



Floyd County 4-H Newsletter



Matthew Tackett Future Dentist

Now in his final year at the University of Kentucky Dental School, Matt credits his 12 years in 4-H for shaping his career path and leadership skills. His interest in dentistry was sparked by his love for helping others, coupled with a passion for art, science, and problem-solving. Tackett found that dentistry perfectly combined these passions.

Tackett's 4-H journey began in 6th grade with his school's 4-H club. He became deeply involved in the Floyd County Teen Council, where he learned the value of community service, leadership, and networking. Through various leadership roles, he developed essential skills such as communication, decision-making, and teamwork. He believes these skills will be crucial in his future career, where collaboration and effective communication are key. "With-out effective communication, I may not understand what a future patient is in need of, and they may not understand treatment options," he explains.

Tackett remains grateful for 4-H. "4-H is everywhere," he says, "which is extremely beneficial to kids in rural communities that might not have access to these experiences outside of 4-H." Through 4-H, Tackett has built self-confidence. Once a shy and quiet child, he now leads with assurance and humility. "4-H allowed me to come out of my shell," he reflects.

Today, Tackett is ready to contribute to his community as a future dentist, carrying with him the skills he gained through 4-H.

4-H/EXTENSION DAY CAMPS & SUMMER PROGRAMS

STEM Camp: June 17 & 18 9:00am-12:00pm

Betsy Layne Elementary Day Camp: June 26 9:00am-12:00 pm

Prestonsburg Elementary Day Camp: June 27 9:00am-12:00 pm

South Floyd Elementary Day Camp: July 8, 9:00am-12:00pm

May Valley Elementary Day Camp: July 11 9:00am-12:00 pm

John M. Stumbo Elementary Day Camp: July 11 1:00am-4 pm

Cooking Camp: July 15-17 10:00am-2:00

4-H Camp: July 29-August 1

If the camp location is at a school, please contact the FRYSC Director at that School to sign up. For additional dates please follow us on Facebook for further announcements. <https://www.facebook.com/4hfloydco>



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

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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www.facebook.com/4hfloydco



Jack Friar Teen Council Scholarship

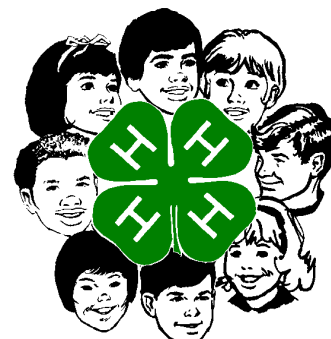
Mason Cook
Floyd Central High School

Brianna Webb
Prestonsburg High School



JACK FRIAR MEMORIAL SCHOLORSHIP FUND

One of Jack's passions was 4-H camp. In honor of Jack the Floyd County 4-H Council has set up the Jack Friar Memorial Scholarship Fund. This fund will go towards helping the youth of Floyd County who can not afford to attend 4-H camp each summer. If you would like to sponsor a camper for the 2025 camping season the camp fee will be \$325.00. Any donation will be appreciated. You can make you checks payable to the **Jack Friar Memorial Scholarship Fund**. Mail your donations to Floyd County Extension Office Attention: Heather Coleman, 3490 KY Rt. 321 Prestonsburg, KY 41653.



FLOYD COUNTY 4-H 2025

PROJECT WINNERS

Adams

Kori Uribe, Art

Allen

Carleigh Randolph, Photography

Lunetta Marsillett, Photography

Lucas Ross, Photography

Lucas Ross, Photography

Chloe Kilgore, Art

Phebe Collins, Art

Karson Holbrook, Home Environment

Betsy Layne Elem

Calli Hall, Photography

Calli Hall, Photography

Clifford Hall, Foods

Trenton Collins, Foods

Kinzley Howell, Foods

Rylie Boyd, Art

Adyson Williams, Art

Nicholas Williams, Wood Working

Brandon Jay Watkins, Woods Working

Betsy High School

Ruthie Dillion, Crochet

Ameri Hill, Crochet

Carlie Meade, Art

Braxton Blankenship, Art

Gracie Hall, Art

Riley Hall, Art

Gabriel Newsome, Art

DACE

Jaycee Hagens, Photography

Hayden McCarty, Foods

Floyd Central High School

Samuel Mckinney, Art

Cheyenne Flannery, Art

Sarah Boyd, Home Environment

Chelsea Everidge, Home Environment

Gauge Samons, Wood Working

John M. Stumbo Elem.

Bryson Coleman, Foods

Marissa Blankenship, Art

Kaylee Walker, Art

Kadence Jones, Art



May Valley Elem.

Ayden Slone, Photography

Ayden Slone, Photography

Ayden Slone, photography

Ayden Slone, Photography

Ayden Slone, Photography

Aralynn Allen, Art

Jayden Isaac, Horticulture

Prestonsburg Elem

KP Flannery, Photography

KP Flannery, Photography

KP Flannery, Photography

Dylan Ratliff, Crochet

Briley Owens, Foods

Kyndell Miller, Foods

Persephone Caudill, Art

Leo Pacheco, Art

Christian Vanhooose, Art

Maddox Holbrook, Home Environment

Prestonsburg High School

Amelia Gilbert, Crochet

Amelia Gilbert, Crochet

Amelia Gilbert, Crochet

South Floyd Elem

Madi Tackett, Photography

Aaliyah Lane, Foods

Cooper Tackett, Wood Working



Floyd Co. Extension Youth Ag Week

Free for 3rd grade students

September 22nd—26th, 2025



Youth will get to learn about Bees/Honey, various animals, Fruits and Vegetables, Food/Nutrition, Department of Ag Education Bus, and More

*If your school would like to participate please contact
Heather Coleman, 4-H Youth Development Agent*



UK Summer Intern

Please join us in welcoming our 2025 UK Summer Intern. Brycen Shepherd is no stranger to the Floyd County Extension Service. Brycen has been an active 4-H Member since the 3rd grade. He was a 4-H club member from 3rd-8th grade, 4-H Camper, 4-H Teen Council member, 4-H Teen and Adult Camp Counselor and Kentucky State Fair Wood Working Champion. Brycen will be a Senior at Morehead State University in the fall majoring in Horticulture Science and a member of The National Guard.



Get your child ready for 4-H camp with these nine exercises

Source: Joey Barnard, 4-H Camping Principal Specialist



Camp is an exciting opportunity for 4-Hers, but a group living environment with high independence can also be stressful. To ensure your child maximizes their potential for success at camp, we suggest preparing for the experience weeks in advance. These nine exercises will prepare your child manage their belongings, navigate the campgrounds and prepare physically, mentally and emotionally for the experience.

- 1) Pack with your child and practice packing their suitcase a few days before camp. Keep their belongings in their luggage/trunk. Packing clothes in zippered plastic bags with day labels can help your child stay organized at camp. They can then repack the dirty clothes in the empty bag.
- 2) Practice packing your child's backpack. During camp, counselors help campers pack and review the schedule. Your child should bring a towel, a zippered plastic bag for a wet swimsuit, sunscreen, water bottle, hat and sunglasses. Counselors advise campers to double-check their belongings before leaving an area.
- 3) Help your child pack their toiletries. A small backpack for dry items and a caddy or waterproof bag for wet items is best. Before camp, have your child use their caddy for bathing, brushing their teeth, getting ready for the day and going to bed.
- 4) Camp shower lines can be long. Help your child track shower time. Practice five-minute showers before camp. Assure modest children they can always shower in their swimsuit.
- 5) Campers must "pitch in" to keep the camp clean. To get into the routine, help your child sweep, make their bed, wipe the kitchen table after meals and make their bed.
- 6) Camp can be busy. Help your child track time and monitor their surroundings. While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. In the weeks before camp, take family walks to prepare your child for hiking.
- 7) There is a lot of walking at camp. Teach your camper to stay hydrated by drinking plenty of water. Divide your child's body weight by two to determine how many daily ounces of water they should drink. Find their camp water bottle and practice tracking their water intake in the weeks leading up to camp.
- 8) No one likes moldy clothes. Teach your child to use a clothesline and space items out to dry before packing them back in the zippered plastic bag.
- 9) Some campers find group living stressful. Discuss ways your child can find quiet time in a busy environment and how to recognize when they need a break. Your camper can ask their counselor for quiet time. Talk about managing emotions with your child. Give them a scenario and discuss what they should do if they encounter problems.

Work through these exercises with your child throughout the weeks leading up to camp. Remind your camper that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and we are committed to supporting your camper.

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**Recurring gifts
add up.**



Over the next year, give at
least \$5/month to be one of
250 people needed to raise
\$15,000 for Kentucky 4-H kids

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 Chad Allen, Extension Agent for Agriculture & Natural Resources Chadwick.Allen@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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