KENTUCKY 4-H TEEN CONFERENCE

JUNE 10-13, 2019

Leadership & Citizenship

#redefineky4h

University of Kentucky
College of Agriculture, Food & Environment

$250 Registration
Due by April 26
<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Program</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday June 10, 2019</td>
<td></td>
<td>• Download the Guidebook App for 4-H Teen Conference!</td>
</tr>
<tr>
<td>10 – 2 pm</td>
<td>Registration – Dorms</td>
<td>• The campus tour is MANDATORY for everyone!</td>
</tr>
<tr>
<td>10:30am</td>
<td>District 3 &amp; 4 Arrival</td>
<td>• Know where your chaperone’s room is!</td>
</tr>
<tr>
<td>11:00am</td>
<td>District 1, 2 &amp; 5 Arrival</td>
<td>• Emerald Interviews will be the morning of Monday, June 10th in The 90.</td>
</tr>
<tr>
<td>12:00pm</td>
<td>District 6 &amp; 7</td>
<td>• Donate to the Kentucky 4-H Foundation and buy a Leadership Board t-shirt in the lobby of the dorm!</td>
</tr>
<tr>
<td>1:00pm</td>
<td>UK CAFE Ag Ambassadors Session</td>
<td></td>
</tr>
</tbody>
</table>
1:00 – 1:15 pm  | Assemble for Afternoon Assembly – Woodland Glen Complex
1:15 – 2:30 pm  | 4-H Officer Candidate Speeches  
                | Memorial Hall
2:30 – 2:45 pm  | Dismiss Memorial Hall by Leadership Minor Section
2:45 – 4:45 pm  | Leadership Minor Section – Whitehall Classroom Building
5:00 – 6:00 pm  | Dinner – “The 90”
6:00 – 6:30 pm  | Prepare for Evening Activities!
6:30 – 6:45 pm  | Assemble for Evening Assembly – Woodland Glen Complex
6:45–8:30 pm  | Achievement Assembly
8:30 – 10:30 pm | District Night Out!
10:30 pm  | Chaperone Meeting (Delegates meet with chaperone)
11:00 pm  | Quiet Hours, Return to Rooms

<table>
<thead>
<tr>
<th>Wednesday, June 12, 2019</th>
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</table>
| 7:00 – 8:00 am | Breakfast – “The 90”
| 8:10 – 8:20 am | Assembly for Major Cohort Areas – Woodland Glen Complex
| 8:30-11:45 am | Major Cohort Areas
| 12:00 – 1:00pm | Lunch – “The 90”
|                | Voting will take place in the dorm starting at 12:30pm!
|                | Voting Delegates: Voting for Officers
|                | All Delegates: Voting for Teen Conference 2020 tagline.
| 1:00 – 1:15 pm | Assemble for Service Learning Project – Woodland Glen Complex
| 1:30 – 3:30 pm | Service Project – Various Sites Across Lexington
| 3:30 pm-5:00 pm | Networking
| 4:00 pm- 5:00 pm | Songwriters Showcase and Open Mic
|                | Dorm Lobby--Refreshments Available
| 5:00 – 6:00 pm | Dinner – “The 90”
|                | Voting for officers and tagline will continue in the dorm until 5:30pm.
| 6:00 – 6:45 pm | Dress for Evening Assembly
| 6:45 pm  | Meet in Courtyard by District/Leave for Assembly
| 7:00 – 9:00 pm | Fashion Revue

- Attendance at all activities is mandatory! Failure to participate may result in dismissal from the conference.
- Remember to discuss voting delegates with county!
- You will need personal identification enrollment form for the service project this day. If you do not have that you will remain on campus.
- While you are at Conference check out the International booth and learn about opportunities to travel abroad!

**Duration of Event:**

- **First Session:**
  - 1:00 – 1:15 pm: Assemble for Afternoon Assembly
  - 1:15 – 2:30 pm: 4-H Officer Candidate Speeches
- **Second Session:**
  - 2:30 – 2:45 pm: Dismiss Memorial Hall by Leadership Minor Section
  - 2:45 – 4:45 pm: Leadership Minor Section – Whitehall Classroom Building
- **Third Session:**
  - 5:00 – 6:00 pm: Dinner – “The 90”
  - 6:00 – 6:30 pm: Prepare for Evening Activities!
  - 6:30 – 6:45 pm: Assemble for Evening Assembly – Woodland Glen Complex
  - 6:45–8:30 pm: Achievement Assembly
- **Fourth Session:**
  - 8:30 – 10:30 pm: District Night Out!
  - 10:30 pm: Chaperone Meeting (Delegates meet with chaperone)
  - 11:00 pm: Quiet Hours, Return to Rooms

**Wednesday, June 12, 2019:***

- **7:00 – 8:00 am:** Breakfast – “The 90”
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- **12:00 – 1:00pm:** Lunch – “The 90”
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  - Dorm Lobby--Refreshments Available
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  - Voting for officers and tagline will continue in the dorm until 5:30pm.
- **6:00 – 6:45 pm:** Dress for Evening Assembly
- **6:45 pm:** Meet in Courtyard by District/Leave for Assembly
- **7:00 – 9:00 pm:** Fashion Revue
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<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>9:15 – 10:45 pm</td>
<td>Performing Arts Troupe Showcase</td>
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<td>Officer Election Results</td>
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<td></td>
<td>Officer Induction Ceremony</td>
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<tr>
<td>9:15 – 10:45 pm</td>
<td>Closing Dance</td>
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<td></td>
<td>Woodford Reserve Room at Kroger Field</td>
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<tr>
<td>11:00 pm</td>
<td>Chaperone Meeting (Delegates meet with chaperone)</td>
</tr>
<tr>
<td>11:30 pm</td>
<td>Quiet Hours, Return to Rooms</td>
</tr>
<tr>
<td>7:00 – 8:30 am</td>
<td>Breakfast – “The 90”</td>
</tr>
<tr>
<td>8:00 – 8:30 am</td>
<td>Pack Up/Turn in Keys</td>
</tr>
<tr>
<td>8:30-8:45 am</td>
<td>Meet in Woodland Glen Complex by District/Leave for Assembly</td>
</tr>
<tr>
<td>9:00 – 11:00 am</td>
<td>Closing Assembly</td>
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<tr>
<td></td>
<td>• Outgoing Officer Speeches</td>
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<td>• Outgoing Officer Awards</td>
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<td>• Special Recognition</td>
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<td>• Slideshow</td>
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<tr>
<td>12:30 pm</td>
<td>Deadline to be out of the rooms, any individuals who turn in room keys after this time will be charged!</td>
</tr>
</tbody>
</table>

Thursday, June 13, 2019

- Failure to turn in keys by 12:30 to the FRONT DESK OF THE DORM will result in a charge!!!!
- All garbage in rooms and common areas must be removed and taken outside to the trash compactor.

Revised 3/21/19
The objectives of Kentucky 4-H Teen Conference: develop leadership and teamwork skills, improve communication skills, foster civic engagement, expand knowledge and skills related to 4-H core content areas, gain club, county and state 4-H program skills, have fun, create a sense of belonging, expand social skills through networking, develop youth-adult partnerships, and become acquainted with the University of Kentucky to aid in college and career readiness of Kentucky 4-H’ers.

Each 4-H’er who attends Kentucky 4-H Teen Conference will receive six hours of education in a 4-H core content area (MAJOR) of their choice. Majors will have “cohort areas” where youth will choose specific topics.

Majors: Each 4-H’er who attends Kentucky 4-H Teen Conference will be assigned a Leadership and Civic Engagement minor group, where they will participate in two hours of leadership development and engage in two hours of community service. The purpose of the Minor is for delegates to develop skills that are necessary to be an effective leader and member of their local and global community. All Leadership and Civic Engagement minor groups will receive the same leadership development curriculum, creating a common leadership experience for the entire conference. The Minor group will be randomly assigned a community serving organization to learn about by participating in a community service project.
Cohort leaders for major areas will be recruited and assigned by the 4-H Specialist responsible for Teen Conference. Departments within the College of Agriculture, Food and Environment and 4-H Agents will be recruited to teach based on their specialty. Training and orientation will be provided for those leading a major cohort area. Majors will be offered on the Tuesday and Wednesday of Teen Conference for three hours each day, totaling six hours. Formally “tracks.”

Each district will be asked to recruit six adults who will be paired with a State Teen Council member to facilitate the leadership workshop. The 4-H Specialist responsible for Teen Conference will provide the curriculum for the common leadership experience, along with training and orientation. The adults who sign-up to facilitate minors will also be the adult chaperone for the service learning project. The leadership minor will be offered on the Tuesday afternoon for two hours, the service learning on Wednesday for two hours. Formally “workshops.”
## Kentucky 4-H Teen Conference 2019

### Major Cohorts

Delegates will select their top three majors, then rank their top three cohorts within that major. Note the code!

<table>
<thead>
<tr>
<th>Code</th>
<th>Presenter</th>
<th>Title</th>
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<tbody>
<tr>
<td>AG 1</td>
<td>Dr. Tony Pescatore Dr. Jacquie Jacob Cassinda Bechanon</td>
<td>The Egg and I</td>
<td>Poultry production can be a part of your life, whether you are a consumer, politician, or looking for a career path. We will look at how chicken meat and eggs are produced and how they can fit in an economical and nutritional meal plan. Delegates are required to turn in their PIE Form to the STC Member the first day. It is also important to let us know if you have any food allergies.</td>
</tr>
<tr>
<td>AG 2</td>
<td>Larissa Tucker</td>
<td>Discover Dairy</td>
<td>Delegates will travel to the University of Kentucky Coldstream Dairy where they will experience some of the science behind dairy farming in a hands-on environment. Please come prepared to get dirty and wear closed toed shoes for this session. Delegates are required to turn in their PIE Form to the STC Member the first day.</td>
</tr>
<tr>
<td>AG 3</td>
<td>Dr. Ashton Potter Write Josh England Robert Eversole Thomas Sargeant Toni Myers Becca Self</td>
<td>Eat Local!</td>
<td>Delegates will have the opportunity to visit the Lexington Farmers' Market, Locust Trace farm at the Kentucky Castle, Crooked Row Farm, and FoodChain to learn about how each is contributing to a more vibrant local food system in Lexington. Bring your PIE Form to turn into STC Member the first day.</td>
</tr>
<tr>
<td>AG 4</td>
<td>Steve Austin</td>
<td>Livestock Evaluation, Skillathon, and Market Animal Projects</td>
<td>During this session, individuals will be provided information about livestock evaluation, skillathon activities, and how to select market animal projects. We will primarily be in the classroom but will also be touring the Blue Grass Stockyards. If you are interested in learning more about judging, reasons, and other livestock contests, come join the group. Delegates are required to turn in their PIE Form to the STC Member the first day. Wear close-toed shoes.</td>
</tr>
<tr>
<td>AG 5</td>
<td>Dr. Fernanda Camargo Dr. Amy Lawyer</td>
<td>Explore the Horse Capital of the World!</td>
<td>We will explore the ins and outs of horse science and industry and learn what makes Kentucky the Horse Capital of the World. Delegates are required to turn in their PIE Form to the STC Member the first day.</td>
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| AG 6 | Dr. Gregg Rentfrow  
Ms. Marlee Kelley  
Ms. Becky Wallen | Meat, It's What's for Dinner! | Day 1: Join Dr. Gregg Rentfrow, UK Extension Specialist for Meat Science and Ms. Marlee Kelley, Meat Science Graduate Student and UK Meat Judging Team Coach, to learn all about MEAT SCIENCE! Tour the UK meat processing facility, get a hands-on look at how sausage is made, and learn grilling techniques to show-off at your next cook-out. Day 2: Join Becky Wallen, KY Department of Fish and Wildlife Resources Field to Fork Coordinator and Hunter’s Legacy Program Coordinator, to learn about game hunting and processing in Kentucky! |
| CC 1 | Cynthia Warner | Capture Your Audience: Moviemaking 101 | The process of effectively telling your story is very important to understand in order to make videos that people want to watch. The camera shots and moves and the attention to audio detail are what keep your audience engaged. In this cohort, you will learn the basics of making a good quality video, how to work with green screen, stop-motion, and edit with iMovie using iPad minis. You will put everything you learn into practice by making your own video in groups. Also, an awe-inspiring tour of KET is something you likely won’t forget. Delegates are required to turn in their PIE Form to the STC Member the first day of meeting. |
| CC 2 | Officer Alan Saylor | Mini Citizens Police Academy | Mini CPA is an exploration into the world of campus policing. It will include information on local and federal laws that pertain to a university setting. We will also explore the role of K9s, alcohol, and traffic stops on UK’s campus. |
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<td>CC 3</td>
<td>Courtney Brock</td>
<td>World Religions</td>
<td>Why are we here? What happens to us after we die? How can we understand people with beliefs different than our own? What is the ultimate meaning of life? The study of religion not only provides answers to these questions but allows you to consider your own beliefs and values. Our focus in this track will be on world belief systems. Delegates will travel to the Ohavay Zion Synagogue, Masjid Bilal, and an international foods market. Delegates will have the opportunity to tour facilities, learn about cultural practices and participate in question and answer sessions with the tour leaders. The purpose of this track is to allow delegates to encounter Americans with differing cultural backgrounds from their own. At no time will delegates personal faiths be challenged, nor will they be asked to change their religious beliefs. All speakers are interested in sharing their experiences for educational purposes only. Bring PIE Form to turn into STC Member the first day.</td>
</tr>
<tr>
<td>CC 4</td>
<td>Heather Coleman</td>
<td>SPOTLIGHT</td>
<td>Our Spotlight track includes story line, music, equipment, set-up and presentation. Agents will work with teens to research, write, and typeset their own stories for a Teen Conference Newsletter. Newsletters will be sent to Agents to distribute after Teen Conference. Teens will work with Agents to take pictures to prepare the slide show/video for Thursday's closing assembly. Participants must bring and know how to operate their own digital cameras. Those who do not bring a camera will automatically be assigned to work on the Spotlight Newsletter. Please bring the software necessary to transfer your photos. Please bring music to assist with the slide show. New this year, Spotlights members will learn to produce 2-3 minute information videos and edit them and post them to Facebook. The videos will highlight programs and activities of Teen Conference. We will utilize Snapchat and have customized filters for the week.</td>
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<tr>
<td>CC 5</td>
<td>Carrie Wheeler</td>
<td>Behind the &quot;Great Firewall&quot; Chinese Youth and Social Media</td>
<td>What do you do in a country where Facebook, Twitter, and Google are blocked? How do you connect with friends, learn about world events, and share everyday life events? Come and discover what digital citizenship in China is like, how it is changing the culture of China, and what it means for the future. Learn to use popular apps, connect with high school delegates in China, and enjoy learning about modern Chinese culture through hands on experiences!</td>
</tr>
<tr>
<td>EXP 1</td>
<td>Dr. Kevin Holm-Hudson</td>
<td>From Sound to Song: Simple Music Theory for Songwriters</td>
<td>Learn how to write and perform your own songs! Learn the basics of music theory as they apply to songwriting, and how even experienced songwriters can make their songs more interesting. Collaborative strategies will be explored—we will share our songs with each other and offer helpful feedback. Basic knowledge of guitar is encouraged; non-guitarists will be guided in techniques of lyrics writing. Delegates must bring instrument to participate and a journal.</td>
</tr>
<tr>
<td>EXP 2</td>
<td>Cara Blake Coppola</td>
<td>Creative Writing</td>
<td>In Creative Writing we will create a safe space to create and share creative writing of all genres: fiction, creative non-fiction, poetry, songwriting, etc. We will read and discuss works by published authors of all genres and use these as prompts toward our own writing. Delegates can choose to share and provide constructive feedback but sharing will not be required.</td>
</tr>
<tr>
<td>EXP 3</td>
<td>Mark Royse</td>
<td>Story Smash</td>
<td>No one on earth can tell your story. Lexington Community Radio teaches you how to put your point-of-view into an exciting audio adventure ready for broadcast or podcast. Two intense days of learning the ins-and-outs of story structure, audio production, and maximizing your media presence.</td>
</tr>
<tr>
<td>EXP 4</td>
<td>Kristina Rideout, Alan Rideout</td>
<td>Instagram Worthy</td>
<td>Art at your finger-tips! You will learn how to use natural light, and ways to make your own inexpensive light sources. Learn the basics of posing, composition &amp; backgrounds, and the best apps to use for editing your photos. Whether you want to take the best selfies, food photos, or travel pics - you can do it all with the camera that's already in your pocket!</td>
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<tr>
<td>EXP 5</td>
<td>Jennifer Tackett and Performing Arts Troupe</td>
<td>Kentucky Performing Arts Troupe</td>
<td>This major is for members of the Kentucky 4-H Performing Arts Troupe 2018-2019. This is a restricted major.</td>
</tr>
<tr>
<td>FCS 1</td>
<td>Kimberly Adams Leger</td>
<td>Dream Big, Make Your Passions a Career!</td>
<td>Do you want to be your own boss? Do you have a passion for food? This cohort group will bring entrepreneurship and fabulous food together in one. Learn how the desires of several Lexington area restaurateurs tuned into business ventures of their own. Additionally, you will learn some basic tools you need to start your own business, and never work again doing what you love! Bring PIE Form to turn into STC Member first day!</td>
</tr>
<tr>
<td>FCS 2</td>
<td>Mindy McCulley FCS Agents on Plate it up! Kentucky Proud Steering Committee</td>
<td>From Recipe to Table - The Plate It Up! Kentucky Proud Experience</td>
<td>The Plate it up! Kentucky Proud project encourages the development of recipes using Kentucky Proud products. Through this program, participants will follow the path a recipe takes, as it goes to the classroom for selection, goes to the lab for research and modification, goes to the plate for sampling, and goes to the county offices on a recipe card for distribution statewide. This session will include a trip to the farmers market, as well as the opportunity to prepare and sample recipes. Delegates are required to turn in their PIE Form to the STC Member the first day.</td>
</tr>
<tr>
<td>FCS 3</td>
<td>Katie Shoultz</td>
<td>Is Kale Ice Cream? Get the Inside Scoop on Food Marketing #foodforthought</td>
<td>Social marketing has the power to change, connect, and inspire! But what exactly goes into a social marketing campaign and how can the healthy choice be appealing? By taking a look at the elements of successful campaigns and using Smarter Lunchrooms as a model, teens will work together to create their own marketing campaigns geared towards the audience they know best--themselves and their peers.</td>
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<td>FCS 4</td>
<td>Chief Tanya Whitehouse</td>
<td>Cook to Win!</td>
<td>Do you watch food channels on TV? Do you imagine you are a celebrity chef? If so, this class will include instruction on farm-to-fork efforts, using local and seasonal food at its peak, creating a nutritious and balanced meal, knife skills, cooking techniques, and plating. Then you and your teammates compete in your very own cooking challenge using secret ingredients revealed just prior to the event! You'll present your culinary creation to a panel of experts to be judged. One winning team will be selected!</td>
</tr>
<tr>
<td>FCS 5</td>
<td>Marjorie Baker and Fashion Leadership Board</td>
<td>Fashion Revue</td>
<td>Calling all fashion sleuths! If you have completed a wearable sewing, clothing selection or needlework project then this is the place for you. Join other likeminded teens from across Kentucky to learn more about fashion and textile trends while showcasing your creativity and talent. Workshops will include modeling instruction, soft circuits/T-textiles, and &quot;My Buddy&quot; dolls for the UK Children's hospital. The Fashion Revue will be presented on stage as part of the Wednesday night program. This option is only available to those who have completed a fashion project or previously selected as a narrator. Information sheets must be sent by May 10 to <a href="mailto:marjorie.baker@uky.edu">marjorie.baker@uky.edu</a>.</td>
</tr>
<tr>
<td>HEA 1</td>
<td>Dr. Erin Oakley Dr. Nathan Vanderford Melissa Hounshell Kathleen O’Connor Markey Cancer Center</td>
<td>Conquering Cancer in the Commonwealth with the UK Markey Cancer Center</td>
<td>Markey Cancer Center’s &quot;Conquering Cancer in the Commonwealth&quot; cohort will participate in enriching experiences that will appeal to anyone interested in healthcare or biomedical careers, particularly those interested in learning more about how cancer impacts Kentucky. Delegates will gain an understanding of the basic fundamentals of cancer, learn about the many educational opportunities available at Markey, and hear experts in the field of cancer research discuss topics that are relevant to teens in Kentucky. Other highlights include touring state of the art research facilities at the University of Kentucky and participating in hands-on research in some of our cancer laboratories. Please bring photo waiver the first day of class and turn into STC Member.</td>
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<tr>
<td>HEA 2</td>
<td>Alex Elswick, Natalie Jones</td>
<td>The Human Brain: Substance Abuse and Mental Health</td>
<td>This session focuses on a variety of issues related to substance use and mental health. Participants will hear testimonies from people with substance use disorders as well as perform activities to learn more about drugs and drug use. Also, students will learn a variety of techniques to improve their mental health including mindfulness strategies, deep breathing, and yoga. Lastly, students will visit a non-profit that helps people in recovery from substance use disorders. Bring PIE Form to turn into STC Member the first day.</td>
</tr>
<tr>
<td>HEA 3</td>
<td>Casey Gilvin, Lindsay Thomayer, Brett Odegard</td>
<td>Recreation Rampage</td>
<td>Stop in to learn about the benefits of Health &amp; Wellness! Try out a Fitness Class, learn about improving your health, or scale the rock wall, the Campus Recreation and Wellness Track is calling your name! Take advantage of one of UK’s premier fitness facilities. Special Instructions: Please be prepared for physical activity and fun. Please wear proper attire for activity (athletic shoes and clothes). Please bring waiver the first day of class and turn into the STC Member.</td>
</tr>
<tr>
<td>HEA 4</td>
<td>Dr. Kyle Flack, Amanda Hege, RDN, Yolanda Jackson, RD, Annhall Norris</td>
<td>Food as Medicine: Connecting Food, Health, and Physical Fitness</td>
<td>This major will provide delegates with a hands-on experience where they will have an opportunity to learn about food and nutrition topics, their impact on overall health, and how this is connected to what we do in the kitchen. Come learn different food preparation techniques as you cook breakfast with a Registered Dietitian. Learn how to develop nutritious recipes through our Plate It Up Kentucky Proud (PIUKP) program and discover how delegates at UK are fighting hunger in the Lexington community as you prepare a meal with the Campus Kitchens at the University of Kentucky (CKUK). Learn assessment methods used in nutrition-related research by touring the Nutrition Assessment Laboratory. You will learn about body composition testing with the BodPod, resting and non-resting metabolic rate measurement with indirect calorimetry, and dietary intake assessment tools.</td>
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<td>HEA 5</td>
<td>Dr. Frazier</td>
<td>Take a Tour of the Human Body</td>
<td>Join Dr. Donald Frazier from The Outreach Center for Science and Health Career Opportunities at the University of Kentucky on a tour through the human body. This hands-on and interactive session is geared toward showcasing the healthcare industry. Explore the University of Kentucky Medical Sciences.</td>
</tr>
<tr>
<td>HEA 6</td>
<td>Jacqueline Renee Leachman, Ariana Chambers</td>
<td>#HealthGoals</td>
<td>Did you know that according to the Centers for Disease Control and Prevention that only 1 in 10 Americans are meeting their daily recommendations for fruits and vegetables? Come learn the basics of healthy eating as well as how to incorporate more fruits and vegetables into your everyday meals. Also, come hungry because we will be tasting different healthy recipes!</td>
</tr>
<tr>
<td>NR 1</td>
<td>Danielle Hagler</td>
<td>Take a Hike!</td>
<td>On Tuesday, join us as we explore the Floracliff Nature Sanctuary in the palisades of southern Fayette County. We will take a guided hike along the slopes and bottomlands of the Falls Creek area. Hikers will see an abundance of different tree and plant species and geological formations including the largest formation of tufa deposits in the eastern United States. On Wednesday, we will visit Raven Run Nature Sanctuary, a 734-acre nature preserve also located in southern Fayette County. The preserve borders the Kentucky River and has trails that pass through meadows, woodlands, and streams characteristic of the area. Wear waterproof sturdy shoes! NO open toed shoes permitted. Remember to bring a water bottle and wear sunscreen! Bring PIE Form to turn into STC Member the first day!</td>
</tr>
</tbody>
</table>
Delegates will select their top three majors, then rank their top three cohorts within that major. Note the code!

<table>
<thead>
<tr>
<th>Code</th>
<th>Presenter</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NR 2</td>
<td>Ed Wilcox, Tammy</td>
<td>Rollin' Down the River</td>
<td>Day 1: Delegates will tour the Cane Run Watershed located in Scott and Fayette counties and learn about real-life issues impacting the quality of the water in this unique watershed. Day 2: Delegates will travel to Frankfort and board Kentucky State University's Thorobred Research and Education Boat. Delegates will float down the Kentucky River, learning about and testing the water quality. Bring your PIE Form to turn into STC Member!</td>
</tr>
<tr>
<td>NR 3</td>
<td>Comley, Blake</td>
<td>Through Which the Creek Flows</td>
<td>The system of streams, rivers, and creeks in Kentucky is one of the most expansive in the nation and a part of the most genuine and relevant fabric of our local history. Beyond the historic importance, the ecological impact of so much moving water gives us this unique Kentucky landscape and our flora and fauna an easy drink, an easy escape, and a comfortable home. Travel down the Elkhorn Creek, in canoes and on foot, with Blake and Eric looking for some of the smallest creatures to tell us about the health of our beautiful waterways. Bring your PIE Form to turn into STC Member the first day.</td>
</tr>
<tr>
<td>NR 4</td>
<td>Joanna Ashford</td>
<td>We're Filling Up Fast!</td>
<td>We all know that we should recycle, but why is it so important? Come learn about recycling in Kentucky, how landfills are built and what you can do to make a difference. Participants will get to tour the Lexington Recycling Center and see how the University of Kentucky is reducing, reusing, and recycling! Delegates are required to turn in their PIE Form to the STC Member the first day.</td>
</tr>
</tbody>
</table>
Delegates will select their top three majors, then rank their top three cohorts within that major. Note the code!

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<tbody>
<tr>
<td>NR 5</td>
<td>Laurie Thomas, Steven Rogers, Virgina Hoyt</td>
<td>Life on the Wild Side of Central Kentucky</td>
<td>Travel to McConnell Springs Historic and Natural Areas Park to learn about the forests and wildlife of Kentucky. On Tuesday June 11 you will explore the forest of the park while learning how to identify the many different tree species in central Kentucky. Wednesday will be devoted to learning about the many different kinds of wildlife that call McConnell Springs home, some of them you will see up close. Each day participants will need to be dressed for light hiking. Bring your PIE Form to turn into STC Member the first day.</td>
</tr>
<tr>
<td>NR 6</td>
<td>Donna Fox, Laiken Ellegood, Ashley Hunt, Mason Schwarbert, Kim Horton</td>
<td>Hit the Bullseye with Kentucky 4-H Shooting Sports</td>
<td>Participants will learn about the Shooting Sports Educational Program including all programs and disciplines available. The first session will include instruction in air rifle by certified coaches and shooting on the UK Rifle Team Practice Range. The second day will include instruction in air pistol by certified coaches and shooting on the UK Practice Range. All equipment and ammunition (pellets) will be provided. Meet the Rifle coach and a member(s) of the UK Rifle Team. Permission to Participate Form signed by the participant and parent/guardian will be required. This will be provided ahead of time to those who register for this Major.</td>
</tr>
<tr>
<td>SET 1</td>
<td>Carmen Agouridis</td>
<td>Environmental Engineering: Protecting Air, Water, Soil, and People</td>
<td>Environmental engineers use engineering principles, biology, and chemistry to develop sustainable solutions to environmental problems impacting ecosystem and human health. Such environmental problems may be related to water, wastewater, stormwater, solid waste, air, or energy. In this workshop, we will explore environmental engineering, a profession demonstrating strong growth with a median pay of $84,560, by focusing on water. We will also tour UK’s campus to learn about some of the environmental engineering focused projects related to water.</td>
</tr>
</tbody>
</table>
Kentucky 4-H Teen Conference 2019
Major Cohorts
Delegates will select their top three majors, then rank their top three cohorts within that major. Note the code!

<table>
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<tr>
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<tbody>
<tr>
<td>SET 2</td>
<td>Torey Earle and Science, Engineering, and Technology Board</td>
<td>Coding, Making, Thinking and Solving - Welcome to the world of STEM!</td>
<td>Participants will get the chance to experience a variety of STEM related projects utilizing robotics, computer coding, forensic science, and team problem solving! Over the two days, you'll experiment with Sphero Robots, program with Scratch, utilize problem solving and math skills to complete a Breakout Room challenge, extract DNA from fruit and much more.</td>
</tr>
<tr>
<td>SET 3</td>
<td>Matthew Barton</td>
<td>Micro Drone Racing - Flying Into the Future</td>
<td>Building and racing drones can be fun and exciting! This will give you the opportunity to experience first hand the thrill of drone racing through simulation and hands-on flying. You'll be using not only line of sight but also FPV goggles to see what your drone sees. You'll also get the experience of constructing your own drone (and probably doing some repair as well)!</td>
</tr>
<tr>
<td>SET 4</td>
<td>Dr. Tanya Dvorak, Ryan Kalinski</td>
<td>Fermentation: It’s Alive!</td>
<td>Join us for an experiential learning experience as we experiment with fermentation to create ethanol for fuel. Gain insight into how bioenergy development is all about engineering and science and is related to plants and crops. Furthermore, we will compare and contrast the tradeoffs of biofuels and fossil fuels used as energy.</td>
</tr>
<tr>
<td>SET 5</td>
<td>Timothy S. Stombaugh</td>
<td>RC Pulling Tractors</td>
<td>Tractor pulling is a sport that requires knowledge of a number of different STEM concepts. Participants in this workshop will have the opportunity to explore many of these concepts using remote controlled pulling tractors. Activities will incorporate the scientific method into configuring pulling tractors with different weights, gear ratios, tire configurations, and surface conditions to achieve optimum pulling performance.</td>
</tr>
</tbody>
</table>
# Kentucky 4-H Teen Conference: 2019 Registration Form

**District:**

**County:**

**Participant Last Name:**

**Participant First Name:**

**4-H Age**

*(Jan. 1 of Current Year)*

**Participant Address:**

**T-Shirt Size:**

*Adult Sizes Only*

- Small
- Medium
- Large
- XL
- XXL
- XXXL
- XXXXL

**Participant Email:**

**Participant Cell Phone:**

**Race:**

- White
- Black
- American Indian/Alaskan Native
- Asian
- Native Hawaiian/Pacific Islander
- Other

**Ethnicity**

- Hispanic
- Non-Hispanic

**Gender**

- Male
- Female

**Category or Grade:**

- 8th
- 9th
- 10th
- 11th
- 12th
- Post HS
- Agent
- Intern
- Program Assistant
- Adult Volunteer

**Achievement Program:**

*Award Received in Current Program Year*

- CL 1
- CL 2
- CL 3
- CL 4
- CL 5
- Bronze
- Silver
- Gold

I will only be in attendance for Achievement Program Ceremony on Tuesday Night.

**Current State Level Leadership:**

- STC
- FLB
- PAT
- SSTAB
- NRESChi
- SET

**Parent/Guardian Last Name:**

**Parent/Guardian First Name:**

**Parent Guardian Email:**

**Parent/Guardian Phone:**
Major Cohort Area Choices

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Tuesday and Wednesday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate.

<table>
<thead>
<tr>
<th>Major Area</th>
<th>Cohort #1</th>
<th>Cohort #2</th>
<th>Cohort #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Agriculture</td>
<td>Example: AG1</td>
<td>Example: AG3</td>
<td>Example: AG6</td>
</tr>
</tbody>
</table>

Delegate: I acknowledge all information in this registration form is correct and I agree to fully participate in 4-H Teen Conference and adhere to the Kentucky 4-H Code of Conduct. I agree to complete a voluntary program evaluation at the end of the conference to assess the effectiveness of the conference, I will discuss any reservations I have with my 4-H Agent.

Delegate:  
Print:  
Sign:  
Date:  

Parent/Guardian: I acknowledge all information in this registration form is correct. I understand the activities of the conference (service, majors, minors, etc.) and I agree that my child will fully participate in 4-H Teen Conference and adhere to the Kentucky 4-H Code of Conduct. I approve my child to participate in a program evaluation at the end of the conference to assess the effectiveness of the conference. If I have reservations, I will discuss these with my 4-H Agent.

Parent/Guardian:  
Print:  
Sign:  
Date:  

Dietary Restrictions:  
Include any restrictions (i.e. - vegetarian, etc.)

Medical Conditions:  
Include allergies, if individual carries inhaler, epi-pen, etc.)

Community Service Site Concerns:  
Delegates will be placed at random community service sites, if there are any concerns about random placement please list here. (i.e.-allergic to dogs)

Preferred Roommate and County:
4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

Note: The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable – indicate by using N/A (i.e., no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Name: ___________________________________________ County/District: _________________________________
Last First

Address: ___________________________________________ Birth date: ___________ Age: ________ Youth □ Female □
□ Adult □ Male

City: __________________ State: KY Zip: ___________ Email: __________________ Home Phone: ___________ Farm: □ Yes □ No

Race: □ Asian □ White □ Black □ American Indian □ Hawaiian & Pacific Islander □ Hispanic □ Non-Hispanic
Grade: _______ T-shirt Size: _______ Does the Participant have a cell phone? □ No □ Yes, cell phone number __________________ Can you receive txt? □ No □ Yes

Emergency Contact #1: ___________________________ Phone □ H □ W □ C Text? □ Yes □ No

Emergency Contact #2: ___________________________ Phone □ H □ W □ C Text? □ Yes □ No

Name of Family Doctor: _____________________________ Doctor’s Phone: ___________________________

Health Insurance Company: _________________________ Policy #: ________________________________

Name of Policy Holder/Relationship to Participant: ___________________________ Member ID: _____________

HEALTH HISTORY

Does the participant have, or at any time has had, any of the following? Check “Yes” or “No” to each item. Please explain any “yes” answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

1) Asthma ...........................................  Yes □ No □  Please Explain Any “Yes” Responses:
2) Bronchitis.................................  Yes □ No □ 
3) Convulsions.................................  Yes □ No □ 
4) Diabetes....................................  Yes □ No □ 
5) Ear Infection...............................  Yes □ No □ 
6) Fainting....................................  Yes □ No □ 
7) Heart Condition.........................  Yes □ No □ 
8) Headaches.................................  Yes □ No □ 
9) Hypoglycemia.............................  Yes □ No □ 
10) Serious Allergy to Insects.............  Yes □ No □ 
11) Wear Glasses/Contacts...............  Yes □ No □ 
12) Other Conditions.......................  Yes □ No □
13) Drug Allergy (please explain) ......  Yes □ No □ 
14) Food Allergy (please explain) ......  Yes □ No □ 
15) Other Allergy (please explain) ......  Yes □ No □ 

List and explain any restrictions (dietary, physical, etc):

The following over the counter medications may be administered to my child without contacting me:

Antihistamine Pill □ Acetaminophen (Tylenol) □ Antacid □ Decongestant □ Ibuprofen (Advil) □ Dramamine □ Hydrocortisone Cream □ Polysporin (topical antibiotic)

MEDICAL TREATMENT

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization. SIGNATURE OF PARENT/PARTICIPANT: ___________________________ DATE: ___________________________

PUBLICITY RELEASE

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF PARENT: ___________________________ □ NO, I do not permit.

Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development

Revised 9/1/2016
4-H Youth Development CODE OF CONDUCT FORM  (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate dress. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, and/or drugs (except for medications prescribed to the participant by a licensed physician) are strictly prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Setting off fire alarms, tampering with fire extinguishing and other emergency equipment are strictly prohibited.
- Gambling of any type is strictly prohibited.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment include the use of social media.
- Display of overly affectionate or inappropriate attention between participants is strictly prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time he/she leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only Conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H’ers and family/friends associated with the 4-H participant may result in penalty, including, but not limited to, the following:

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property
- Released to nearest law enforcement authority
- Termination of 4-H membership

I, ___________________________ (Print Name), have read the Code of Conduct and agree to abide by its rules.

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer ___________________________ County ___________________________
Parent/Guardian ___________________________ Date ___________________________
University of Kentucky
Minors Participating in a Program/Camp Informed Consent, Voluntary Waiver,
Release of Liability & Assumption of Risks Form

PROGRAM/CAMP INFORMATION:

Program/Camp Name: ________________________________

Date(s): _________________________ Time(s): _________________________

Location: ____________________________________________

PARTICIPANT INFORMATION:

Name of Participant: _______________________________________

Address: __________________________________ City: ___________ State: ___________ Zip: ___________

Phone Number: ____________________ Date of Birth: ___________ Gender: M _____ F _____

PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. THIS IS A LEGALLY BINDING DOCUMENT. THIS FULLY SIGNED FORM MUST BE SUBMITTED BY A PARENT OR LEGAL GUARDIAN BEFORE ANY CHILD IS ALLOWED TO PARTICIPATE IN THE ABOVE REFERENCED PROGRAM/CAMP.

I, the undersigned, wish for my Child (hereafter “Child”) to participate in the above referenced youth program (hereafter “Program”) on the date(s) and location(s) indicated above and, in consideration for my Child’s participation, I hereby agree as follows:

I acknowledge, understand and appreciate that as part of my Child’s participation in the Program there are dangers, hazards and inherent risks to which my Child may be exposed, including the risk of serious physical injury, temporary or permanent disability, and death, as well as economic and property loss. I further realize that participating in the youth program may involve risks and dangers, both known and unknown, and have elected to allow my Child to take part in the Program. Therefore I, on behalf of my Child, voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the Program.

I, on behalf of my Child, hereby release the University of Kentucky, its Board of Trustees, Administration, Faculty, Staff, Student Leaders, the Program Staff, and all other officers, directors, employees, volunteers and agents (hereafter “UK”) from any and all liability as to any right of action that may accrue to my heirs or representatives for any injury to my Child or loss that my Child may suffer while training, preparing, participating and/or traveling to or from the Camp. This agreement is binding on my heirs and assigns.

I, on behalf of my Child, furthermore release, indemnify and hold harmless UK from and against any and all liability, actions, debts, claims and demands of every kind whatsoever, specifically including, but not limited to, any claim for negligence or negligent acts or omissions and any present or future claim, loss or liability for injury to person or property that my Child may suffer, for which my Child may be liable to any other person, that may or does arise out of my Child’s participation in the Program. I understand that UK accepts no responsibility for my Child’s personal property.

In the event of an accident or serious illness, I hereby authorize representatives of UK to obtain medical treatment for my Child on my behalf. I hereby hold harmless and agree to indemnify UK from any claims, causes of action, damages and/or liabilities, arising out of or resulting from said medical treatment. I further agree to accept full responsibility for any and all expenses, including medical expenses that may derive from any injuries to my Child that may occur during his/her participation in the Program.

This RELEASE contains the entire agreement between the parties to this agreement and the terms of this RELEASE are contractual and not a mere recital. The information I have provided is disclosed accurately and truthfully. I have been given ample opportunity to read this document and I understand and agree to all of its terms and conditions. I understand that I am giving up substantial rights (including my right to sue), and acknowledge that I am signing this document freely and voluntarily, and intend by my signature to provide a complete and unconditional release of all liability to the greatest extent allowed by law. My signature on this document is intended to bind not only myself and my Child but also the successors, heirs, representatives, administrators, and assigns of myself and my Child.

Participant Name ____________________________ Parent/Guardian Name ____________________________

Participant Signature ____________________________ Parent/Guardian Signature ____________________________

Date ____________________________ Date ____________________________

A PARENT OR GUARDIAN MUST SIGN THIS FORM FOR A MINOR UNDER THE AGE OF 18.