



# CLOVER CORNER

LAWRENCE COUNTY 4-H

NOVEMBER/DECEMBER 2023



Lawrence County  
294 Industrial Park Rd.  
Louisa, KY 41230  
Phone: (606) 673-9495  
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extension.ca.uky.edu

## IT'S ALMOST COUNTRY HAM TIME!

### 4-H COUNTRY HAM PROJECT FOR 2024

Plans are underway to start the 4-H country Ham project 2024. A contract must be signed and submitted to the Extension Office by the deadline sometime in early December. There is also a small fee attached to this project. For 2024 the fee is \$70. The curing process takes place in January, typically on Martin Luther King holiday when the school is off and runs through the Kentucky State Fair in August. All activities and supplies are provided by the Extension Office. The participant will salt cure two hams in January and write and give a 3-5 minute speech on an assigned topic pertaining to country hams. If the participant does not complete the project, the two country hams are forfeited and returned to UK. The two competitions are the county fair and state fair. We expect the contracts to be out in mid-November.



For more information about this project, contact the Lawrence County Extension office at (606) 673 - 9495 or email Maelyn Dotson (maelyn.dotson@uky.edu)

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Maelyn Dotson  
maelyn.dotson@uky.edu  
County Extension Agent  
for 4-H Youth Development

### Cooperative Extension Service

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

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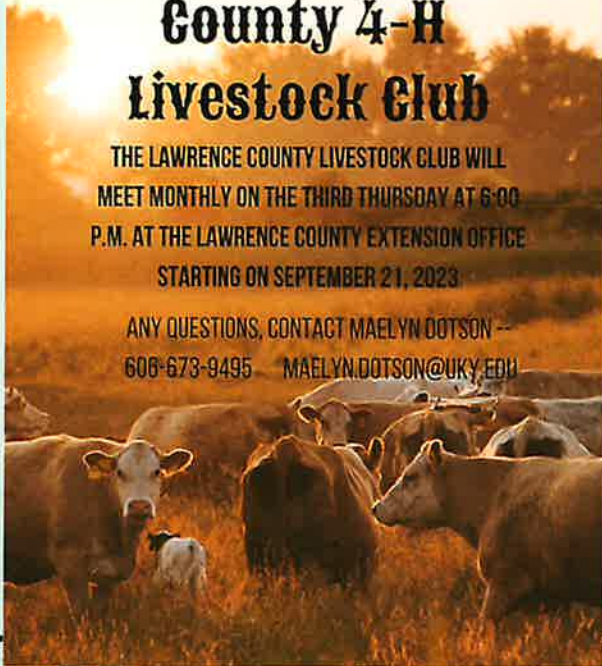


Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

# Lawrence County 4-H Livestock Club

THE LAWRENCE COUNTY LIVESTOCK CLUB WILL  
MEET MONTHLY ON THE THIRD THURSDAY AT 6:00  
P.M. AT THE LAWRENCE COUNTY EXTENSION OFFICE  
STARTING ON SEPTEMBER 21, 2023

ANY QUESTIONS, CONTACT MAELYN DOTSON --  
606-673-9495 MAELYN.DOTSON@UKY.EDU



Martin-Gatton  
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Food and Environment  
University of Kentucky

# Lawrence County 4-H Horse Club

THE LAWRENCE COUNTY 4-H HORSE CLUB WILL  
MEET MONTHLY ON THE SECOND TUESDAY AT 6:00  
P.M. AT THE LAWRENCE COUNTY EXTENSION OFFICE  
STARTING ON SEPTEMBER 12, 2023

ANY QUESTIONS, CONTACT MAELYN DOTSON --  
606-673-9495 MAELYN.DOTSON@UKY.EDU



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University of Kentucky

# JOIN A 4-H CLUB!

Lawrence County  
4-H  
**CLOVERBUDS**

A place for those "Not quite 4H'ers"  
ages 5-8!  
Fun, Music, Learning and all the  
things Cloverbuds love!

The second Thursday of  
every month starting  
September 14, 2023  
5:30p.m.


Contact Maelyn Dotson: 606-673-9495  
maelyn.dotson@uky.edu  
249 Industrial Park Rd, Louisa, KY  
40230

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University of Kentucky


4-H PLEDGE

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.





**HORSE AND LIVESTOCK CLINIC**



**NOV. 06  
2023  
9:00AM-2:00  
PM**

Lawrence County  
Fairgrounds  
All ages welcome. No previous knowledge  
necessary.  
Lunch will be provided.

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**RESCHEDULED  
EVENT!**

## AMAZING PANCAKES

### INGREDIENTS:

- 1 CUP SELF-RISING FLOUR
- ½ CUP WHOLE-WHEAT FLOUR
- 2 TABLESPOONS SUGAR
- 1 TEASPOON CINNAMON
- ¼ CUP CHOPPED NUTS (OPTIONAL)
- 1 CUP SWEET POTATOES, COOKED AND MASHED
- 3 EGGS, BEATEN
- 1 CUP FAT-FREE MILK
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON VANILLA
- COOKING SPRAY

### DIRECTIONS:

1. IN A MEDIUM BOWL, COMBINE FLOURS, SUGAR AND CINNAMON. ADD ¼ CUP NUTS, OPTIONAL.
2. IN A SEPARATE MEDIUM BOWL, MIX SWEET POTATOES, EGGS, MILK, OIL AND VANILLA.
3. POUR LIQUID MIXTURE INTO THE FLOUR MIXTURE AND STIR UNTIL THE DRY INGREDIENTS BECOME WET. BE CAREFUL NOT TO OVER STIR.
4. PREHEAT A GRIDDLE OR SKILLET OVER MEDIUM HIGH HEAT. SPRAY WITH COOKING SPRAY. DROP BATTER MIXTURE ONTO THE PREPARED GRIDDLE BY HEAPING TABLESPOON. COOK UNTIL GOLDEN BROWN, TURNING ONCE WITH A SPATULA WHEN THE SURFACE BEGINS TO BUBBLE. CONTINUE COOKING UNTIL THE OTHER SIDE IS GOLDEN BROWN. REPEAT PROCESS, MAKING 12 PANCAKES.

SOURCE: BROOKE JENKINS-HOWARD, CURRICULUM COORDINATOR FOR KENTUCKY NUTRITION EDUCATION PROGRAM, UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE





# YOUTH HEALTH BULLETIN



**NOVEMBER 2023**

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

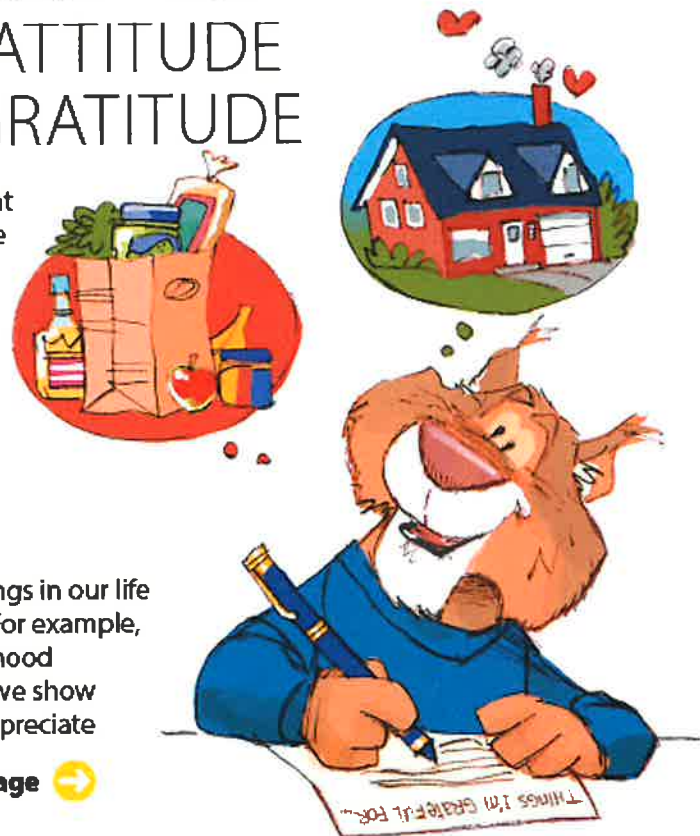
Lawrence County Extension Office  
249 Industrial Park Rd  
Louisa, KY 41230

## THIS MONTH'S TOPIC: AN ATTITUDE OF GRATITUDE

**Y**ou may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



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Disabilities accommodated with prior notification.

# Each day, pay attention to things that make you happy, and that you are glad to have in your life.

## → Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

#### REFERENCE:

<https://kidshealth.org/en/teens/gratitude.html>



## ADULT HEALTH BULLETIN

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