



# february

## Grayson County, Kentucky

# 4-H CAMP



Monday, July 21st-Thursday, July 24th

# \$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!

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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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 is selling **PROFITABLE SOLUTIONS**

Call 270-259-3492 to put your order on the list  
 Orders will be taken through  
**FEBRUARY 28**

Once our order is submitted to the company will  
 give us our delivery date;  
 buyers will be contacted when we have the date.

Payments should be made before February 28.  
 Make checks payable to Grayson County 4-H  
 Council.

See flyer for purchasing options  
 →

**Grayson County 4-H is selling Profitable Solutions!**



**Laundry Detergent Products- \$45**

5 Gallon Liquid **TIDE** Comparable- pump included

- Original Scent
- Free (No dye or scent)
- w/Downy (April Fresh)
- w/ Bleach (color safe)
- w/ Febreze

5 Gallon Liquid **GAIN** Comparable- pump included

- Original Scent
- Island Fresh

**Powder Stain Lifter**

- Oxy Powder 1 gallon pail with a scoop

**ECO Friendly Laundry Detergent Sheets**

- Fresh Scent Qty 520
- Free & Clear Qty 520

**Fabric Softener- \$45**

Comparable to **DOWNY** or **GAIN**- pump included

- Blue April Fresh
- Free & Sensitive
- Gain Original

**Laundry Paks- \$45**

**Liquid Paks**

- Original Scent- Qty 225
- With Stain Remover- Qty 200
- Free & Clear- Qty 225

**Scent- \$45**

**Beads**

- Fresh Scent- 1 gallon pail with a scoop

**Dish Soap- \$45**

**Liquid 5 gal**

- Blue Antibacterial- pump included

**Dish Paks- \$45**

**Liquid Paks**

- Dishwasher Liquid Paks- Qty 200

**Trash bags- \$40**

**House/Outdoor/Leaf**

- 15-18 Gallon, 1ML- 250/box (black)
- 33 Gallon, 1.25ML- 150/box (black)
- 55-60 Gallon, 1.25ML- 100/box (black)



Grayson County, Kentucky 4-H

# Pecans

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

**Cooperative  
 Extension Service**

Agriculture and Natural Resources  
 Family and Consumer Sciences  
 4-H Youth Development  
 Community and Economic Development

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Disability  
 accommodations  
 with prior notification.

PRESENTED BY

**KIDS**  
**ENTREPRENEUR FAIR**

**GRADES K-12**

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

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

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

**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**



**FEBRUARY 2025**

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

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



**THIS MONTH'S TOPIC**

**GIVE YOURSELF A LITTLE LOVE**



**I**n February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?



**Continued on the next page** →

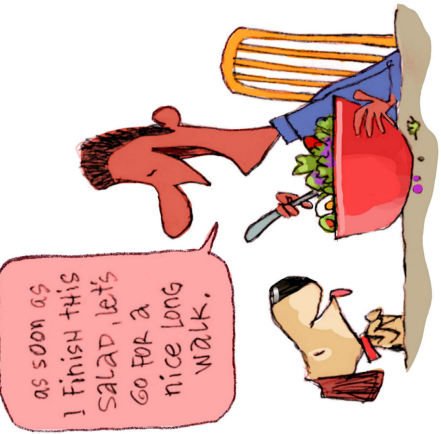
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

Disabilities accommodated with prior notification.

→ **Continued from the previous page**

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

**What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.**

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**Write a positive affirmation.**

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

**REFERENCE:**  
Mental Health Foundation. (2019). Body image report - Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

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Chris Ware @ University  
of Kentucky School of Human  
Environmental Sciences)

**YOUTH HEALTH BULLETIN**





# CLUB NEWS

## Dog Club

Dog Club will begin meeting on the third Thursday's at 5:00. February meeting is on the 20th in the Project Room.

## 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

## Home School Club

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

## SET Club

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

## Livestock Club

Meeting will be February 4 at 5:00 in Room A of the Extension Office. Please enter at the back of the building. Anyone planning to show at the 2025 KY State Fair MUST be at this meeting!!! If anyone has questions or needs assistance, please contact Hope.

## Wild at Art Club

Next meeting is February 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

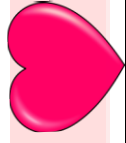
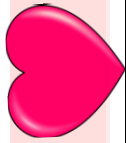
### Winter Weather Advisory

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.






Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development



# February 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>					
2 	3	4 <ul style="list-style-type: none"> <li>• Livestock 5:00</li> </ul>	5	6	7	8
9	10	11	12	13 <ul style="list-style-type: none"> <li>• SET Club 6:00</li> </ul>	14 	15
16	17 	18	19	20 <ul style="list-style-type: none"> <li>• Wild at Art 4:00</li> <li>• Dog Club 5:00</li> </ul>	21	22
23	24	25	26	27 <ul style="list-style-type: none"> <li>• Homeschool Club 10:00</li> </ul>	28	