



4-H YOUTH DEVELOPMENT

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your 4-H Agent:

4-H is America’s largest youth development organization. We focus on seven core program areas. These areas include: Agriculture, STEM, Leadership, Expressive Arts, Family and Consumer Science, Natural Resources, and Health and Wellbeing. In Pike County, we aim to promote these program areas with a focus on classroom enrichment and opportunities beyond such as clubs and camp. Gent involved in one of our clubs today!

Best,

Emily Chaney
County Extension Agent
for 4-H Youth Development
emily.chaney@uky.edu



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- Agent Note
- Upcoming and current programs
- Camp 2025
- At home activities
- Recipe



4-H

University of
Kentucky

Martin-Gatton
College of Agriculture,
Food and Environment

VISUAL ARTS CLUB

PARTNERED WITH PIKE COUNTY COMMUNITY ARTS

WHETHER YOU WANT TO PREPARE A
PROJECT FOR THE STATE FAIR OR JUST
LOVE ART!

ACTIVITIES:

DRAWING, PAINTING,
CARTOONING, AND MORE

FOR AGES:

9-18

MEETINGS 5:15-6:30PM:

FEBRUARY 10TH MARCH 23RD
FEBRUARY 24TH MARCH 10TH
MARCH 10TH APRIL 7TH

WHERE:

PIKE COUNTY
EXTENSION OFFICE

PLEASE CALL 606-432-
2534 TO REGISTER



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

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

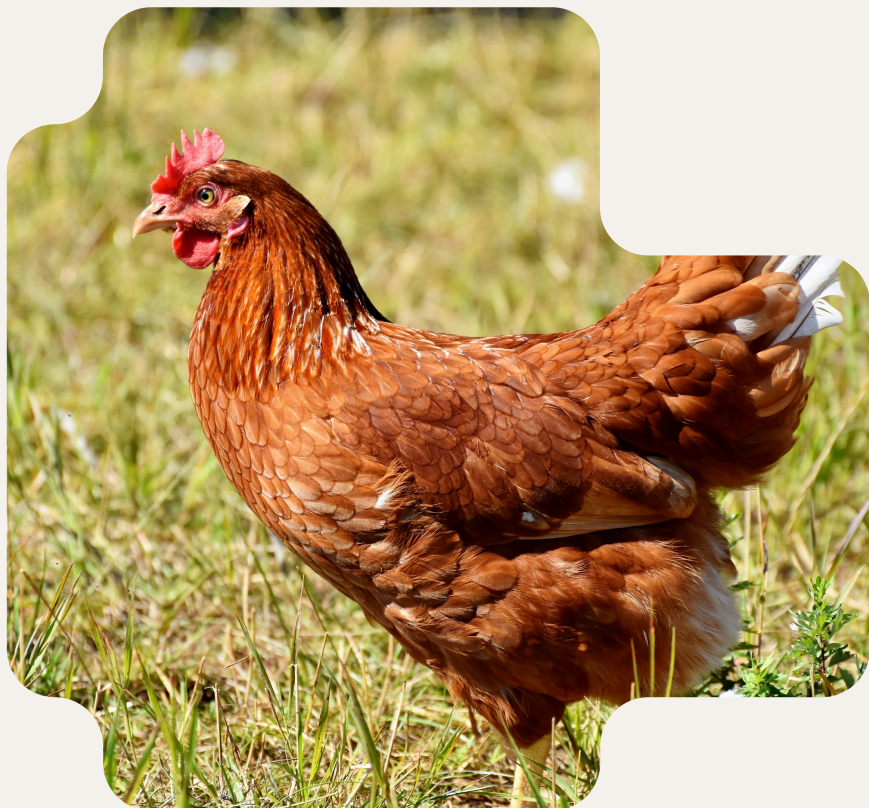


Disabilities
accommodated
with prior notification.



4-H Poultry Club

Poultry Judging, Avian Bowl, Egg Chef Challenge, and more.



What is it?

Connect with other kids that are interested in poultry or chickens! Become part of our State Fair team and learn all about the Avian Bowl, Poultry Judging, and the Egg Chef Challenge. Teams will compete at the State Fair in Louisville and earn some serious bragging rights!

Meeting Dates

- February 17th
- March 17th
- April 19th
- May 5th
- June 16th
- August Date-TBA- State Fair Prep

More info

All meetings will be held at the Pike County Extension Office at 5:30pm unless otherwise stated.

All participants must attend the majority of the meetings to be prepared to compete at the State Fair. Please plan on attending as many as possible.

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Pike County Teen Council



MEETING ONCE PER MONTH
AT THE PIKE COUNTY
EXTENSION OFFICE
FIRST MEETING: SEPTEMBER
23RD AT 5:30PM



Council Meetings

Teen Council meets once a month at the Pike County Extension Office. The Council elects leadership and makes important decisions on the future of 4-H in the county.

Fall Trips and Events

Past trips and events have included The Breaks, Jenny Wiley, hiking at Natural Bridge, participating in Nightmare on Main, and Lock-in Sleepovers.

Teen Conferences

4-H Teen Conference takes place in the summer. Teens travel to UK campus in Lexington, KY for a week of events with 4-Hers from across the state..

School Fairs

4-H hosts school fairs in April every year to judge projects done by youth across the county. Teen Council members assist in putting on successful fairs.

"Some things that stood out to me about being on Teen Council was the feeling of a welcoming and tight knit community. Everyone could joke with each other and have a great time . . . it was like we had our own little family."

- Emily Musick, Former Pike Co. Teen Council President and State Teen Council Member

Teen Council offers many opportunities to explore leadership, civic engagement, community service, activities, clubs, craft days, and more!

INTERESTED?
CONTACT:

Emily Chaney-Agent
606-213-1561
emily.chaney@uky.edu

WHO CAN JOIN?

All Pike County
students in grades 7-12!



PIKE COUNTY

4-H CAMP



REGISTRATION BEGINS
MARCH 2025!

JULY 14-18, 2025





4-H CAMP

“CAMPLIFY YOUR SUMMER”

Cooperative Extension Services operates four 4-H Camps in Kentucky, serving all 120 counties. Registration materials, fees, and application deadlines for each county are set by local Extension offices. Please call 606-432-2534 for more information.

J.M. Feltner 4-H Camp:
July 14th-18th

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your “Spark” and
- Amplify Your Summer Break

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Each month we teach hands-on lessons to every school club in the county. Everything ranging from leadership to STEM activities. On the upcoming pages you can find examples of lessons we have recently taught. Try them out at home and then show us how they turned out!



4-H visits Pikeville Elementary Kindergarten.



Instructions: Compare all 4 boxes in each row. **Do not analyze each word; just get a sense of each box.**

Score each of the four boxes in each row from most to least as it describes you: 4 = most, 3 = a lot, 2 = somewhat, 1 = least.

Row 1	A Active Variety Sports Opportunities Spontaneous Flexible	B Organized Planned Neat Parental Traditional Responsible	C Warm Helpful Friends Authentic Harmonious Compassionate	D Learning Science Quiet Versatile Inventive Competent
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 2	E Curious Ideas Questions Conceptual Knowledge Problem Solver	F Caring People Oriented Feelings Unique Empathetic Communicative	G Orderly On-time Honest Stable Sensible Dependable	H Action Challenges Competitive Impetuous Impactful
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 3	I Helpful Trustworthy Dependable Loyal Conservative Organized	J Kind Understanding Giving Devoted Warm Poetic	K Playful Quick Adventurous Confrontive Open Minded Independent	L Independent Exploring Competent Theoretical Why Questions Ingenious
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 4	M Follow Rules Useful Save Money Concerned Procedural Cooperative	N Active Free Winning Daring Impulsive Risk Taker	O Sharing Getting Along Feelings Tender Inspirational Dramatic	P Thinking Solving Problems Perfectionistic Determined Complex Composed
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 5	Q Puzzles Seeking Info Making Sense Philosophical Principled Rational	R Social Causes Easy Going Happy Endings Approachable Affectionate Sympathetic	S Exciting Lively Hands On Courageous Skillful On Stage	T Pride Tradition Do Things Right Orderly Conventional Careful
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>

Total Orange Score A, H, K, N, S <input type="text"/>	Total Green Score D, E, L, P, Q <input type="text"/>	Total Blue Score C, F, J, O, R <input type="text"/>	Total Gold Score B, G, I, M, T <input type="text"/>
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If any of the scores in the colored boxes are less than 5 or greater than 20 you have made an error. Please go back and read the instructions.

Congratulations! You now know your color spectrum. Here are some general descriptions of each color:

Greens	Oranges
<p>Are innovative and logical Seek to understand the world Need to be competent Are curious Question authority Push themselves to improve Are slow to make decisions Value concise communication Look for intellectual stimulation Enjoy intriguing discussions Are sometimes oblivious to emotions Are drawn to technical occupations Focus on the future Bring innovation to society</p> <p>At school... I am conceptual and am an independent thinker. I am drawn to constant challenge. I like to develop models and explore ideas.</p>	<p>Are free and spontaneous Risk-takers Are active Are optimistic Resist commitment Like to be the center of attention Are drawn to action jobs Need variety Are dynamic, animated communicators Are competitive Deal with the here and now Like to live in a casual atmosphere Bring excitement to society</p> <p>At school... I learn by doing and experiencing, rather than by listening and reading. I am a natural performer. I like doing tasks that allow me to be independent and free.</p>
Golds	Blues
<p>Need to be useful Want to be self-sufficient Value organization Schedule their lives Make and keep commitments Are goal-oriented Value rules Prepare for the future Prefer order and cleanliness Are responsible and dedicated Enjoy positions of authority Desire structure Bring stability to society</p> <p>At school... I am stable and organized. I am detailed oriented and predictable. I understand and respect authority and am comfortable with how school goes.</p>	<p>Are in search of themselves Need to feel unique Encourage expression Desire quality time with loved ones Need opportunities to be creative Nurture people, plants and animals Share emotions Make decisions based on feelings Need harmony Are adaptable Are drawn to literature Are drawn to nurturing careers Bring unity to society</p> <p>At school...I am skilled at motivating and interacting with others – I make friends easily and like having friends. I respond well to encouragement rather than competition. I like being artistic, communicating with people, and helping people.</p>



How to extract DNA from a strawberry

Cells are the basic unit of life and make up all plants, animals and bacteria. Deoxyribonucleic acid, or DNA, is the molecule that controls everything that happens in the cell. DNA contains instructions that direct the activities of cells and, ultimately, the body. This activity will demonstrate how DNA can be isolated from a strawberry using common household materials.



What you will need:

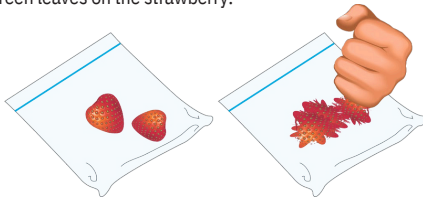
For video instruction visit:
genome.gov/strawberry-DNA



1

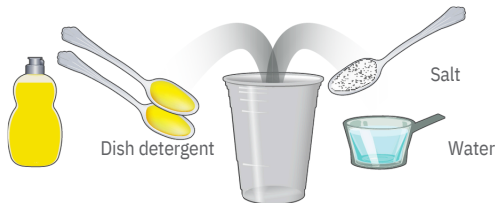


Pull off any green leaves on the strawberry.



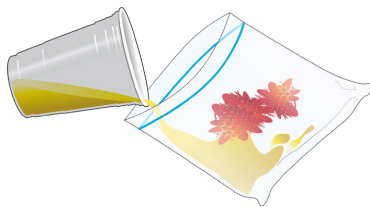
2

Put the strawberries into the plastic bag, seal it and gently smash the strawberries for about two minutes. This starts to break open the cells and release the DNA.



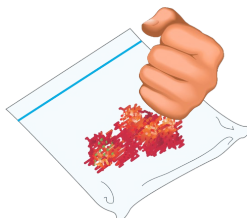
3

Mix together 2 teaspoons of detergent, 1 teaspoon of salt and 1/2 cup of water in a plastic cup. This will be your DNA extraction liquid.



4

Pour the DNA extraction liquid into the bag with the strawberries (make sure the bag is big enough; quart-sized works well!). This will further break open the cells.



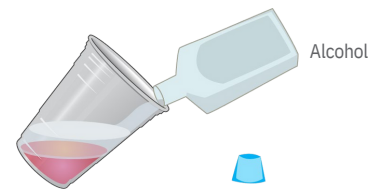
5

Reseal the bag and gently smash for another minute. Avoid making too many soap bubbles.



6 and 7

Place the coffee filter inside the other plastic cup. Open the bag and pour the strawberry liquid into the filter. Twist the filter just above the liquid and gently squeeze the remaining liquid into the cup.



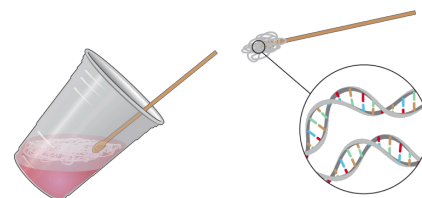
8

Pour an equal amount of rubbing alcohol as there is strawberry liquid down the side of the cup. Do not mix or stir.



9

Within a few seconds, watch for a white cloudy substance (DNA) to develop in the top layer. You have just isolated the DNA from the rest of the material contained in the cells of the strawberry.



10

Tilt the cup and pick up the DNA using a coffee stirrer.

Hearty Comfort Soup

Servings: Makes 10 servings

Serving Size: 1 cup

Recipe Cost: \$10.19

Cost per Serving: \$1.02



Ingredients:

- 1 pound ground pork
- 1 1/2 tablespoons garlic powder
- 1 small onion, chopped
- 4 cups vegetable stock or broth
- 1 (15 ounce) can crushed tomatoes
- 2 tablespoons Italian seasoning
- 2 (15 ounce) cans cannellini beans, drained
- 1 (15 ounce) can carrots, drained
- 3 large handfuls kale, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



Directions:

1. Sauté ground pork in a large stock pot over medium heat for 2-3 minutes, breaking pork into small crumbles. Add garlic powder and onions. Sauté for another 2-3 minutes, until pork has browned, stirring often.
2. Add vegetable stock, crushed tomatoes and Italian seasoning. Cover and let cook until boiling. Stir occasionally.
3. Add cannellini beans, carrots and kale. Cook just until kale has softened.
4. Season with salt and pepper.



Source: Jean Najor, NEP Program Coordinator, University of Kentucky Cooperative Extension Service

160 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 35mg cholesterol; 500mg sodium; 16g carbohydrate; 4g fiber; 5g sugar; 0g added sugar; 18g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

