

4-H YOUTH DEVELOPMENT



Martin-Gatton

College of Agriculture,  
Food and Environment  
University of Kentucky.

Cooperative Extension Service

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

# march

## Grayson County, Kentucky

# 4-H CAMP



Monday, July 21st-Thursday, July 24th

# \$75

per youth

\*Youth Ages 9-14

\*Must be Grayson County residents/parents to receive this special price.

**Girl spots are FULL- we have started a waiting list**  
**Boys still have spots available- DO NOT WAIT!!!**

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!

West Kentucky 4-H Camp  
Dawson Springs, Kentucky



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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Disabilities accommodated with prior notification.



Packet: Mailed \_\_\_\_\_ / In Person \_\_\_\_\_

Office Use Only:  
Date Submitted \_\_\_\_\_  
Amount paid \_\_\_\_\_  
Cash / check # \_\_\_\_\_  
Receipt # \_\_\_\_\_  
Staff Initial \_\_\_\_\_

# Grayson County 2025 4-H Camp Registration Form

Monday, July 21- Thursday, July 24, 2025  
West Kentucky 4-H Camp, Dawson Springs, Kentucky

Name: \_\_\_\_\_  
(First) (Last) (I prefer to be called)

Address: \_\_\_\_\_  
(mailing address) (City) (Zip Code)

Birth date: \_\_\_\_\_ (xx/xx/xxxx) Age: \_\_\_\_\_ (On July 21, 2025) Gender: \_\_\_ Male \_\_\_ Female

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Have you attended 4-H Camp before? \_\_\_ Yes \_\_\_ No How many years? \_\_\_\_\_

I would like to be in a cabin with: \_\_\_\_\_  
(Name- first & last/school/grade of requested cabin-mate)

Parent/Guardian: \_\_\_\_\_  
(Print first and last name(s))

Phone: \_\_\_\_\_  
(Primary # to call) (Additional # to call if needed)

Shirt size (circle one) Y-Medium Y-Large A-Small A-Medium A-Large A-XL

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Return this form to the Grayson County Extension Service at 64 Quarry Rd, Leitchfield KY 42754.

**DO NOT RETURN THIS TO SCHOOL!**  
**Camper spots are LIMITED...DO NOT WAIT!!!!**

**Camper fee is \$75; a \$25 deposit is due at time of turning in registration form, you may pay the full amount up front if desired;**

**Make checks to Grayson County Extension Office; Memo- 4-H Camp – camper's name.**

**A packet of additional 4-H camp forms and full information will be mailed after the receipt of this form and deposit.**

Call the 4-H office at (270) 259-3492 for additional information.

YES \_\_\_\_\_ NO \_\_\_\_\_ Scholarship assistance requested.

If you selected YES: Please indicate how many youth in household will be attending camp: \_\_\_\_\_

**\*\*Scholarship recipients will be notified AFTER May 5\*\***



Grayson County 4-H



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# SPEECHES & DEMONSTRATIONS

**MONDAY, APRIL 21, 2025 @ 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 6, held here in Grayson County. Category winners will receive follow-up information on State 4-H Communications Contest.

**MUST SIGN UP TO PARTICIPATE!!!**  
**CALL TO SIGN UP BY APRIL 16TH (270)259-3492**

### Cooperative Extension Service

Agriculture and Natural Resources  
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Lexington, KY 40506



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with prior notification.

# HEALTH BULLETIN



## MARCH 2025

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

Grayson County Extension Office  
64 Quarry Rd  
Leitchfield, KY 42754  
(270) 259-3492

### THIS MONTH'S TOPIC

## USE GOOD WORDS FOR FOOD

The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy.

The words we use when we talk about food can change how we feel about eating. If we

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Disabilities accommodated with prior notification.

## By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

Continued from the previous page

say things like, "that food is unhealthy," or "you shouldn't eat that," it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, "this food gives me energy," or "this helps my body stay strong," we start to see food as something that helps us feel good.

It is important to remember that no food is really "bad." It's all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won't be as healthy. It's about having all types of food in different amounts.

When we say foods are "good" or "bad," it can make us feel like we're doing something wrong

THIS GIVES ME ENERGY.



when we eat the "bad" food. Instead of using these words, we can talk about food in a more helpful way.

It's also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it's a treat or a healthy meal, food is something to enjoy.

### REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Elyn Satter Institute. (n.d.). The Joy of Eating: Being a Competent Eater. Elyn Satter Institute <https://www.elynsatterinstitute.org/how-to-eat-the-joy-of-eating-being-a-competent-eater>



# CLUB NEWS

## Dog Club

Dog Club will begin meeting will be Thursday March 27 at 5:00 in the Project Room.

## Home School Club

March meeting is on the 27th at 10:00.

## Livestock Club

Meeting will be March 4 at 5:00 in Room A of the Extension Office. Please enter at the back of the building. If anyone has questions or needs assistance, please contact Hope.

## Shooting Sports

Meetings and practices are wrapped up until after Spring Break with the weather turns warmer and days get longer.

No meetings until after Spring Break 2025

## SET Club

March meeting is on the 13th at 6:00 in the Project Room.

## Wild at Art Club

Next meeting is March 20 at 4:00 in the Project Room of the Extension Office. Please park at the back and enter at the back door of the building.



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



*Kindra Ewing Jones*

Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

PRESENTED BY

## KIDS GRADES K-12 ENTREPRENEUR FAIR

**March 18th**  
**TIME: 5-7:00 PM**

**Centre on Main**  
425 S. Main Street,  
Leitchfield, KY

**BOOTH INFORMATION**

- Limited to 20 Booths
- Award for Best Booth Presentation Voted by Peers/Shoppers
- Award for Best Product
- Award for Most Inventive

**K - 12TH GRADES**



**REGISTER NOW** [YOUNGPROFESSIONALSOFGC@GMAIL.COM](mailto:YOUNGPROFESSIONALSOFGC@GMAIL.COM)

**COME OUT AND SUPPORT OUR LOCAL YOUTH ENTREPRENEURS! THEY WILL HAVE THEIR PRODUCTS FOR SALE AT THEIR BOOTH.**



# March clubs & programs at a glance



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Winter Weather Advisory</b></p> <p>Winter weather is upon us which means school cancellations. If school is cancelled, ALL 4-H meetings will be cancelled for that day. If there are meetings on the weekends and winter weather hits, contact your club leader for meeting information. If school lets out early, club meetings will be cancelled as well. In the event of bad weather after school, for evening meetings, contact your club leader for information.</p>					
<b>2</b> 	<b>3</b>	<b>4</b> <ul style="list-style-type: none"> <li>• Livestock 5:00</li> </ul>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <ul style="list-style-type: none"> <li>• SET Club 6:00</li> </ul>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> 	<b>18</b>	<b>19</b>	<b>20</b> <ul style="list-style-type: none"> <li>• Wild at Art 4:00</li> </ul>	<b>21</b>	<b>22</b>
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b> <ul style="list-style-type: none"> <li>• Homeschool Club 10:00</li> <li>• Dog Club 5:00</li> </ul>	<b>28</b>	<b>29</b>