of horses, rather than horseback riding. If you have questions, Volunteer Leader Adam Presley can be contacted by text at 423-595-5409.

4-H Gardening Club

Monday, July 29 at 4:30 p.m.



4-H Gardening Club

The 4-H Gardening Club is open to grades 4th-8th and meets every month at the Extension Office (6183 Adamson Circle). There is no cost to join or participate. New members are welcome at every meeting. At the July 29 meeting, the club will start learning about Integrated Pest Management - which basically means how to keep your garden healthy! We'll also look at when to plant fall vegetables and vote on which ones to plant in the 4-H garden. Activities are led by Master Gardeners. Contact 4-H Extension Agent Maria Sabin with any questions (msabin@tennessee.edu). Meeting time is 4:30-6:00 p.m.

Coming up this Fall



4-H Robotics

The Hamilton County 4-H Robotics team, the Gear Grinders, is open to grades 7th-12th. The group meets every Thursday, September through March, at the Extension Office (with days off for holidays). Competitions are held on Saturdays and may require travel and additional meetings in the weeks leading up to them. FTC season Kick-off is September 7, and weekly group meetings will begin then. [Learn more about FIRST Tech Challenge robotics.](#) To be on the list for updates on robotics registration and meetings, please call the Extension Office (423-209-8560) and ask to be added to the robotics interest list.



**2024 Little Debbie
Hamilton County Fair**
November 8-10 at McDonald Farm, Sale Creek

The 2024 Hamilton County Fair, sponsored by Little Debbie, will be held Friday, November 8 through Sunday, November 10 at the McDonald Farm in Sale Creek! Buy tickets and learn more at the Fair website: <https://hamiltontnfair.com/>. Start planning your agricultural and home-centered exhibits now - registration opens in July on the main Fair website.

UT-TSU Extension - Hamilton County

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
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