

january

BUTLER COUNTY 4-H NEWSLETTER

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



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.



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.

2  25

KENTUCKY 4-H

written communication

CONTEST

Various Contest Categories

- Monologue
- Poetry
- Press Release
- Public Service Announcement
- Songwriting

Due 2/1/25

Each category will have a Junior and Senior class.
The age of a young person participating in 4-H is
the age they are on January 1st of the current
program year.

Junior level members are ages 9-13

Senior level members are ages 14-18.

**WIN
4-H
BUCKS**

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



4-H SPEECH & MOCK INTERVIEW CONTEST



**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
- EARN 4-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

**EARN 4-H
BUCKS**

**PLEASE CALL
270-526-3767 TO SIGN UP
OR SCAN QR CODE**

FEBRUARY 4TH 6:00 P.M.

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

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



**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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

4-H AEROSPACE DAY CAMP

 Cooperative
Extension Service

LET'S GO! FLY \$120

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.
Build 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
Morgantown, KY 42261
 <https://butler.ca.uky.edu/>

 **Giveaway!**
EACH WEEK



 **REGISTER NOW**

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



Cooperative
Extension Service

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

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Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves
1/2 cup lite balsamic vinaigrette dressing

12 large fresh basil leaves
2 ounces low-fat skim mozzarella cheese, cut into four slices

2 1/2 cups grape tomatoes, halved
4 tablespoons shredded Parmesan cheese

Place chicken breasts into a 1 gallon zip close plastic bag. **Pour** 1/2 cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture. **Yield:** 4 servings
Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



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

Kentucky Tomatoes

SEASON: July through October

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

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

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

Source: www.fruitsandvegsmatter.gov

PREPARATION: Wash fresh tomatoes in cool running water.

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

To seed: Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

To slice: Slice lengthwise to retain juice. A serrated knife works best.

KENTUCKY TOMATOES

Kentucky Proud Project
County Extension Agents for Family and Consumer Science
Unit for Kentucky, Diabetes and Human Nutrition students
June 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, ethnicity, national origin, or sex. For more information, contact your county's Extension agent for Family and Consumer Science or visit www.uky.edu/FACTS



TEEN CONFERENCE

\$300

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 a red night-out event. 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!

Lloyd Saylor
Butler County Extension Office
270-526-3767

WEBSITE
<https://butler.ca.uky.edu/>