

# Carter County 4-H

## Newsletter

March 2017



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
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### March

- 2: NRESci Quarterly Meeting
- 3: Star, OHES Project Day
- 6: Homeschool Meeting & Project Day
- 7: Carter City Project Day
- 9: Livestock Club Meeting 6:00-8:00
- 9-11: Teen Summit
- 13: Horse Club Meeting 6:00-8:00
- 14: TCES Clover Bud Mtg & Project Day
- 15-17: Science Days
- 16: OHES Clover Bud Mtg & Project Day
- 17: Livestock Club Meeting 5:00-6:30
- 24: Livestock Club Meeting 6:00-8:00
- 28: Prichard Project Day
- 28: Teen Council, JC/CIT Interviews, Interview Contest
- 29: Capitol Experience
- 30: Officer Competition
- April 18: County Communication Night
- May 8: Goat, Hog, & Lamb Tag-In
- May 30-June 2: 4-H Camp
- June 12-15: Teen Conference
- July 13: NRESci Quarterly Meeting
- August 7: County Fair Livestock Shows & Auction



### What's Inside:

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### Important Reminders:

- Livestock & Horse Club members need their 6 hours of certification by tag-in or by the paperwork deadlines.
- 4-H members who earned purple ribbons on their projects are eligible to participate in County Communication Night.
- Elementary school 4-H members who earned blue ribbons on their speeches or demonstrations are eligible to compete in Communication Night.
- Middle or high school students who want to give a speech or demonstration at County Communication Night need to register with their club leaders or the Extension Office by March 24<sup>th</sup>.
- Please donate \$10 to 4-H, FFA, & Kentucky Proud when you renew your farm license plate.
- 4-H Camp is May 30-June 2. Don't forget to send in your application!

### 4-H Camp Counselor Interviews & Job Interview Contest

High school 4-H members who are interested in attending 4-H Summer Camp as counselors should contact the Extension Office for an application. Applications are due by March 6<sup>th</sup>. Camp Counselor interviews will be held on March 28<sup>th</sup> at the Extension Office. The 4-H job interview contest will be held in conjunction with camp counselor interviews. This contest is part of the state communication contest, so the winner of the county contest will advance to the district night, for a chance to go to state. If you are not planning to go to camp, you can still participate in the job interview contest. The interviews will start at 5:00 on April 11<sup>th</sup>.

Enjoy your newsletter,

Rebecca Konopka  
Carter County Extension Agent for  
4-H Youth Development

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4-H Youth Development  
Community and Economic Development

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## 4-H Capitol Experience

March 29, 2017

4-H members will have an opportunity to meet with Senator Robin Webb, Representative Jill York, tour the State Capitol and the original Kentucky State Capitol Building.

This trip is open to the first 10 middle or high school students who register. Registration is due by March 7. The cost will be \$5

and will include a Carter County 4-H shirt. 4-H members will also need money for lunch.



Carter County 4-H Livestock & Horse Clubs toured the Morehead State University Farm on February 20.

# I Love 4-H

## ATTENTION 6th & 7th GRADERS

Now is the time to apply for the 4-H Natural Resource & Environmental Science Academy!

The NRESci Academy is a three-year program designed to teach youth about their natural environment. In the program, scholars participate in hands-on investigations to learn about Kentucky's water, forest and wildlife resources.

The Academy meets quarterly each year. Scholars attend a three-day residential retreat at Lake Cumberland 4-H Camp each October, a 2-day residential program at the University of Kentucky in July, and participate in two 1-day events held in early winter and spring.

The academy is limited to 2 students per county. Contact the Extension to request your application today! All applications are due by April 11<sup>th</sup>.



Support the  
*Triple Crown*  
of Kentucky Agriculture

2015 Triple Crown Winner American Pharoah

Please join us in making a \$10 donation with each farm license plate you renew. Donations are divided equally among Kentucky FFA, Kentucky 4-H and Kentucky Proud.

# The Black Horse Farm

Welcomes  
The Carter County 4-H Horse Club  
March 13, 2017  
6-8 pm



4-H members will earn 2 certification hours for attending the event on March 13<sup>th</sup> at The Black Horse Farm. Remember, district horse show paperwork will be due by April 21<sup>st</sup>. All 4-H members who are interested in participating in the district and state horse shows, must have their certification hours by this time.

### Directions from Grayson:

Take Interstate 64 East to Exit 181. Turn right off the exit. Proceed 1 mile then turn left on to State Route 854 (right in front of Rosie's Restaurant). Travel 1 more mile and take the left fork. Continue approximately 3 miles. The Black Horse Farm is on the right.



Top left: MSU Farm Tour  
Above: Club Officers—Kenzie Owens (Reporter), Alyssa Holbrook (Treasurer), Lindsay Jessie (Secretary), Jennings Ewing (Vice-President), Charlie Oppenheimer (President)  
Left: Gary & Marcella Clay help club members make lead ropes and leather crafts.

### Other Upcoming Horse Events:

Recreational Rider Day—March 11 from 9:00-4:00 @ Boyd County Fairgrounds

District 1 4-H Horse Clinic—April 8 @ Bath Co. Extension Office

Horse Wellness Clinic—April 22 @ 10:00 @ Boyd Co. Fairgrounds

## 4-H Livestock Club Dates

### Meetings @ the Extension Office:

Thursday, March 9 - 6:00 - 8:00

Friday, March 17 - 5:00-6:30—We will be hosting a Livestock Club Reality Store this night.

Friday, March 24 - 6:00 - 8:00

### Tag-Ins:

March 18—Market Beef Weigh-In—Greenup County Fairgrounds from 7:00 a.m. – 10:00 a.m.

May 8 - Goat, Hog, Lamb Weigh-In – Carter County Fairgrounds from 5:30 -7:30

## 5th Annual Strive for the Drive

presented by Hinton Mills & Morehead State University

**When:** Evening of Friday, April 14<sup>th</sup> – greeting, tour of farm, hospitality hosted by MSU staff & students (optional)

Morning of Saturday, April 15<sup>th</sup> – youth livestock show clinic


**Where:** Morehead State University Farm – 25 MSU Farm Drive, Morehead, KY.

**Who:** Youth & Adults interested in learning about showing livestock.

**What:** The objective is to better understand nutrition, fitting, showmanship and what judges are looking for in regards to showing cattle, hogs, sheep & goats. Professional instruction provided by Purina Ambassadors and staff, with assistance from MSU and Hinton Mills staff and associates.

**Why:** 3 hours of credit for Livestock Educational Training on Saturday



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## 4-H County Communication Night Tuesday, April 18<sup>th</sup> - WCMS - 6:00 P.M.

### Demonstrations

- Juniors (ages 9-13 by January 1) & Seniors (ages 14-19 by January 1)
- Time limit is 5-15 minutes
- Categories: Sciences & Natural Resources; Animal Science (no live animals); Bread; Clothing/Sewing; Crafts & Photography; General; Health; Home Environment; Horticulture; Foods; Presentation Software; Safety; Shooting Sports (no weapons); Performing Arts; Science, Engineering & Technology
- Team Demonstrations are comprised of two people who both have significant speaking parts. Participants must be in the same age category.

### Speeches

- Juniors (ages 9-13 by January 1) - 3-5 minutes long
- Seniors (ages 14-19 by January 1) - 5-7 minutes long
- Choose any topic of your choice
- No visual aids or costumes
- Dramatic readings, monologues, and recitation of poems will not be accepted.

### Good Public Speaking Tips

- Choose a topic that is important and interesting to you.
- Gather information.
- Organize your information.
- Practice giving your speech or demonstration to your family, friends, or even in front of the mirror.
- Dress neatly.
- Make eye contact with the judges and audience.
- Stand up straight and do not sway.
- Speak loudly.
- If you use note cards do not read directly from the cards.
- A speech and demonstration planning aide is available on the Carter County 4-H Website at <http://ces.ca.uky.edu/carter/4HYouthDevelopment>.

**Middle & high school 4-H members who plan to give a speech or demonstration need to register with their club leader or the Extension Office by March 24<sup>th</sup>! We will need your title.**

Elementary school 4-H members who received a blue ribbon on their speech or demonstration are eligible to participate in County Communication Night.

4-H members who received purple ribbons on their projects may enter them at County Communication Night.

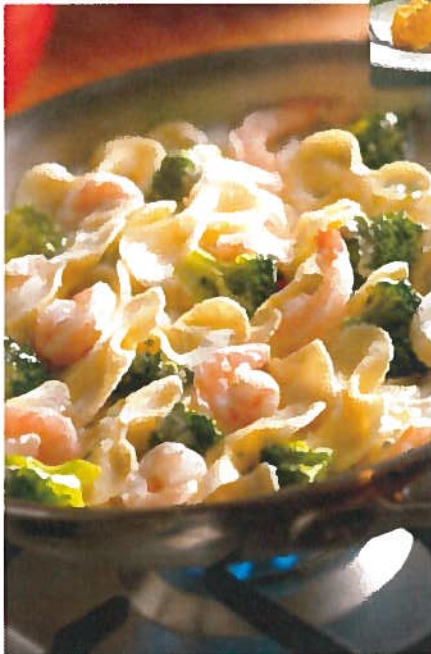
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#### CCA 4-H Club Report

The 4th meeting of the CCA 4-H Club came to order on January 18th. There were 10 members and 2 adults present. We also had a visitor- Sara from the Extension Office joined us! She gave us information about project requirements and answered several questions from members.

In this meeting we talked about project day, county communication night, and officer competition. We voted to decide whether or not to participate in officer competition at the next meeting.

We worked on a community service project at this meeting. We prepared snack baskets with packages of cheese crackers and cookies for area cancer center treatment rooms. We worked together as assembly lines and fixed two huge bags of snack for the patients.

After this, we enjoyed some snacks ourselves.

~ Kenzie Owens, CCA 4-H Reporter

#### Sonshine Homeschool 4-H Club

10:30 a.m. @ Extension Education Building  
March 6 - Projects Due  
April 10  
May 8



Club members pictured with Dr. Donald Gibson after the club tour of All Creatures Veterinary Care.

**Spots are filling up quickly for 4-H Summer Camp! Call the Extension Office today to request your application!**

When: May 30-June 2

Where: North Central 4-H Camp in Carlisle

How Much: \$150 (You can lower your cost by participating in 4-H activities, community service, paying early, and participating in the Schwans's fundraiser to the left.)

Registration Forms Due: May 1

Wanted: We still need a couple of adult male counselors to attend camp this summer. If you are interested, please contact the Extension Office.

Questions: Contact the Extension Office at 474-6686.



# YOUTH HEALTH BULLETIN



**MARCH 2017**

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Carter County  
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## THIS MONTH'S TOPIC: EATING A HEALTHY BREAKFAST



**H**ave you ever heard someone say, "Breakfast is the most important meal of the day?" Wally Cat wants you to know about the importance of eating breakfast every day.

When you go to sleep, your body has to keep working — your heart still beats, your lungs still take in air and your brain keeps working away. In the morning when you wake up, your body is ready for more food! Breakfast is exactly that — a break from the fast that your body had through the night.

Continued on the back →



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# Skipping breakfast is never a good idea. Even if you are in a hurry, some yogurt, fruit and cereal are good items to take with you.

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## Reasons not to skip breakfast

Did you know that when you skip breakfast you might have a hard time paying attention at school? It is very important to be able to listen to the teacher and follow directions. If an empty stomach distracts you, you may not be able to listen as well as when you have had breakfast. Also, children who eat breakfast have more energy to enjoy the activities at school. What is your favorite activity?

## Foods to eat for breakfast

Not every breakfast food is made the same — some are better for you than others. In fact, doughnuts and pastries may seem like a good idea, but they are missing vitamins and minerals that are important to our bodies. Plus, those sorts of breakfast items are full of sugar and fat. Breakfast, just like other meals, should have many different kinds of foods: whole grain cereals, whole grain breads, low-fat or no-fat dairy products, eggs and nuts. Do not forget fruits and vegetables!

Skipping breakfast is never a good idea. Even if you are in a hurry, some yogurt, fruit and cereal are good items to take with you in the car.

Eating breakfast is a smart idea and can help you learn more and do better at school. Wally Cat wants to make sure that you remember to help yourself have a great start every day. Eat a healthy breakfast!



## Circle the items that would be good breakfast choices:

- Whole grain waffles
- Vegetable omelet
- Glazed doughnut
- Low-fat yogurt and fresh fruit
- Granola bar and an apple
- Sugar sweetened cereal
- A breakfast smoothie (yogurt and frozen fruit)
- Peanut butter on a banana

### SOURCE:

Nemours Kids Health <http://kidshealth.org/en/parents/breakfast.html>

## Can you unscramble these words?

EKTRABAFS: \_\_\_\_\_

NGORLAA: \_\_\_\_\_

EAUTPN UTBTER: \_\_\_\_\_

UGOYRT: \_\_\_\_\_

ANSWERS: Breakfast, granola, peanut butter, yogurt



YOUTH  
**HEALTH BULLETIN**

Written by: Nicole Peritore  
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Chris Ware (© University  
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