

The Clover Times

Four 4-H members from Nelson County attended the 4-H Summit Middle School Conference at the end of March. This opportunity allowed youth to grow and develop their leadership skills as they become Senior 4-H members. This is an annual event, so be on the lookout for details next year!



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

PHONE:
502-348-9204

MARKET TO MARKET COUNTRY HAM CLUB

At the end of March members toured Oxbow Meats and the Washington County Stock Yards to learn about swine and cattle production and processing. The next meeting will be a farm visit on **May 6th, 2025 at 5:30pm!** If you have any questions and to **RSVP by May 1st**, please call the office.

LIVESTOCK CLUB

At the end of March members toured Oxbow Meats and the Washington County Stock Yards to learn about swine and cattle production and processing. Do not forget that if any youth would like to show this summer, they will need their 6 hours of education. The last meeting of the year will be on **May 12th, 2025 at 6:30pm** at the Extension Office.

If you have a question about how many hours your child has, please call the office.

BEGINNER COOKING CLUB

There was no April meeting. The next and last Beginner Cooking meeting will be on **May 27th, 2025 at 4:30pm** at the Nelson County Extension Office. This will be the last meeting for the 2024-2025 year.

ADVANCED COOKING CLUB

During April the Advanced Cooking Club members hosted a Spaghetti Dinner fundraiser at the end of the month. Keep an eye out for the next issue of the Clover Times for pictures! The Advanced Cooking's last meeting for the 2024-2025 program year will be on **May 27th, 2025 at 6:30pm** at the Nelson County Extension Office.

NATURAL RESOURCES CLUB

Due to weather there was no April meeting. The club did participate in the KY WHEP Challenge and Forestry Competition at Raven Run. The Nelson County Sr. Wildlife Team took 2nd place, and Easton Hunt took 1st place overall Jr. Individual! The Sr. Forestry Team also took 2nd place, Colton Hunt placed 1st in Tree ID, and Brooklyn Hunt placed 3rd in Tree ID. The next meeting will be held **May 8th, 2025 at 6:00pm** at the Extension Office.



KENTUCKY 4-H COUNTRY HAM SCHOLARSHIP

The Kentucky Country Ham Producers are pleased to offer a \$750 scholarship to an outstanding 4-H youth who is or will be attending an institution of higher education.

Applicants must have a minimum overall GPA of 2.75 and have participated in the youth 4-H country ham project a minimum of three years and are a Junior or Senior in high school or a Freshmen in college.

Scholarships are awarded on the basis of the student's overall grade point average, writing ability, and leadership potential.

To learn more and apply, visit:
<https://bit.ly/hamscholar25>

NO HARD COPIES ACCEPTED. Application Deadline is July 31

Questions regarding the Kentucky 4-H Youth Country Ham Scholarship to Dr. Gregg Rentrow, University of Kentucky Animal & Food Sciences College of Agriculture, Food & Environment Phone: (859) 257-7550 Email: gkrentz@uky.edu

SCHOLARSHIP SPONSORED BY The Kentucky Country Ham Producers



Oxbow Meats

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Livestock Club

May 12th, 2025 at 6:30 pm

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.




Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Beginner **COOKING CLUB**

Join us monthly!

May 27th, 2025
4:30pm-6:00pm

Nelson Co. Extension Office
4th Tuesday of Every Month



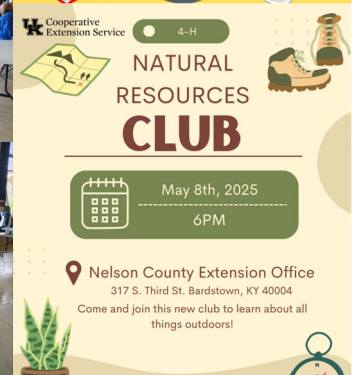

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Advanced **COOKING CLUB**

Join us monthly!

May 27th, 2025
6:00pm-7:30pm

Nelson Co. Extension Office
4th Tuesday of Every Month

Cooperative Extension Service 4-H

NATURAL RESOURCES CLUB

May 8th, 2025
6PM

Nelson County Extension Office
317 S. Third St. Bardstow, KY 40004

Come and join this new club to learn about all things outdoors!



NELSON COUNTY OUTRIDERS HORSE CLUB

In April members went on a club trail ride at Green River State Park in Campbellsville for a day of fun with their horses. The next horse club meeting will be **May 5th, 2025 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.

For those attending horse camp, please bring your decorations to the meeting!



2025
KY 4-H HORSE PROGRAM
MAMMOTH CAVE TRAIL RIDE
MAY 17, 2025 | 9:00 AM - 3:00 PM CST
 Mammoth Cave Horse Camp
 2578 Ollie Rd. Mammoth Cave, KY 42259

You're invited to join us to explore Mammoth Cave by horseback during this **FREE** event!

There will be **donuts** and **door prizes!**

Participants are also encouraged to bring food to participate in a **group picnic** from 1:30-3:00 PM.

Planning on camping? Make sure to register separately through Mammoth Cave Horse Camp

Participating in the KY 4-H Horse Program Trail Project? Track & log your rides from this event.

This does count as a qualifying event for those planning on attending the Kentucky Fair 4-H Horse Show.

Please contact the office for the registration link and sign up by May 9th!



Cooperative Extension Service
 Attention ALL Horse Enthusiasts!
HORSE CLUB
MEETING
 MAY 5TH, 2025
 At 6:00 PM
 Nelson Co. Extension Office | 317 S. Third St.
 CONTACT US: 502-348-9204

HOMESCHOOL GROUP

During the March meeting members learned about various types of livestock animals, what they produce, and the feed that they eat vs what we eat. The next meeting will be **May 27th, 2025 at 10:00 am** at the Extension Office. This club is open to all homeschooled youth in Nelson County!



Martin-Gatton College of Agriculture, Food and Environment
Homeschool Group Meeting
 MAY 27TH, 2025
 Located at Extension Office
 Meets at 10 AM on the 4th Tuesday of every month!

FUR & FEATHERS

The April meeting was held later in the month to accommodate members who participated in the communications contest. The next meeting will be **May 13th, 2025 at 6:00pm** at the Extension Office. This will be the last meeting for the 2024-2025 year.




Martin-Gatton College of Agriculture, Food and Environment
NELSON COUNTY 4-H FUR & FEATHERS MEETING
 May 13th, 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.

4-H COUNCIL

There will be no May meeting.

The next 4-H Council Meeting will take place on **June 3rd 2025 at 5:00 PM** 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.



NELSON COUNTY 4-H COUNCIL MEETING
 5:00 - 6:00 PM
 JUNE 3RD, 2025
 Nelson County Extension Office
 For more information please contact the office at 502-348-9204.

EMBRYOLOGY PROGRAM

Twenty classrooms across Nelson County participated in the 4-H embryology program, successfully incubating and hatching chicks. There was lots of joy shared, while taking care of the chicks in the classroom!



HELPING HANDS CLUB

In April the club members put together packages for Room at the Inn and assembled flood relief buckets, with donations collected by the Extension groups, for residents within Boston and New Haven.

The club's last meeting for the 2024-2025 program year will be held **May 5th at 6:00pm** at the Extension Office! This club is open to anyone interested in community service and outreach projects within Nelson County.



Martin-Gatton
College of Agriculture,
Food and Environment
Nelson County Extension Office

MAY 5TH, 2025

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 Nelson County Extension Office

Extension Service

NELSON CO. 4-H TEEN COUNCIL

Tuesday
May 13th, 2025
6:30 PM
Nelson County Extension Office

Open to all teens looking to grow their leadership skills.

TEEN COUNCIL

In April club members attended an Area Teen Spring Fling event. At this event, youth tie-dyed t-shirts, enjoyed a cookout, and made s'mores!

The next Teen Council event will be **May 13th at 6:30pm** at the Nelson County Extension Office! This will be the last meeting for the 2024-2025 year.

BULL'S EYE SHOOTING SPORTS

Shooting Sports Camp was held the first weekend of April. First year club members received their orange card certification and practiced at the range in their disciplines. Returning members had the opportunity to try out new disciplines and practice for upcoming shoots.

Shooting Sport's next meeting will be **May 3rd at 8:45 am** at the range. 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.



CLOVERBUDS

There was no April meeting due to it falling on Spring Break. The last meeting for the 2024-2025 year will be held on **May 1st 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.

SCHOOL ENRICHMENT

Throughout the school year Samantha and Jenna have been visiting third, fourth, and fifth graders across the county at their schools with different 4-H lessons each month. They have also implemented some after school opportunities for middle school and high schoolers.



Bloomfield 5th Grade Cow Eyeball Dissection Lab



Bloomfield 4th Grade Windowsill Gardens



Bardstown Middle School Babysitting Workshop



Boston School 5th Grade Super Hero Citizenship



Boston School 4th Grade Soybean Necklaces



Thomas Nelson 21st Century Fair Projects



Boston After School Jr. Master Gardeners

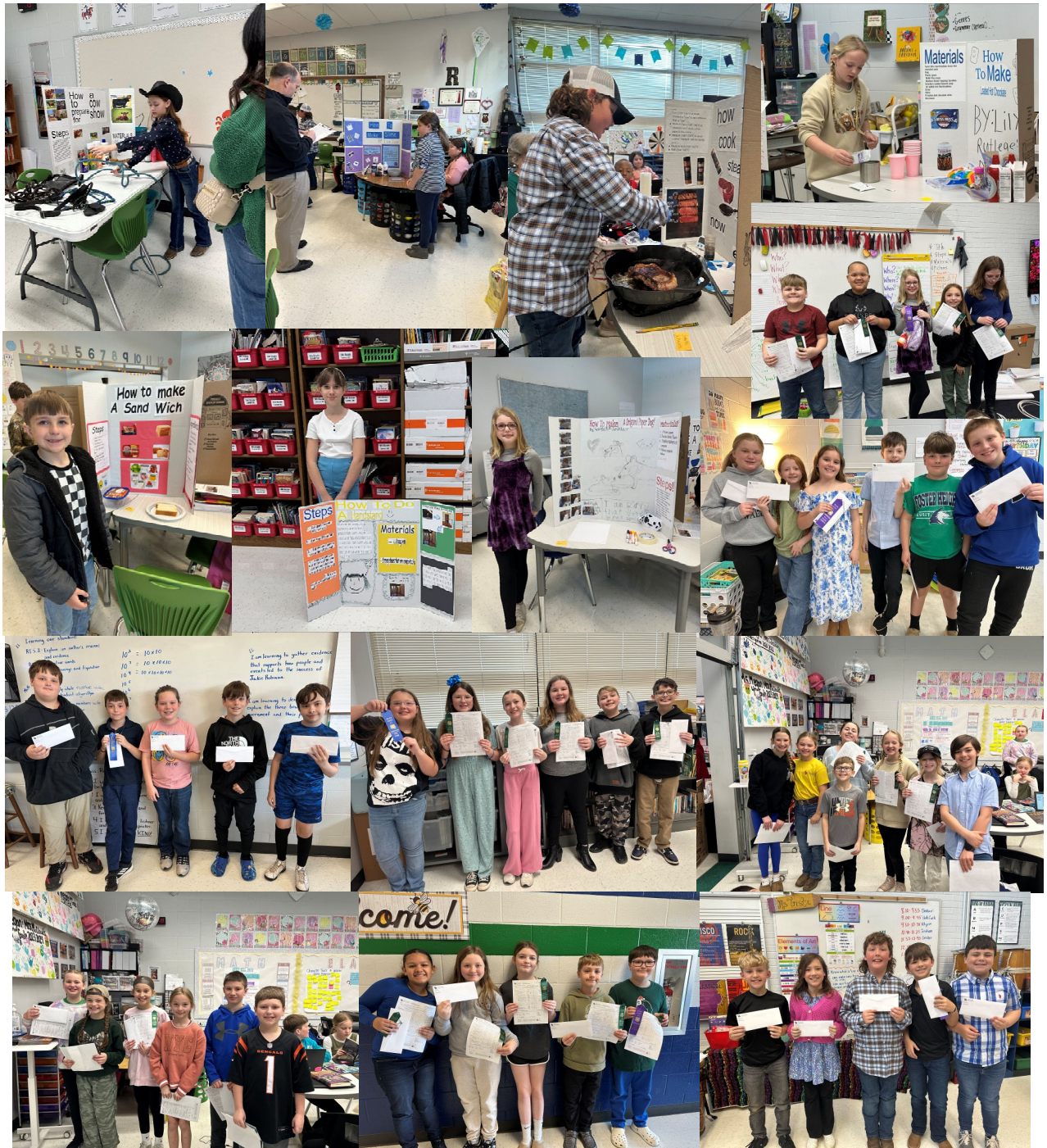


New Haven 3rd Grade Egg Drop



Foster Heights Elementary School 4th & 5th Grade Demonstration Competition

During the spring season, fourth and fifth graders in Ms. Mayer's communications class learned about public speaking, prepared and presented demonstrations to judges. The winners from each class were invited to the Nelson County 4-H Communications Contest!



County Communications Contest Winners!

In April, 14 youth from across the county participated in the contest. Ten of those participants advanced to the C5/C6 Area 4-H Communications Contest April 26th in Shelby County.

Speeches

16 yr old: Alaina Miller

15 yr old: Tyler Lundy

10 yr old: Laura Higdon

Sr. Demonstration

Agriculture: Alaina Miller

Jr. Demonstrations

FCS: Emilynn Griggs

FCS Food: Leah Gagne

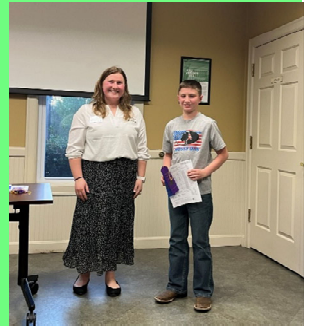
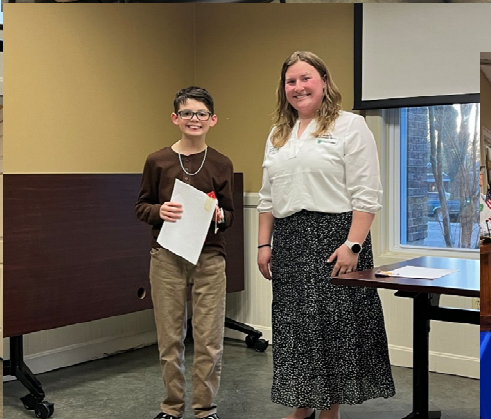
Health: Braxton Newton

Natural Resources: Brody Willet

Visual Arts: Scarlett Snow

Cloverbud Demonstration

Lillian Hagler



NELSON COUNTY 4-H CAMP

July 7–11, 2025
Campers are ages 9-14

- There currently is a waitlist for campers.
- 15 year olds are Counselors in Training (CITs). They will take a CIT class and participate in 2 other classes.
- Camp schedule includes classes, swim time, evening activities, Sally Down the Ally, and MORE!
- RETURNING CAMPER ORIENTATION: June 23rd
- NEW CAMPER ORIENTATION: June 24th

Teens & Adults

We are in need of more Adult Counselors!

- **All Teen** Leader Orientations: June 20th and 23rd 10:00 am– 2:00 pm & June 27th 1:00 pm–3:00 pm
- New Adult Leader Orientation: June 16th 6:30 pm–8:30 pm
- Returning Adults & Teens: June 16th 6:30 pm–7:30 pm
- 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!

Camp Planning Committee

If you are willing to serve on a 4-H Camp Planning Committee, please reach out to the office! We are looking for 5-10 teens and 5-10 adults to serve on this committee. If you know you are going to 4-H camp this summer, it is a great way to be involved in the planning process. Contact the office at 502-348-9204!

**Deadline to register
is May 1st!**



TEEN CONFERENCE

**FIND YOUR SPARK
AND BUILD FRIENDSHIPS**

Event Highlights

- Majors**
These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.
- Leadership Minor**
Focuses on developing essential leadership skills through targeted activities and discussions.
- Day of Service**
Participants engage in community service projects throughout Lexington.
- Social Activities**
These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

10th - 13th June 2025

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

JOIN US!

For information contact the extension office at (502)348-9204 or Samantha Gabbard at samjok12@uky.edu



Babysitting Class

Join us at the main branch for a babysitting class led by 4-H Youth Development Agent, Samantha Gabbard. Participants in grades 6-12 welcome!

**SATURDAY, MAY 10TH
FROM 9AM-2PM
(LUNCH WILL BE PROVIDED)**

Register @ ncplky.org

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

10 AM

July 16

2025

Nelson County Fairgrounds

Nelson & Washington County 4-H/FFA Beef Show



Only for Nelson & Washington County 4-H/FFA Members
Food will be available for purchase.

Entries Due at 9:45am on July 16th

4:00PM | JUNE 21 | 2025

WEIGH IN BEGINS:
3:00PM

NELSON COUNTY FAIRGROUNDS

NELSON & WASHINGTON COUNTY PRESENT



OPEN 4-H/FFA MARKET LAMB SHOW

Pre-register here!



Food will be for sale.

SHOW HOSTED BY NELSON AND WASHINGTON COUNTY 4-H

9:00AM | JUNE 21 | 2025

WEIGHT CARDS DUE:
8:30AM

NELSON COUNTY FAIRGROUNDS



BOURBON TRAIL AREA



JACKPOT PIG SHOW

Pre-register here!

\$25 /HEAD DUE AT THE SHOW



Food will be for sale.

ALL DONATIONS GO BACK DIRECTLY TO 4-H & FFA PARTICIPANTS

SHOW HOSTED BY NELSON AND WASHINGTON COUNTY 4-H

AMPLIFY KENTUCKY 4-H



Kroger Rewards

Support Nelson County 4-H while you shop!
Sign up for Kroger community rewards at krogercommunityrewards.com

Be sure to select Nelson County 4-H!
Last quarter we raised \$74.06!





4-HERS HELPING 4-HERS RELIEF FUNDS AVAILABLE



4-Hers Helping 4-Hers Relief Funds Available:

The 4-Hers Helping 4-Hers Relief Fund sponsored by the Kentucky 4-H Foundation, Inc. is designed to support 4-H members who experience individual or community disasters or hardship. Grants are provided in the amounts of \$50-\$500. Funding is limited to current donations from individuals, organizations, and companies who want to support young people during a time of great uncertainty. Apply for funds for enrolled 4-H members through scanning the QR code or visiting this website:

https://uky.az1.qualtrics.com/jfe/form/SV_6lj1eOZp2ssyGSq



SCHOLARSHIP OPPORTUNITIES FOR 4-HERS



www.kentucky4hfoundation.org



NELSON CO. 4-H

NELSON COUNTY FAIR 4-H PROJECTS

4-H PROJECT SUBMISSION

PROJECT DROP OFF

JULY 13 3-5PM

JULY 14 9-11AM

NELSON CO. FAIRGROUNDS

PROJECT PICK UP
JULY 20 1:30-2:30PM

Fair Catalog QR Code



A complete list of clickable links can be found by scanning the QR Code above. Project examples include baking, painting, collage, woodworking, leaf collection and several more. Check out the links for more information. If you have any questions please contact the Nelson County Extension office at (502)348-9204.

Beyond Ready

As part of the 4-H Beyond Ready Initiative we want to hear from you, 4-H alumni, volunteers, and current members. National 4-H is collecting the 4-H community's Beyond Ready stories. We'd love to have Kentucky 4-H shining as a leading in this initiative, let's start capturing these stories now. Scan the QR code!



How It Started. How It's Going.

It may have been a while since you were last in 4-H, or you may still be a 4-H'er doing amazing things. We want to know how your 4-H experience started and how it's going. Share a photo of yourself from early on and one of you today and a short description of how 4-H has made you Beyond Ready in your life and career.

VOLUNTEERS NEEDED!

4-H Expansion and Review Committee

- Review of current 4-H program and evaluate ways to expand.
- If you are willing to serve on this committee please call the office!



UK Cooperative Extension Service

4-H

**SPRING
FLOWER**

SALE

**Proceeds
benefit all
4-H clubs!**

**Orders due
May 5, 2025.**

- 12" Patio Pots.....\$20.00**
- 12" Hanging Basket
(4 wire).....\$20.00**
- 12" Hanging Basket
(3 wire)....\$15.00**

*Flowers will be delivered to the Extension Office on May 9, 2025.

**PURCHASE BY CASH OR CHECK FROM A 4-H MEMBER OR THE OFFICE
AT 317 S. THIRD STREET, BARDSTOWN, KY 40004 BY APRIL 5TH.**

IF YOU HAVE QUESTIONS, CALL THE OFFICE AT: 502-348-9204

NELSON COUNTY 4-H SPRING FLOWER FUNDRAISER 2025



Member Name: _____ Phone Number: _____

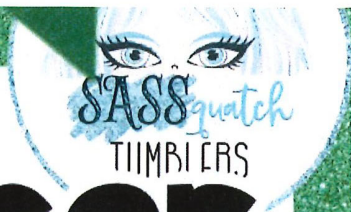
**PICK UP AT THE EXTENSION OFFICE
ON FRIDAY MAY 9, 2025
4:00-6:00 P.M.**

Club: _____
Please note the club you want to receive the funds raised. If not listed funds will go to the 4-H Council.

- * 12" Patio Pots \$20.00
- * 12" Hanging Basket (4 wire) \$20.00
- * 10" Hanging Basket (3 wire) \$16.00

Buyer's Name	Phone Number	12" Patio Pots Geraniums \$20.00				12" Patio Pots Sun Impatiens \$20.00				12" Patio Pots \$20.00		12" Hanging Basket (4 wire) \$20.00		10" Hanging Basket (3 wire) \$16.00											
		Red	Pink	White	Purple	Red	Pink	White	Purple	Million Bells/ Calibrachoa-Mixed	Mixture of Petunia Bells	Petunia-Red	Petunia-Pink	Petunia-Yellow	Petunia-White	Petunia-Purple	Million Bells/ Calibrachoa - Red	Million Bells/ Calibrachoa - Pink	Million Bells/ Calibrachoa - Yellow	Million Bells/ Calibrachoa - White	Million Bells/ Calibrachoa - Purple	Boston Fern			

*** See pictures on Country Place Greenhouse Facebook page***
ORDER FORM & MONEY DUE: MAY 5TH BY 4:00 P.M.



4-H Fundraiser

EMPOWERING YOUTH, GROWING COMMUNITIES



A

B



C

D



E

F



NELSON COUNTY 4-H TUMBLERS



Member Name: _____

Club: _____
Please note the club you want to receive the funds raised. If not listed funds will go to the 4-H Council.

15 oz Skinny Tumbler	\$22.00
20 oz Skinny Tumbler	\$25.00
30 oz Skinny Tumbler	\$30.00
12 oz Metal Mug	\$10.00
18 oz Jumbro Insulated Mug with Lid	\$25.00
Double sided garden flag	\$16.00

**ORDERS WILL BE OPEN FROM
MAY 12 TO JUNE 9, 2025**

Buyer's Name	Phone Number	STYLE (A,B,C,D,E,F)	SIZE CUP	FLAG	COST TOTAL

ORDER FORM & MONEY DUE: JUNE 10 BY 4:00 P.M.

JOIN IN THE FUN

Cooperative Extension Service

superstar chef camp



July 29-31, 2025

10am - 2pm

Ages: 9-12 year olds

Cannot have participated in prior SuperStar Chef camps.

- MASTER A VARIETY OF COOKING TECHNIQUES, LIKE CHOPPING, DICING, BLENDING, FOLDING AND WHIPPING.
- MAKE HOMEMADE MEALS LIKE FIESTA DIP, FRUIT AND YOGURT PARFAITS, PIZZA, CARROT MUFFINS AND MORE!
- DISCOVER FOODS THAT FUEL YOUR BODY AND ENERGIZE YOU.
- LEARN HOW TO READ A NUTRITION FACTS LABEL AND WHAT IT TAKES TO BE "FOOD SAFE"!



NO COST!

317 S. Third Street
Bardstown, KY 40004

CALL THE OFFICE TO REGISTER TODAY!
502-348-9204

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Admission to programs of Kentucky Cooperative Extension is free of charge for all people regardless of race, color, sex, age, marital status, national origin, ancestry, place of birth, religion, creed, political affiliation, genetic information, sexual orientation, gender identity, gender expression, pregnancy, parental status, marital status, domestic violence status, disability, status as a victim of domestic violence, sex trafficking, or other status. Programs may be available with greater restrictions. Program information may be available at www.ky4h.org. University of Kentucky, Kentucky State University, UK College of Agriculture, Food and Environment, Lexington, KY 40546.

NATIONAL 4-H ANNUAL INDEX STUDY

WHO:

Kentucky 4-H is asking members ages 13-18 to participate in study regarding your experience in 4-H. This survey is completely anonymous.



WHY:



To determine how 4-H has impacted youth across the state and how the organization can improve its reach to all communities.

HOW:

By scanning the QR Code you can complete this survey it will only take 15 minutes.



WHEN:

If you choose to complete the survey please do so by June 30th, 2025.



PASSPORT KITCHEN COOKING CAMP



Dates: August 6-8, 2025

Time: 10am-2pm each day

Location: 317 S. Third Street, Bardstown

Cost: \$25/participant

Ages: 14-18 year old

Limited space available. Call to register today! 502-348-9204

Youth will have the opportunity to learn about 5-8 different countries and cook different foods from each location.



Nelson County 4-H & Nutrition Education Specialist

Cooperative Extension Service

HEALTHY FOOD MARKET



An interactive workshop for youth and their families to learn healthy recipes and practices on a budget!

June 26th
10:00am-12:30pm



Nelson County Extension Office: 317 S. Third St. Bardstown, KY
For more information and to sign up please contact the office at 502-348-9204.

YOUTH



HEALTH BULLETIN



MAY 2025

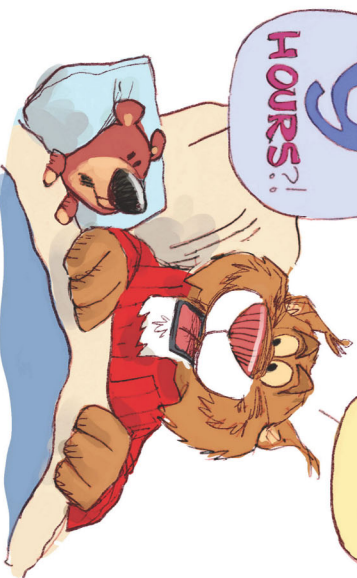
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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

THIS MONTH'S TOPIC CATCH SOME Z'S

WE CAN DO THIS!

9 HOURS?!



Sleep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- Aged 6 to 12 years: 9-12 hours
- Aged 13 to 18 years: 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

Continued on the next page →



Cooperative Extension Service

Educational Programs
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's Cooperative Extension serve all people regardless of economic or social status, race, ethnicity, age, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of, or receipt of, 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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Continued from the previous page

body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
 - Keep your room cool (around 60 to 67 degrees F).

NOPE!
no thank you!
not interested!!



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinner time; you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

REFERENCE:
https://archive.cdc.gov/www_cdc.gov/healthystroke/features/students-sleep.htm

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alysa Simms

Designed by: Rusay Mansean
Cartoon Illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences

May 2025

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
				Cloverbuds STC/SSTAB/ NRESci/Teen Conference Applications Due		Shooting Sports
4 Horse Ground Handling Clinic	5 Spring Flower Orders Due 4-H Camp Teen Interviews Horse Helping Hands	6 4-H Camp Teen Interviews Ham Club Farm Visit	7	8 Natural Resources 4-H Camp Teen Interviews Livestock Committee	9 4-H State Trail Ride Reg. Due Spring Flower Pickup 4-6p	10 ELK FEST Babysitting Class
11	12 Livestock	13 Fur & Feathers Teen Council	14	15 Client Protection Committee	16	17 State 4-H Trail Ride
18	19	20	21	22	23 Extension District Board	24
25	26 Office Closed- Memorial Day	27 Homeschool Cooking	28	29	30	31 State Livestock Judging Contest
				Bluegrass 4-H Horse Camp May 29th– June 1st		



BANANA PANCAKES

INGREDIENTS:

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

DIRECTIONS:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.
4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Source: Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

NUTRITION FACTS PER SERVING: 140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

AGENT UPDATE

As some of our clubs come to end for the 2024-2025 program year I am thankful for our volunteer's dedication to another successful year of programming and education for the youth of Nelson County! Each of your time is greatly appreciated.

Youth participating in our programs are the leaders of the next generation! Over the next 5 years, Kentucky 4-H will be focusing on ensuring our youth are BEYOND READY for the next stage of life.

For next program year, I am looking for two volunteers to lead 2 clubs. Cloverbuds and Beginner Cooking Club will need a volunteer in order to continue for next program year. If you know anyone that may be interested, please have them reach out to me.

As summer is getting ready to begin, I want to wish everyone as safe and happy few months! Stay involved with 4-H throughout the summer by participating in Nelson County Fair projects, 4-H Camp, and other exciting day camps!



Samantha J. Galbard

**WHEN FLOOD WATERS RISE,
WE RISE UP AS A
COMMUNITY.**

**Thank you to
everyone who
donated items
for the flood
victims!**

