



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



Fall/Winter
2022-2023

Floyd County 4-H Newsletter

4-H IS THE REASON I AM WHO I AM



“To my third-grade self 4-H was a creative outlet to highlight things I was proud of, to my current self 4-H is a life-long commitment to bettering myself. 4-H means never having to do anything alone, having the confidence to reach your wildest dreams, and to be a leader. Through 4-H I have gained friendship. Previous to my first Teen Council meeting I was extremely shy and introverted. I almost didn’t go but thankfully my mother wouldn’t take no for an answer. If I hadn’t attended, I’m not sure what would have happened to me. It’s hard to look at pictures and remember who I was before 4-H, before I had confidence and supportive peers. At my first meeting I remember an older member named Matt making a point to try to get me to speak, and I did a little. Every meeting after my first I would speak a little more to Matt and a few of the other older members, till eventually I was socializing freely with everyone. It was because of that first meeting attended, and that first friendship made that I have social skills today. The encouragement I received from my older peers meant the world to me. After my social skills started to develop, I became interested in camp and Teen Conference. It was the encouragement from my friends in my county that pushed me to go, and the friendships that I made on my trips that inspired me to set big self-goals. To elaborate further the friends, I had made were setting and obtaining such large goals that I had never

thought someone my age could reach. They were doing things that they were passionate about and using their connections through 4-H as a tool to help them. With this and the questions I had asked surrounding their goals I found the assurance I needed for my confidence to grow and my goals to skyrocket. Soon enough I had established myself as a strong presence in the Teen Council, I was unafraid to participate and voice my opinions. I gained these behaviors while being a teen counselor at camp during the summers. Being responsible for children forced me to use my voice which was a major push I needed. I found that treating the children with respect earned you their respect, this was a major breakthrough with some of the children’s behavior, and something I made sure to take note of. Through the Teen Council I developed majority of my leadership skills, I was improving my debating skills, speaking up for myself, and encouraging others.

When it came time for the previously mentioned Matt to leave for college and leave his position of president of the council, I made known my goal of taking over. With Matts support and the leadership skills I had gained, I was a notable head above my worthy opponents and was graced with the position from my peers, a year later when it came time to re-elect, I was given the honor again. While serving as the president pre-pandemic I learned the characteristics of a good leader and the importance of communication, which I make a point to use in life outside of 4-H. Being a leader is about communication, getting things done, and presenting your best self to be a role model for others -all of which I learned through 4-H. When I leave to attend University of Kentucky this fall, I know that the skills and friendships that 4-H has given me will last and help me through the upcoming changes in my life. 4-H has opened up so many opportunities for me and offered so many diverse experiences I wouldn’t have had otherwise. It has heavily influenced my life; I am thankful for the wonderful network I have built through my participation in 4-H, and I hope to continue my journey with 4-H for as long as I possibly can. As a member of 4-H I have learned selflessness and leadership, the two most important things anyone can have. To me 4-H is family, and with my 4-H family behind me I know I am ready to conquer the next chapter of my life and achieve my goals. 4-H is the reason I am who I am.”

~ Hannah R.



Heather J. Coleman

Heather J. Coleman
County Extension Agent for
4-H Youth Development

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YOUTH COOKING CAMP



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 a healthier diet as adults. In order to address the growing concern about children not knowing how to prepare food safely led to the development of this program.

The Floyd County Extension Staff worked together as a team to plan and implement a three-day youth cooking camp for ages 9-14. We had 17 participants with 12 girls and 5 boys. No previous cooking experience was required for the free program and participants learned to master a variety of cooking techniques. The 3-day program consisted of knife skills, food safety, measuring skills, nutrition education, grilling, growing your own herbs, honey tasting, and crafts and games hosted at the Floyd County Extension Office.

Surveys from the program indicated that 100 percent of the participants learned food safety and practices, how to follow instructions and how to cook various recipes. After the program, a parent stated that their child was more involved with cooking at home and gained more independence.

“Youth who can prepare foods are also more likely to eat a healthier diet as adults.”

4-H & FCS HOMESCHOOL CLUB

The Floyd County 4-H Agent and FCS Agent partnered together to form our first 4-H and FCS home school club. Each month the group met for 2 hours focusing on the 4-H Core Curriculum areas of STEM, Family and Consumer Science, Leadership and Agriculture.

Each month the 27 members ranging from 3 years old to 14 would focus on a program area with a lesson, hands on activity and craft. They will also have their own two-day camp this summer at the Extension Office. One parent had this to say about the club. “Our kids love coming to this club. It gives them a chance to meet other home school youth and learn something new.”



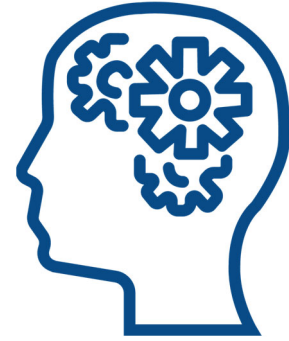
SKILLS THAT PAY THE BILLS

The Floyd County 4-H Program believes that high school serves as a bridge for student transition to adult life. Upon completion of high school, students have formed habits they will carry with them the rest of their lives. One important goal of all high schools is to produce graduates who will be responsible, productive lifelong learners.

By striving to instill a positive work ethic in our students, we will help ensure their futures as responsible, productive community members. Kentucky students have high rates of graduating on time from high school (90 percent), though students are not equally well prepared for the future. Eighty-seven of Kentucky's 167 school districts with high schools got worse on this indicator from the 2015-16 to the 2020-21 school year. Kentucky's economy depends on the youth of today being prepared for the workforce needs of the future, yet only 46 percent of 2019 high school graduates were deemed academically ready for college. (Source: Kids Count Data Center, Kentucky Department of Education website; downloaded 6-28-2022.)



These skills are vital for employment and cannot be learned overnight. The Floyd County 4-H Program partnered with the Betsy Layne High School, Floyd Central High School, and Prestonsburg High School to bring seniors and JAG students the opportunity to learn about ethics in the workplace, education and community. Resume development, how to prepare for and conduct themselves during a job interview and what employers look for in an employee were also addressed. 226 high schoolers participated in the program this past year. During the program we strived to help the students realize that the job-hunting process requires preparation and dedication. One young man had this to say about the program. "I had no idea how much it really takes to get ready for a real job interview. After participating in this program, I fill like I am better prepared, and I also fill more comfortable going through the interview process."



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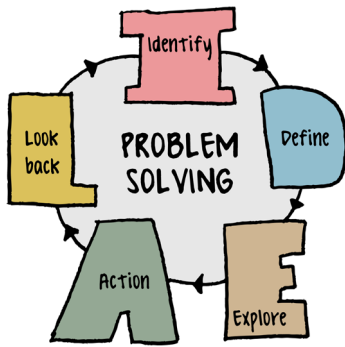
Creating the
next generation
of leaders.



It starts with us

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NEW LIFE SKILLS CLUB

This year Floyd County 4-H partnered with the David School to start a life skills club. The club had 18 members which were mainly made up of 9th graders focused on Workforce Prep, Money Management, and Project work.

The President, Vice President, Secretary and Treasurer led meetings. 15 members completed a 4-H Project with 4 winning county and will represent Floyd County at the State Fair in Louisville.

KENTUCKY STATE FAIR 2022

Floyd County 4-H Project Winners

Betsy Layne Elementary

Hailey Akers, Foods, Red Ribbon
 Ella Keathley, Foods, Red Ribbon
 Caleb Orsborne, Art, White Ribbon
 Gloria Rodriguez, Photography, Red Ribbon

Duff/Allen Central Elementary

Shawn Goble, Woodworking, White Ribbon
 Hunter Webb, Woodworking, Blue Ribbon
 Pacey Conn, Horticulture, Red Ribbon
 Hannah Webb, Photography, White Ribbon

David School

Alyssa Rackey, Art, Red Ribbon
 Sheridan Shepherd, Art, Red Ribbon
 Nick Hamer, Photography, Red Ribbon
 Gavin Samons, Photography, Blue Ribbon

John M. Stumbo Elementary

Aubrey Williams, Art, Blue Ribbon
 Aubrey Williams, Art, Blue Ribbon
 Cheyenne Ramsey, Art, Red Ribbon
 Julia Johnson, Photography, White Ribbon
 Kyndal Forsyth, Photography, Blue Ribbon, Class Champion
 Kyndal Forsyth, Photography, Blue Ribbon
 Kyndal Forsyth, Photography, Blue Ribbon
 Kyndal Forsyth, Photography, Blue Ribbon
 Layla Johnson, Photography, Blue Ribbon



Jessa Johnson, Photography, White Ribbon
 Lydia Johnson, Home Environment, Blue Ribbon
 Baylie Evans, Food Blue Ribbon

May Valley Elementary

Landon Morris, Foods, White Ribbon
 Aleena Lafferty, Foods, Blue Ribbon

Prestonsburg Elementary

Briella Brown, Foods, Red Ribbon
 Addison Jude, Art, Red Ribbon
 Ally McKinney, Art Blue Ribbon
 Madison Adkins, Photography, Red Ribbon
 Baylee Goble, Photography, Blue Ribbon

Prestonsburg High School

Mya Burgess, Art, Blue Ribbon, Class Champion





4-H Teen Council for 7th & 8th Grade Youth:

Starts September 8, 2022

Teen Council will meet the second Thursday each month from September-May

4-H/FCS Homeschool Club:

Starts September 16, 2022

Will meet the third Friday of each month from September-May

4-H Issues Conference for 9th thru 12th grade youth:

November 17-19, 2022

4-H Teen Summit for 6th thru 8th grade youth:

Date to be announced (March 2023)

4-H Teen Conference for 9th thru 12th grade youth:

June 13-16, 2023



2021-2022 Jack Friar 4-H Teen Council Scholarship winner, Brycen Shepherd, Prestonsburg High School.



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WE WANT YOU!!

To join the Homeschool 4-H/FCS Club

FAMILY & CONSUMER SCIENCES



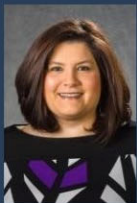
Creating Healthy & Sustainable Families

Do you like to have fun and learn new things? Meet new people? Do things for your community? Then you don't want to miss out on joining our HOMESCHOOL CLUB!

If you are interested in joining, please come to our first meeting on Friday, September 16, 2022 at 1:30pm at the Floyd County Extension Office.

For more information please contact:

Heather Coleman or Andrea Slone at (606) 886-2668.



Heather J. Coleman

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County Extension Agent for
4-H Youth Development



Andrea J. Slone

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County Extension Agent for
Family & Consumer Sciences

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Disabilities accommodated with prior notification.

Extend the Warmth

with Floyd County Cooperative Extension Service



The Floyd County Extension Office is taking up donations for families affected by the recent floods.



New or Gently Used | New

- Throws
 - Blankets
 - Quilts
- Sheets (any size)
 - Standard Size Pillows

Once donations are received we will begin distributing them to those in need.

You may drop donations off at:

Floyd County Extension Office
3490 KY Route 321
Prestonsburg, KY 41653
(606) 886-2668

Office Hours Monday-Friday:

8:00am-12:00pm
1:00-4:30pm



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Disabilities
accommodated
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4-H SUMMER CAMP



Agriculture and Natural Resources

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.

Family and Consumer Science

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

Floyd Co. 4-H Wants You



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

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