

# Green County 4-H NEWSLETTER JANUARY 2025

## GREEN COUNTY 4-H

# CALL TO ACTION



## VOLUNTEER

# WE NEED YOU!

SEE HOW YOU CAN VOLUNTEER WITH  
GREEN COUNTY 4-H!

**CLUB LEADER, PROJECT LEADER, COUNCIL  
MEMBER, CERTIFIED SHOOTING SPORTS  
COACH, CAMP LEADER, CHAPERONE**

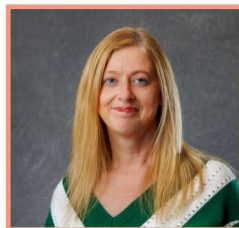
EMAIL

[SUE.ANN.MCCANDLESS@UKY.EDU](mailto:SUE.ANN.MCCANDLESS@UKY.EDU)

OR CALL 270-932-5311



## MEET THE 4-H AGENT



Hello Green County! My name is Sue Ann McCandless and I am so excited to be your new 4-H Agent.

### ABOUT ME

I have been in Extension for almost 20 years. I was a staff assistant in LaRue County for several years before I started as an agent in Hardin County. I was a 4-Her myself and my favorite 4-H activity was 4-H Camp. I am a mom to two boys, Brayden is 20 and Nolan is 13. I am also engaged and planning a wedding for later this year. I enjoy hiking and kayaking or anything outdoors. I am so excited to meet you all.

### MY FAVORITES

Hobby: Hiking  
Food: Chicken & Rice  
Drink: Something with caffeine but not coffee  
Color: Blue & Green!!  
Sport: Whatever my kids are playing

### FUN FACTS

My grandparents were married in a corn field in Green County. I am on a mission to find the location to see what it looks like today.



Sincerely,

*Sue Ann McCandless*

**Sue Ann McCandless**  
Green County Extension Agent  
For 4-H Youth Development Education  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)





GREEN COUNTY 4-H

# SUMMER CAMP



# 2025



**June  
10-13**

Adventure, Games & More!

Lake Cumberland 4-H Camp

**\$325**

includes lodging, meals, activities,  
tshirt and transportation  
Scholarship Applications available

**AMPLIFY**  
KENTUCKY 4-H

Archery, Rifle, Swimming, Kayaking, High Ropes, Low Ropes, Games, Dancing & More!!  
Deposit is \$100 to hold your spot. Camp teen and adult leaders needed. Payment plans  
available, contact 4-H Agent Sue Ann McCandless for more information, 270-932-5311.



# KY 4-H CAPITOL EXPERIENCE

JOIN US

FEBRUARY 26th

*Sponsored by:*



Register by Friday, January 17th  
Open to youth ages 9-18 and their families. Registration forms are available at the Green County Extension Office

*Supported by:*



**Cooperative Extension Service**

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

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



Limited transportation may be available, chaperones needed.



## WINTER WEATHER NOTICE

As most of you know Mother Nature can be very tricky this time of year and can sometimes cause dangerous driving conditions. Therefore, I would like to remind you that if **SCHOOL** is **CANCELED** due to bad weather conditions, **ALL 4-H CLUB MEETINGS, ACTIVITIES AND EVENTS ARE AUTOMATICALLY CANCELLED AS WELL**. In the event that school is not closed but threatening weather conditions exist, please call the Extension Office at **(270) 932-5311**.



## KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

*The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.*

### **Categories include:**

Songwriting

Poetry

Original Monologue

Press Release

Public Service Announcement

"What 4-H Means to Me" Essay  
Infographic—New for 2025



**DEADLINE: Friday, January 24th**

*Entries must be submitted by email in a Word Document with Calibri size 12 font and double spaced to [sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu) Use "Written Communications Contest" for the subject line. Include first and last name, school and grade. Each writing category has specific guidelines that must be followed, contact Green County Extension Agent, Sue Ann McCandless, for a copy of the guidelines or more information, 270-932-5311. County winners will be selected from both Junior (9-13) and Senior (14-18) age divisions to advance to the state contest.*

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# Banana Split Oatmeal

(recipe makes 1 serving)



## Nutrition Facts

1 servings per container	
<b>Serving size</b>	1 1/2 cup (250g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 1mcg	6%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 439mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Meal Idea

#### Banana Split Oatmeal



#### Fruit infused water



## Ingredients:

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup light strawberry yogurt

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a microwave safe bowl, mix 1/3 cup oatmeal and 1/8 teaspoon salt.
3. Add 3/4 cup hot water, and stir to combine.
4. Microwave on high power for 1 minute.
5. Remove the bowl with oven mitts, and stir.
6. Microwave on high power for another 1 minute. Remove the bowl with oven mitts, stir, then allow it to cool slightly to thicken.
7. Using a cutting board and knife, slice half of a peeled banana. Wrap, and eat the remaining banana half as a morning snack later that day.
8. Top the oatmeal with banana slices and 1/2 cup yogurt.
9. Serve immediately.

**Source:** Brooke Jenkins, Extension Specialist, University of Kentucky Nutrition Education Program

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# HEALTH BULLETIN

## JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://hes.hes.ac.uk/yk/edu/content/health-bulletins>

Green County  
Extension Office  
298 Happyville Rd.  
Greensburg, KY  
42743  
(270) 932-5311



## THIS MONTH'S TOPIC DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

### Dress for the weather

- If it is wet, wear:
  - rain boots,
  - rain jacket and pants, or rain suit.
- If it is cold, wear:
  - layers of tops and bottoms to stay warm,
  - a coat.

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➔ Continued from the previous page

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

### Looking for some fun ways to play outside this winter? Try these!

#### igloo building: Frozen fun in low temperature.

- You'll need Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- What to do: When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the iceblock. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

#### Snow olympics: Gather your siblings and friends for some cold competitions.

- Long Jump: Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- Snowball Throw: Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.

- Snow Pile Hurdles: Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

#### Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- You'll need Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- What to do: Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE: <http://extension.ksu.edu/program/ideas/w/come-to-area/environmental/activities/all-activities/outdoor-2-by-on-when-dry>

YOUTH  
HEALTH BULLETIN  
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Chris Ware @University  
of Kentucky School of Human  
Environmental Sciences



### Cooperative Extension Service

Anthropology and Spatial Resources  
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4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, US Department of Agriculture and Kentucky Counties, Cooperatives, Lexington, KY 40546



Accessibility  
and prior notification.



KENTUCKY SAVES  
**2025**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **January 3, 20225**  
and ends on: **January 30, 2025**

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capital Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

298 Happyville Rd.  
Greensburg, KY  
42743  
(270) 932-5311

**Kentucky Saves Week:**  
April 7-11, 2025  
**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)  
**MoneyWise:**  
[fcs.hes.ca.uky.edu/moneywise](http://fcs.hes.ca.uky.edu/moneywise)

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KENTUCKY SAVES  
**2025**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

 Cooperative  
Extension Service

## 2025 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: [k.may@uky.edu](mailto:k.may@uky.edu)

**CONTEST DESCRIPTION:** Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

**ELIGIBILITY:** Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**HOW TO ENTER:** To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County/Cooperative Extension Office: Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **January 30, 2025**
3. Winning Entries at the area level must be selected by February 7, 2025.

### CONTEST TIMING

Submit Entry by deadline. Must be submitted by: **Thursday, January 30th**. To your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The Bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks **DO NOT** have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.

- b. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, without division in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

### JUDGING CRITERIA/WINNER SELECTION

**AND VERIFICATION:** Entries will be judged within Extension Areas by a panel of Judges coordinated by the Area piggy bank delegate. Each panel of Judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The Judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by: **February 7, 2025.**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.



## 2025 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

**To be filled out by the Extension Agent accepting the entry:**

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_

**Agent Name:** \_\_\_\_\_ **Circle One:** FCS 4-H Other