



# 4-H YOUTH DEVELOPMENT

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## A note from your 4-H Agent:

Hello, I'm Emily Chaney and I'm your new 4-H Youth and Development Agent. I have several years of experience working with children as both a middle school teacher, and a children's librarian in Pike County. I care deeply about our community and look forward to serving those in it. Please consider some of our after school clubs listed.

Best,

Emily Chaney  
County Extension Agent  
for 4-H Youth Development  
[emily.chaney@uky.edu](mailto:emily.chaney@uky.edu)



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# UPCOMING PROGRAMS

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534

## Cloverbud club

- For ages 5-8
- First Meeting September 24th

## Appalachian Culture Club

- For ages 9-18
- First meeting September 5th

## Teen Council

- For Grades 7-12
- first meeting September 23rd

Contact Emily Chaney  
at  
[emily.chaney@uky.edu](mailto:emily.chaney@uky.edu)  
for more details or call  
the Pike County  
Extension Office



# Appalachian Culture Club

With 4-H and Pike County Homemakers

For ages 9-18  
Must Register

### Meeting Dates:

- 9/5- Hand Sewing/ Chicken Scratch
- 9/9- Hand Sewing/ Chicken Scratch
- 9/26- Hand Sewing/Chicken Scratch
- 10/28- Scrap Fabric Pumpkins
- 11/21- Old fashioned Candy Making
- 12/5- Corn Husk Dolls

Join us at the Pike County Extension Office from 5pm till 6:30pm to learn some true Appalachian practices!

Please call 606-432-2534 to register.



## PIKE COUNTY 4-H AND FCS

Cooperative Extension Service

# CLOVERBUDS CLUB

Join us after school from 5-6:30pm on these dates at the Pike County Extension Office

### Meeting Dates

September 24th  
October 22nd  
November 12th  
December 10th

This is an afterschool club for ages 5-8. Children will learn life, social, and decision-making skills.

Each meeting will have a learning goal, craft, and cooking element.



Please call the Pike County Extension Office to register: (606)432-2534



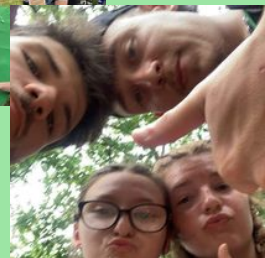
Martin-Gatton College of Agriculture, Food and Environment

# Pike County Teen Council



MEETING ONCE PER MONTH AT THE PIKE COUNTY EXTENSION OFFICE

FIRST MEETING: SEPTEMBER 23RD AT 5:30PM



"Some things that stood out to me about being on Teen Council was the feeling of a welcoming and tight knit community. Everyone could joke with each other and have a great time . . . it was like we had our own little family."

- Emily Musick, Former Pike Co. Teen Council President and State Teen Council Member

Teen Council offers many opportunities to explore leadership, civic engagement, community service, activities, clubs, craft days, and more!

INTERESTED?

CONTACT:

Emily Chaney-Agent  
606-213-1561  
emily.chaney@uky.edu

WHO CAN JOIN?

All Pike County students in grades 7-12!



# STATE FAIR UPDATE

## 40 projects entered and displayed

- 4 Class Winners
- 1 Reserve Champion (2nd place out of 1500 photography entries)
- 11 Blue Ribbons

Projects may be picked up at the Pike County Extension Office starting August 27th



# Berry Crunch Roll-Ups

Servings: 4 Serving Size: 1 roll-up



## Ingredients:

- 4 (6-inch) flour tortillas
- ¼ cup strawberry cream cheese
- 1 cup fresh berries of choice, blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- ¼ cup crispy cereal of choice

## Directions:

1. Spread 1 tablespoon strawberry cream cheese in a thin layer on each tortilla.
2. Sprinkle ¼ cup fresh berries and 1 tablespoon cereal on top of the cream cheese.
3. Roll firmly, squeezing gently to seal edge. Serve immediately.

Source: Leap...for Health: Eat Smart to Play Hard : University of Kentucky Cooperative Extension Service, Nutrition Education Program

160 calories; 6g total fat; 3g saturated fat; 0g trans fat; 15mg cholesterol; 280mg sodium; 23g carbohydrate; 2g fiber; 6g sugar; 3g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron.

