## -january

#### BUTLER COUNTY 4-H NEWSLETTER

Butler County 4-H serves all schools K-12th grade: public, private, and homeschool.





Using knowledge to make decisions, plan, organize, and solve problems.



Having strong values, a positive self-image, and caring about others.



Volunteering, helping the community, and working to make the world more equitable.



Living a healthy lifestyle, managing stress, preventing disease, and developing good character and ethics.

### National reach, local programs for kids

In 4-H programs, kids and teens complete hands-on projects in areas like health, science, agriculture and civic engagement in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4-H in every county and parish in the country through in-school and after-school programs, school and community clubs and 4-H camps.





BUTLER COUNTY EXTENSION OFFICE MORE INFORMATION CALL (270) 526-3767



## PEECH & MOCK INTERVIEW



SPEAKING AND COMMUNICATING SKILLS ARE AMONG THE MOST VALUABLE ANY PERSON EVER DEVELOPS. TAKE THIS OPPORTUNITY TO LEARN, AND GAIN SOME EXPERIENCE AT THE 4-H COMMUNICATIONS DAY

- · ANY TOPIC
- · NO PROPS
- · CLOVERBUD AGE 8 & UNDER (AS OF JAN 1, 2025)
- 3 MINS, MAY USE NOTE CARDS
- JUNIORS AGE 9-13 (AS OF JAN 1, 2025)
- 3-5 MINS, MAY USE NOTE CARDS
- · SENIORS AGE 14-19 (AS OF JAN 1, 2025) **5-7 MINS**
- · EARN4-H BUCKS -BLUE, RED, AND WHITE RIBBON WINNERS WILL RECEIVE 4-H BUCKS TO USE ON ANY 4-H EVENT.

**MOCK INTERVIEWS AGES 14-18** 



PLEASE CALL

270-526-3767 TO SIGN UP or scan or code









#### 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, oreod, religion, political belief, sex, social orientation, gender identify, gender expression, pregnancy marila status, genetic information, age, verteran stat physical or mental disability or regrisal or restaliation for prior civil rights activity. Reasonable accommodation of disability or regrisal or restaliation for prior civil rights activity. Reasonable accommodation of disability or regrisal or restaliation for prior civil rights activity. Reasonable accommodation of disability or regrisal or restaliation for prior civil rights activity. Reasonable accommodation of disability or regrisal or restaliation may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Comities. Cooperative and Kentucky Comities. Lexington, KY 40506

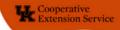






Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

#### 4-H AEROSPACE DAY CAMP



FRIDAY JUNE 6TH (RAIN DATE—SATURDAY JUNE 7TH)



Who: Youth 6th - 12th grade What: A full day of fun. Learning about Aerospace, Aviation, Weather, & Navigation.

ld a glider, rocket, and take your first flying lesson with a Certified Flight Instructor (CFI). When: Friday June 6th (rain date—Saturday June 7th) Start at 8:00 A.M. Where: Madisonville Airport Cost: \$120.00 (includes lunch, materials, t-shirt, flight expenses, etc.)

· Principles of flight

- · Weather
- · Fly a plane
- · Log your first Discovery flight
- · GPS Global Positioning System
  - Navigation

DEADLINE IS MAY 10TH. PLEASE RETURN TO: **BUTLER COUNTY EXTENSION** 102 PARKWAY LANE **MORGANTOWN KY 42261** PLEASE MAKE CHECKS PAYABLE TO YOUR LOCAL EXTENSION OFFICE.



you must be paid in full to be registered

#### 270-526-3767 FOR MORE INFORMATION

#### MONEY AND HOW TO **KEEP IT (ADULTING 101)**

#### FREE

- Simple Cooking
- Car Care
- Communication skills
- FASFA
- Financial planning
- Housekeeping
- Insurance
- Job Interview Skills
- Laundry
- Resume
- Banking/Savings
- Taxes

#### HIGH SCHOOL & **COLLEGE AGE**

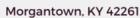


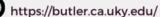


270-526-3767



102 Parkway Ln











## **BUTLER COUNTY EXTENSION OFFICE JANUARY 30TH** FEBRUARY 6TH, 13TH, 20TH, 8 27TH 4:00-5:30 P.M.

#### Cooperative **Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# with Roasted Grape Tomatoes Mozzarella Basil Chicken

**½ cup** lite balsamic vinaigrette breast halves

4 (4 ounce) boneless chicken 12 large fresh basil leaves 2 ounces low-fat skim mozzarella cheese, cut

into four slices

2 ½ cups grape tomatoes, halved

4 tablespoons shredded

Parmesan cheese

basil leaves into thin slices and toss with temperature of 165 degrees F. Cut remaining minutes or until chicken reaches an internal tablespoon of Parmesan cheese. Bake 30 Serve chicken topped with tomato mixture remaining dressing and roasted tomatoes. sheet. Sprinkle each breast half with 1 add tomatoes to the other side of baking

5 g sugar, 31 g protein sodium, 10 g carbohydrate, 1 g fiber, 3 g saturated fat, 85 mg cholesterol, 720 mg Nutritional Analysis: 220 calories, 6 g fat,

Yield: 4 servings

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

# SEASON: July through October

source of potassium. that promote good health, including fiber and **NUTRITION FACTS:** Tomatoes are rich in nutrients about 25 calories, 20 mg sodium and is a good vitamins C and A. A medium tomato contains

chopped tomatoes. pound of tomatoes yields about 21/2 cups of medium tomatoes weigh about 1 pound. One size and give slightly to pressure. Three to four should be free from blemishes, heavy for their that are fragrant and rich in color. Tomatoes SELECTION: Choose firm, well-shaped tomatoes

in a paper bag to ripen. Keep out of direct sunlight. Place green tomatoes **STORAGE:** Store ripe tomatoes at room temperature and use them within three days.

Source: www.fruitsandveggiesmatter.gov

# Kentucky Iomatoes

# REPARATION: Wash fresh tomatoes in cool

about 30 seconds, then transfer to cold water. Skins will slip off. To peel: Place tomatoes in boiling water for

A serrated knife works best. To slice: Slice lengthwise to retain juice. a pointed utensil. Avoid puncturing the skin. To seed: Scrape seeds away from the flesh with

## KENTUCKY TOMATOES

County Extension Agents for Family and Cor

June 2015 Jniversity of Kentucky, Dietetics and Human udents

EXTENSION SERVICE COOPERATIVI

Educational programs of Kentucky Cooperati 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 ciences or visit www.uky.ag/fc

ENTUCKY

Kentucky campus, offering a unique opportunity for youth to experience college life and explore These workshops are held on the University of

Focuses on developing essential leadership skills through targeted activities and discussions

service projects throughout Lexington

environment for youth to connect with their peers dance, dorm life experience, and area night-out events. These events provide a fun and relaxed

#### AND BUILD FRIENDSHIPS FIND YOUR SPARK activities. training, community service, and social combines educational workshops, leadership with amultifaceted experience that event tailored for high school 4-H members. comprehensive leadership development Kentucky 4-H Teen Conference is a This conference is designed to provide youth About Our Event ISU NIOL 2025 10th - 13th June 18 These activities include CLOVER Fest, aformal the academic resources available at UK. Participants engage in community **Event Highlights** Leadership Minor Social Activities Day of Service Majors

270-526-3767 **Butler County Extension Office** Lloyd Saylor