4-H: A Capitol Experience! Our trip to the Kentucky capitol for elementary students in grades 3-5 is coming up very soon. The trip is scheduled for Tuesday, May 2, 2017. Sign-ups will begin at 8:15 a.m. on Friday, March 31 by calling the Hopkins County Extension Service at 270-821-3650. Spots are limited and will go quickly! The cost is $40.00, which covers charter bus fees, admission fees and a shirt. Youth will need to bring money for two meals. All absences for 4-H activities are excused just like any other school field trip. This is a great experience for youth! Some of the day’s activities will include visiting the Kentucky History Museum, the House of Representatives and Senate, and touring the Capitol and other historic sites.

County Extension Agents for 4-H Youth Development,

Jeremy Teal and Katie Jury

I pledge…

my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.

4-H Camp

Summer is rapidly approaching and there is no better way to spend June 19-23 than at 4-H Camp. We are taking sign-ups now for a fun-filled week at camp. It promises to be packed with swimming, dancing, archery, canoeing, and gaga ball, just to name a few of the amazing activities. The cost for the entire week is only $200 and that covers all activities, meals, lodging, and a camp shirt. If the cost of camp is an issue, please inquire about our scholarship form for financial assistance. Do not wait, spots are limited! They are filled on a first-come first-serve basis with a $50 deposit to secure your spot!
Beekeeping is all the Buzz!

The 4-H Beekeeping project group is learning so much on the basics of bees! They have built their bee hive boxes and painted them. They are looking terrific. The next step is learning about the equipment used to work with the bees safely. The next few meeting dates are March 14, April 18 and June 16 at 5:30 p.m. at the Hopkins County Extension Office. We are excited for Spring to bring the bees in and start the honey process!

4-H Quilting Project

One talent that comes in handy in everyday life is knowing how to use a needle and thread. This could be for sewing on a button, hemming pants, or fixing a shirt. In the 4-H Quilting project, the youth are learning how to hand-sew and to use a sewing machine. Their goal is to hand-sew a quilt block that they can enter into the fair. So far, they are doing a wonderful job! They have learned the tools for sewing and how to use a sewing machine. Their next step was to cut out their material for the quilt block and then they will be sewing. This group has so much fun with their learning. They still have a few spots open. If you would like to join, please call our office at 270-821-3650.

4-H 2017 Teen Retreat

The Western Kentucky 4-H Teen Retreat will be held April 7-9 at the West Kentucky 4-H Camp and is open to all 4-H members in grades 8-12. The retreat cost is $90; however Hopkins County 4-Hers can go for the bargain price of only $40. Your fees will cover all of the classes and exciting events at the retreat and even get you an awesome shirt! The theme for this year’s retreat is the “Magic of 4-H” and there will be tons of cool events, dances, karaoke, bon fires, hayrides, and activities geared toward that theme. The retreat also gives you a relaxing weekend to make new friends from all over Western Kentucky.

Don’t wait to sign up, the deadline is March 13!

Calling All Volunteers!

If you want to make a difference in the life of a young person, we have the job for you! We are always looking for parents who are interested in working with their children or for individuals who have a specific talent or skill they would like to share! We even have behind the scene, planning roles, if that is your preference. We want you to join a winning team! It takes a great deal of help from a lot of good individuals to build a successful 4-H program. Every volunteer must undergo a background check and fill out a volunteer packet. Please contact the Hopkins County Extension Office if you are interested in being a volunteer!
Congratulations to the Hopkins County 4-H Livestock Club Members who attended the 2017 State 4-H Skillathon in Bowling Green on Feb. 18. All of these outstanding young people did an amazing job.

Some of their accomplishments included – Elly Hampton, sixth-place in Evaluation; Emma Hampton, sixth-place in Quality Assurance; Bo Slaton, 13th Overall Clover Individual (out of more than 100 competitors).

The Clover Team received second-place in Evaluation and sixth-place Overall out of 20 teams. Team members included Sydney Dickerson, Bo Slaton, Cash Bowles and Elly Hampton.

Several schools have been participating in Speech and Demonstration Contests, honing their public speaking skills. Now we are preparing for the countywide contest on Tuesday, April 11, 2017 at Madisonville Community College in the Brown Badgett Sr. Energy & Advanced Technology Center. Any 4-Her who has not already qualified in a classroom can enter a speech, demonstration, or both. Everyone should register with our office at 270-821-3650 by Tuesday, April 4 if they wish to participate. A prize of $25 will be awarded to winners in each category and those champions will advance on to the Area Contest held May 12 in Livingston County.

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

LIVESTOCK YOUTH ACHIEVE GREATNESS!

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Don’t forget your next 4-H club meeting! Sign up for Remind and receive text reminders for individual clubs and projects by texting the appropriate message to 81010.

For more information, call the Hopkins County Extension Office at 270-821-3650.
THIS MONTH’S TOPIC:
EATING A HEALTHY BREAKFAST

Have you ever heard someone say, “Breakfast is the most important meal of the day?” Wally Cat wants you to know about the importance of eating breakfast every day.

When you go to sleep, your body has to keep working — your heart still beats, your lungs still take in air and your brain keeps working away. In the morning when you wake up, your body is ready for more food! Breakfast is exactly that — a break from the fast that your body had through the night.

Continued on the back
Skipping breakfast is never a good idea. Even if you are in a hurry, some yogurt, fruit and cereal are good items to take with you.

Continued from page 1

Reeasons not to skip breakfast

Did you know that when you skip breakfast you might have a hard time paying attention at school? It is very important to be able to listen to the teacher and follow directions. If an empty stomach distracts you, you may not be able to listen as well as when you have had breakfast. Also, children who eat breakfast have more energy to enjoy the activities at school. What is your favorite activity?

Foods to eat for breakfast

Not every breakfast food is made the same — some are better for you than others. In fact, doughnuts and pastries may seem like a good idea, but they are missing vitamins and minerals that are important to our bodies. Plus, those sorts of breakfast items are full of sugar and fat. Breakfast, just like other meals, should have many different kinds of foods: whole grain cereals, whole grain breads, low-fat or no-fat dairy products, eggs and nuts. Do not forget fruits and vegetables!

Skipping breakfast is never a good idea. Even if you are in a hurry, some yogurt, fruit and cereal are good items to take with you in the car.

Eating breakfast is a smart idea and can help you learn more and do better at school. Wally Cat wants to make sure that you remember to help yourself have a great start every day. Eat a healthy breakfast!

Circle the items that would be good breakfast choices:

- Whole grain waffles
- Vegetable omelet
- Glazed doughnut
- Low-fat yogurt and fresh fruit
- Granola bar and an apple
- Sugar sweetened cereal
- A breakfast smoothie (yogurt and frozen fruit)
- Peanut butter on a banana

SOURCE:

Can you unscramble these words?

| EKTRABAFS: ____________________________ |
| NGORLAA: ____________________________ |
| EAUTPN UTBTER: ______________________ |
| UGOYRT: ____________________________ |

Written by: Nicole Pertore
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