

The Clover Times



NELSON COUNTY COMMUNICATIONS CONTEST!

**APRIL 8TH, 2025
STARTS AT 6:00PM
AT THE NELSON COUNTY EXTENSION
OFFICE**

SPEECH CATEGORIES:

- 9-YEAR-OLD
- 10-YEAR-OLD
- 11-YEAR-OLD
- 12-YEAR-OLD
- 13-YEAR-OLD
- 14-YEAR-OLD
- 15-YEAR-OLD
- 16-YEAR-OLD
- 17-18-YEAR-OLD

DEMONSTRATION CATEGORIES:

- JUNIOR 9-13YEAR-OLD
- SENIOR 14-18YEAR-OLD
- CORE DEMONSTRATION AREAS:**
- AGRICULTURE
- EXPRESSIVE ARTS
- FAMILY & CONSUMER SCIENCES
- HEALTH
- LEADERSHIP
- NATURAL RESOURCES
- SCIENCE, ENGINEERING & TECHNOLOGY

SIGN UP TODAY!

Call 502-348-9204

SIGN UP BY: APRIL 4TH, 2025

Guidelines provided at sign up!

Questions? Email Samantha at samjok12@uky.edu

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veterans status, physical or mental disability or receipt or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

TABLE OF CONTENTS

Club Updates & Piggy Banks.....2-5

4-H Camp.....6-7

4-H Day, Embryology, Cloverbud Camp & Ag Tag.....8

Outdoor Adv. Camp.....9

International Host Program.....10

Health Bulletin.....11-12

Calendar of Events.....13

Healthy Recipe, Agent Update & UK Statement....14

**NELSON COUNTY
COOPERATIVE EXTENSION
OFFICE**
317 S. THIRD STREET,
BARDSTOWN, KY 40004

**PHONE:
502-348-9204**

MARKET TO MARKET COUNTRY HAM CLUB

In January the Country Ham Project for 2025 officially began with members receiving and curing their hams! On **February 17th** the club will be taking day trip, members will have the opportunity to tour Oxbow Meats, who provided the hams, along with the Washington County Livestock Center. **Please be at the Extension Office at 8:00am. Transportation will be provided.** If you have any questions, please call the office.



LIVESTOCK CLUB

At the January meeting club members discussed the importance and how to properly obtain sponsors for the upcoming show season, and practiced equipment identifications.

Do not forget that if any youth would like to show this summer, they will need their 6 hours of education. Get these done early by attending the club meetings!

The next meeting will be a day trip on **February 17th. Please be at the Extension Office at 8:00 am.** The club will be touring Oxbow Meats in Lawrenceburg, KY, and the Washington County Livestock Center.. **Transportation will be provided.**



BEGINNER COOKING CLUB

The next Beginner Cooking meeting will be on **February 25th at 4:30pm** at the Nelson County Extension Office.

ADVANCED COOKING CLUB

The next Advanced Cooking club meeting will take place on **February 25th at 6:00pm** at the Nelson County Extension Office.



 **Livestock Club**
February 17th, 2025
at 8:00 am


Location: Nelson County Extension Office
 Meetings will be held 2nd Monday of each month throughout the 2024-2025 4-H Program Year!
 For more info call 502-348-9204.




 **Beginner COOKING CLUB**
 Join us monthly!

February 25th, 2025
 4:30pm-6:00pm
 Nelson Co. Extension Office
 4th Tuesday of Every Month



 **Advanced COOKING CLUB**
 Join us monthly!

February 25th, 2025
 6:00pm-7:30pm
 Nelson Co. Extension Office
 4th Tuesday of Every Month



NELSON COUNTY OUTRIDERS HORSE CLUB

Due to the winter storm there was no January meeting. The next horse club meeting will be **February 3rd at 6:00pm** at the Extension Office. You do not have to own a horse to join the club and learn all about the equine industry.

The next drill team practice will be February 3rd at 5:00pm before the club meeting and February 17th at 5:00pm at the Extension Office.

Updates for hippology practice's in February!

ENGAGING EQUINE NBD

EQUINE DENTISTRY CLINIC

February 8th, 2025 at 12:00 pm
Nelson County Fairgrounds
2389 New Haven Rd, Bardstovwn, KY 40004

Scan the QR Code to register by Feb. 3rd

Check-In at 11:30 am
Demonstration at 12:00 pm
Earn 1.5 hours of education

Learn about neuromuscular based dentistry
A look into the equine dentistry career field
Interactive materials

Cooperative Extension Service | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Attention ALL Horse Enthusiasts!!

HORSE CLUB

MEETING

FEBRUARY 3RD, 2025	
At 6:00 PM	
Nelson Co. Extension Office	317 S. Third St.

CONTACT US : 5 0 2 - 3 4 8 - 9 2 0 4

4-H

NATURAL RESOURCES CLUB

February 20th, 2025
6PM

Nelson County Extension Office
317 S. Third St. Bardstovwn, KY 40004
Come and join this new club to learn about all things outdoors!

NATURAL RESOURCES CLUB

In January members started preparing for the upcoming Wildlife Challenge and Senior Forestry Competition in April. They reviewed different types of frogs and identified their calls. Members also created flash cards to various wildlife species and equipment you may use for capturing them. The next meeting will be held **February 20th at 6:00pm** at the Extension Office!



HOMESCHOOL CLUB

The next meeting will be **February 25th at 10:00am** at the Extension Office. This club is open to all homeschooled youth in Nelson County!

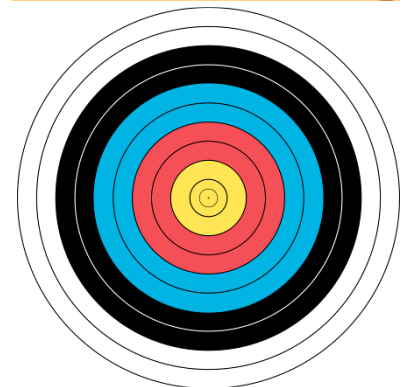
Homeschool Group Meeting

FEBRUARY 25TH, 2025

Located at Extension Office
Meets at 10 AM on the 4th Tuesday of every month!

BULL'S EYE SHOOTING SPORTS

The January meeting was cancelled due to inclement weather. Shooting Sport's next meeting will be **February 1st at 8:45 am** at the Extension Office. Please call the office if you are unable to attend. At this time, we are no longer accepting new members to this club. Enrollment for next year will be in August. Call the office to join a waitlist then.



4-H COUNCIL

The next 4-H Council Meeting will take place on **March 4th, 2025 at 6PM** at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month at 6PM.

A reminder for the club leaders & members, I am **requiring that each club have 1-2 representatives** at each 4-H Council meeting. At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

HELPING HANDS CLUB

In January members discussed and planned new service projects to complete throughout the year. The club's next meeting will be held **February 3rd at 6:00pm** at the Nelson County Extension Office! This club is open to anyone interested in community service and outreach projects within Nelson County.

TEEN COUNCIL

In January teens completed a brain architecture game that helped them recognize the effect that different life situations have on their brains. The next Teen event will be a trip to Perfect North with the Area Teen Council, **February 17th!** Samantha needs know if you plan to attend by February 10th!



4-H STATE TEEN COUNCIL APPLICATIONS AND 4-H STATE OFFICER APPLICATIONS ARE AVAILABLE!
CONTACT SAMANTHA GABBARD SAMJOK12@UKY.EDU OR THE NELSON COUNTY EXTENSION OFFICE AT 502-348-9204



FUR & FEATHERS

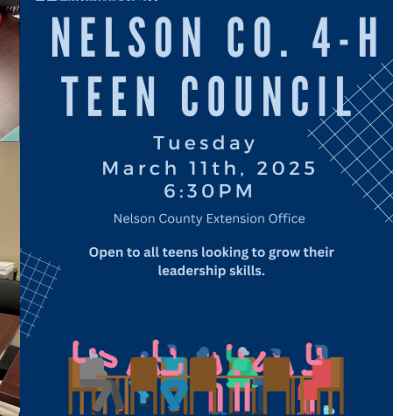
This is a new opportunity for youth who have an interest in rabbits and/or chickens. In January members discussed participating in an upcoming rabbit skillathon, and learned about nutrition and proper housing for both poultry and rabbits! The next meeting will be **February 11th at 6:00pm** at the Extension Office.



NELSON COUNTY 4-H COUNCIL MEETING
6:00 - 7:00 PM
MARCH 4TH, 2025
Meetings are the 1st Tuesday of each month
Nelson County Extension Office
For more information please contact the office at 502-348-9204.



Helping Hands Meeting
A community service oriented group that meets on the 1st Monday of each month at 6:00PM focusing on the community!
Located at the Sisters of Charity of Nazareth



NELSON CO. 4-H TEEN COUNCIL
Tuesday
March 11th, 2025
6:30PM
Nelson County Extension Office
Open to all teens looking to grow their leadership skills.



NELSON COUNTY 4-H FUR & FEATHERS MEETING
February 11th, 2025
at 6:00 pm
NELSON COUNTY EXTENSION OFFICE
317 S. THIRD ST. BARDSTOWN, KY
For more information please contact the extension office at 502-348-9204.

If you want to register for the skillathon, call the office by February 3rd, 2025.

CLOVERBUDS

At the January meeting cloverbud members, learned about food groups using the MyPlate and completed a physical activity. They even had the opportunity to sample new foods from each category of MyPlate. Cloverbuds made exercise spinners to increase their physical activity at home. The next meeting will be held on **February 6th at 5:30pm** at the Extension Office.

Cloverbuds is for 5-8 year old youth. This club focuses on introducing the younger youth to different core content areas of 4 -H that they can participate in when they turn 9!

There are only a limited amount of spots in this club. Please contact Samantha or the office for more information on how to join.



A SAFETY REMINDER

WINTER WEATHER WARNING

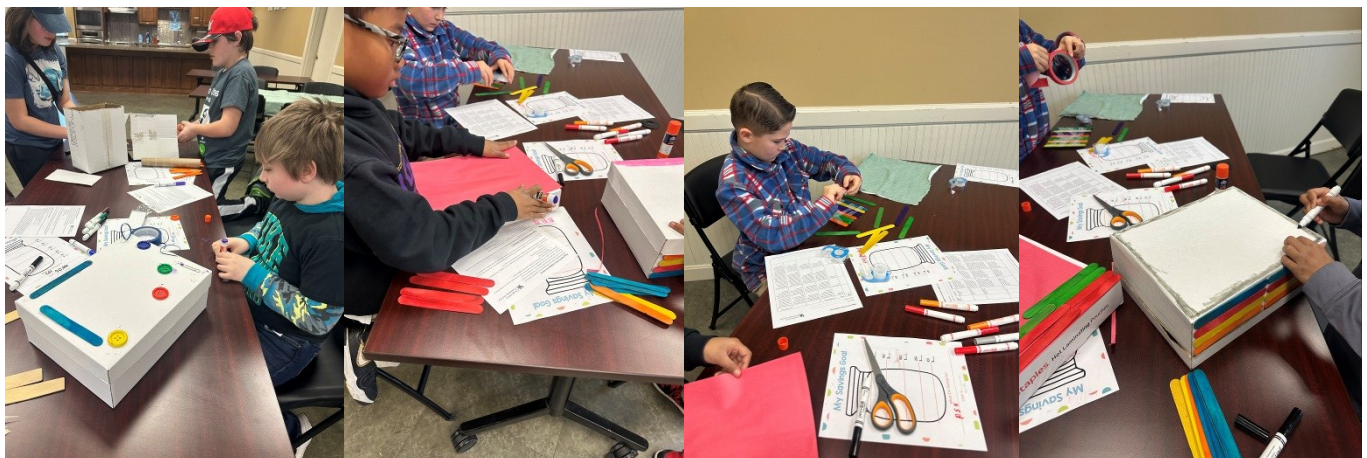
During the winter months, 4-H meetings will be canceled if the Nelson County Schools are canceled for the day.

For more information please contact the extension office at 502-348-9204.

PIGGY BANK WORKSHOP


Samantha led a workshop for youth to design and create their own piggy banks, this workshop was to help encourage financial literacy and work on savings goals. All piggy banks will be judged and participants will be contacted to pick up their piggy banks once the contest is complete.

THANK YOU TO TOWN & COUNTRY BANK FOR SPONSORING THIS EVENT!





Nelson County 4-H

 Cooperative
Extension Service



JULY
7-11

4-H CAMP

INFO

LAKE CUMBERLAND
4-H CAMP

SIGN UP
ASAP!

- Campers are ages 9-14
- 15 year old's are Counselors in Training (CITs). They will take a CIT class and participate in 2 other classes.
- Camp Cost: \$315 before March 21st and \$325 after March 22nd.
- Scholarships are available, but you must submit an application.
- Camp schedule includes classes, swim time, evening activities, Sally Down the Ally, and MORE!
- Class sign ups will be held at camper orientation: June 23rd for RETURNING campers & June 24th for NEW campers. SAVE THE DATE!

REGISTRATION DETAILS:

- Pre-Registration will open on **January 3rd, 2025** and is due February 28th with \$160 half payment!
- Sign up using QR Code below or print out form from our website: nelson.ca.uky.edu
- Once Pre-Registration Form is submitted, you will be mailed a full application and this must be turned in by April 11th, 2025 with full payment.
- Spots are held first come first serve with the pre-registration form and payment. **LIMITED SPOTS AVAILABLE!**

**USE PHONE CAMERA HERE TO ACCESS
PRE-REGISTRATION FORM ON JAN. 3RD!**



CALLING ALL PARENTS, GUARDIANS, AND SIBLINGS!

- Camp would not be possible without the help of our wonderful adult and teen leaders! Sign up TODAY!
- Adults go to camp FREE! Teen leaders go to camp at a discounted rate of \$155.
- We need 7 adults to teach classes. Examples are spa, photography, chocolate factory, fishing, art, legos, book club, tie-dye, hammocking, rocketry, outdoor cooking, and more!
- Call the Extension Office at 502-348-9204 for an application.

**USE PHONE CAMERA HERE TO ACCESS
ADULT & TEEN REGISTRATION FORM ON
JAN. 3RD!**



**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

SPRING EMBRYOLOGY PROGRAM

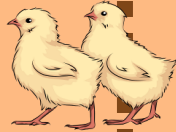
OPEN TO 4TH-12TH GRADE
CLASSROOMS

START DATE: 2/19

HATCHING DATE: 3/12

RETURN DATE: 3/21

PLEASE CONTACT THE
OFFICE OR SAMANTHA
TO SIGN UP by Jan. 31st!
502-348-9204



Join us for the First Annual 4-H Day Hosted by the Kentucky Historical Society!

FRIDAY, FEBRUARY 7, 2025 • 10:00 a.m. - 4:00 p.m. EST

Explore and discover in Frankfort, Kentucky's state capital! 4-Hers will have the opportunity to **earn achievement points** and network with other **4-H members from across the Commonwealth** while touring two of our sites: the Thomas D. Clark Center for Kentucky History (including our main ex-

hibit, *A Kentucky Journey*), and the Old State Capitol building. Recommended for students in grades 6-12. Students will also be able to participate in **special tours, learning labs, and seminars**. Scan the QR code below to **register** and to learn more about the **full day of activities!**

SCHEDULE

Activities in **Blue** are Limited Capacity and Require Preregistration

KHC: Thomas D. Clark Center for Kentucky History (100 W Broadway) • **OSC:** Old State Capitol (300 W Broadway)

	Gallery Talk	Be a Curator	Meet a Manuscript	Highlights Tour of KHC	Behind the Scenes Tour	Host a Historian	Guided Tour of OSC	Highlights Tour of OSC	Historical Marker Workshop
10:00 AM	DOORS OPEN AT KHC								
10:30 AM	ASSEMBLY AT KHC IN BROWN FORMAN ROOM								
11:00 AM	X	X	X		X				
11:45 AM	LUNCH BREAK - YOUR CHOICE, ON YOUR OWN!								
1:00 PM		X			X	X			
2:00 PM			X		X			X	X
3:00 PM				X			X		
PLACE	KHC <i>A Kentucky Journey</i>	KHC <i>Klatter Classrooms</i>	KHC <i>Brown Forman Room</i>	KHC <i>A Kentucky Journey</i>	KHC <i>Commonwealth Hall</i>	KHC <i>Brown Forman Room</i>	OSC	OSC	KHC <i>Klatter Classrooms</i>

Cloverbud Camp

June 6-8th, 2025 at Lake Cumberland 4-H Camp

Ages 5-8 can attend with a parent!

Contact the office or Sam for more info!



BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Your \$10 Ag Tag Donation Grows Agriculture & Local Leaders
In 2024, (COUNTY NAME) County Farmers donated (\$SSS) through the Ag Tag Program.



Kentucky Ag Tag

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

Nelson County Clerk

Jeanette Hall Sidebottom
502-348-1802
(113 E. Stephen Foster Ave, Bardstown, KY)

100 West Broadway
Frankfort, KY
history.ky.gov





Martin-Gatton
College of Agriculture,
Food and Environment



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Please return
registration
paperwork to
the office by
April 4th!**



**Get together with friends and
learn outdoor survival skills!
Scan below for the
application!**



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notificati

STATES' 4-H SUMMER HOSTING



Youth from Japan, Korea, and Taiwan seeking host families this summer!

HOSTING BRINGS THE RICHNESS OF THE WORLD TO YOUR HOME!

• JULY 21-23 THROUGH AUGUST

16-18, 2025

• EXACT DATES DEPEND ON YOUR STATE. PLEASE CHECK WITH YOUR STATE COORDINATOR FOR DETAILS.

• HOST A YOUTH AGED 12-18 OR AN ADULT CHAPERONE

• THIS PROGRAM IS VOLUNTARY; NO STIPENDS ARE PROVIDED

HOST FAMILY REQUIREMENTS

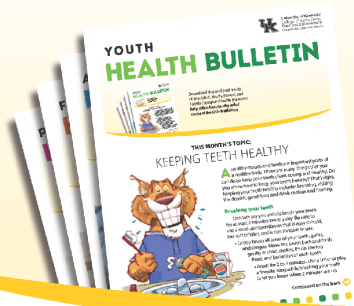
- Have a child of the same gender within 3 years age of hosted youth (ages 9+ are eligible to host)
- Families with no children (or younger children) may host an adult chaperone
- No special activities need to be planned - host youth want to experience American culture, make new friends, and improve their English by becoming a member of your family.

For more information, visit: states4hexchange.org/state-contacts to find contact information for your state

*Host family selection dependent on completion of application and screening process and student availability.



YOUTH HEALTH BULLETIN



FEBRUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Nelson County Extension Office
317 S. Third Street
Bardstown, KY 40004
(502) 348-9204

THIS MONTH'S TOPIC

GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

Continued on the next page →

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



 Disabilities accommodated with prior notification.

➔ **Continued from the previous page**

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

YOUTH HEALTH BULLETIN

Written by:

Courtney Luecking, PhD, MPH, RDN

Edited by: Alyssa Simms

Designed by: Rusty Manseau


Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



February 2025

Sun Mon Tue Wed Thu Fri Sat

						1 Shooting Sports
2	3 Helping Hands Horse	4	5	6 Cloverbuds	7 4-H Day @ KY Historical Society STC & Leadership	8 Equine Dentistry Clinic
9 Board Meeting	10	11 Fur & Feathers	12 Embryology Equipment P/U	13	14 Valentines Day 	15 State Livestock Skillathon
16	17 Country Ham & Livestock Day Trip Area Teen Council	18 Livestock Committee	19 Embryology Egg Delivery	20 Natural Resources	21	22 Harrison Co. Rabbit Skillathon
23	24	25 Capitol Experience Homeschool Cooking Clubs	26	27 NRES CI Event— Carter Caves	28	



BLUEBERRY CHEESECAKE BARS

INGREDIENTS:

- 1 cup graham cracker crumbs (9 -10 graham cracker sheets)
- 3 tablespoons unsalted butter, melted
- 3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

DIRECTIONS:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonful's of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

NUTRITION FACTS PER SERVING: 110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

AGENT UPDATE

I hope everyone has stayed warm and safe through this first month of 2025 that brought all of us lots of cold weather, snow, and ice. With that being said, I am looking forward to the warmer months ahead! 4-H Camp Pre- Registration has been going well. Nearly 50 campers have already held their spots for camp! If you know any teens or adults that would be interested in camp, please have them reach out to me. We want to take as many campers to 4-H camp this summer, but cannot do that without those leaders stepping up.

There are a lot of exciting events and activities coming up! I want to encourage each one of our 4-H members to participate in an event or activity that pushes you out of your comfort zone. Try something new or travel outside of our county with other 4-H members!

Also, I challenge all of our 4-H members this month to invite a friend that is not involved in 4-H to one of our club meetings or events. There are so many opportunities available for all kinds of interests through 4-H.

As always if you have any questions about our program, feel free to reach out!



Samantha J. Galbreath

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.