



*Join 4-H! Enrollment is open year round to grades 4th through 12th in Hamilton County, and there is no cost to join 4-H!*

# Congratulations!

## June Dairy Month 2026 Tennessee National Dairy Kickoff



Elise Janes, Dairy Alliance Ag Affairs Manager for Kentucky and Tennessee, with Rusalina showing her first-place poster



Rusalina, Lillian and Dr. Elizabeth Eckelkamp, Dairy Extension



Lillian Summer being interviewed by  
Lee Maddox, Tennessee Farm  
Bureau Director of Communications



Group of June Dairy Month  
Chairpersons – Lillian Summer is on  
the far left

Two 4-H youth were recognized at the Dairy Kickoff. Congratulations to Lillian Summer Shank and Rusalina Biktimirova! Lillian Summer was recognized as the Hamilton County June Dairy Month Chairperson. Rusalina received 1st place in the state for her June Dairy Month poster! The luncheon was held at Ed Jones Auditorium at Ellington Agriculture Center in Nashville, Tennessee.

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## 4-H Wildlife Judging Regional Contest



Congratulations to Hamilton County's Junior High Team at the 2026 4-H Wildlife Judging Regional Contest - Benjamin Horne, Jack Marden, and Layla Clemmons! The team won First Place in the Eastern Region! Benjamin won first in Individual Scores, Jack placed fifth, and Layla was 11th. PJ Tolbert participated in the Senior High division. The Regional Contest was held May 15 at the Norris Dam State Park in Andersonville. Participants identified species of wildlife found in Tennessee and then chose wildlife management practices for particular species on a particular piece of land.

The 4-H Wildlife Judging Contest is part of National **WHEP** (Wildlife Habitat Education Program) and is open to grades 4th through 12th. If you are interested in participating in the 2027 contest, join the 4-H Veterinary Science Club next school year!



Hamilton County's group at the 4-H Wildlife Contest - Layla, PJ, Volunteer Leader and Team Coach John Clemmons, Benjamin, Jack, and 4-H Agent Maria Sabin, who also coached the team.

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## 4-H Clover Bowl Regional Contest

Congratulations to Hamilton County's 4th, 5th, 7th, and 8th grade teams, who participated in the 2026 Regional Clover Bowl Contest at UT Knoxville's ANR Building on May 18. Both the Hamilton County 8th grade team and the Hamilton County 5th grade team won second place in their respective divisions at the Contest! Hamilton County's 4th grade team won third place in their division, and the 7th grade team also did an awesome job in the competition.

4-H Clover Bowl is an annual quiz bowl contest for grades 4th through 8th. To find out more about it (or start practicing questions today!) visit the Eastern Region 4-H website's [Clover Bowl page!](#)



2026 8th grade regional contest runners-up! The Hamilton County team from the 4-H STEM Club, with Coach Tina



2026 5th grade runner-up team! The Hamilton County team from Chattanooga School for Arts & Sciences



Members of Hamilton County's 7th grade team from the 4-H Gardening Club at the Regional Contest

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Hamilton County's 4th grade Clover Bowl team from Chattanooga School for Arts & Sciences

## 4-H youth winners at Eastern Region 4-H Horse Show



Landon Gentry on Buddy – placed 1st, 3rd and 6th in different classes



Isabella Hardiman in Showmanship class with Daisy



Isabella Hardiman with Manny – she received 1st, 2nd, 3rd, 4th (2 times) and 5th in various classes

Isabella Hardiman in Western Class  
3rd place with Manny

The Eastern Region 4-H Horse Show was held at Roane State Expo Center. Hamilton County youth competed and did well. Here are some of the Mane Attraction 4-H Horse Club youth, Landon Gentry and Isabella Hardiman, with their horses and ribbons. Congratulations!

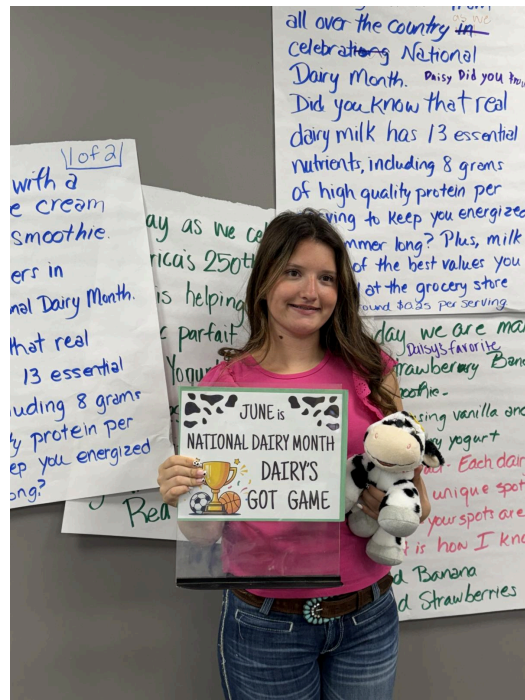
Others who competed (we hope to have more photos in the July newsletter) – Selah Brodie, Brianna Deason, Elizabeth Eller-Martin, Makayla Frye, Hailey Metzler, Alexis Scarborough, Abby-Jo Sweeney and Liam Sweeney.

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## June Dairy Month Chairperson – Lillian Summer



Lillian Summer with Daisy getting ready to celebrate June Dairy Month and make a smoothie



Lillian Summer with Daisy preparing her public service announcement videos for June Dairy Month

The 2026 June Dairy Month Chairperson for Hamilton County is Lillian Summer. She will be busy during the month with Daisy, her dairy cow. Lillian is excited to support dairy farmers through her efforts. This year's theme is "Milk's Got Game".

She will be at the Ooltewah Farmer's Market on June 4th, 3:00-6:00 p.m. She and Daisy will be at the Hixson Community Farmers Market on Saturday, June 6th at 9:30-12:30 – you can make some ice cream in a bag! Check out [the UT / TSU Extension – Hamilton County Facebook page](#) throughout June – there will be trivia, videos, recipes and more.

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## 4-H State Council member Noah Ham speaks to Ag Committee



Noah (center) pictured with Ag Committee members – Kathy Lennon, Commissioner Dr. Steve Highlander, Chuck Pruett and Commissioner David Sharpe.

Noah Ham shared his leadership involvement through 4-H State Council with the Hamilton County Agriculture Committee. He shared how his leadership and citizenship had increased through 4-H by serving on state council, attending the national 4-H Ignite! Conference and being a leader in the 4-H Honor Club and 4-H Robotics Club.

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## Healthy Lifestyle Ambassadors

The Tennessee 2026-2027 ambassadors for Hamilton County have been selected. Congratulations to these youth – Noah Ham, Sara Alexander, Liam Cook, and Lillian Shank. These youth will focus on Healthy Lifestyles and attend state training and regular meetings. Look for features throughout the year in the 4-H Newsletter.

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**4-H Summer Camps  
Registration Open!**

It's not too late to sign up for fun at 4-H camps this summer!

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## 4-H Day Camp

June 29 - July 2 at the Extension Office

Grades 4th - 6th

Register by June 15



4-H Day Camp is four days of fun 4-H activities! 9:00 a.m.– 2:30 p.m. each day at the Hamilton County Extension Office (6183 Adamson Circle, Chattanooga). 4th – 6th grade (as of 1/1/26). Campers bring their lunches each day except Thursday, which is pizza day!

Activities will include archery, gardening, creative arts, wildlife, robotics, group games, nutrition/health/fitness, and more.

Cost is \$50. Sign up by June 15. Space is limited, and no additional registrations will be possible after day camp fills up. A completed **600A form** and payment of the \$50 registration fee are both required to hold a spot at Day Camp. **Online fee payment** is available, but please be sure to **email** a fully completed **600A form** at the same time.

For more information, visit the **Day camp page** of the Extension office website or call the Extension Office 423-209-8560.

4-H Day Camp Info

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## 4-H Junior High Camp

**July 6-10 at Clyde Austin 4-H Center  
Grades 6th-8th  
Register by June 5**



Junior High Camp for grades 6th - 8th is a lot of fun. Deadline to register and turn in forms and fees is June 5. Don't miss the annual Slime Wars at this camp! Junior high camp includes choosing activities and having a great time with friends old and new. Cost is \$400, payable online at the [Junior High 4-H Camp payment site](#) or at the Extension Office. More registration information is available at the link below.

[Jr High Camp Info](#)

## Join 4-H!

Hamilton County youth in grades 4th through 12th can participate in 4-H! Join 4-H at any time - there is no cost to join. To join, complete [the online 4-H enrollment form](#). Then, come to a 4-H club meeting or sign up for 4-H camp!

[Join 4-H!](#)

## What's Going on with 4-H Clubs in June?

Many 4-H clubs are on hiatus in the summer, but check out the Horse Club and Gardening Club if you are looking for year-round club

## **4-H Mane Attraction Horse Club meets June 1 at 6:30**

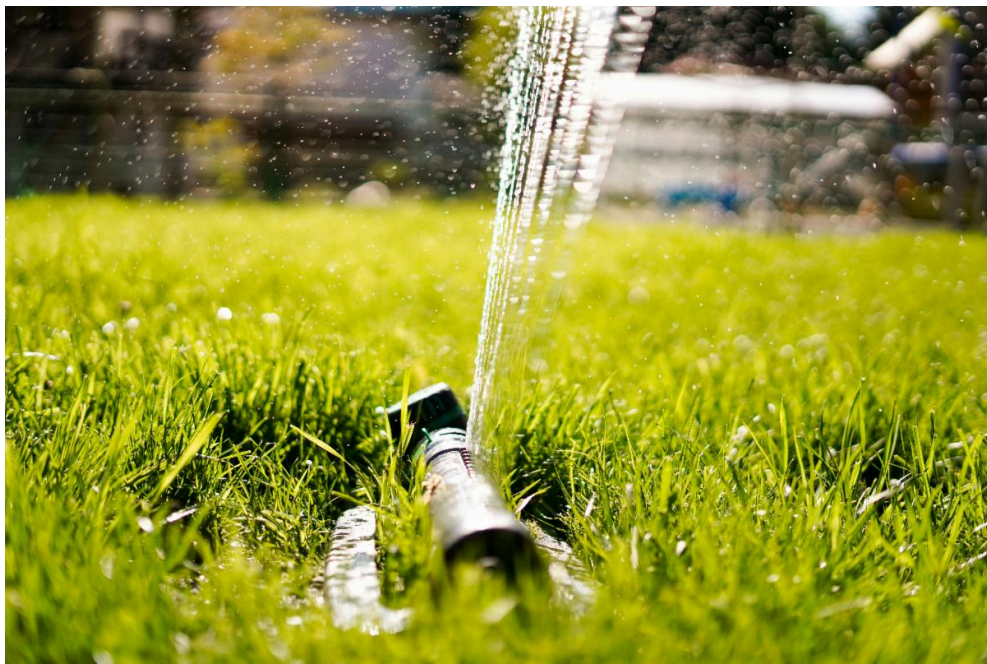


The 4-H Mane Attraction Horse Club meets on the first Monday of each month at 6:30 p.m. at Saddle Pals Riding Club in Soddy Daisy.

Hamilton County youth in grades 4th-12th are welcome to participate in the 4-H Mane Attraction Horse Club. Interested in attending the next club meeting? Call the Extension Office 423-209-8560 or text the Club's volunteer leader, Adam Presley (423-595-5409).

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## **4-H Gardening Club meets June 29 at 4:30**



Youth in Hamilton County in grades 4th-8th are welcome to participate in this club, and there is no cost. New members are welcome at every meeting. Meetings are held 4:30-6:00 p.m. at the Extension Office on the last Monday of each month. At the June 29 meeting, the club will check on the club garden and examine insects found on the wildflowers the club members planted in May. Are they the beneficial insects we hoped for? The club will also do an experiment to learn whether sprinklers are evenly watering an area and how to properly irrigate a garden during the summer. Call the office with any questions 423-209-8560 or [email 4-H Agent Maria Sabin](#).

## 4-H Fun!

### Positive Youth Development Conference



Sadie, Lillian, and PJ pose with new friends at the Positive Youth

Sadie, Lillian, Tennessee Deputy  
Commissioner of Agriculture Ryan  
King and PJ

Development Conference



Lillian's team won the idea  
challenge – they are so excited!



Lillian, PJ and Sadie at Camp  
Clement

Three Hamilton County 4-H teens attended the Positive Youth Development Conference at Camp Clements in Doyle, Tennessee. They were part of teams of youth who participated in group challenges, discussion sessions and leadership. They also heard from great speakers. They met youth from across Tennessee. Special thanks to leaders Kristen Odom-Holland, Teresa Shank and Binta Tolbert!

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## Extension Month Photo Contest Winners – 2nd and 3rd place winners



Photo by Joyce Seo



Photo by Sara Alexander



Photo by Alex Hanning

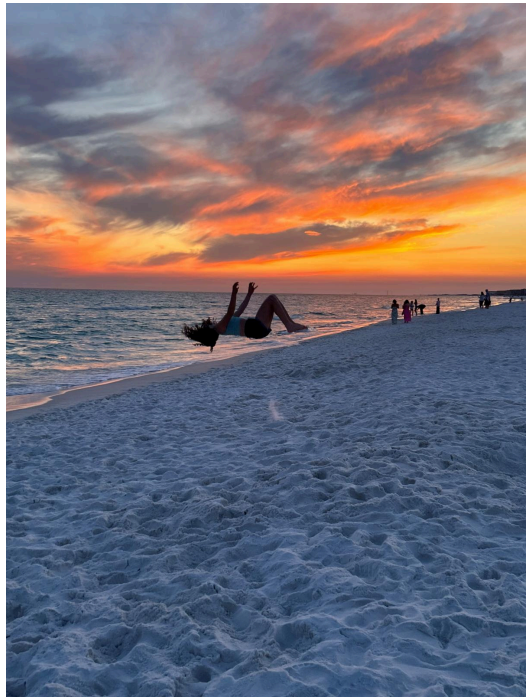


Photo by Chloe Porter



Photo by Ivy Ham



Photo by Noah Ham



Photo by Sara Alexander



Photo by Gavin Shetter



Photo by Angelo D'Amore



Photo by Sara Alexander

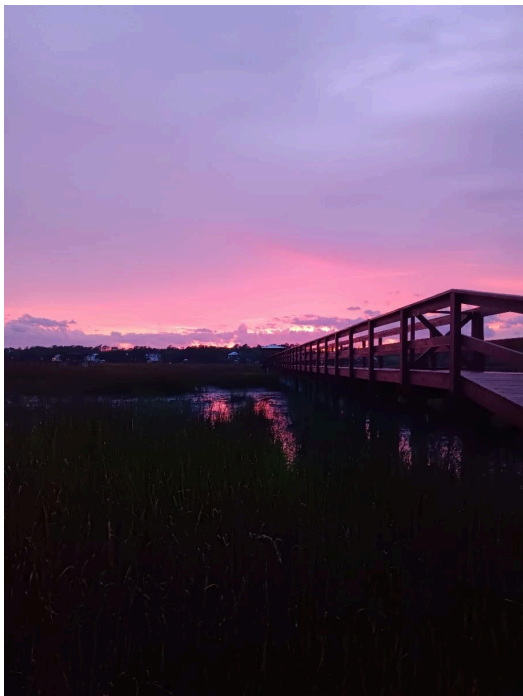


Photo by Meg Finger

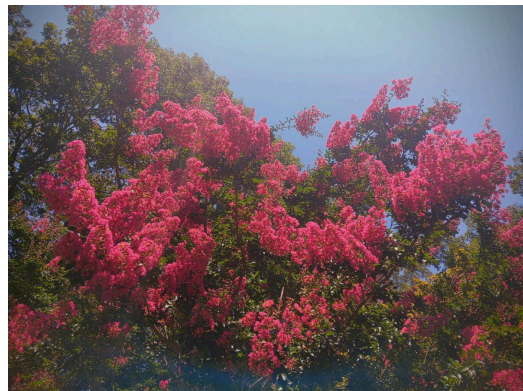


Photo by Meg Finger

Here are the 2nd and 3rd place Extension Month Photo Contest youth division winners:

#### 2nd Place

Chicken Going for a Walk by Joyce Seo

Overlook at Rock City A View Worth Falling For by Sara Alexander

Flow of Life by Alex Hanning

You Can Do Anything by Chloe Porter

See Seven States at Rock City by Ivy Ham

Cherry Trees Beginning to Bloom by Noah Ham

3rd Place

One-Eyed Kitten Pretty in Pink by Sara Alexander

Antique Tractor and Shed on Family Property by Gavin Shetter

Drex by Angelo D'Amore

Exploring Joy by Sara Alexander

Sunset on the Creek by Meg Finger

Crepe Myrtle by Meg Finger

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## Tractor Supply Company stores – Thank You!



Nico adding a 4-H Paper Clover to the check-out area at TSC

Nico at the 4-H exhibit encouraging shoppers at Tractor Supply Company to purchase a paper clover

Thank you to all who purchased a 4-H Paper Clover at the Chattanooga, Ooltewah or Soddy Daisy Tractor Supply Company Store! These funds help send kids to 4-H camp and 4-H youth to leadership opportunities. Look for more information for the Fall Paper Clover sale. Special thanks to each store manager for letting our Hamilton County youth share their 4-H involvement.

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## Healthy Living Ambassador

# Report

Calla Labs Siler is one of this year's Hamilton County Healthy Living ambassadors. See below for her tips on staying healthy this summer



Hey everybody, happy start of summer! I'm Calla and I'm here to talk to you about a healthy lifestyle in this hot month of June, staying cool and living the best vacation days you can. Changes in the seasons can be tough so there are lots of little things you can do to stay on the good side of your physical and mental health, especially during the summer. The temperatures have been quite high this April and May, and they'll only climb from here, so I'll share some tips to deal with overheating. Additionally, getting into vacation right out of school can be a challenge for some, so I'll also talk about some healthy mental habits with structure and flexibility for all that free time. The summer transition is a big one so hopefully I can share a few helpful tips for this fun, warm season.

The biggest problem with getting into summer is the heat. Staying hydrated and monitoring your hydration when outside or in the sun for long periods of time can help to ward off heat related illnesses, as well as staying cool with fans, damp cloths, cool showers, and soaking your feet in cool water. Keeping your body temperature down at the main hot points of the day in these ways can really help stave off the heat and be physically healthy in June.

Another challenge, for families especially, is the transition from the hustle-and-bustle of the school year to the slow moving summer vacation season. Riverdale Health says that, "Without the familiar routine of classes, assignments, and extracurriculars, some children may feel unmoored or overwhelmed by the sudden change." To mediate this feeling, for parents and kids alike, they shared a list of ideas to combat these feelings:

**Structure is the Way to Go**

Lots of kids thrive on structure and consistency, so setting up a new routine with tasks and minor responsibilities can help with the shift.

**Putting Limits on Isolating Screen Time**

Being away from friends can be isolating during the summer for lots of children, but having the encouragement of connection from family and limiting screen time can be a meaningful way to feel like they're not alone.

### Mitigating Summer-Related Anxiety: Why Perspective Is Key

Many adolescents and older kids can struggle with anxiety during the summer with the addition of heat and lack of activities. Try looking out for tell-tale signs of agitation or summer-related anxiety like behavior changes and offering support and guidance for a kid or teen to help. Aside from these strategies for good summer mental health, there are also the options like keeping bedtimes mostly consistent, planning for quiet moments of comfort on some days, and inviting kids into the planning process for summer activities in order to provide a fun, eventful summer without adding stress as a byproduct.

June brings along so much time for summer fun and connection, along with certain risks and hazards of heat and structure shifts. So stay cool, stay happy, stay healthy, and have a great summer!

Calla – 4-H Healthy Lifestyles Ambassador

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# Sign up for the 4-H Newsletter!

Did you receive this newsletter from a friend, or read it online? Sign up to have a copy emailed to you each month: [Newsletter Sign-Up](#)

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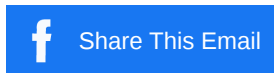
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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.  
UT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



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