

Newsletter

4-H YOUTH DEVELOPMENT



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

Cooperative Extension Service

Lewis County
284 Second Street
Vanceburg, KY 41179
(606) 796-2732
Fax: (606) 796-6428
extension.ca.uky.edu

January-February 2017

District Teen Meeting

There will be a District 1 teen meeting in Lawrence County on Saturday, January 21, 11:00-1:00. We will leave the office at 9:00 A.M. and return around 3:00 P.M. Please call if you would like to get involved on the district level.

Food-a-rama Contest

The Lewis County 4-H Food-a-rama contest will begin this February kicking off at Central Elementary. A Food-a-rama cooking contest will be held at Central Elementary, Tollesboro Elementary, Garrison Elementary, Laurel Elementary, and the Lewis County Middle School. The contest at the Lewis County Middle School will be for middle school students and high school students.

Food-a-rama is a cooking contest with five categories: appetizers, main dish, breads, vegetables and desserts. The rules are simple:

- You can only enter the contest for the school you attend. In the case of the High School their contest is held at the Lewis County Middle School.
- Each entry must include two copies of the recipe with name and school on the back.
- The recipe should include a list of ingredients with amounts and directions following the ingredients.
- Preparation must be done by participant.
- Only one entry per category
- Smoothies or beverages of any kind will not be eligible for judging.
- First and Second place in each category advances to the county contest.

Registration will begin at 5:30 P.M. and judging at 6:00 P.M.

Contest Dates are as follows:

Central Elementary— February 28th

Tollesboro Elementary-March 2nd

Laurel Elementary-March 9th

Lewis County Middle School – Tentative date March 21st

Garrison Elementary-March 28th

Teen Summitt

Started in 2005, the Kentucky 4-H Teen Summitt is held annually at the Kentucky 4-H Educational Center in Jabez, KY. The program is for Middle School youth who are currently enrolled in 6th, 7th, or 8th grade. This program is designed to develop leadership, citizenship and communication skills. Lewis County is scheduled to attend Summitt March 23rd-25th. The program includes group activities, classes and socialization activities.

Each participant takes 1 leadership workshop, 2 funshops and 3 workshops of their choice. Lewis County only has two slots so I need to know if you are interested in attending. The cost is \$75.00.

Livestock Club

The Lewis County 4-H Livestock Club will have Dr. Raymer with Tri County Veterinary in Maysville present on January 24th at 6:00 P.M. The presentation will be on Veterinary Feed Directives. This meeting will cover the new laws on feeding animals feed with antibiotics. The meeting will also be open to anyone who has an interest in the topic.

4-H is a **community** of
 **young people**
across America who are learning
leadership, citizenship and
life skills.

4-H Camp

The date for 4-H camp has been set and Lewis County will be attending camp **June 12-16** at North Central 4-H Camp. This is a little different from the past because we will be attending camp for 5 days instead of 4. The cost is currently \$190.00 but we will be working on donations and grants to help make the cost more affordable. Look for flyers this spring with complete details on cost.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Lewis County
284 Second Street
Vanceburg, KY 41179

RETURN SERVICE REQUESTED

Weather Policy

For your safety it is the policy of the Lewis County 4-H Program to follow the Lewis County school system in weather related issues. For the majority of our events; if school is cancelled or early dismissal, we cancel our events for that day. If you are unsure; you can call our office at 796-2732 or check out our facebook page at Lewis County 4-H, KY located at <https://www.facebook.com/Lewis-County-4-H-KY-139483419447802/>.

Speech and Demonstration

Speeches and Demonstrations begin at the Lewis County Middle School on January 25th, 2017. The lesson for how to do a presentation was taught by Agent Sherrill Bentley to all 8 classes in early January. Students will use what they were taught to do a presentation on the topic of their choice. Each class will have a class winner and the top scorers will advance to the County 4-H Speech and Demonstration contest held in April.

Licking River Teen Leadership Academy

The Licking River Area Teen Leadership Academy will meet on the following dates: February 13, 2017 and March 13, 2017. The meeting in March participants will travel to Lexington and tour WKYT channel 27 studios. Remember to wear your Leadership Academy shirt and khakis.

Farm Family Night

Farm Family Night will be held Tuesday, March 7th, 2017 at Maysville Community College. Look for more details about Farm Family Night as we get closer to the event.

Professor Popcorn

The Professor Popcorn program will be offered again this year to all second grade classes at each of the elementary schools in Lewis County. Professor Popcorn is a program in which youth learn about nutrition and exercise. There are five lessons taught. Each lesson begins with youth learning about one of the five food groups, portion size, and after each lesson there is a tasting party. Participants get to taste foods that are in the food group they learned about that day.

Equal Opportunity

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, ethnic origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status or physical or mental disability. If special assistance is needed for a child to participate; call the Extension Office prior to the meeting date to make arrangements.

To file a complaint, write USDA Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 14th and Independence Ave. SW, Washington, D.C. 20250-9410 or call (202)720-5964. The USDA is an equal opportunity provider and employer.

Sincerely,

Sherrill Bentley
County Extension Agent
4-H Youth Development