

Newsletter

4-H YOUTH DEVELOPMENT



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

Cooperative Extension Service

Lewis County
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Winter 2019

Food-a-rama Contest

The Lewis County 4-H Food-a-rama contest will begin this February kicking off at Laurel 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: main dish, appetizers, breads, side dish and desserts. The rules are simple:

- Must be 9 years old or older.
- 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. If you are home schooled you attend the contest at the elementary closest to you.
- 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.
- Awards for 1st, 2nd, and 3rd place
- 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:

Laurel Elementary— February 26th
Garrison Elementary— March 5th
Central Elementary—March 19th
Tollesboro Elementary—March 26th
Middle School/High School—March 28th
County Contest— April 4th



Last years Teen Summit Participants: Landon Gilbert, Paul Sprouse, Joel Bentley and Tucker Madden

Teen Summit

Started in 2005, the Kentucky 4-H Teen Summit 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 Summit March 21nd-23rd. 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 6 slots so I need to know if you are interested in attending. The cost is \$70.00.

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



Disabilities
accommodated
with prior notification.

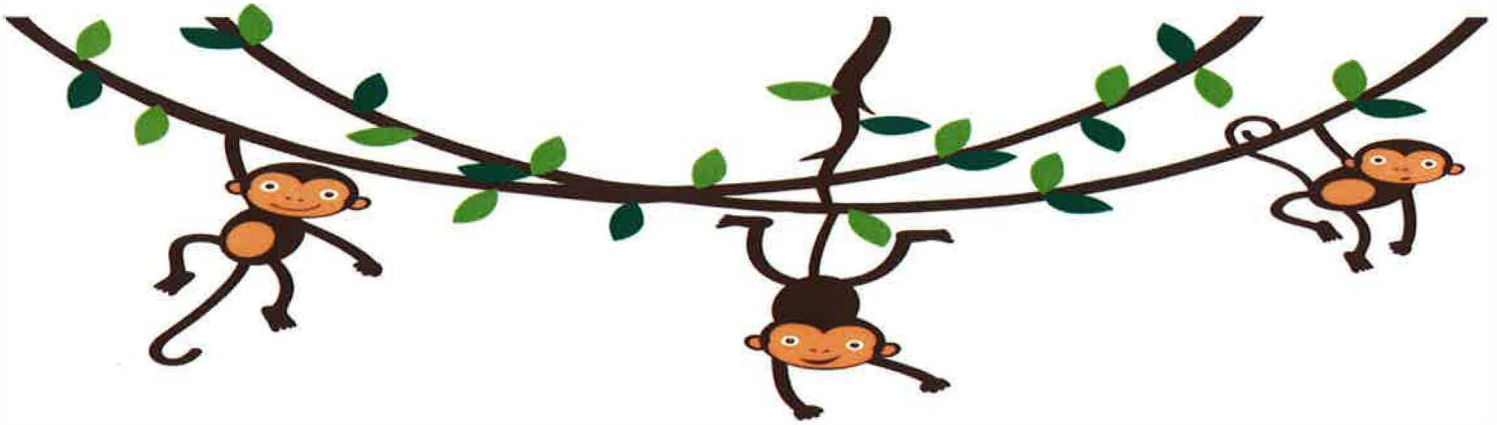
Cooperative Extension Service
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LEXINGTON, KY 40546

Come Hang With Us

At 4-H Camp 2019



Save the Date!

July 29th to August 2nd

At North Central 4-H Camp

Bracken, Mason, Robertson, Lewis Counties



4-H Camp

The date for 4-H camp has been set and Lewis County will be attending camp **July 29-Aug. 2, 2019** at North Central 4-H Camp. This is a five day camp. Participants will be transported to the camp by school bus. We will leave from the Lewis County Extension Office by 9:00 a.m. and will return on Friday afternoon. The cost is \$120.00 per camper. We will be working on donations and grants to make scholarship available to those that need assistance and wish to attend but everyone will have to pay something. Applications are being handed out during the month of January and February.



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Cupcake Wars

March 15th 2019



9 a.m.—3 p.m.

Lewis County Extension Office



Prizes will be awarded
to first and second
place winners

The winning team
will advance to the
District/State
contest

Teams must be registered by
February 22th

**Teams Consists of
2-3 members**

(ages 9-18 attending Lewis Co. schools)

**Competition is limited to the
first 8 teams registered**

To register mail the completed form on the
back or turn in at the office of your child's
school. Mail to Lewis County Extension
Office, 284 Second Street, Vanceburg, KY,
41179. For questions call 796-2732

There will be two rounds. The theme for round 1 is "Beauty and the Beast" and the theme for round 2 is "St. Patrick's Day."

The contest will provide: Cupcake bakers, flour, sugar, 1 cup of butter, eggs and powder sugar. The contest will also provide all utensils, measuring cups, spoons and forks and cutting boards.

Participants need to bring a mixer, dish cloths, two bowls, and all other supplies except those listed to make their cupcakes. The participant also needs to supply any special equipment that they need.



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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 will begin at the Lewis County Middle School on January 29th, 2019. 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 April 16th, 2019.

Strawberry Sales

The Lewis County 4-H program will be selling Strawberries again this year as well as blackberries and Raspberries. Check out the attached flyer. If you are interested in buying plants, just fill out the form and return to the Extension Office.

Farm Family Night

Farm Family Night will be held Tuesday, March 12th, 2019 at Maysville Community College. Look for more details about Farm Family Night as we get closer to the event.

Culinary Club

The Culinary Club for high school and middle school students will be meeting February 20th at the Lewis County Extension Office. If you are interested in learning to cook come join us. Meeting dates are March 6th, April 3rd, and May 1st .

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. The lessons will take place during the month of February and March.

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