Green County 4-H NEWSLETTER 2025



Cooperative Extension Service

Green County 298 Happyville Rd. Greensburg, KY 42743 (270) 932-5311 green.ca.uky.edu



CAMP TEEN & ADULT LEADERS—LEADER TRAINING DETAILS COMING SOON!



Sincerely,

Due Ann McCandless

Sue Ann McCandless Green County Extension Agent For 4-H Youth Development Education 270-932-5311

sue.ann.mccandless@uky.edu

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.





4-H **ARCHERY**

SHOOTING SPORTS

MANDATORY SAFETY MEETING -MAY 20TH 4:30 PM **GREEN COUNTY EXTENSION OFFICE**

ENROLLMENT PACKET DEADLINE & REGISTRATION DUES - MAY 20





JOIN NOW!

2025

May

2025

Cooperative Extension Service

June

2025 %

6

July

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2025

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Green Co. 4-H **Shooting Sports**











GREEN COUNTY FAIR 4-H & FFA

SHOWS



THURSDAY, MAY 29

DAIRY 9:00 AM

Ayrshire, Brown Swiss, Guernsey, Holstein & Jersey

BEEF

1:00 PM

Shorthorn, Angus, Hereford, Simmental, Limousin, Gelbvieh, Charolais (Commercial - Open Class)



4-H Council MEETING

COUNCIL OFFICERS:
PRESIDENT - DIANNA MILBY
VICE PRESIDENT - BRYNN TURCOTTE
SECRETARY - ANGE OLT
TREASURER - KYLE STEARMAN

NEW MEMBERS WELCOME!

298 Happyville Rd., Greensburg KY 42743 We will meet in the Warehouse area. A meal will be served.



5:00 PM CT

For more information 270-932-5311 sue.ann.mccandless@uky.edu





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Disabilities
accommodated
with prior notification



Green County Fair

4-H FXHIBITS

Entry Day - Saturday, May 31st 10 am-Noon CT at Green County Extension Office 298 Happyville Rd., Greensburg KY 42743

Pick Up- Tuesday, June 3rd Noon-4pm CT Call 270-932-5311 for more information



设分 Fair Saturday, May 31

Think about what project

- divisions you'd like to
- Civic Engagement:
- Crops:
- Electricity:
- Entomology:
- Financial Education:
- Foods:
- Forestry:
- Geology:
- Home Environment:
- Horticulture:
- Leadership:
- Needlework:
- Photography:
- Sewing:
- Wood Science:

It's a FAIR Plan!

STEP 2

List class numbers and descriptions for specific projects you plan to enter

Class:

Description:

ie..Folder, pictures, artist statement, able to hang

STEP 3

Double check those

requirements

Does your project need to be a certain size, demonstrate a specific skill, require any additional documentaion or statements.

STEP 4

Enter your projects!

Project **Entry Dates** coming soon!



Now is the time to be working on 4-H fair projects! Project entry date—Saturday, May 31st. Project guidelines for all categories are available now from the Extension Office.

COUNTY FAIR ENTRY IDEA— these cookies may be made and entered in the county fair under the Foods Division—Class No. 849.

RECIPE: Snickerdoodles

From 4-H Cooking 201, page 88

Ingredients

- 1 1/2 cups sugar
- 1 cup butter or margarine, softened
- 1 teaspoon vanilla
- 2 eggs
- 2 3/4 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 teaspoons cinnamon

Yield: 3 dozen cookies

Equipment

Measuring cups and spoons Mixing bowls, large and small Cookie sheet Spatula

Cooling rack



Order of Work

- Preheat the oven to 400 degrees F.
- 2. In a large bowl, cream together sugar, butter, vanilla and eggs.
- 3. Add flour, cream of tartar, baking soda and salt to creamed mixture; blend well.
- 4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
- Shape dough into 1-inch balls.
- Roll balls in sugar mixture.
- Place balls 2 inches apart on ungreased cookie sheet.
- 8. Bake for 8 to 10 minutes or until cookies spring back when lightly touched with the fingers.
- 9. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. When cool, store cookies in a container with a tight lid.

Nutrition Facts per Cookie: 118 calories, 5 g fat, 97 mg sodium, 16 g carbohydrate, less than 1 g fiber, 1 g protein, 3 mg calcium





For the fair:

- · After the cookies have completely cooled, choose three cookies that are the same size.
- · Place the cookies on a disposable plate.
- · Place the plate in a recloseable zip-type plastic bag.



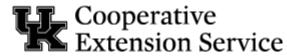
This is a Low Cook-No Cook Recipe for you to try at home.

Enjoy!

English Muffin Pizzas

Servings: 2 Serving Size: 1/2 english muffin or 1 mini pizza







Ingredients:

- Whole-grain English muffins (1 per 2 children)
- Pizza sauce (1 tablespoon per child)
- Shredded mozzarella cheese (1 tablespoon per child)
- Variety of vegetables (2 tablespoons per child)

Directions:

- Give each child one half of a muffin, a tablespoon of pizza sauce and cheese, and 2 tablespoons
 of vegetables.
- 2. Allow them to make their own pizzas.
- If an oven is available, toast the pizzas until the cheese melts (optional).

Notes

- Almost anything can go on pizza. Some people like pineapple. Let your imagination run wild!
- If an English muffin isn't available, a sandwich bun can be substituted.

Source: LEAP...for Health: Nutrition Education Program, University of Kentucky Cooperative Extension Service.

NUTRITION FACTS PER SERVING: 100 calories; 2g fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 210mg sodium; 16g carbohydrate; 0g fiber; 2g sugar; 0g added sugar; Sg protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of Iron; 2% Daily Value of potassium.

HEALTH BULLETIN No.

MAY 2025

ALTH BULLETI

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

> 42743 Greensburg, KY Extension Office Green County 298 Happyville Rd.

(270) 932-5311

ATCH SOME Z'S THIS MONTH'S TOPIC



happy and focused when awake. enough sleep also helps us feel rest, recharge, and heal. Getting S leep is important because it helps our bodies and brains

How much sleep should you g

for children and teens: the following recommendations Academy of Sleep Medicine has ma depends on your age. The American How much sleep you need

- Aged 13 to 18 years: 8-10 hours Aged 6 to 12 years: 9-12 hours
- your body does important work while sleeping! When we sleep, ou That may seem like a lot, but

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Lexington, KY 40806

Extension Service Cooperative



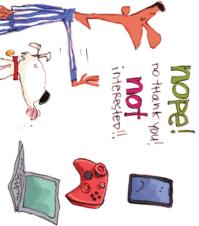
Cooperative Extension Servi

things better and solve problems more easily muscles, tissues, and bones, and strengthen during the day, which helps us remember brain also processes everything we learn

to sleep or staying asleep, while others do not as well at school because they have problems get sick, get injured from accidents, and not do get enough sleep regularly are more likely to feel they have enough time to rest or would enough sleep, though. Some have trouble going sleep can cause problems! People who do not rather be doing other things. But getting enough Many kids and teens report not getting

rest so that you wake up feeling rested: an easier time going to sleep and getting good There are ways you can help yourself have

- Make a sleep schedule: Talk with your parents much sleep you need and when you need to about the right bedtime for you based on how
- Limit screen time before bed: The blue light going to sleep harder. Try to avoid screens from phones, TVs, and computers can make
- Make your sleep space comfortable:



Continued from the previous page

body has the time and energy to grow, fix hurt

paying attention and remembering new things

- wake up. Go to bed at the same time each day
- for 30 minutes to an hour before sleep.
- Keep your room cool (around 60 to 67 degrees F)



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.
- Limit caffeine: Having caffeine too close This can make it harder to fall asleep. making melatonin, the sleep hormone. to bedtime can keep your body from
- Relax before bed: Choose relaxing activities journaling to tell your body it's time to wind down. like reading, taking a warm bath or shower, or
- Exercise regularly: Being active during the day can have a post-workout energy surge late at night. Get your activity before dinnertime you don't help you sleep better at night and feel more rested.

your parents and doctor about ways to help. tired or sleepy often during the day, talk to If you are having trouble sleeping or feel

eatures/students-sleep.htm https://archive.cdc.gov/www_cdc_gov/healthyschools/

Extension Specialist for Family Health Designed by: Rusty Manseau Edited by: Alyssa Simms Written by: Katherine Jury,

Illustrations © University of Kentucky School of Human Environmental Sciences Cartoon Illustrations by: Chris Ware

GREEN COUNTY 4-H PRESENTS 4-H FRIDAYS





May 2

1-2:30 pm

Join us after school for a fun 4-H garden project. Open to Green County youth ages 9-18.

Spots are limited.
Please register by calling
270-932-5311.

Register NOW



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