

December 2024

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Homeschool Club:

The next meeting will be December 17th at 10:30 am at the *Grayson Library*.

Cloverbuds:

The next meeting will be December 9th at 4:30pm at the *Extension Office!*

Teen Leadership Academy:

The next meeting will be December 10th at 4:00pm! This will be for middle and high school students held at the *Olive Hill Library*.

4-H Projects:

If you are interested in completing a project or two, please let Rebecca or the Extension Office know by November 12th! Projects will be due to the Extension Office on April 28th by 4:00 pm.

Written Communications Contest:

The written communications contest ends *January 23rd*. If you are interested in participating, please see the attached information and email rebecca.hayes@uky.edu.

IMPORTANT DATES

School Clubs:

ECMS: December 10
WCMS: December 18
Prichard Cooking: January 14
Prichard STEAM: January 9
Olive Hill Cooking: January 13
Olive Hill STEAM: January 21
Carter City Cooking: January 22

School Enrichment:

Tygart Creek 4th & 5th: January 10
Star 4th & 5th: January 17
Heritage 4th & 5th: January 22
Carter City 4th: January 21

Area Teen Retreat:

This is a lock in style retreat for middle and high school youth. It is January 30-31 at the Boyd County Fairgrounds. The cost is \$50 with more information coming soon.

Teen Summit:

This is a state wide leadership event for middle school aged youth. It is March 20-22 at Lake Cumberland 4-H Camp. More information coming soon.

Communications Contest:

The speech and demonstration contests will be on May 1st.

Rebecca Hayes



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

December 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
49	1	2	3	4	5	6	7
50	8	9 Cloverbuds	10 ECMS Teen Leadership Academy	11	12	13	14
51	15	16	17 Homeschool Club	18 WCMS	19	20	21
52	22	23	24	25	26	27	28
Office is Closed							
1	29	30	31				
Office is Closed							
<p>Cooperative Extension Service</p> <p>Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p>		<p>MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT</p> <p>Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506</p>				  <p>Disabilities accommodated with prior notification.</p>	

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office Closed	2	3	4
5	6	7 Homeschool Club Teen Leadership Academy	8	9 Prichard STEAM Club	10 Tygart Creek	11
12	13 OHES Cooking Club	14 Prichard Cooking Club	15	16	17 Star	18
19	20 Office Closed	21 Carter City OHES STEAM Club	22 Heritage Carter City Cooking Club	23	24	25
26	27	28	29	30	31	Area Teen Retreat



4-H Happenings

Cloverbuds



STEAM Club

KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **November 1, 2024**
and ends on: **December 20, 2024**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

Kentucky Saves Week:
April 7-11, 2025

Kentucky Saves:
www.kentuckysaves.org

MoneyWise:
fcs-hes.ca.uky.edu/moneywise

Carter County
Cooperative Extension Office
94 Fairground Drive
Grayson, KY
41143
(606) 474-6686

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KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK Cooperative
Extension Service

2025 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <https://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **December 20, 2024**
3. Winning Entries at the area level must be selected by February 7, 2025.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **December 20, 2024** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

December 20, 2024

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



2025 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____

Gender: _____

Grade: _____

School: _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other

Kentucky 4-H Written Communication Contest

Informational Packet

The Kentucky 4-H Written Communications Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills.

This packet includes the contest rules, categories, resources, example cover page, and statement of authenticity.

General Contest Rules and Resources

1. Each county may submit two junior- and two senior-level entries per category.
2. Each category will have a Junior and Senior class. The age of a young person participating in 4-H is the age they are on January 1st of the current program year. Junior level members are ages 9-13, and senior level members are ages 14-18.
3. Each writing piece must be original. If there is a question, the participant will be disqualified. A statement of authenticity must be completed by the 4-H member and included with the entry. The statement of authenticity is included in this informational packet.
4. Each entry must include a cover page with the 4-Her's category, age division (Junior or Senior), first and last name, and county. The 4-Her's last name must be included on every page.
5. Entries that do not include a cover page and statement of authenticity will not be judged at the state level and will be disqualified.
6. All entries must be submitted by the county Extension office by **January 23rd**.
7. Table 1 includes a list of the categories and notes specific requirements for certain categories (each category includes a Junior and Senior class).
8. Formatting requirements for entries: Use Calibri or Times New Roman font, set the font size to 12, and ensure the text is double-spaced (except for song and infographic entries).
 - a. Songs: single-space the text within verses, choruses, and bridges; double-spaced between each verse, chorus, and bridge. This will help keep the song section clear and easy to read.
 - b. Infographics: see Infographics Information and Rules Section (see page 3 of this packet)
9. Champions will be showcased at the Kentucky State Fair.



Table 1: Categories

Infographic
Original Monologue
Poetry: 3 line minimum; 25 line maximum
Press Release: Maximum of 1,000 words
Public Service Announcement
Songwriting
<i>What 4-H Means to Me</i> Essay: Minimum of 500 words

Resources

These resources are available for purchase on the National 4-H website.

General Communications Resources

- Communications Curriculum – Modules 1, 2, and 3
- The Writer in You Project Guide

Specific Activities for Various Contest Categories

Monologue

The Magic of Monologue Activity is available in National 4-H Council’s Theatre Arts Level 1 Curriculum (available for purchase on the National 4-H website).

Poetry

The Poet in You Activity is available in The Writer in You Project Guide

Press Release and Public Service Announcement

Extra! Extra! Activity is available in the National 4-H Council’s Communication Curriculum Module 2 (available for purchase on the National 4-H website).

Songwriting

Compose Your Song Activity is available in the National 4-H Council’s Communications Curriculum Module 1



Baked Egg Cups

Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50



Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

Tips

Cut calories by drinking water or unsweetened drinks. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

Nutrition facts per serving: 110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron