

**Cooperative Extension Service**

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

## TOGETHER WE GROW: YOUTH ART

In celebration of National Agriculture Week, the University of Kentucky Cooperative Extension Offices are excited to invite youth from our communities to participate in a fun and creative art contest! This contest is a wonderful opportunity for young artists to showcase their creativity while learning about the important agricultural commodities that are represented in their county. Each participant will receive a coloring page that features various local commodities, with plenty of space to add their own personal touch and imagination.

PLEASE return completed artwork to the GRAYSON COUNTY Extension Office by April 25, 2025; be sure to include youths NAME (first and last), AGE, Parent/Guardian Name and Phone number.

On the back of this page, the coloring sheet is included OR you can print your own page from our Facebook group OR pick up a printed copy from the Extension Office.

Extension agents will work with 4-H groups and local teachers to distribute the coloring sheets to kids in the community. Once completed, colored entries should be returned to your local county extension office, where county agents and staff will vote on their favorite designs. Winning artwork from each county will be scanned and submitted to our state office. Each winning entry will be featured on a special map of Kentucky at the 2025 Kentucky State Fair. We can't wait to see how you bring your local commodities to life through art!

### 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

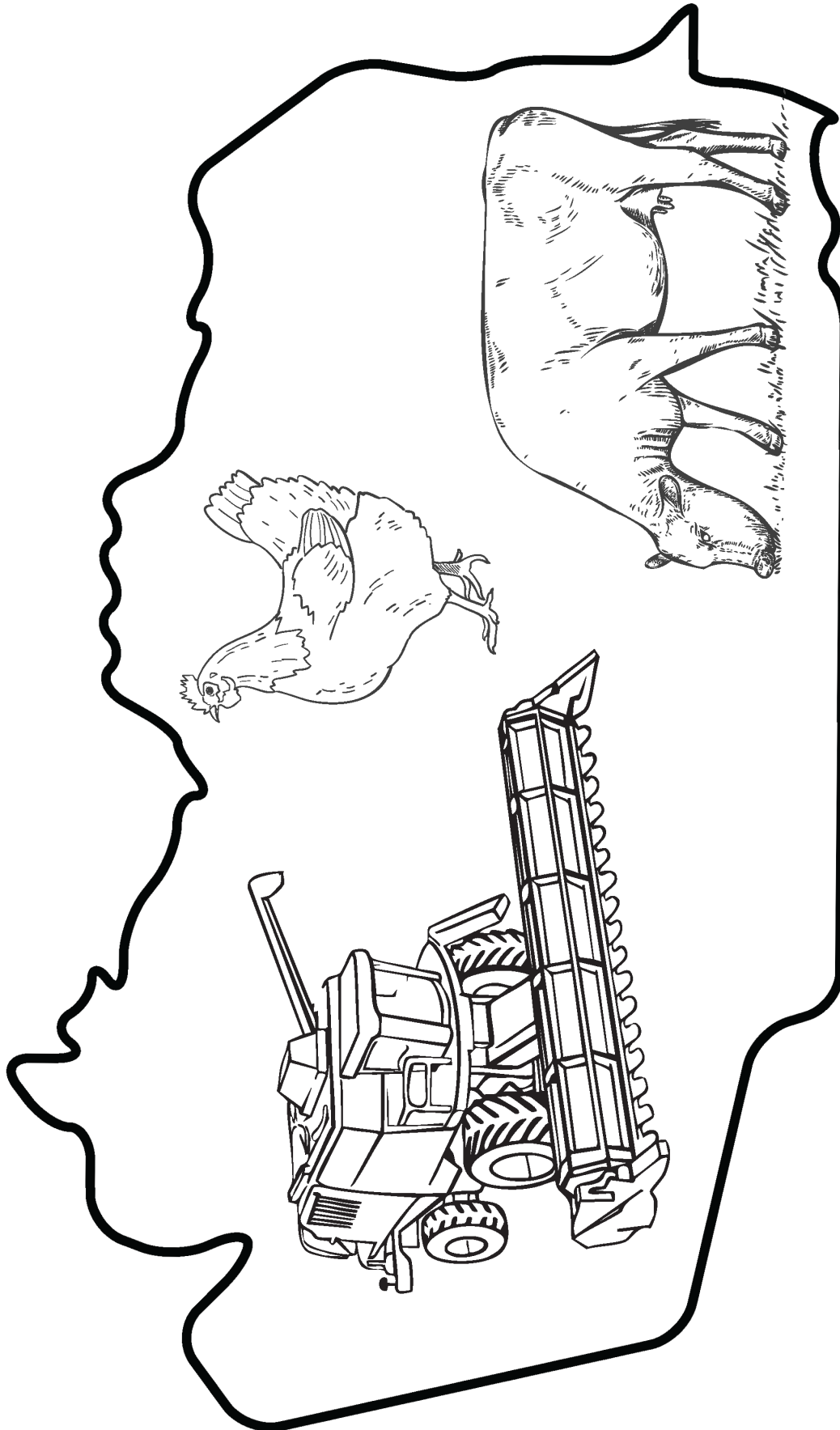
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

**TOGETHER WE GROW: YOUTH ART CONTEST**  
**GRAYSON COUNTY**



Grayson County 4-H



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

# 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**

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APRIL 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>

NAME County Extension Office  
000 Street Road  
City, KY  
Zip (000) 000-0000

## THIS MONTH'S TOPIC

### READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger. Your body needs to move. Playing outside



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

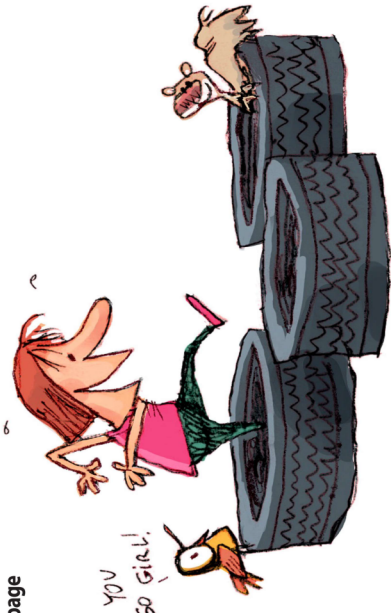
Lexington, KY 40506

Disabilities with prior notification.

## Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

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lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.



It is also good to play outside. Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

### Here are some ideas of ways to play outside:

- **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?

- Or sticks in the shape of the letters of your name? You might have to pay attention!
- **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!
- **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

### REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

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Cartoon illustrations by:  
Chris Ware © University of Kentucky School of Human Environmental Sciences

YOUTH HEALTH BULLETIN



# CLUB NEWS

## Home School Club

April meeting is TBD.

## Livestock Club

PLEASE NOTE DATE CHANGE: Meeting will be **THURSDAY, APRIL 3** 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.

## SET Club

March meeting is on the 10th at 6:00 in the Project Room.

## Wild at Art Club

Meeting on April 17 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.

## Shooting Sports

It's SPRING!!!

Shooting Sports will be beginning this month; ALL SS members MUST have a current year enrollment form on file at the Extension Office; if you are unsure, please call to check.

**TRAP**— will begin MONDAY, April 14 at 5:00 at the Ag Park on Caraway Rd. and will meet on Monday's until end of summer.

**ARCHERY**— will begin TUESDAY, April 15 at 5:00 at the Ag Park on Caraway Rd. and will meet on Tuesday's until end of summer.

There is NO physical address for the Ag Park; go SOUTH on Hwy 259/Anneta Rd; turn RIGHT on Airport Rd; turn RIGHT on CARAWAY ROAD, follow to bottom of big hill, road will split, go toward white barn on left.

Coaches/Coordinators will work to ensure participants are notified on ALL cancellations; PLEASE be sure to follow the Facebook group; weather is the primary cause of last minute cancellations.

 Find us on Facebook

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



Schermer Pecans from Georgia

\$12.00/16oz bag (bags are now resealable!)

Fancy Mammoth Halves  
Medium Pieces **STILL AVAILABLE-**

**WHILE SUPPLIES LAST!**

We have a limited supply of pecans from Schermer Pecans, 16 oz bags or Medium Pieces or Fancy Mammoth Halves; now in resealable bags!

Call to reserve your bags, orders reserved must be paid for and picked up within two days of calling.  
**NO LARGE ORDERS** (i.e. No ordering of cases)

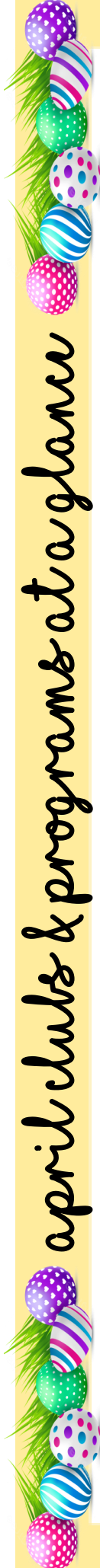
Call:

Grayson County Extension Office at 270-259-3492



Checks can be made out to the "Grayson County Extension Office".  
Check memo: Pecans

# april clubs & programs at a glance



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b> • Livestock 5:00	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> 4-H Council- Zoom 1:00	<b>9</b>	<b>10</b> • SET Club 6:00	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Trap Begins 5:00 Ag Park	<b>15</b> Archery begins 5:00 Ag Park	<b>16</b>	<b>17</b> • Wild at Art 4:00	<b>18</b>	<b>19</b>
<b>20</b> 	<b>21</b> Trap 5:00 County Speeches/ Demos 4:30	<b>22</b> Archery 5:00	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Trap 5:00	<b>29</b> Archery 5:00	<b>30</b>			

Spring BREAK