



Green County Cooperative
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Like our Facebook page
for last minute reminders
and quick updates:
facebook.com/Green4H
or visit our website at
www.GreenCounty4-H.org.

What is 4-H?

4-H is America's largest
youth development
organization—empowering
nearly six million young
people with the skills to
lead for a lifetime.

A community for all kids...
In 4-H, we believe in the
power of young people.
We see every child with
valuable strengths and real
influence to improve the
world around us.

We believe...
all young people have
potential, ensuring
access and equity for all,
the practice of positive
youth development by
creating positive
learning experiences,
caring and trusted adult
mentors who cultivate
positive relationships
with youth, and
developing young people
who are empowered,
confident, hard-working,
determined, responsible
and compassionate—seeing
a world beyond themselves
so that they have the life-
long skills to succeed in
college and career.

4-H UPFRONT

May-June 2024

COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Family Exercise Helps 4-H Youth Stay Healthy for Life

As warmer weather arrives, it is a great time for families to stay healthy and active while enjoying the outdoors together. If you need some extra inspiration with a new family fitness routine, your local 4-H program is here to help.

It probably comes as no surprise that according to the US Dept. of Health and Human Services, physically active youth have higher levels of cardiorespiratory fitness, lower body fat, and stronger bones and muscles than their inactive peers. School-aged children also experience a noted boost to their brain health from physical activity: namely, improved cognition and reduced symptoms of depression. Research shows that physical activity can improve cognitive functions with executive function, memory, processing speed, attention, and academic performance.

Kids who get regular exercise also have better odds at becoming healthy adults. Chronic diseases such as heart disease, hypertension, type 2 diabetes, and osteoporosis are rare among young people. However, obesity and other risk factors for these diseases, including elevated insulin, blood lipids, and blood pressure, are on the rise among today's children and adolescents. Making regular exercise a part of family life can give young people a head start on disease prevention and introduce healthy benefits to last a lifetime.

Empowering youth to be healthy—in body and mind—is an important part of the programming



provided through 4-H. Young people who have the confidence and skills to lead healthy lifestyles don't just feel healthier; they are also better able to tackle life's challenges and demonstrate strong leadership in their lives, careers, and communities as they grow up to become responsible adults. According to a 2015 study by researchers, youth who participate in 4-H programming are twice as likely to make healthier choices for themselves.

One fun and easy way for 4-H families to get more physically active right now is by participating in Move the Clover Way, a family-based physical activity program held this year from May through June. Families can take part by planning to engage in physical activity for a set amount of time each week, then logging those active minutes on-line. Families will be recognized for their accomplishment.

To learn more about Move the Clover Way and 4-H Healthy Living programs, contact the Green County office of the University of Kentucky Cooperative Extension Service.

- *Chuck Stamper, 4-H Agriculture Extension Specialist*

To Make the Best Better



Area Champion

Green County 4-Her, Will Davis is the area champion with his demonstration titled, "Making Legos Come to Life." With his creative talents, he used stop frame animation to create a movie with a Star Wars theme. With his Champion placing, he now advances to the state 4-H Communications Contest in July. Good luck Will!



4-H Summer Camp

Green County 4-H goes to summer camp June 11-14. Camp final payments are due May 23. Our camper and adult orientation is June 2 at 2:00pm at the 4-H office. There are a few spots left for boys and girls. We could use a few more adult and teen chaperones if you know of someone who may be interested. Contact the 4-H office for more details

Green County Fair Exhibits

County fair exhibits are a culmination of a year's worth of work in 4-H programs; they play a big role in a young person's development. Here's how:

Showcase Skills & Knowledge:

Exhibits are a chance for 4-H members to display what they've learned in their projects, whether it's raising an animal, sewing a quilt, or conducting a science experiment building confidence and a sense of accomplishment.

Develop Communication:

Creating an exhibit often involves putting together information. This helps young people learn to communicate ideas clearly and concisely, a skill that will benefit them throughout their lives.

Sportsmanship & Goal Setting:

Competitions are a part of fairs, but the focus in 4-H is learning and improvement. Preparing for the fair teaches goal setting, resilience, and sportsmanship, win or lose.

Community Recognition:

County fairs are well-attended community events. Exhibiting allows young people to share their achievements with a wider audience and gain recognition for their hard work being a great confidence booster.

Overall, county fair exhibits are a celebration of learning and achievement in 4-H programs.

They provide valuable opportunities for young people to develop skills, gain confidence, and become well-rounded individuals.

Green County youth ages 9-18 as of January 1 are eligible to enter exhibits in the following categories. **Every youth entry will receive a CASH premium sponsored by the Green County Fair Board if they follow the guidelines below.** Details and specific fair class descriptions are available on our web page at www.GreenCounty4-H.org.

Dairy Show: May 28, 9:00am

Beef Show: May 28, 10:00am

both at American Legion Park

Exhibit Entry: June 2, 4-6:00 pm
at the 4-H office

[Arts](#)

[Crops](#)

[Consumer/Financial Education](#)

[Companion Animals](#)

[Electric](#)

[Entomology & Honey](#)

[Foods \(Recipes\)](#)

[Food Preservation \(Recipes\)](#)

[Forestry](#)

[Geology](#)

[Home Environment](#)

[Horticulture & Plant Science](#)

[Horticulture Contest](#)

[Land Judging](#)

[Leadership](#)

[Work Force Preparation](#)

[Civic Engagement](#)

[Needlework](#)

[Photography](#)

[Sewing](#)

[Trends](#)

[Wood Science](#)



**Visit GreenCounty4-H.org
or call us at 270-932-5311**



Dis Chef Experience

Calling all Junior Chefs!

Ever wondered how to make the yummy food you get at your favorite theme park? This July, 4-H is whisking you away on a culinary adventure inspired by the happiest place on Earth! During this 2-day SUPER FUN workshop, you'll learn awesome cooking skills while whipping up some of their most iconic treats!

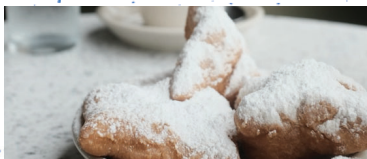
The event will be held July 9 and 10th at the 4-H office from 8:00am to Noon. It is open to Green County youth ages 10-14, older youth may attend. Teens should contact the 4-H office for more details.

To register for the event, youth should submit their [4-H Participant Information form](#) and \$10 registration fee by June 28. There is a limit of 15 youth.

Tentative dishes include

- Mickey Beignets
- Holiday Ham Slider with Pineapple Cherry Jam
- Asian Noodle Salad
- Honey-Coriander Chicken Wings
- Pop Art Cookie

☐ Register by June 28 with \$10 and [4-H Participant Form](#)



4-H Fair Recipe Foods: Brownies

There are eighteen different prepared food items that can be entered into the Green County Fair. Youth must use the [official recipes](#).

Ingredients

- 1/2 cup sifted all-purpose flour
- 1/3 to 1/2 cup cocoa
- 1/3 cup butter (*not reduced fat*)
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup chopped nuts (optional)

Directions

1. Preheat the oven at 350 F.
2. Lightly coat the baking pan with non-stick cooking spray.
3. Sift flour once; then measure.
4. Measure cocoa.
5. Sift flour & cocoa together onto waxed paper; set aside
6. Measure fat, melt in bowl
7. Measure sugar, mix with the melted fat until creamy.
8. Break one egg into a small bowl; mix it well with the sugar and fat. Repeat with second egg.
9. Add the vanilla and mix.
10. Add the flour-cocoa mixture and stir until all is mixed.
11. Add the nuts and mix.
12. Put into the prepared pan. Use the rubber scraper to clean out the bowl
13. Bake for about 25 minutes



Tips for Better Brownies

- Brownies will spring back when they are lightly touched; that is how one knows they are cooked.
- Their color will be an even dark-brown on top.
- The pan that one uses affects how they cook. Brownies baked in a 9-inch square pan will bake quicker and be thinner than those baked in an 8-inch square pan. Metal and glass pans cook differently.
- Be careful around the oven. Use hot pads and oven mitts because the pan is hot.
- Place pan on a rack to cool allowing air to flow below the pan.
- Cut into approximately 2-inch squares to make 16 brownies. When cool, store in a container with a tight lid.
- Enter your brownies in the Green County Fair on June 2 from 4:00 - 6:00pm.

Cooperative Extension Service
University of Kentucky
Green County
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RETURN SERVICE REQUESTED

Why Should I Volunteer for Green County 4-H Camp? June 11-14, 2024

Teens ages 15-17 and adults can make a lasting impact in the lives of 4-Her's by volunteering at summer 4-H camp. There are many wonderful benefits like

Mentor kids Build relationships

Try something new It's rewarding

Something for the entire family

Opportunity to give back

Experience the outdoors

Give kids the opportunity of a lifetime

YOU can be a KID too!

Have Fun!



YOU ARE NEEDED!: Kids can't go without you

For More information:
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