



# April

Cooperative Extension Service  
Grayson County  
64 Quarry Rd  
Leitchfield, KY 42754  
(270) 259-3492  
Fax: (270) 259-0291  
graysonext.org

# 4-H CAMP

Grayson County, Kentucky  
West Kentucky 4-H Camp  
Dawson Springs, Kentucky

**Girl spots are full- taking waiting list**  
**Boys spots only a few left before waiting list starts**

Monday, July 22nd - Thursday, July 25th

**\$75** per youth

\*Youth Ages 9-14

\*Must be Grayson County Residents/Students to receive this special price.

\*\*\$25.00 Deposit due at the time of registration\*\*

Sign up for 4-H Camp!!!

4-H camp is sure to impress. Visit the Extension Office for details.

Partial scholarships are available at the need of the individual.

PLEASE DO NOT RETURN FORMS TO SCHOOLS!

For more information contact the Grayson County Extension Service at (270) 259-3492

## 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

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Grayson County 4-H



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# SPEECHES & DEMONSTRATIONS

TUESDAY, APRIL 23, 2024 @ 4:30 PM

EXTENSION OFFICE 64 QUARRY ROAD, LEITCHFIELD, KY 42754

## SPEECH CATEGORIES

- Juniors (ages 9-13): The 4-H'er may have assistance in writing and preparation based on age level. NO visual aids for speeches can be used! **Speeches must be 3 to 5 minutes long.**
- Seniors (ages 14-18): Because this is an educational learning experience, the Senior 4-H'er is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. NO visual aids for speeches can be used! At the Senior Level, the 4-H'er is expected to demonstrate original work. The internet may be used as a reference source, but NOT as a source for a non-original speech or demonstration. **Speeches must be between 5 to 7 minutes long.**

## DEMONSTRATIONS

- Junior/Senior age categories same as speeches, but broken into category (see additional document for category information) **Demonstrations must be 5 to 15 minutes long.** (Including breads)

## WINNERS-

- Winners in each category are eligible to move on and participate in the Area Communications Event on Tuesday, May 7, held here in Grayson County.

**MUST SIGN UP TO PARTICIPATE!!!**  
**CALL TO SIGN UP BY APRIL 12TH (270)259-3492**

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Disabilities  
accommodated  
with prior notification.

## DID YOU KNOW...

The recipes that have been posted to the 4-H Facebook Group are recipes that can be entered into the county showcase in July for eligibility for the Kentucky State Fair– Cloverville.

You can find the recipes for Brownies, Granola Bars, Snickerdoodles, Carrot Cake, Double Crust Apple Pie, and more to come!

To be fair eligible, the 4-H recipe MUST be followed and only the variations listed are allowed.

Details to come in the following months!

# 4-H RECIPE

## coffee cake



Yield: 9–12 Servings

### Ingredients: Topping

1/4 cup firmly packed brown sugar  
1 teaspoon cinnamon  
1 tablespoon all-purpose flour  
1 tablespoon butter or margarine  
1/2 cup chopped nuts (optional)

### Ingredients: coffee cake batter

1 egg  
1/2 cup sugar  
1/2 cup milk  
2 tablespoons melted fat or oil  
1 cup sifted all-purpose flour  
1/2 teaspoon salt  
2 teaspoons baking powder

### Directions

1. Make the topping first. Measure the brown sugar, cinnamon, and flour into a small mixing bowl and mix well.
2. Measure the fat. Cut it into the flour-sugar-cinnamon mixture.
3. Add nuts (if you are using them) and mix well. Set topping aside until you need it.
4. Preheat oven to 375 degrees.
5. Lightly coat an 8x8 baking pan with non-stick cooking spray.
6. Break the egg into the mixing bowl, and beat with a whisk or fork.
7. Add the sugar, milk, and melted fat or oil to the egg, and stir until all is mixed.
8. Sift the flour once; then measure it. Add to second small mixing bowl. Add salt and baking powder. Stir flour mixture.
9. Add flour mixture to the egg mixture, and stir only until dry ingredients are wet. The batter will look lumpy. Too much mixing causes tunnels.
10. Put in the prepared pan. (Use a rubber scraper so you won't waste batter.)
11. Use the mixing spoon to sprinkle the topping evenly over the top of the batter.
12. Put in preheated oven. Bake about 25 minutes. The coffee cake will spring back when lightly touched and begin to pull away from the edge of the pan when it is done. The top will be a golden color dotted with the dark brown topping.
13. Take out of oven. Allow pan to cool. Cut cake into pieces while it is still in the pan. Serve warm.

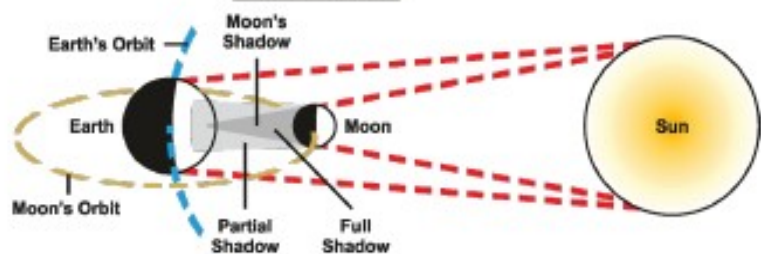
# All About Eclipses

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

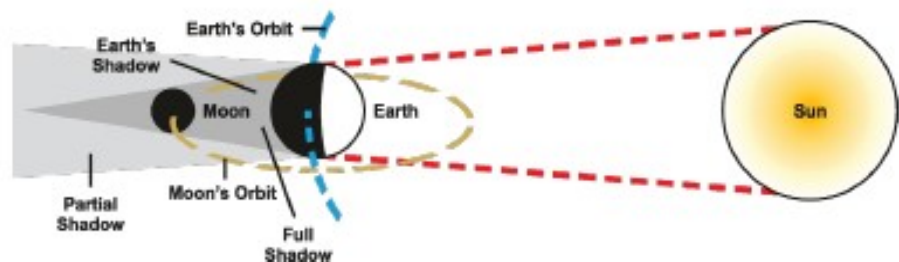


- ANNULAR
- ANTUMBRA
- BLOCK
- CORONA
- DARKNESS
- EARTH
- ECLIPSE
- EYE PROTECTION
- HARMFUL RAYS
- LINING UP
- LUNAR
- MOON
- OBSERVER
- ORBIT
- PARTIAL
- PENUMBRA
- PLANET
- PREDICTABLE
- SAROS
- SHADOW
- SOLAR
- SUN
- TOTAL
- UMBRA

**Solar Eclipse**



**Lunar Eclipse**



## Dog Club

Meeting will be April 15 at 6:00 at the Extension Office. They will meet in the Project Room

## Home School Club

The next meeting will be April 18 at 10:00 at the Beville Park (Leitchfield city park).

## SET Club

The first meeting will be April 11 at 6:00 at the Extension Office.



Don't forget to request to join the Facebook group:

Grayson County Kentucky 4-H

Also follow:

Grayson County 4-H Shooting Sports

Grayson County 4-H Livestock Club

Grayson County KY Cooperative Extension

## Livestock Club

Meeting will be April 9 at 5:00.

If anyone has questions or needs assistance, please contact Hope.

## Shooting Sports

Trap begins Monday, April 8, 5:00 at Ag Park.

Archery begins Tuesday April 9, 5:00 at Ag Park.

\*The Ag Park is on Caraway Rd off of Airport Rd.\*

All participants MUST have a current enrollment form turned in.

## Wild at Art Club

Meeting will be April 18 at 4:00.



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

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## COOKING WITH KIDS

# Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

Makes 5 servings

Serving size: 1 cup

Nutrition facts per serving:  
70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard:  
Martha Yount, former Regional Extension Specialist, University of Kentucky  
Cooperative Extension Service

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

**What time is the 2024 eclipse?** The time the eclipse occurs at any place varies across the U.S. We also have to take into account the change in time zones from Central to Eastern. This table shows the times for a dozen cities that will experience totality.

Location	Partial Begins	Totality Begins	Maximum	Totality Ends	Partial Ends
Poplar Bluff, Missouri	12:39 p.m. CDT	1:56 p.m. CDT	1:56 p.m. CDT	2:00 p.m. CDT	3:15 p.m. CDT
Paducah, Kentucky	12:42 p.m. CDT	2:00 p.m. CDT	2:01 p.m. CDT	2:02 p.m. CDT	3:18 p.m. CDT
Evansville, Indiana	12:45 p.m. CDT	2:02 p.m. CDT	2:04 p.m. CDT	2:05 p.m. CDT	3:20 p.m. CDT
Cleveland, Ohio	1:59 p.m. EDT	3:13 p.m. EDT	3:15 p.m. EDT	3:17 p.m. EDT	4:29 p.m. EDT

# april clubs & programs at a glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Spring Break</b>						
<b>7</b>	<b>8</b> Eclipse Day • Trap 5:00	<b>9</b> • Livestock 5:00 <b>MEETING TIME CHANGE</b> • Archery 5:00	<b>10</b>	<b>11</b> • 4-H SET Club 6:00	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> • Trap 5:00	<b>16</b> • Archery 5:00	<b>17</b>	<b>18</b> • 4-H Homeschool 10:00 • Wild at Art 4:00	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> • Dog Club 6:00 • Trap 5:00	<b>23</b> • County Speeches/Demos 4:30 • Archery 5:00	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> • Trap 5:00	<b>30</b> • Archery 5:00				