



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 4-H Youth and Development Agent. I care deeply about our community and look forward to serving those in it. Please consider some of our after school clubs listed. If there is a club that you feel that our community is in need of please reach out to me about volunteer opportunities!

Best,

Emily Chaney

Emily Chaney
County Extension Agent
for 4-H Youth Development
emily.chaney@uky.edu



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UPCOMING PROGRAMS

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

Visual Arts Club

- For ages 9-18
- First Meeting September 22nd

Ag Explorers Club

- For ages 9-14
- Second meeting September 16th

Teen Council County Meetings

- For Grades 7-12
- first area meeting Oct. 13th at 5:00pm

Contact Emily
Chaney at
emily.chaney@uky.edu
for more details or
call the Pike County
Extension Office



AG EXPLORERS CLUB

Join ANR & 4-H for interactive lessons to grow & share a love for agriculture! Call the extension office at 606-432-2534 to sign up!

Meeting Dates & Times

Aug 9 8:30-10:30 AM

Sep 16 5-6:30 PM

Oct 11 8 AM-12 PM

Nov 15 5-6:30 PM



4-H

VISUAL ARTS CLUB

PARTNERED WITH PIKE COUNTY COMMUNITY ARTS

WHETHER YOU WANT TO PREPARE A
PROJECT FOR THE STATE FAIR OR JUST
LOVE ART!

ACTIVITIES:

PAINTING, WATERCOLOR,
CARTOONING, PINCH POTTERY,
COLORED PENCIL, AND MORE!

FOR AGES:

9-18

MEETINGS 5:00-6:00PM:

SEPTEMBER 22ND FEBRUARY 23RD
OCTOBER 27TH APRIL 27TH
NOVEMBER 17TH

WHERE:

PIKE COUNTY
EXTENSION OFFICE

PLEASE CALL 606-432-2534
TO REGISTER



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

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



PIKE COUNTY TEEN COUNCIL

143 Trivette Drive, Pikeville, KY 41501

INTERESTED? CONTACT:

Emily Chaney-Agent

606-213-1561 emily.chaney@uky.edu

WHO WE ARE

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

All Pike County students in grades 7-12 can join!

AREA MEETING DATES: 5-6PM

October 13

March 16

December 15

May 18

COUNCIL MEETINGS

Area Teen Council will meet throughout the year at the Pike County Extension Office. The Council elects leadership and makes important decisions on the future of 4-H in the county.

COMMUNITY SERVICE

In the past, teens have participated in trunk-or-treats, holiday parades, and gift-wrapping for Family Resources. In the summer, teens can travel to UK's campus for Teen Conference, and then travel to Frankfort for the Capitol Experience in the Winter.

SCHOOL FAIRS

4-H hosts school fairs in April every year to judge projects done by youth across the county. Teen Council members assist in putting on successful fairs.



PIKE CO

4-H



STATE FAIR 2025 UPDATE

33 projects entered and displayed at Cloverville

- 11 Blue Ribbon Winners
- 10 Red Ribbon Winners
- 11 White Ribbons

Poultry Judging Competition: 5 Blue Ribbons, 4th Place Overall, and Reserve Grand Champion

Avian Bowl Competition: 4 Blue Ribbons, 1 Red Ribbon, 5th Place Overall Winner and 7th Place Overall Winner



**4-H at
HOME**



► To discover a wide selection of 4-H activities and experiences,
visit 4-H.org/4HatHome

MEDITATION IN A BOTTLE

Create a personalized bottle filled with slow-moving glitter — and a heavy dose of calm.



Meditation in a Bottle

—
Create a personalized bottle
filled with slow-moving glitter —
and a heavy dose of calm.

About the Activity

Between school, homework, and activities, life can be busy and may sometimes feel overwhelming. That's why it can be good to pause, take a deep breath, and relax our minds and bodies – or in other words, to meditate. Meditation helps reduce stress and can get you in the right mindset to focus – which can be helpful at home and at school. In this activity, you will make your own meditation bottle as a tool to help make meditation a habit.



Supplies

**These simple materials
will get you started.**

- Plastic bottle with cap
- Clear glue or glitter glue
- Glitter – use multiple colors and sizes for an interesting bottle
- Hot Water
- Spoon
- Large liquid measuring cup
- Funnel
- Hot glue gun (optional)



Grades: 6-12

Topic: Mental Health, Mindfulness

Time: 30 minutes





Activity Steps

Follow these activity steps to create your own meditation bottle and practice.

Ready Your Bottle

If there is a label on your plastic bottle, remove it. Part of meditation is learning to focus your attention, and having a clear, clean bottle will help you to do that. Take note of how many ounces your bottle holds.

DID YOU KNOW?

Meditation focuses on interactions between our brain, mind, and body. It has been around for thousands of years and began in ancient India as a way to understand the meaning of life.

Create Your Meditation Mixture

This next step involves creating a mixture for the inside of your bottle.

- 1 Heat up water in a tea kettle or microwave. It should be warm, but not boiling. Have an adult help you heat up the water, then pour it into your liquid measuring cup. You need to add one less ounce of water than your bottle will hold.

- 2 Add your glue to the hot water and stir until it dissolves. You can choose how much glue to add.

Tip: The more glue you add, the slower the contents of your meditation bottle will move. We recommend adding between a half bottle to a full bottle of glue.

Add Your Elements

Now it's time to create your focal point using your bottle, glue mixture, and glitter.

- 1 Use the funnel to pour enough water and glue mixture into your bottle to just cover the bottom. This will prevent all your glitter from sticking to the bottom of the bottle.
- 2 Add your glitter to the bottle. You can use as much or as little as you would like. Using multiple colors and sizes of glitter will make your bottle more interesting. You can even add large sequins or beads for extra decoration.
- 3 Fill the bottle with the water-glue mixture. There may be some extra mixture left. Feel free to discard it.
- 4 **Optional:** With the help of an adult, hot glue the cap onto your bottle to prevent spilling.

Set Your Practice

Now, it's time to meditate. Practicing meditation can help us stay calm, reduce stress, and improve our overall well-being. In fact, many medical studies have shown that meditation can help reduce high blood pressure, anxiety, depression, and chronic stress.

- 1 Find a quiet location where you can sit comfortably.
- 2 Shake your bottle and set it in front of you.
- 3 Use your meditation bottle as a timer to help you relax and focus.

Blueberry Cheesecake Bars



Cooperative
Extension Service

Servings: 16 Serving Size: 1 bar Recipe Cost: \$7.42 Cost per Serving: \$0.46



Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Directions:

1. Preheat oven to 300 degrees F.

2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

