Reality Store

The Reality Store is a program provided by Harlan County 4-H allowing middle and high school students to get an experience of adult life. The Reality Store helps youth realize that their career choice and the education required for that career choice and their potential adult lifestyle are closely related. Students get to experience how expenses and necessities, as well as luxuries, must be balanced with the reality of monthly incomes at the Reality Store. November 10 and November 11 were this year’s dates for Harlan County and Harlan Independent.

4-H Camp and Teen Conference

4-H Camp will be held July 24th through 27th at J.M. Feltner 4-H Camp in London. 4-H Teen Conference will be held June 12th through 15th at the University of Kentucky. If you plan to attend either of these start saving your money today so you will be prepared in June and July. Some scholarship money will be available.

“Effective language is clear, simple and well organized” — Tanya Hutnik
Many families in Harlan County have faced financial hardships over the past year, making the importance of teaching financial literacy at a young age even more important. The Harlan County 4-H Dollars and Sense program, geared for eight-graders, has become a good tool for teaching youth how to budget money well, especially in tough economic times. 4-H Dollars and Sense is a hands-on, real-life simulation where students make lifestyle decisions similar to those adults face daily. Students randomly pick an envelope with two hundred dollars inside. Dollars and Sense gives students a fun, exciting glimpse of their future, while reinforcing the importance of the decisions that they will face in coming years. This educational experience encourages students to examine their attitudes about the future and career aspirations, and helps them realize they’ll need basic skills for financial planning, setting goals, making decisions and planning for a career. Another goal is to motivate students to remain in school. During September all eight graders in the county and city schools participated in Dollars and Sense.

Health Career Expo

Harlan County 4-H was invited to present a display on portion sizes of food and fats in food during the annual Health Career Expo hosted by Southeast Community College at the Harlan Center on October 27th. Students from Harlan County High School, Harlan High School, Bell County, Middlesboro, Jenkins, Letcher County Central, Pineville, Leslie County, Middlesboro and Cumberland Junior High School attended the event. Nearly 800 students participated in the event this year.

County Wide Baby Shower

Family Resource Centers from Harlan County Schools, Harlan Independent School, Harlan County Extension Office, and Harlan County 4-H sponsored the annual County-Wide Baby Shower event for expecting mothers and mothers of newborns in Harlan County on October 14th at the Harlan County Extension Depot. Each family visited educational stations presenting health and welfare information for newborns and babies. Parents were given gifts to help get their newborns and babies off to the right start. 4-H has been pleased to be a part of this worthwhile annual event. 4-H presented portion size of food, Fats in Food, Think Your Drink, amounts of sugar in soft drinks and gave out a variety of freebies.
The 4-Hers, volunteers, Teen Club members and Tractor Supply Employees participated in Paper Clovers sales at Tractor Supply in Harlan from October 5th through October 16th. These Paper Clover funds will be used to help send Teens to Teen Summit, Teen Conference, 4-H Camp and other Teen Trips and Events. Our Teen Club and leaders would like to thank Tractor Supply and their employees for helping to sell these Paper Clovers for $1.00 each which most of this money comes back to our County 4-H Programs. A small percentage goes to the State and National 4-H Program. This Paper Clover Event takes place twice a year at Tractor Supply during April and October. Harlan County 4-H Agent, volunteer Donna Cox and Tractor Supply employees and volunteers participated in a hamburger plate sale on October 14 to help raise money for the Paper Clover event. Tractor Supply has helped to give our Harlan County Teens over $1000 through the Paper Clover sales during 2016. I would like to thank everyone who helped.

The wilderness Trail Cooking School

The Wilderness Trail Annual Cooking School was held November 10 at the London Optimist Club from five to seven. Around 300 attended this year and sampled food preparations from participating vendors. The 4-H Program Assistants sponsored samples for all those attending. This annual event was presented by the Family and Consumer Science agents in the Wilderness Trail Area. This was the 18th year 4-H has participated in this event.

The regular Harlan County 4-H Teen Club meeting is held the Second Monday of each month at 3:30pm at the Harlan County 4-H Annex. Officers are elected and club meetings follow the rules of Parliamentary Procedure. The second type of teen club is a community service club which meets at various times throughout the year on Saturdays and performs Community Service and fundraising activities. Each of these clubs meet at least 6 times each year.
Halloween at Harlan Center

The Harlan County Extension Family and 4-H participated in the annual Halloween on main on October 31st at the Harlan Center. Businesses and agencies in the city gave a variety of candies and other prizes to all the children as they came by our booths dressed in their Halloween costumes. I would like to thank the Ladies from the Cumberland Hope Center who helped us give out candies and other prizes.

Fitness Fairs In County & City Schools

Fitness Fairs sponsored by H.A.R.H., Harlan County 4-H and the School Resource Centers were held at Evarts, Black Mountain, Cumberland, Cawood, J.A. Cawood, Green Hill, Rosspoint, Wallins, and Harlan Elementary Schools during the months of September, October and November. Weight, height, grip strength, BMI, sit ups, pull ups, (sit and reach for flexibility) and one mile run were the components assessed. Harlan County 4-H Agent set up demonstrations or discussed fats, portion sizes of food and “Think Your Drink” amounts of sugars in drinks. A print out of the assessment will be given to each respective school.

“Strength does not come from physical capacity. It comes from an indomitable will.”
Mahatma Gandhi
The 4-H Teen Summit is for pre-teens and is held at the 4-H Leadership Center at Jabez each March. Harlan County will be attending the weekend of March 9th through March 11th. Harlan County will be taking five 4-H members. 4-H Agent, Program Assistant and volunteer Donna Cox will attend as chaperones.

Harlan County 4-H agent and Southeast College instructor Donna Cox provided a college class at the Cumberland Hope Center for some of the residents. The residents learned about workforce preparation skills and some life skill are also taught. This class is provided to a different group of women each semester free of charge by the college with a one hour credit for each class.

Teens from Harlan, Perry, and Letcher participated in District 2 outing at the Kentucky Horse Park December 19. They visited the petting zoo, the museum and rode the train. Our teens enjoyed being with teens from other counties.
Bell, Harlan and Knox County 4-H Teen Leadership Academy

The third annual 4-H Tri-County Teen Leadership Academy was designed to provide teen leadership experience to club members and give them the opportunity to learn the qualities and competencies needed to be a good leader. The mission is to work collaboratively with agents and community leaders to set goals, teach skills and evaluate activities in the community which help develop effective teen leadership. The Academy will address the concerns of life in the three counties and propose positive changes. A community service project is planned as a group. Members are to attend all sessions, develop and present a speech or demonstration and plan and lead a group or individual project or activity in their county under advisory of the 4-H agent. Each county will choose 6 to 8 Teens for the program this year. The first meeting was held in each individual county with a visit to the Court Houses and Justice Center to meet and talk with their elected officials. Other meetings will be a media day in the Middlesboro area, participation in County Communications Day, and a mock interview in Harlan County in March. An outing will be planned, and the academy will end with graduation at the Harlan County Extension Depot.

4-H Windowsill Garden

The 20th Annual Harlan County 4-H Windowsill Garden Project will be conducted this spring in each elementary and middle school in Harlan County Public, Harlan Independent, Private, Home Schools, Sunshine School, Cumberland Hope Center, and Verda Headstart. They will be conducted in grades K4 through 6th grades, as a 4-H Club Project, Special Interest, or School Enrichment Activity, during the months of March and April. Approximately 4,000 students and adults will plant tomato seeds in a peat pellet cup and care for the plants for five weeks. Students will be presented lessons by the 4-H Agent and Assistant on "How to Grow Your Own Tomatoes" before they take their plants home. The students keep a record of their plants' growth and some classes use this lesson in their writing portfolios. Students will be awarded ribbons based on their plants' growth. Based on last year’s surveys, seventy-five percent of students expressed that they had helped save money on their parents' grocery bills. Some students will enter their tomatoes in the Harlan County Fair. These students will receive money and ribbons at the County Fair for their prize-winning entries. This project has become the largest annual event due to its success and popularity.
In collaboration with several local agencies, the Harlan County 4-H Program will implement Truth or Consequences to show students the impact of getting involved with illicit and legal substances. Based upon the format of the 4-H Reality Store and the STOP Program, students role-play scenarios including possession of prescription drugs, driving under the influence, sniffing, possession of alcohol, drug paraphernalia, or illegal drugs, trafficking, stealing drugs, etc. Depending on the scenario, students will visit appropriate officials and/or agencies to experience the consequences of their behavior. Entities and agencies involved included District Judges, County Attorney, Kentucky State Police, City and County law enforcement, Coroner, Hospital, Jailer, Court Designated Worker, Department of Juvenile Justice, Board of Education, Health Department, Zero Tolerance, Pharmacists, and Treatment Providers. This program will be initiated at Harlan High School tenth grade this spring or fall and extend the program to Harlan County High School the following year.

4-H Achievement Awards

Harlan County is well represented at the District Level in the 4-Achievement Program. Danielle Saylor is a Candidate for a retry in the State 4-H Emerald Achievement Award, Danessa Saylor is a candidate for the State Gold Achievement Award, Amber Poblette is a candidate for the State Silver Achievement Award, Allison and Miranda Cook are Candidates for the State Bronze Achievement Award. The 4-H Clover Level 3 recipient is Lydia Cassim, 4-H Clover Level 2 Award recipients are Lindsay Cox and Dannah Saylor and 4-H Clover Level 1 Award recipients are Emily Cox and Jace Howard. Achievement level awards carry scholarships for Teen Conference, and the Gold Achievement Award earns a scholarship for 4-H National Congress held in Atlanta. Beginning in 4th grade 4-H members may start earning achievement points toward Clover levels and Achievement Award levels.

“Only those who dare to fail greatly can ever achieve greatly.”

Robert F. Kennedy
2017 Schedule of Events – Raymond Cox

January Focus for Club Meetings: Posters, Speeches, Demonstrations, and Variety Show

Jan 5 – School Clubs at Cawood Elementary
Jan 11 – Camping Group Meeting at Letcher County
Jan 12 – Mid-year Review with District Director, Operation Sharing, and District Board Meeting
Jan 13 – Mentor Training Webinar at 10:00 am (School Clubs at Harlan Elementary at 12:05)
Jan 16 – Martin Luther King Holiday also Country Ham Curing Day in Bell County
Jan 17 – School Clubs at Wallins Elementary
Jan 18 – School Clubs at James A. Cawood Elementary
Jan 19 – School Clubs at Black Mountain Elementary
Jan 20 – Harlan Elementary School Club Meetings 8:00 am
Jan 23 – Clubs School Meetings at Rosspoint Elementary
Jan 24 – Green Hill Club Meetings 8 am. Evarts Club Meetings 10:20
Jan 25 – School Club Meetings at Cumberland Elementary at 7:45
Jan 26 – 4-H Camp Advisory Group Meeting On line
Jan 27 – 28 District 2 4-H Teen Club Retreat at Perfect North
Jan 31 – Harlan Elementary Fitness Fair

February Focus for Club Meetings: Your Kentucky and Exploring 4-H
Feb 01 – Teen Summit Meeting (Skype)
Feb 02 – ARH Board of Trustees Meeting – Lexington, KY
Feb 03 – ARH Board of Trustees Meeting – Lexington, KY
Feb 03 through Feb 5 - State Teen Council Meeting – Jabez, KY
Feb 08 – District Staff Meeting - Quicksand
Feb 27 – Pick up eggs for Chick Incubation Project at UK Poultry Farm in Lexington
Feb 28 and March 1, – Set eggs in all schools in Harlan County

March and April Class Projects: Windowsill Garden and Chick Incubation grades K4- Sixth Grade all schools
Mar 09 through March 11th – 4-H Teen Summit in Jabez
Mar 13 - 4-H Council Meeting Depot at 6:00
Mar 16 – 4-H County Communications Day at Southeast College Harlan Campus in Little Theater

April Focus: School Clubs will be 4-H Summer Camp and Grow Your Own Tomatoes
April 6– Safety Day 5th grade students
May Focus: School Clubs will be Grow Your Own Tomatoes Project
May 6– Area Communications Day at North Laurel High School London KY
May 31 – Poke Sallet 4- Kids Fun Day at Huff Park 10:00-2:00
June 10- 11 - State 4-H Teen Council Meeting in Lexington KY
June 12-15 – State 4-H Teen Conference in Lexington KY
July 24-27 4-H Camp at Feltner
Complaint Procedure

Any employee who believes they have been discriminated against may seek resolution through a variety of paths. Discrimination may be reported to the District Director or supervisor. To initiate a complaint at the college level, contact Tim West in the Business Office at 859-257-3879. At the University level, Terry Allen and Patty Bender in the UK Office of Institutional Equity and Equal Opportunity (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any Research or Extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).

Agents will make the public aware of the complaint procedure by placing the following statement in their newsletters at least once per year.

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).

Frozen Banana Yogurt Bites

**Ingredients**

- 1 large ripe banana
- 15 oz natural yogurt
- Handful of dried banana chips

**Method**

1. Put 12 cupcake cases onto a small baking tray.
2. Peel the banana and mash it up.
3. Mix the banana with the yogurt.
4. Use a spoon to drop some yogurt mixture into each cupcake case.
5. Put some banana chips into each cup and press them into the yogurt with your fingers.
6. Freeze for 2 hours or until solid.
7. Pop out of the cases and serve.