

November 2023


CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

November



 @CarterCountyKY4H

 @cartercountky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Homeschool Club:

November 21st at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Area Teen Council:

November 20th at 5:00pm. They will meet the 3rd Monday of the month. Transportation is provided.

Cloverbuds:

Youth ages 5-8 can come to the Cloverbud Club to learn all about what 4-H has to offer! They will meet November 13th, January 8th, and March 11th at 4:30pm at the Extension Office!

Livestock:

Join us on a trip to the North American International Livestock Exposition on November 13th. You can receive 4 hours of education. Please RSVP to Rebecca by November 8th if you plan to attend.

4-H Summer Camp:

July 1-5, 2024 at North Central 4-H Camp in Carlisle, KY. Cost is \$150. Ages are: graduated 3rd grade and up!

IMPORTANT DATES

4-H Enrollment:

2023-2024 Enrollment is open! Make sure to get re-enrolled by December 1st to continue to receive updates and happenings of the 4-H Program.

Carter County In-School Clubs:

Carter City: November 10th
Heritage: November 16th
Heritage Cooking Club: November 14th
Tygart Creek: November 9th
Olive Hill: November 17th
Star: November 15th

Holiday Craft Day:

December 21st at the Extension Office from 10:00 am - 1:00 pm.

Projects:

projects are due on April 10th to the Extension Office.

Communications:

County Communications will be on April 18th at the Extension Office.

Journals:

Journals will be due May 2nd at the Extension Office.

Rebecca Hayes



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.

Congratulations

Win with Wood

Addie Flaughter, Nevaeh Kouns, and Kylie Kouns competed in the Win with Wood contest. All three girls did amazing and improved their skills from the year before.

The junior results are as follows: Addie received 3rd place in Compass and Pacing, 2nd place in Forestry Tool ID, 3rd place in Invasive Species, and 3rd place in Wood ID. Kylie received 2nd place Forestry Tool ID, 1st place Invasive Species, 1st place Tree ID, 2nd place Wood ID, and 3rd place Overall Junior. In the senior category, Nevaeh received 2nd place Invasive Species, 3rd place Tree Measurement, and 2nd place Overall Senior.



Forestry Field Day



Nevaeh, Kylie, Isaiah, and Solomon Kouns participated in this years Forestry Field Day competition. The results for the junior category are as follows. Kylie received 2nd place in Compass and Pacing and a Blue ribbon overall. Isaiah placed 1st in Compass and Pacing and received a Red ribbon overall. Solomon received a White ribbon overall. In the senior category, Nevaeh received 2nd place in Tree Measurement and a Red ribbon overall. All four individuals have improved from last years competition and had so much fun!

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Disabilities accommodated with prior notification.

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9 Tygart Creek 4th & 5th Grade	10 Carter City 4th Grade	11 Veterans Day
12	13 Livestock @8:00am Cloverbuds @4:30pm	14 Heritage Elementary Cooking Club	15 Star 4th grade	16 Heritage 4th & 5th Grades	17 Olive Hill 4th Grade	18 Homemaker Craft Fair
19	20 Area Teen Council @5:00pm	21 Homeschool @11:00am	22	23 Thanksgiving Day	24 Office Closed	25
26	27	28 Area Teen Retreat	29 Door Hanger Class @6:00pm	30		

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alendarlabs.com

Door Hanger Class

4-H Camp Fundraiser

Pre-Registration required



Come paint a winter door hanger, have a hot dog dinner, and support the 4-H Summer Camp Scholarship fund! Choose either an ornament or a snowman!

Register by calling 606-474-6686

Ticket \$35

November 29, 2023

6:00pm-8:00pm

94 Fairground Drive, Grayson



Registration and payment due by November 14, 2023

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with prior notification.



Save the date!

July 1-5, 2024

North Central 4-H Camp

Carlisle, KY

Bath, Boyd, Carroll, Carter, Gallatin, Greenup Counties



\$150

More Info :

rebecca.hayes@uky.edu

@CarterCountyKY4H

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CARTER COUNTY HOMEMAKER'S HOLIDAY CRAFT FAIR

BAZAAR FOR HANDMADE PRODUCTS ONLY

NOVEMBER 18, 2023
EAST CARTER HIGH SCHOOL

9AM-3PM

ADMISSION \$1

KIDS 12 AND UNDER FREE

VENDOR BOOTHS \$25

FOR VENDOR INFORMATION CONTACT

SUE TACKETT AT 606-316-2271

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Lexington, KY 40506

HOW CAN WE

serve you?

Take our **ten-minute survey** to help us develop programs addressing needs in your community. Scan the code or visit go.uky.edu/serveKY



KENTUCKY
COOPERATIVE EXTENSION



an equal opportunity organization

Cauliflower Mushroom Poppers

1 head cauliflower, chopped	¼ cup Parmesan cheese	1 teaspoon salt
60 whole baby Portabella mushrooms	¾ cup crushed bran flakes	¼ teaspoon pepper
1 cup nonfat plain yogurt	½ cup chopped red bell pepper	½ teaspoon garlic powder
½ cup reduced fat shredded cheddar cheese	½ cup chopped green bell pepper	Paprika

Preheat oven to 325 degrees F. **Grease** a 9-by-13-inch baking pan. **Steam** the cauliflower by placing in a saucepan in ½-inch of boiling water, cover with lid and cook for 5 minutes. **Drain.** **Place** cooked cauliflower in a bowl and **mash** using a potato masher. **Remove** the stems and **scoop** out the caps of mushrooms. **Chop** stems for later use. **Combine** yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium

bowl. **Stir** in cauliflower and ½ cup of the reserved chopped mushroom stems. **Stuff** the cauliflower mixture into the hollowed mushroom caps. **Sprinkle** with paprika. **Bake**, uncovered for 20 minutes.

Yield: 20 servings, 3 mushrooms per serving

Nutritional Analysis: 45 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 200 mg sodium, 5 g carbohydrate, 1 g sugars, 4 g protein.



Kentucky Cauliflower

SEASON: June, September, October and early November.

NUTRITION FACTS: Cauliflower is low in calories, with only 25 calories per half cup serving. It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium and 100 percent of the recommended amount of vitamin C.

SELECTION: Heads should be creamy white in color, firm and heavy. Look for tight, unblemished curds and fresh looking leaves and stalk.

STORAGE: Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep it dry and do not wash it until

ready to use. Any brownish colored bruises may be trimmed away before cooking.

PREPARATION: Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can be strong, mushy and beige in color if cooked for too long. Remove green stalks. Wash and soak, in cold salted water for 30 minutes. Leave the head whole, or break into florets. Cook covered in water until tender.

PRESERVING:

Freezing: Break flowerets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water, chill and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

KENTUCKY CAULIFLOWER

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2016

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

KENTUCKY SAVES

2024 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **October 16, 2023**
and ends on: **December 15, 2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

Kentucky Saves Week:
April 8-12, 2024

Kentucky Saves:
www.kentuckysaves.org

MoneyWise:
fcs-hes.ca.uky.edu/moneywise

Carter County
Cooperative Extension Office
94 Fairground Drive
Grayson, KY
41143
(0606) 474-6686

KENTUCKY SAVES

2024 PIGGY BANK DESIGN CONTEST

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MONEYWISE
VALUING PEOPLE. VALUING MONEY.



Cooperative
Extension Service

2024 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: kimay@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **December 15, 2023**
3. Winning Entries at the area level must be selected by February 8, 2024.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **December 15, 2023** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

January 26, 2024

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



2024 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other

4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

Note: The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Name: _____ County/Area: Carter
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 4-Her Phone: _____ 4-H Year: _____ Gender: Female Male
 4-Her Email: _____
 Residence:
 Farm Town < 10,000 or Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000 City-Central >50,000
 Race (please choose more than one if applicable): American Indian Asian Black Native Hawaiian or Pacific Islander
 White Prefer Not to Say Not Listed: _____
 Ethnicity: Hispanic Non-Hispanic T-Shirt Size: _____

Parent/Guardian 1: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No
 Parent/Guardian 2: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

	Yes	No
1) Asthma.....	<input type="checkbox"/>	<input type="checkbox"/>
2) Bronchitis.....	<input type="checkbox"/>	<input type="checkbox"/>
3) Convulsions.....	<input type="checkbox"/>	<input type="checkbox"/>
4) Diabetes.....	<input type="checkbox"/>	<input type="checkbox"/>
5) Ear Infection.....	<input type="checkbox"/>	<input type="checkbox"/>
6) Fainting.....	<input type="checkbox"/>	<input type="checkbox"/>
7) Heart Condition.....	<input type="checkbox"/>	<input type="checkbox"/>
8) Headaches.....	<input type="checkbox"/>	<input type="checkbox"/>
9) Hypoglycemia.....	<input type="checkbox"/>	<input type="checkbox"/>
10) Serious Allergy to Insects.....	<input type="checkbox"/>	<input type="checkbox"/>
11) Serious Allergy to Nuts.....	<input type="checkbox"/>	<input type="checkbox"/>
12) Serious Allergy to Gluten.....	<input type="checkbox"/>	<input type="checkbox"/>
13) Serious Allergy to Dairy.....	<input type="checkbox"/>	<input type="checkbox"/>
14) Wear Glasses/Contacts.....	<input type="checkbox"/>	<input type="checkbox"/>
15) Other Conditions.....	<input type="checkbox"/>	<input type="checkbox"/>
16) Other Allergy (please explain).....	<input type="checkbox"/>	<input type="checkbox"/>

Please explain any "yes" responses, including medications taken for any conditions:

Please explain any restrictions (dietary, physical, etc):

Social, emotional, and/or behavioral health information:

The following over the counter medications may be administered to my child without contacting me:
 Antihistamine Pill Antacid Ibuprofen (Advil) Hydrocortisone Cream
 Acetaminophen (Tylenol) Decongestant Dramamine Polysporin (topical antibiotic)

Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF /GUARDIAN: _____ NO, I do not permit

4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

4-H ENROLLMENT FORM

Carter County 4-H; Rebecca Hayes, Agent

94 Fairground Dr.

Grayson, KY 41143

Phone: 606.474.6686

Email: rebecca.hayes@uky.edu

Please bubble the clubs you are interested in below. The 4-H newsletter will include dates of club meetings and activities. We'll also send information out about clubs/activities to those who indicate interest once they are ready to begin. Once you have returned this enrollment form you may begin attending meetings. 4-H Age is 9-18 as of January 1, 2023 and Clover Buds are for ages 5 to 8 as of Jan. 1, 2023.

- Clover Buds
- Fishing
- Lego Robotics
- Livestock
- Natural Resources & Environmental Sciences
- Teen Council
- Area Teen Council
- Carter City Elementary
- Heritage Elementary
- Olive Hill Elementary
- Prichard Elementary
- Star Elementary
- Tygart Creek Elementary
- East Carter Middle School
- West Carter Middle School
- East Carter High School
- West Carter High School
- Carter Christian Academy
- Homeschool
- Summer Day Camps
- Summer Overnight Camp at North Central
-
-

Member/Volunteer

Parent/Guardian

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS

1. Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
2. The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
10. All clothing shall be neat, clean, and acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. Each county may adapt additional Code of Conduct guidelines.

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
3. At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
4. Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property

I, _____ have read the

Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

County: Carter

Date: _____

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4-H Expectations & Benefits

Why chose 4-H? 4-H is an opportunity for kids to find direction by exploring areas they're currently interested in and learning from an array of additional topics they have yet to experience. 4-H also builds character, confidence, and relationships.

Where do we start? Once your child has filled out the enrollment form, the next step is to select a project. In looking over the list of projects they are sure to find one that appeals to them. These projects help your child expound on existing knowledge or open up a whole new avenue of creativity and learning.

Is there more? Oh, yes! There is so much more. We don't only offer the opportunity of doing a yearly project, but there are specialty clubs available as well. There is an opportunity to compete at county level-or greater-by doing a speech or demonstration. They may also practice the skill of record keeping by keeping track of their 4-H achievements throughout the program year and putting together a "4-H Journal."

What additional benefits are there? If your child completes a project, presents a demonstration or gives a speech, and turns in a journal they will earn a plaque and a County Achievement Award.

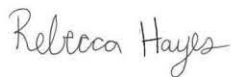
- Project Books will be distributed at a club meeting.
- Projects are due: Wednesday, April 10, 2024
- County Communication Night: Thursday, April 18, 2024; *Projects may be picked up at this time*
- 4-H Journals are due: Thursday, May 2, 2024

The best part, joining 4-H is free! We have many events that go on throughout the year, and although some of those, like summer camp, do cost to attend, there are a great deal more that your child can participate in for no charge!

How do I stay informed and learn of these additional events? There are a few ways to keep up with 4-H. One is by following us on facebook. The name of our facebook page is simply: Carter County 4-H. The Carter County Extension Office also has a website. The address for that is found at the bottom of this page. There's also a 4-H Newsletter. Once you are enrolled in 4-H, you are eligible to receive the newsletter and it is full of monthly updates and those cool upcoming events.

We hope 4-H is in your future!

Sincerely,



Rebecca Hayes,

Cooperative Extension Agent for
4-H & Youth Development

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4-H Projects

Name: _____

Have you been in 4-H before? _____ YES _____ NO

1. Please make sure to discuss your project with your parent.
2. Projects cannot be changed once books are distributed.
3. Permission from the 4-H agent is required to do more than one project and even then shall not exceed 5 projects.
4. Replacement books are \$5.00
5. 4-H Projects are designed so members can build upon what they've previously learned. Therefore, if this is your first year in the project, select 'year 1.'

I, _____
 Print name of parent/guardian/relative filling out form

am the _____
 Relationship to enrollee

of the student and would like to help with 4-H

PLEASE SELECT ONE PROJECT TO COMPLETE THIS YEAR

AEROSPACE

- ___ 1. Pre-Flight
- ___ 2. Lift Off
- ___ 3. Reaching New Heights
- ___ 4. Pilot In Command

BEEF

- ___ 1. Bite Into Beef
- ___ 2. Here's the Beef
- ___ 3. Leading the Charge
- ___ Year 4 or more

CONSUMER & FINANCIAL EDUCATION

- ___ 1. My Financial Future: Beginner
- ___ 2. My Financial Future: Advanced

DOG

- ___ 1. Wiggles & Waggles
- ___ 2. Canine Connection
- ___ 3. Leading the Pack

ELECTRICITY/ELECTRONICS/ ENERGY

- ___ 1. Magic of Electricity
- ___ 2. Investigating Electricity
- ___ 3. Wired for Power
- ___ 4. Entering Electronics

ENTOMOLOGY

- ___ 1.
- ___ 2.
- ___ 3.
- ___ 4.
- ___ 5.

ENVIRONMENTAL EDUCATION & EARTH SCIENCES

- ___ Environmental Awareness

FAMILY LIFE/CHILD CARE/BABYSITTING

- ___ Babysitting

FASHION/GROOMING/ IMAGE

- ___ 1. In the Marketplace
- ___ 2. Wardrobe Planning
- ___ 3. Clothing Coordination

FISHING

- ___ 1. Take the Bait
- ___ 2. Reel In the Fun
- ___ 3. Cast Into the Future

FOOD PREPARATION (Cooking)

- ___ 1. Star Chef
- ___ 2. Six Easy Bites
- ___ 3. Tasty Tidbits
- ___ 4. You're the Chef
- ___ 5. Foodworks
- ___ 6. Outdoor Meals
- ___ 7. Teens Entertain

GEOLOGY

(Rock Collections)

- ___ Year 1
- ___ Year 2
- ___ Year 3
- ___ Year 4
- ___ Year 5

GEOSPATIAL SCIENCE

- ___ GPS

GOAT

- ___ 1. Just Browsing
- ___ 2. Growing with Meat Goats
- ___ 3. Meating the Future

HOME ENVIRONMENT

- ___ 1. Exploring Your Home
- ___ 2. Living with Others
- ___ 3. Where I Live
- ___ 4. In My Home

HORSE

- ___ 1. Giddy Up & Go
- ___ 2. Head, Heart & Hooves
- ___ 3. Stable Relationships
- ___ 4. Riding the Range
- ___ 5. Jumping Into New Heights

HORTICULTURE

- ___ Dish Gardens
- ___ Herb Container Garden
- ___ House Plants & Hanging Baskets
- ___ Starting Seeds
- ___ Spring Bulbs
- ___ Terrariums
- ___ Vegetable Gardening
- ___ Windowsill Garden

NATURAL RESOURCES

Backpacking

- ___ 1
- ___ 2

Natural Resources

- ___ 1
- ___ 2
- ___ 3

NEEDLEWORK

Crochet

- ___ 1
- ___ 2
- ___ 3
- ___ 4

Embroidery

- ___ 1
- ___ 2
- ___ 3
- ___ 4

Knitting

- ___ 1
- ___ 2
- ___ 3
- ___ 4

Needlepoint

- ___ 1
- ___ 2
- ___ 3

Quilting

- ___ 1
- ___ 2
- ___ 3

OTHER ANIMALS

Cats

- ___ 1. Purr-fect Pals
 - ___ 2. Climbing Up
 - ___ 3. Leaping Forward
- #### Pets
- ___ 1. Pet Pals
 - ___ 2. Scurryng Ahead
 - ___ 3. Scaling the Heights

PERFORMING ARTS

Communications

- ___ 1. Picking Up the Pieces
- ___ 2. Putting It Together

PHYSICAL ACTIVITY

- ___ First Aid In Action
- ___ Get Moving Kentucky
- ___ Navigating My Mental Health

SEWING EXPRESSIONS

- ___ 1. Under Construction
- ___ 2. Fashion Forward
- ___ 3. Refine Design

SET (STEM)

Small Engines

- ___ 1. Crank It Up
- ___ 2. Warm It Up
- ___ 3. Tune It Up

Tractors

- ___ 1. Starting Up
- ___ 2. Tractor Op
- ___ 3. Moving Out
- ___ 4. Learning More

Vet Science

- ___ 1. From Alredales to Zebras
- ___ 2. All Systems Go
- ___ 3. On the Cutting Edge

Woodworking

- ___ 1. Measuring Up
- ___ 2. Making the Cut
- ___ 3. Mailing It Together
- ___ 4. Finishing Up

SHEEP

- ___ 1. Rams, Lambs & You
- ___ 2. Shear Delight
- ___ 3. Leading the Flock

SWINE

- ___ 1. The Incredible Pig
- ___ 2. Putting the Oink In Pig
- ___ 3. Going Whole Hog

VISUAL ARTS

Arts

- ___ Drawing
- ___ Fiber Arts
- ___ Graphic Design
- ___ Heritage Crafts
- ___ Painting
- ___ Printing
- ___ Sculpting

Photography

- ___ 1
- ___ 2
- ___ 3
- ___ 4
- ___ 5
- ___ 6

WORKFORCE PREPARATION

- ___ World Of Work 1
- ___ World Of Work 2
- ___ World Of Work 3

