



DECEMBER 2024

NEWSLETTER

## AGENT MESSAGE

Wow! Can you believe how quickly the year has flown by? Christmas is just around the corner, and I truly appreciate the joy and cheer that each of you brings to our County. I've had a wonderful time attending club meetings and engaging with our youth.

As we approach some important deadlines, I want to remind you that our Ham project is returning for another year. The flyer detailing this year's project is included in the newsletter. The cost for our youth hams is \$75, which covers two hams, curing, and sleeves. Please note that the registration deadline is December 11th. Be sure to bring your completed form along with your payment to the office.

Additionally, we will be participating in Hometown Christmas, scheduled for December 14th from 5-8 PM CST, following the Hardinsburg parade. We are in need of donations for our reindeer food-making station and are seeking youth volunteers from our 4-H clubs to assist at the booth.

Thank you all for being a part of 4-H and for your support whenever you can!



HAPPY  
HOLIDAYS

Becky Brown  
Extension Agent,  
For 4-H Youth Development Education  
Breckinridge County

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | [breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)



# 4-H CLUB MEETINGS & IMPORTANT DATES

## **Hometown Christmas**

**Saturday, December 14th 5-8 p.m. CT**

**Downtown Hardinsburg after the Christmas Parade**

## **4-H Livestock Club**

**Thursday, December 17th 6 p.m. CT**

**Extension Farmers' Market & Educational Facility**

## **4-H Rabbit Club**

**Thursday, January 16th 6 p.m. CT**

**Extension Farmers' Market & Educational Facility**

***Once other clubs have set meeting dates we will share on our Facebook page, website, and on the Remind system***





# JOIN US FOR HOMETOWN CHRISTMAS

4-H will be hosting a booth at the Hometown Christmas event following the Hardinsburg Christmas Parade on December 14th from 5 to 8 pm. We would like to have a 4-H Member from each club, but we are happy to accommodate anyone interested in participating. If we have a large number of volunteers, we can even rotate youth at our booth.

Our booth will feature a reindeer food-making station where children can create baggies to take home and sprinkle out the night before Santa's arrival. We plan to use all edible ingredients, so if anyone happens to snack on it, they'll be perfectly fine. We are also accepting donations of oats, sugar sprinkles, various Christmas-themed sprinkles, mini marshmallows, or any other cute, edible items for the baggies. Additionally, we will need sandwich-sized Ziploc bags.

If your youth would like to help, please submit their names and any supplies by December 11th. Thank you for supporting 4-H! We always welcome new faces, so please feel free to invite friends and family to join our 4-H community.

# 4-H LIVESTOCK CLUB

2024-2025



6 PM Farmers Market Building

Oct  
22

## INTRODUCTION

Officer Elections, Rules, Expectations, and Enrollment

Nov  
21

## CATTLEMAN'S MEETING

Mineral Seminar

Dec  
17

## PIZZA PARTY

Educational Movie and Pizza Party

Jan  
9

## NUTRITION & SELECTION

Presentation by Warren Beeler  
KY AG Commissioner

Feb  
10

## YQCA

Youth Quality Care of Animal Training

Mar  
13

## DISSECTION

Anatomy and Dissection Lab

Apr  
26

## CLEAN UP AT FAIRGROUNDS

Saturday 8-12

### Educational Hours Required

All 4-H youth ages 9-18 showing livestock must achieve 6 hours of education through approved 4-H programs. Each 4-H Livestock Club Meeting counts as 2 hours.

For More Information

Contact:

Becky Brown

Extension Agent

4-H Youth Development

270.756.2182 [Rebecca.Brown@uky.edu](mailto:Rebecca.Brown@uky.edu)



# SHOWCASE YOUR



## 4-H WRITTEN COMMUNICATION CONTEST

# TALENTS



The Kentucky 4-H Written Communication Contest is your chance to shine and boost your communication skills! Whether it's poetry, songwriting, essays, or original monologues, this contest has something for everyone.

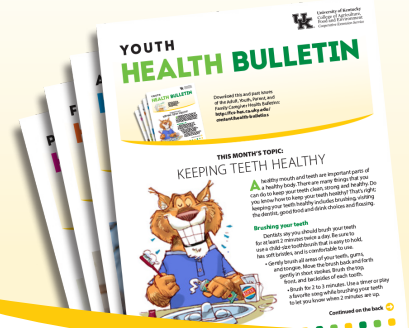
Participating will help you enhance your writing, reading, and personal communication abilities—skills that are essential for success in all areas of life. Plus, it's a fantastic way to express your creativity and get recognized for your talents!

Don't miss out on this amazing opportunity to grow and showcase your skills. Join the contest and let your words make an impact!

THE CONTEST WILL RUN FROM  
DEC 1ST- JAN 31ST  
PLEASE CONTACT THE OFFICE FOR MORE DETAILS

# YOUTH

# HEALTH BULLETIN



DECEMBER 2024

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

## THIS MONTH'S TOPIC

# WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a “right” way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →





I DON'T CARE  
IF WE ARE  
**DUNG BEETLES.**  
GO **WASH**  
YOUR HANDS!!



## Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:

<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>

➔ Continued from the previous page

3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

### REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

YOUTH  
**HEALTH BULLETIN**





# 4-H COUNTRY HAM PROJECT

- 4-H members (9-18 years old) will receive 2 hams to cure: they will learn how to cure the ham and hang hams for 8 months.
- After hams are cured, youth are required to give a presentation on a specific topic related to country ham.
- Youth are **REQUIRED** to give 3-5 minute presentation at the Kentucky State Fair on August 21, 2025.
- Youth must get 6 hours of classroom instruction in order to compete at the State Fair. We will have monthly meetings after school, and our first meeting will either be Jan 20th or 25th.
- Hams will be hung and monitored in the Breckinridge County Country Ham House.

**COST: \$75.00 includes 2 hams, cure mix & supplies**

Deadline to sign-up will be 4:00 p.m. on Wednesday, December 11, 2024

If any youth 9-18 years old are interested in signing up, please stop by the Extension office or call Breckinridge County Extension Service at 270.756.2182 for more information.

Cash or checks made payable to Breckinridge County 4-H

## 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.



## 2025 Kentucky 4-H Country Ham Project

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ COUNTY \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

**Please read each and initial you understand the requirements of the project:**

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <u>Junior (Born 2015-2011) Steps to curing a country ham.</u> - Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. <u>Senior (Born 2006 - 2010) Design a country ham curing facility for your counties ham project.</u> - More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) <b>Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b>		
Pay \$75.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

4-H'er Signature \_\_\_\_\_ Date \_\_\_\_\_

Agent Signature \_\_\_\_\_ Date \_\_\_\_\_

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2025.

**AGENTS NOTICE:**  
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

Agents please scan this document into 4-H Online when you sign up youth.





# Family Activity: My Values & Tech

## Background

When we're more aware of the things we value and care about, we can be more thoughtful about using media and tech in ways that support our well-being, instead of detracting from it. In class, students participated in a **values sort** exercise, where they had a chance to clarify what values are most important to them at this point in their lives, and reflect on how tech might positively or negatively impact those values.

## Activity

Sorting out your values is something that can benefit *all* of us. And going through the exercise can help spark meaningful conversations with your child. You'll learn more about their tech experiences and how you can best support them.

## Step 1: Values Sort Exercise

Your child did a *values sort* in class, and now it's your turn to do the same!  
Complete the values sort activity on **Page 2**.

## Step 2: Reflect

Values continue to shift over time, so what might be most important today could be very different a month from now. Invite your **child** to share their top three values, and share your own. Then take turns discussing the following questions.

### Family chat:

- Can you tell me something you were thinking about as you picked your top three values?
- What did you notice about my top values?
- Can you tell me about a time one of these values was really important to you?

**Tip:** You might wish for your child's top three values to match yours. That's completely natural, but there is no right or wrong here. This is a great opportunity to connect with your child, without holding any judgments.

## Step 3: Tech Connections

Some values are made easier by technology, and some things are made harder. And sometimes, it can be both! So it can be really helpful to reflect on how your tech use either helps or hurts your ability to live out the values you care strongly about.

### Family chat:

- Looking at all the values, which ones does tech support or make easier to live out?
- Which values does tech make harder to live out?

**Tip:** Talk about how your child can adjust their tech habits to fit their values. Encourage them to think about how their habits affect their overall well-being.

# Values Sort Activity

## Part 1: Directions

Step 1: Draw a circle around AT LEAST SIX values below that are important to you right now.

Step 2: Of those six values, draw a second circle around the THREE that are VERY important to you right now.

Step 3: Draw a third circle around ONE value that is THE MOST important to you right now.



### Authenticity

being myself, being genuine, knowing who I am



### Balance

being intentional about my time and focus



### Connection

building and keeping close relationships, being there for friends and family, making new friends



### Emotional Health

accepting myself for who I am, mental health, self-confidence



### Gratitude

appreciating the life and things I have



### Hard Work

striving academically, taking steps toward my future career



### Independence

thinking for myself, making my own decisions



### Justice

standing up for what is right and fair



### Kindness

being considerate, helpful, and caring—to myself and others



### Open-Mindedness

willing to consider new ideas, listen to others, learn and grow



### Physical Health

taking care of myself physically, including sleep, food, and movement



### Presence

being present in the moment, giving people my full attention



### Privacy

having boundaries, respecting others' boundaries, protecting myself



### Spirituality

leaning into my faith, spirituality, and/or enlightenment



Missing something important to you? Add it here!

## My Top Three Values:

1.

2.

3.

# Media Balance & Well-Being



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

Digital citizenship: thinking critically and using technology responsibly to learn, create, and participate

## Instructions

It's important that we use media in a way that lets us get enough sleep. Use the In Balance with Bedtime checklist to make sure your family's media use lets everyone get the sleep they need. Get one or more family members together to help. Read the setup before doing the activity together!

## Setup

**Read aloud:** When it's time to go to bed, sometimes we want to play one more game, send one more text, or write one more email, but we need to use media in the right balance with the activities that keep us healthy—like sleeping. Research shows that not getting enough sleep affects not only our physical health but also our emotions and how well we work. Using the checklist can help us see if we're taking steps to make sure our devices don't steal our sleep!

## Activity

**Read aloud:** Let's go through the checklist together and put a check mark next to the statements that are true for our family. Then we can decide whether we want to adjust how we use devices around bedtime.

In Balance with Bedtime checklist:

- We try to get a full night's sleep (around eight hours) even when we have lots of text, email, or social media notifications.
- We use an app or device settings to avoid blue light if we're using a device right before bedtime.
- We stop using devices about an hour before bedtime.
- We keep devices out of the bedroom and/or shut them off at bedtime.
- We use device settings or parental controls to shut off devices at bedtime.

Were you able to put a check mark by any of the statements? Talk about the results together: Do you think your media habits are in balance around sleep? Decide whether you want to make changes as a family since you're all on the same team—and you all need sleep!

Learn more ways to find balance in your digital lives at [commonsense.org/media-balance-tips-for-families](https://commonsense.org/media-balance-tips-for-families)!

# Help Kids Balance Their Media Lives

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to TV shows, games, and information. Parents and caregivers love that kids can stay in contact while they explore their independence. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips 

1

## **Create screen-free times and zones.**

Help tweens and teens take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table. Consider carving out regular family time when screens are either put away or enjoyed together.

2

## **Explore built-in digital well-being tools.**

Together with your kids, check out the features on their devices and in their apps that can help them use tech more intentionally. Consider turning off autoplay functions, limiting notifications from certain apps, using settings that turn off devices at a certain time each night, and more.

3

## **Model the behavior you want to see.**

Tweens and teens learn more from watching adult behavior than listening to lectures. Consider how you use your devices and other media, and make changes if your use doesn't follow your expectations for your kids.

4

## **Help kids identify healthy behaviors.**

Ask kids to notice their feelings, both physical and emotional, during screen and non-screen activities. Does their heart rate increase when their phone vibrates? Does their self-esteem dip after viewing a friend's Instagram feed? Do they feel good when they get positive feedback on a post? Encourage kids to keep the constructive activities and let go of the rest.

5

## **Understand how tech companies make money.**

Along with your tween and teen, research how digital devices, social media platforms, and apps and games get paid. Do they sell ads? Do they sell kids' data? Discuss why companies might want kids to spend more time on their platforms and what tricks they use to keep their attention.





The poster features a dark teal background with intricate white paper-cut floral designs, including large daisies and smaller blossoms. A large, vibrant green paper clover is the central focus. At the bottom, a row of grey silhouettes depicts a family of five holding hands. The text is centered and uses a clean, sans-serif font.

# Paper Clover

Nov. 29 – Dec. 15

Funds support 4-H camp,  
scholarships & leadership activities.

**TSC** TRACTOR  
SUPPLY CO







# Refrigerator Rolls

24 rolls

1 cup warm water (80°F)	1 tablespoon salt
2 packages active dry yeast	3 tablespoons butter, melted
¾ cup hot water (110°F)	5½ cups all-purpose flour
½ cup sugar	1 egg, beaten

1. In a small mixing bowl, combine warm water and yeast and stir until dissolved. Let stand for 5 minutes.
2. In large mixing bowl, combine remaining hot water, sugar, salt, and butter.
3. Stir in half of the flour, the egg and the yeast mixture, beating until smooth.
4. Stir in just enough flour to make a soft dough. Turn onto a lightly floured board and knead until smooth and elastic, about 1 minute.
5. Place the dough in a large, greased bowl, turning to grease the top. Cover tightly with plastic wrap. Label and store in refrigerator until ready for use or up to three days.
6. To use, punch dough down and shape as desired. Let dough shapes rise one hour.
7. Bake at 375°F for 12 to 15 minutes or until golden brown.

***The Art of Baking Bread*** Nutrition Analysis (1 roll): 175 calories, 33 g carbohydrates, 3 g protein, 4 g fat (21%)

Sandra Bastin, PhD, RD, LD, CCE  
Extension Specialist for Food and Nutrition

December 2010

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# STAY CONNECTED

## Remind

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

Club/Category	for info on:	Text to 81010
General 4-H	All things Breck County 4-H!	@general4-h
Arts	Arts, Crafts, and Needlework	@artcultura
Natural Resources	Entomology, Outdoors, Forestry, Soil, Etc.	@4hnatural
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse	@4hlives
Small Animals	Poultry, Rabbit	@4hsmall
Shooting Sports	Trap, Pistol, Archery	@4hsho
Performing Arts	Treble Chorus, Mixed Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar

## Contact Us

Breckinridge County Extension Office  
 1377 South Highway 261  
 Hardinsburg, KY 40143  
 Phone: (270) 756-2182

Office Hours  
 Monday through Friday  
 8:00 AM - 4:30 PM CT

Online:  
[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)  
[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

Becky Brown  
 Extension Agent  
 For 4-H Youth Development Education  
 Breckinridge County  
 Phone: (270) 756-2182  
 Email: [rebecca.brown@uky.edu](mailto:rebecca.brown@uky.edu)

### Cooperative Extension Service

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Lexington, KY 40506



Disabilities accommodated with prior notification.