



Cooperative
Extension Service

June & July 2025

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



@CarterCountyKY4H



@cartercountky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

*All meetings are held at the Carter County
Extension Office unless otherwise stated.*

Cloverbuds:

The next meeting will be in
September!

Homeschool STEM Club:

The first meeting will be in
September!

IMPORTANT DATES

School Clubs:

Will Start back in the fall!

School Enrichment:

Will start back in the fall!

Longest Day of Play:

June 20th from 10:00 am - 1:00 pm at
the Grayson Sports Park!

Summer Day Camps

Call 606-474-6686 to register!

Build & Create- July 10, registration is June 1 - July 3

Area Tractor Driving Contest- July 18th in Elliott County

Sewing Camp- July 22-24, registration is June 23 - July 14

Summer Beach Day- July 25

Cloverbud Camp- August 8, registration July 11 - August 1

See the flyers below for more details!

To get updates throughout the year and
reminders of events

Install the TeamReach App

Enter code: CarterCounty4H

This will also allow you to message with
Rebecca, view the program calendar and
view pictures whenever they are uploaded!



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 receipt of institutional care for prior civil rights activities. 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.

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		4-H Teen Conference				
15	16	17	18	19	20	21
				Office Closed	Longest Day Of Play	
22	23	24	25	26	27	28
29	30					





UK Cooperative
Extension Service

LONGEST DAY OF PLAY



Event Information:

 **Friday, June 20, 2025**

 **10am-1pm**

 **Grayson Sports Park**

Celebrate the 1st day of summer at the playground and splash pad along with music, outdoor games, obstacle courses, art activities, giveaways, face painting, and more!

FREE

**FUN FOR ALL
AGES**

**FREE MEAL FOR
18 AND UNDER**

GIVEAWAYS!

More Information

 (606) 474-6686

 whitney.morrow@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, 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.

Grayson Market
Shed behind the office
94 Fairground Dr.



Olive Hill Market
Save-a-lot parking lot
131 Jessica Lane

Important Dates to Remember

Opening Day

In Olive Hill: Monday, June 16th 3:00PM
In Grayson: Saturday, June 21st 9:00AM

Kid's Day

Sponsored by Anthem & Carter County Ag Advancement Council

In Olive Hill: Monday, July 28th 3:00PM
In Grayson: Thursday, July 31st 2:00PM

Pop-up Market

Chapel House & Friendship House

Tuesday, July 1st 5:00PM
Tuesday, August 5th 5:00PM
Tuesday, September 2nd 5:00PM
Tuesday, October 7th 5:00PM

Seasonal Hours

Grayson

Thursday 2:00PM-Sell Out
Saturday 9:00AM-Sell Out
Olive Hill
Monday 3:00PM-Sell Out
Wednesday 8:00AM-Sell Out
Saturday 8:00AM-Sell Out

Cooperative
Extension Service
Agriculture and Natural Resources
4-800-768-6262
Community and Rural Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Advanced programs of research, Cooperative Extension Service and all other requests of Extension Service
Agriculture and Natural Resources
4-800-768-6262
Community and Rural Development



University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Cooperative Extension Service

Cooperative
Extension Service

LAUGH & LEARN BEACH PLAYDATE

Free

CARTER COUNTY EXTENSION OFFICE

JULY 25 10AM-NOON

AGES 1-6

OLDER SIBLINGS ARE WELCOME
ADULT MUST BE PRESENT

STORYTIME

OTTO GOES TO THE BEACH BY TODD PARR
"EACH FAMILY WILL GO HOME WITH A BOOK"

OUTDOOR GAMES, WATER PLAY,
AND MORE!

LUNCH WILL BE PROVIDED THROUGH THE
SCHOOL LUNCH SUMMER FEEDING
PROGRAM



Cooperative
Extension Service
Agriculture and Natural Resources
4-800-768-6262
Community and Rural Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Advanced programs of research, Cooperative Extension Service and all other requests of Extension Service
Agriculture and Natural Resources
4-800-768-6262
Community and Rural Development



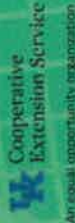
University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Cooperative Extension Service

whitney.morrow@uky.edu
<https://carter.ca.uky.edu/events>

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Office Closed	5
	4-H Summer Camp					
6	7	8	9	10 Build & Create Camp	11	12 State Communications Contest
13	14	15	16	17	18 Tractor Driving Contest	19
20	21	22	23	24	25 Summer Beach Day	26
		Sewing Camp				
27	28 Kids Day at the Olive Hill Farmers Market @3-4	29	30	31 Kids Day at the Grayson Farmers Market @2-3		





Cooperative Extension Service
An equal opportunity organization



CARTER COUNTY 4-H BUILD & CREATE DAY CAMP

JULY 10, 2025
YOUTH AGES 9-18
9:00AM - 3:00PM
CARTER COUNTY EXTENSION OFFICE

**REGISTER BY CALLING 606-474-6686
BY JULY 3RD.**

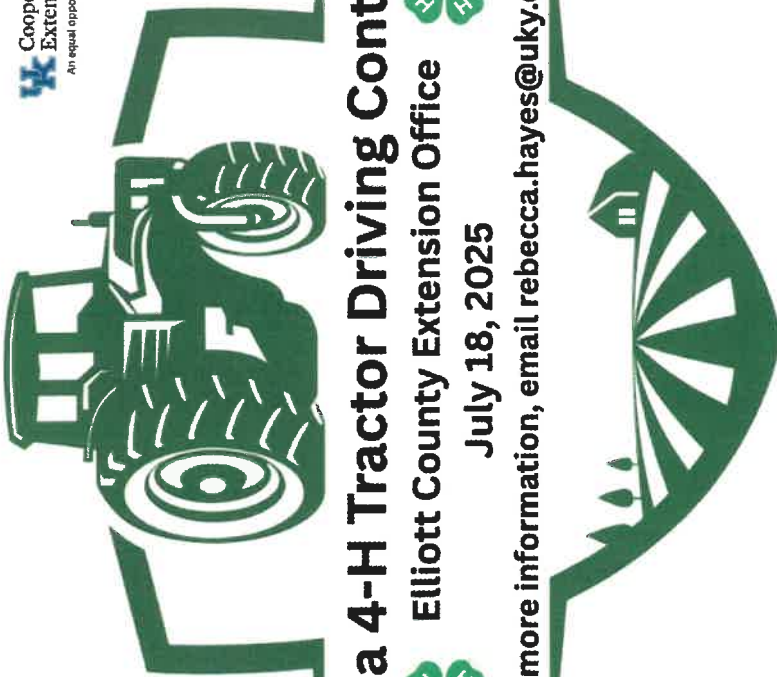
FREE!



Enjoy time free building with blocks, legos, straw, paint, clay, scrapbook, etc.



Cooperative Extension Service
An equal opportunity organization



Area 4-H Tractor Driving Contest

 Elliott County Extension Office 

July 18, 2025

For more information, email rebecca.hayes@uky.edu



Cooperative Extension Service
An equal opportunity organization



CARTER COUNTY 4-H SEWING CAMP

JULY 22-24
9:00AM-3:00PM
CARTER COUNTY EXTENSION OFFICE
BREAKFAST & LUNCH PROVIDED

LIMITED SPACE!
MACHINE & HAND SEWING
LEAVE WITH A COMPLETED PROJECT!
AGES 9-14



FREE

Call 606-474-6686 to register by July 14!



Cooperative Extension Service



4-H Cloverbud Camp

FREE **August 8**
9:00am - 1:00pm

94 Fairground Drive,
Grayson, KY 41143

Games, crafts, and free play for youth 5-8 years of age.
Space is limited! Call 606-474-6686 to register by August 1st.

Breakfast & Lunch provided!



An equal opportunity organization

Cheesy Rice and Veggies

Servings: 1 Serving Size: 12 ounces



Ingredients:

- 1 cup cooked rice
- 1/2 cup vegetables of choice, drained
- 1 slice American cheese
- 1 tablespoon milk, if desired

Directions:

1. Combine in a microwave safe dish and microwave until cheese melts.
2. Stir and enjoy!

Source: Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program:
Backpack Recipes

Nutrition facts per serving: 490 calories; 9g total fat; 5g saturated fat; 0g trans fat; 30mg cholesterol; 220mg sodium; 83g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 14g protein; 0% Daily Value of vitamin D; 25% Daily Value of calcium; 20% Daily Value of iron; 6% Daily Value of potassium.