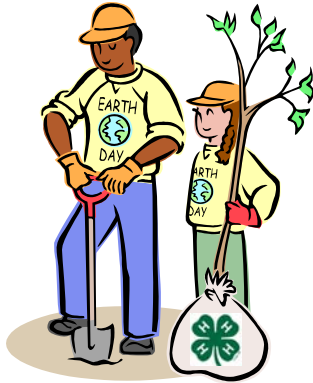


Cooperative Extension Service

Laurel County  
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# 4-H Newsletter

## 4-H YOUTH DEVELOPMENT



### 4-H 100 Trees Project

Help 4-H reach its goal of planting 100 trees in Laurel County between Arbor Day, April 22nd and Global Youth Service Day, April 25th. Just call 864-4167 and register to receive your FREE TREES. The trees can be planted anywhere, including your farm, school, home or city. It is our

goal to plant the trees to beautify our county, absorb atmospheric carbon dioxide and combat global climate change. By becoming a part of our county project, you will be joining thousands of fellow 4-Hers across the nation reach a national goal of 1 million trees!



### Summer Fun

Get ready for Summer Fun. 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.

## April Club News

### Cloverbud Club

Youth will celebrate the month by learning about plant science! Learn about the life cycle of plants and how they are important to our environment. Make a flower pot for mom!

### Art Club

The Art Club will meet at Mink's Nursery to explore the beauty of flowers. Don't forget to bring your art supplies!

### Teens in Action

This month the Laurel County Teens will be gearing up for camp as we get a jump on our leadership skills.


### 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 getting ready for Ag Fair as we practice for the skill-a-thon and discuss the quality and cuts of meat.

### 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!

see blue. go green.



### Go Green Tip

Be a part of the National Earth Project on April 28th. Turn off the lights between 8:30-9:30 pm.

### YOU'RE INVITED!

Come support your friends and classmates as they compete in the Area Communication's Day Event on April 25th

at the NLHS Auditorium. The Event will be held at the NLHS Auditorium beginning at 10:00am.

Cheer on Laurel Countians as they compete in this district competition.

Champions will advance to the State Competition!



*Kim Whitton*



Disabilities accommodated with prior notification

# Congratulations!



Congratulations to all who participated in the 4-H Idol Competition!  
Everyone gave a magnificent performance!

Sr. Specialty Act Champions  
Jonathan Powell and Adrienne Liford



Jr Specialty Act Champion  
Kaylee Smallwood



The Champions from the 4-H Idol Contest and the County Communications Day event will advance to the Area Communication's Day Competition on April 25th at the NLHS Auditorium beginning at 10 am. Champions from Laurel County will compete with 8 surrounding counties in effort to advance to the State Competition.

Come Cheer 'Em on...everyone invited. FREE Admission!

Area Competitors are: Hannah Gibbs, Rachel House, Sarah Mandiviwala, Kelly Thompson, Maranda Lawson, Sam McNair, Victoria Newberry, Kaylee Smallwood, Alyssa Delph and Lindsey Wagers, Jonathan Powell and Adrienne Liford,

# Healthy Me!



## Healthy Teeth

Did you know part of being healthy includes taking good care of your teeth and gums? Brushing your teeth at least twice a day, once after breakfast and once before bedtime, can reduce plaque. Plaque is the yucky bacteria that forms on your teeth and may cause tooth decay and infections of the gums which can lead to even more serious health issues.

Here are some more tips for healthy teeth and gums:

- As we mentioned before-brush at least twice a day.
- Brush each tooth, not just the ones in the front
- Visit the dentist twice a year. They will help you keep your teeth strong.
- Floss at least once a day. Flossing also helps reduce plaque.
- If you snack make healthy snacks like the one below.

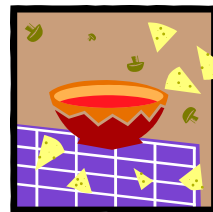
### Nifty Nachos

Ingredients:

30 tortilla chips

1/4 cup salsa

1 1/4 cups of your favorite cheese



Directions:

Heat oven to 400 degrees. Line cookie sheet with aluminum foil. Put tortilla chips on cookie sheet.

Sprinkle salsa over chips. Sprinkle cheese on top of salsa and chips. Bake for about 4 minutes or until cheese is melted.

Did you know that studies suggest that cheese like cheddar, Swiss, Monterey Jack, mozzarella, and American cheese can help prevent cavities? It's the calcium, phosphorus and casein in the cheese that gives it the power of prevention.

source: that'sfit.com



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.



## 4-H 100 Trees Project

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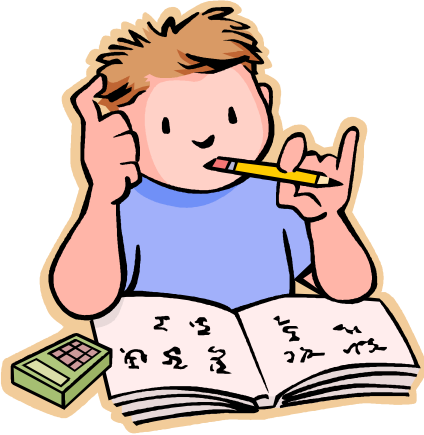
**UK** **COOPERATIVE EXTENSION SERVICE**  
University of Kentucky – College of Agriculture

Kim Whitson, 4-H Agent  
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# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 Hunter Hills meeting 9:20 am	7 Colony 8:30 am SLMS 10:00 am Cloverbuds 6pm Teen Club 6pm Robotics 6pm	8 East Bernstadt 8-10am Hunter Hills Advisory Council 2pm	9 London Elementary Career Fair- All Day	10 Colony 9-11 am	11 Art Club at Mink's Nursery 9-11am (weather permitting) Geocaching Project (must preregister)
12	13	14 Colony Preschool 9 am (Agent at conference)	15 East Bernstadt 8-10am (Agent at conference)	16 Kid's Gardening (must preregister) (Agent at conference)	17 Cold Hill 2 pm Hunter Hills Career Fair- All Day	18
19	20 Livestock Club 6 pm	21 Hazel Green 4th grade 1:00 pm	<b>22 ARBOR DAY</b>  East Bernstadt All Day	23 Woodworking Workshop (must preregister) London Advisory Council 12pm	24 Campground 1pm	<b>25 AREA COMMUNICATION'S DAY NLHS 10AM</b> <b>Global Youth Service Day</b>
26	27	28 Healthy Comm. 12pm London Elem. 1:00 pm Robotics 6-8 pm <b>TURN OFF THE LIGHTS FROM 8:30- 9:30</b>	29	30 Camp Clean-up All Day Photography Projects and Star Chef (must preregister)		

# Contests for YOUTH



## POEM CONTEST

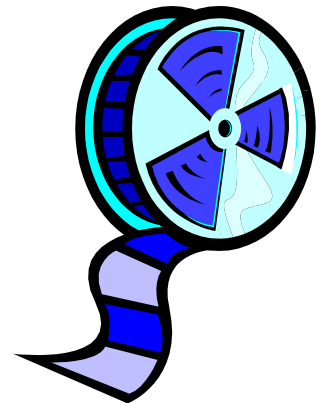
Write a poem about what spring means to you. Send your poem to [Wally.Cat@uky.edu](mailto:Wally.Cat@uky.edu)

Wally will pick two poems and put them in the May Youth Health Bulletin newsletter for everyone to see and enjoy.

## YOUTUBE Video Contest

Jaime Vincent, KY Soybean Assn., has invited 4-H to participate in a YouTube Video Contest.

The theme this spring is Farmers are the #1 Advocate for Animals. The challenge of the contest is to inform and educate a positive message regarding farmers and their commitment to animal agriculture and the safety and well-being of the animals they produce. Please remember all videos must be “family friendly” and you will be representing 4-H. You may call 864-4167 for a complete set of rules. Prizes will be awarded as follows:



- 1<sup>st</sup> Place - \$3,000.00 to the student and \$3,000.00 to his/her county.
- 2<sup>nd</sup> Place - \$2,000.00 to the student and \$2,000.00 to his/her county.
- 3<sup>rd</sup> Place - \$1,000.00 to the student and \$1,000.00 to his/her county.
- 4<sup>th</sup>-10<sup>th</sup> Place - \$100.00 to the student

*\*If a team places, the prize money will be split equally among the winners. If a county produces more than one winner, the county will only receive one cash award.*