

Cooperative Extension Service

Laurel County
200 County Extension Road
London, Ky. 40741
(606) 864-4167
Fax: (606) 864-4168
<http://ces.ca.uky.edu/laurel>

4-H Newsletter

4-H YOUTH DEVELOPMENT



Who will be the next
4-H Idol?

You can Sing, Dance, Act, Perform
Magic Tricks, Entertain with Comedy,
Play an Instrument, or Anything Else!
Pre Register by calling 864-4167 by

March 17th. This Contest is Open to All Laurel County
Youth Ages 9-19. No entry fees. Reserve your spot today!



Laurel County Equestrian Riders

If you love horses and are interested in learning about showmanship, care of horses, horse safety, raising and training horses and much more join the Laurel County Equestrian Riders. Have fun

with friends that love horses as much as you do! The 4-H Horse program is one of the largest and fastest growing 4-H programs in Kentucky and the nation. If you are 9-19 years old call 864-4167 for more information.

March Club News

Cloverbud Club

Youth will celebrate the month by learning about animal science! Come make a cool bunny mask and egg magnet to take home and share with family!

Art Club

Bring a still life object of your choice. You may choose which you would like to do...draw or paint. Bring a friend! New members always welcome!

Teens in Action

This month the Laurel County Teens will be going bowling! If you would like to join us, we will be meeting at the Extension Office at 6pm. Bring a friend and don't miss out on the fun!

Robotics Club

Join us as we continue programming our robots and working on sequences and patterns. If you are 9-19 years old, you may become a member at anytime!

Livestock Club

The Livestock Club will be having a trial skill-a-thon this month in preparation for competition at Ag Fair in June.

Horse Club

The Horse Club would like to extend an open invitation to all Laurel County youth between the ages of 9-19 that love horses as much as we do! Come and join the fun as you learn all about horses!

Summer Fun



Get ready for Summer Fun in the winter. 4-H Camp will be here before you know it! This year's camping session will be on Tuesday, June 23th-Friday, June 26th. Reserve your spot by picking up an application at the Extension Office or call 864-4167 and an application will be sent to your home. Scholarships and applications are now available! Cabins fill up quickly! Reserve your spot today.

see blue. go green.

Go Green Tip

Have your friends to join you as you organize a neighborhood spring clean-up. Save a date and time for you and your friends to pick up trash in your community.



Disabilities accommodated with prior notification

Educational programs of the Kentucky Cooperative Extension Service serve all

Healthy Me!



Smart Snacks!

Snacks are a great way to refuel. Choose snacks from different food groups—a glass of low fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal are a few healthy choices.

Cookies, chips and candy are okay for an occasional snack. Eat these snacks on days you plan to get a lot of exercise.

Recipe source:
www.southernfood.about.com

Inside-Out Carmel Apples

Ingredients:

- 3-5 apples
- 1 (3 oz) pkg. cream cheese (use light or no fat)
- 3 tbsp. brown sugar



Slice apples into four sections and core to make a groove. Mix brown sugar and cream cheese. Spoon mixture into apple centers. Enjoy!

 Disabilities accommodated with prior notification

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.



UK COOPERATIVE EXTENSION SERVICE

University of Kentucky – College of Agriculture

1909 CELEBRATING **100** YEARS **2009**
Don't forget to pre-register for the 4-H Idol contest by March 17th!

Kim Whitson, 4-H Agent
 Ruth Ann McWhorter, 4-H Assistant
 Telephone: 864-4167
 Fax: 864-4168

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Horse Club 2-4 pm	2	3	4 East Bernstadt School 4th grade 8-10 am	5 4-H Summit	6 4-H Summit Colony Elementary 9 am	7 4-H Summit
8 4-H Summit	9 4-H Summit	10 SLMS 9:10 am Robotics 6pm Teen Club 6 pm Cloverbuds 6 pm	11 East Bernstadt 5th grade 8-10 am	12 London Elem. Afterschool 3:30pm	13 Colony 9 am Sublimity and WPG afterschool 3:30 pm	14 Art Club 9-11 am
15	16 Livestock Club 6 pm	17 Hazel Green 4th grade 1pm 4-H Weaving 6 pm	18 East Bern- stadt 8-3 pm Hazel Green 5th grade 1pm	19 Chamber of Commerce Luncheon 12pm	20 Campground 1pm	21 4-H Idol Competition 11am NLHS Auditorium
22	23 4-H Council 6:30 pm	24 London Elem. 1pm London Afterschool 3:30 pm Robotics 6 pm	25 East Bernstadt All Day	26 WPG and Sublimity Afterschool 3:30 pm	27 East Bernstadt Career Fair 8-12pm WPG Career Fair 8-3 NLMS Photography Club 2pm	28
29	30	31 4-H Basket Class 6 pm				