Floyd County 4-H Newsletter

4-H Teen Conference 2019

Through the 95th Annual Kentucky 4-H Teen Conference, 4-H’ers from across the Commonwealth developed leadership and teamwork skills, improved communication skills, became involved in civic life and expanded knowledge related to a 4-H core content area. These content areas consist of communication/citizenship, health, natural resources, agriculture, expressive arts, family consumer sciences, and science, engineering, and technology. The participants fostered a sense of belonging through networking, engaged in youth-adult partnerships, and became acquainted with the University of Kentucky to aid in college and career readiness. There were 590 senior level 4-H’ers who attended the 2019 leadership conference. Floyd County 4-H Teen Council members who attended Josh Martin, Adam Hutchinson, Caleb Slone, Hannah Ratliff, Blaise Stumbo and Rod Wooten. For most of the delegation it was their first time attending the conference, and their first time staying overnight in a residence hall at the University of Kentucky. Delegates represented 95 counties from across the commonwealth. The dynamic learning opportunities delegates participated in during the conference were made possible by the event sponsor, Farm Credit Mid-America.

Through 4-H Teen Conference, delegates gained six hours of instruction in a core content area of their choice, led by an expert in the field. Over forty departments within the University of Kentucky, agencies in the Lexington-Fayette County area, and local stakeholders conducted the learning experiences for 4-H Teen Conference delegates.

Don’t Forget!!!
- September club and school enrichment sign ups
- Cards to the Troops Oct./Nov.
- Project Selection November
- Member Forms due by December

The University of Kentucky and The Floyd County Cooperative Extension Service offers a great deal of educational programs. If you as a leader are interested in finding out more information about the various programs we offer here, please read page 11 of this newsletter.

Sincerely,

Heather J. Coleman
County Extension Agent for 4-H Youth Development
FLOYD COUNTY YOUTH EXCEL AT THE 2019 KENTUCKY STATE FAIR

Floyd County Youth had the opportunity to let their talent shine by participating in 4-H Project work. Four-H projects are a perfect example of putting to work the “learn by doing” concept that is at the foundation of our Kentucky 4-H Youth Development Program. Project work helps members to develop inquiring minds and an eagerness to learn, as well as build on practical living skills. Youth are eager to participate and learn because project work is both educational and fun. Project work experiences enable youth to develop and improve such life skills as time management, teamwork, and communications. These experiences help 4-Hers develop life skills including mastering technology, leadership and career exploration that are helpful throughout their lives. Floyd County youth had the opportunity to choose from over 100 projects this school year. Projects ranging from woodworking, cooking, sewing, electricity, geology, speech and many, many more. Once the projects were completed the members had the opportunity to enter their project at the school 4-H Project Day. This year over 800 4-H projects were turned during the school 4-H Project Days. As you can see, we had an outstanding turn out of projects this year. If the members won a blue ribbon they had the opportunity to participate in the County 4-H Project Day, which was held in April at the Floyd County Extension Office. The winners received a purple champion ribbon, a trophy and a $20.00 scholarship toward 4-H camp. If they were a county champion in most cases they had the opportunity to send their project to the Kentucky State Fair.

Betsy Layne Elementary
Allie Hamilton, Foods Blue Ribbon

DACE Elementary
Brock Horne, Entomology Blue Ribbon
Alyssa Goodman, Horticulture Blue Ribbon
Chelsea Everidge, Art Blue Ribbon
Kara Rose, Photography Blue Ribbon
JerriLynn Hatfield, Photography Blue Ribbon

John M. Stumbo Elementary
Aubrey Williams, Photography Blue Ribbon

May Valley Elementary
Miles Hutchinson, Foods Red Ribbon
Audrey Turner, Arts Red Ribbon

Prestonsburg Elementary
Lily Stewart, Electricity Red Ribbon
Willow Lafferty, Photography White Ribbon
Marley Allen, Photography Red Ribbon
Alivia Williams, Photography Red Ribbon

South Floyd Elementary
Brooklyn Goble, Wood Science Blue Ribbon

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Kentucky 4-H Summit 2019

Middle School 4-H delegates from across the state recently attended the 13th annual Kentucky 4-H Teen Summit at the Lake Cumberland 4-H Educational Center in Jabez, Kentucky. The conference is held annually for youth in grades 6-8 who want to learn more about what Kentucky 4-H can offer and make connections with others from across the state.

The program is designed to encourage youth to continue their involvement in 4-H as they transition from middle to high school. Members of the Kentucky State 4-H Teen Council serve as teen volunteers during the event, providing mentorship opportunities between the middle and high school 4-H’ers. These teen leaders are in charge of teaching a leadership workshop. Floyd County 4-H has one member on the State Teen Council this year, Adam Hutchinson.

Throughout the conference, youth are encouraged to make new friends, develop their leadership skills and experience new learning opportunities in a safe and supportive environment. Additionally, at each Summit session a different Leadership Board is showcased by teaching workshops and leading the final assembly. The Kentucky 4-H Leadership Boards involved include: Science, Engineering and Technology, Fashion Leadership Board and Performing Arts Troupe.

This past year, participants were able to learn valuable leadership, communication, and citizenship skills through different workshop sessions. In addition to these valuable skills, participants also gained new knowledge and had fun playing volleyball, creating art, hiking, conducting STEM experiments, dancing, and playing various outdoor sports. The youth who attended from Floyd County were Laken Shepherd and Mya Burgess, from Adams Middle School and, Cody Bentley and Maijia Tackett from John M. Stumbo Elementary. Teen Council President Matt Tackett attended as a leader and taught a funshop.

4-H Achievement Program Announces Gold Award Winner

4-H encourages young people to set and achieve their goals. To that end, the Kentucky 4-H Achievement Program was created to reward ambitious and accomplished young people throughout the state.

In the highly competitive 4-H Achievement Program, young people receive recognition and prizes for their accomplishments in 4-H and their community. 4-H’ers can start accumulating points as soon as they start 4-H and begin earning recognition in the sixth grade.

4-H’ers, who are at least in the 10th grade, and who have reached Level V, can apply for the gold award. Each district can submit 10 applicants for the gold award. Of the 70 statewide applicants, 30 are selected. The competitive program consists of an application and a panel interview portion.

This year Matthew Tackett, Floyd Co. 4-H Teen Council President, was selected in the top 30. Matt is the son of Connie and Chris Tackett of Stanville. He has been a member of Floyd County 4-H for 7 years and attends Paintsville High School. Gold Competitive Achievement winners receive a full scholarship to the Teen Conference on the University of Kentucky Campus June 10 – 13, 2019 and an $800 scholarship towards attending National 4-H Congress Conference. Matt also won the Lexi Kinder Scholarship presented at 4-H Teen Conference.
The camp experience helps our youth to work toward the 4-H Youth Development mission of becoming self-directed, productive and contributing members of our society. The Floyd County 4-H Council believes in supporting the 4-H Summer Camp program. One of the reasons the council supports the program is what results from the experience of camping. Below two of our 4-H Alumni share what 4-H Camp means to them.

“Camp is more than just a week away so the parents can relax, it’s a time of growth and learning at a young age. You meet friends who last a lifetime. Friends that you may not see on a daily basis, but are always there for you. You learn valuable life lessons of leadership and responsibility beyond just camp roles; they carry over into your everyday life. I started 4-H in 1999 went to my first camp summer of 2000 and haven’t missed a year since, even now as an adult and Lord willing, I never will.” Jon Hudspeth

“4-H helped me so much as a child. I developed lifelong friendship, learned a bit about creativity, communication and teamwork. I developed leadership skills that have carried me into my adult life. I will forever support its efforts and encourage everyone to go. If this lonely kid made great friends and developed good skills, your kid can too. I am who I am because Sandy sent me away for a week every summer. I always want to go, I still want to go and I nearly cry when I can’t go.” Brittney Compton

4-H Day Camp Minute to Win it

Day camps this summer were held at Betsy Layne Elementary, John M. Stumbo Elementary, Allen Elementary, Ivy Creek Housing, Left BeaverHousing, Prestonsburg Elementary, and Home School. Campers had the opportunity to learn about team building and working together, making a healthy snack, and learn new ways to stay active. A BIG THANK YOU goes out to all the FRYSC’s, Housing and the schools who hosted us. I would also like to Thank Alyssa Conley (Summer Intern), 4-H Teen Volunteers, and Amanda Tackett (4-H Program Assistant) for helping at all the day camps. I couldn’t have done it without you.
Certified Bee County

Floyd County becomes a “Certified County.” Floyd County was one of the first seven counties in the state to become certified as a Kentucky 4-H Bee Ambassador Program “Certified County.” This certification was received because of the efforts from Heather Coleman, 4-H Agent; Keith Hackworth, ANR Agent, and the Floyd County Beekeepers Association. Floyd County received this certification because of combined efforts to educate youth and adults about honey bees and other pollinations, installations of bee-friendly plantings and providing resources and equipment to local bee keepers. 132 Youth were taught lessons to introduce them to the bee colony, basics of production and what’s needed to become a bee keeper. Each youth had the opportunity to try four types of honey and figure out which name went with each honey. Youth also had the opportunity to make their own bee’s wax candle to take home. One youth had this to say about their experience: “It was cool to learn how honey bees live as a family and how important bees are to us. I loved getting to try different types of honey.” In the upcoming year we hope to expand our collaboration as a county team doing more programing using the Bee Ambassador curriculum. Beekeepers learned how to keep, inspect and treat their own hives. Floyd County Extension office houses two honey extractors. Demonstrations were provided for bee keepers. Approximately 30 individuals have used it. The Extension Office also has two demonstration hives, which are used to teach beekeepers and potential beekeepers about the hands-on management and care of hives. The Floyd County Beekeepers Association is now up to fifty-nine and growing.

4-H Sewing Club

Floyd County 4-H and our 4-H Adult Council President Patricia Hackworth, who is the Senior English Teacher at Betsy Layne High School, collaborated to start the first Floyd County 4-H After School Sewing Program at BLHS. During the spring semester of 2017, 11 students had the opportunity to learn the basic techniques of sewing, cutting fabric, pinning, safety procedures and how to press fabric. Each participant made a crazy nine patch pillow to take home. One participant, Summer Johnson, had this to say about her experience with the program. “I have always been so interested in sewing because of my grandmothers. I have been watching them since I was old enough to talk. They enjoyed it so much and I thought that I would too. And I love it very much. I find it to be a huge stress relief. I first wanted to make them for my family and myself. Then I started to think I want others to enjoy them as well. So after selling about 4 pillows and getting back positive feedback, I began to sell them on Facebook and online. I have sold almost 45 pillows. The way I price them depends on the size and cost of materials. The range I have so far can go between $5-$25. I just started learning how to make shirts. Also I have been working on headbands and hair bows. My sister is learning to monogram so we can start a business, off selling clothes, headbands, pillows and etc. “I want to thank Heather Coleman and Patricia Hackworth so much for taking time to teach me how to sew. Also the girls in my class who were there with me every Tuesday learning and enjoying.”

Jack Friar Teen Council Scholarship

Jack Friar was “The Stepping Stone” for Floyd County 4-H and is a man who many will always remember as their 4-H Agent. Jack was many things to many people, he encouraged countless youth to continue their education and to pursue their dreams.

Because of this, the Floyd County 4-H Council decided to change their 4-H Teen Council Scholarship to the Jack Friar 4-H Teen Council Scholarship. This Scholarship will be given out to seniors who are members of the Floyd County 4-H Teen Council.

Our 2018-2019 Scholarship winner are Matt Tackett and Emily West
The Person I am Today

“4-H has influenced my life in a number of ways. I remember one of my earliest memories of 4-H. I had glued together a project based on my goats and although I didn’t win the contest, I won in a different way. I had started down a path that would open up so many opportunities and experiences for me. In doing this project, I had sparked an interest in everything that was 4-H. This interest led me to go to my first overnight 4-H Camp. I was in third grade. My grandmother, Alice, had decided she would be too worried about me being there completely on my own. She knew I could take care of myself but she wouldn’t mind being there just in case. We both would attend our first year of camp the same year. That very first overnight camp provided me my first example of what a role model should be. She tried to help everyone and anyone that needed it at camp. I made new friends, I learned new skills, and I would go back to camp for many more years as a camper, until I got too old. Since my first year, I had dreamed of being a teen counselor. I recall looking up to the teen leaders of my camper days, wanting to be just like them. I was determined to make that dream come true. I would become a member of the teen council. I would take part in a number of new activities that I had no idea 4-H was a part of. I would do my part in the reality store, preparing middle school students for the real world. I would help with the county project day, reminding me of the projects I had done in the past. I would lend a hand at the farmers market, giving Floyd County something to be proud of. I would assist in numerous day camps, helping children have fun and giving them the learning opportunities I was given. All these activities would lead up to going back to overnight camp. Although, this time I would not be a camper. I admit I was somewhat nervous on the bus ride to camp. As soon as I stepped off the bus, all the nervousness disappeared. The sights and smells had brought back many great memories. I was inspired to give the kids an even better camp experience than I had (which would be hard to do). I helped with canoeing class and done my best to make everything about camp fun for every child. In almost no time I learned leadership skills through managing my team. I done everything possible to give them a fun, safe week. I learned how to connect with another person just by interacting with campers and teen leaders alike. I also learned how to inspire, cheering the kids on in my canoe class to do their best. After my first year as a teen leader, I was hooked on 4-H Camp again. I would go to camp as a teen leader again the next year. My team would win 1st place in points my second year as a teen leader. 4-H has influenced my life in too many ways to count. Just from my classes as a camper, I learned to dance, how to canoe and how to play disc golf. I learned leadership, inspiration and how to connect with people as a teen leader. I learned how to have fun, I learned how to be a role model, and I learned how to be responsible. One of the most important ways 4-H influenced my life was the people I’ve met along the way. Without 4-H I wouldn’t have met some of the best friends in my life. 4-H has made me into the person I am today and gave me an amazing group of friends that go along with everything I’ve learned.” Justin Rowe

A Skill for a Lifetime

According to the American Heart Association, teaching youth how to prepare their own food will give them a skill they can use for a lifetime and will help to build confidence. Youth who can prepare foods are also more likely to eat healthier diets as adults. The Floyd County 4-H Youth & Development Agent, 4-H Teen Volunteers, the Floyd County Family & Consumer Science Agent and University of Kentucky SNAP-ed program collaborated to offer the Super Star Chef program during August 2018. This was a 3 day program that consisted of knife skills, nutrition education, and physical activity hosted at the Floyd County Extension Office.

According to the Center for Disease Control, in 2016, Kentucky’s adolescent obesity ratings were at 18 percent, 44.6 percent reported consuming less than one fruit daily, and 42.7 percent reported consuming less than one vegetable a day.

A total of 12 adolescents attended the 3 day program. Surveys from the program indicated that 100 percent of the participants were able to identify all five food groups in My Plate, dice fruits and vegetables safely, wash hands properly, correctly read a nutrition label, and learn proper techniques of safely handling food. After the program, parents stated that their child was more involved with cooking at home and gained more independence from this program.
WATERMELON REFRESHER

Nutrition facts per serving:
250 calories; 1g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 61g carbohydrate; 4g fiber; 57g sugar; 5g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.

1. Small to medium-sized watermelon
2. Dollop 1 tablespoon of yogurt onto each wedge, leaving the edges uncovered.
3. Sprinkle berries on each wedge.
4. Drizzle with honey, if using.

Makes 6 servings

Serving size: 1 watermelon round (4 wedges)
Cost per recipe: $5.75
Cost per serving: $0.96

• 1 cup plain Greek yogurt
• 1 ½ cups fruit (try an assorted mix of blackberries, strawberries, blueberries and raspberries)
• 2 tablespoons honey (optional)

1. Using a sharp knife, cut watermelon horizontally into 1 ½ inch thick rounds. Slice rounds into wedges (each round will make 4 wedges).
EASY SHEET PAN CHICKEN BAKE

- Nonstick spray
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 3 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 3 bell peppers, sliced
- 1 medium red onion, sliced
- 1 teaspoon garlic powder

1. Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.

2. In a medium bowl, mix chili powder, paprika, garlic powder, salt and pepper; set aside.

3. Place chicken and vegetables in large bowl. Drizzle with olive oil; toss to evenly coat.

4. Lightly coat chicken slices, bell peppers and onion in spice mix. Spread onto baking sheet.

5. Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20-25 minutes.

Makes 4 servings
Serving size: 1 cup
Cost per recipe: $6.24
Cost per serving: $1.56

Nutrition facts per serving:
- 270 calories
- 13g total fat
- 2g saturated fat
- 0g trans fat
- 85mg cholesterol
- 380mg sodium
- 11g carbohydrate
- 4g fiber
- 4g sugar
- 0g added sugar
- 27g protein
- 0% Daily Value of vitamin D
- 2% Daily Value of calcium
- 6% Daily Value of iron
- 15% Daily Value of potassium

Source: Katie Shoultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

2019 FOOD AND NUTRITION CALENDAR

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service
PROTECTING YOUR KIDS
ONLINE 2.0

CONNECT

Set some ground rules.
Establish clear guidelines like what types of sites kids can visit, apps they can download, and when they can have access to electronics. Consider “blackout” periods that require disconnection.

Research before you buy.
It’s important to learn about a device’s capabilities before you buy. Will it allow unknown people to communicate with my child? Will this allow children to make unchecked purchases?

Go beyond safeguards.
Installing monitoring software doesn’t guarantee your child will be safe online. Time, attention, and active conversation are the best tools to protect them.

REPORT!
If your kids are dealing with cyberbullies or potential online enticement, report it to the website, cell phone provider, law enforcement, or www.cybertipline.org

LEARN

Know the platforms.
Online enticement happens across all platforms, so be aware of the sites, games, and apps your children frequent. Ask them to show you how they use them.

Be proactive.
Teach your kids to spot common tricks used by online offenders. In NCMEC CyberTipline reports, the most common tactics used to entice a child online were:

• Engaging the child in sexual conversation/roleplay as a grooming method.
• Directly asking the child for sexually explicit images of themselves, or offering to mutually exchange images.
• Developing a rapport with the child through compliments and other supportive behaviors such as “liking” their online posts.
• Sending unprompted sexually explicit images of themselves.
• Pretending to be younger.
• Offering incentives for explicit content.

Spot the Red Flags.
A child who is experiencing online enticement may be:

• Spending increasing time online.
• Getting upset when he or she is not allowed on their device.
• Taking extra steps to conceal what they are doing online.
• Receiving gifts from people you don’t know.

ENGAGE

Talk about it!
Your kids might not tell you everything, but ask anyway. Regular conversations about safety can go a long way in increasing trust and communication.

Get involved.
Challenge them to a duel. If you have kids who like to play online games, ask if you can play, too. When you respect their interests, they’re more likely to respect your rules.

Don’t pull the plug.
Taking away internet access because they may have made mistakes online doesn’t solve the problem. Talk to them about protecting themselves and respecting others online.

NetSmartz Workshop

For more resources visit NetSmartz.org
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The Floyd County Cooperative Extension Agriculture and Natural Resource program provides education, training and technical assistance to individuals and businesses concerned with profitable agriculture. Our educational programs include information on food and fiber production, farm business management, marketing and processing agricultural products, natural resource management and home lawn and garden information. Extension is the major provider of research-based information and education for agricultural producers, agri-business, retailers, consumers, and homeowners. Special programs include beekeeping, master gardener program, pruning demonstrations, pesticide applicator trainings, and soil sampling. For more information contact Keith Hackworth, Extension Agent for Agriculture & Natural Resources khackwor@email.uky.edu

Strengthening the family through research-based education has long been a goal of the University of Kentucky Cooperative Extension Service Family and Consumer Sciences program. We have helped families invest in their future by helping them develop the competency to choose nutritious foods, manage resources, provide quality care for children and dependent elderly and become community leaders. Some of the activities offered by the Floyd County Family and Consumer Science Program are: Basic Life Skills, Financial Management, Health and Wellness Programs, Nutrition & Food preparation, and Parenting Classes. Looking for creative ideas and leadership opportunities? Join the Floyd County Extension Homemakers. For information contact Andrea Slone Extension Agent for Family and Consumer Science andrea.johnson2@uky.edu

The Floyd County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. The 4-H programs need our interests represented on county, district, and state councils. Also needed are people who communicate with local, state, and national legislators. Examples: Participating on the County 4-H Council; Mentioning concerns to our state representatives; Writing letters to legislators or you may like Volunteering directly with young people. We will fit you with what your interest lies in. The amount of time depends on your availability. Examples include: Leading 4-H Clubs; Teaching class at 4-H Camp or sponsoring a Community Club. If you would like more information on being a Council Member or Volunteer please contact: Heather J. Coleman, Floyd County 4-H Youth Development Agent. hncoleman@uky.edu

To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or USDA, Director of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (866) 632-9992.