



# 4-H News

Cooperative Extension Service  
Todd County

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## May 2025

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4-H Shooting Sports meets every Thursday night at the Todd County Gun Club located at 520 Gun Club Lane.



## 4-H Camp Applications are Here!

Camp applications are available now. Be sure to get your application and \$50 deposit turned in before May 23rd to the 4-H office. If you are graduating from the 3rd grade through the 8th grade, you are eligible to attend. The 4-H Council is providing 4-H camp scholarships for campers who need financial help. A 4-H scholarship form must be turned in to receive a scholarship. The final packet is due June 24th with the the entire camp fee of \$340 paid. Scholarship recipients will be notified of their remainder due. If you are over the age of 18 years and would like to apply as a camp counselor, be sure to

contact the 4-H office by May 23rd to fill out paperwork. New volunteers must have background checks run and be approved by the Risk Management Committee. Also - there are added hours of training required this year for camp counselors, so don't delay in getting signed up to go. Teens who have attended the 4-H Teen Council meetings this year may serve as teen camp counselors. Teens pay \$150 fee to go to 4-H camp and must go through an interview to attend. Can't wait to see you at the 2025 4-H Camp!



## 4-H Shooting Sports Club

The month of May kicks off the 4-H shooting sports practices and special events... **4-H Shooting Sports at the Todd County Gun Club meets on...**

- Thursdays - 5:30 - 7:30 p.m. (offering archery, trap, and rifle)
- The Todd County Shooting Sports Home Shoot is set for **Saturday, June 21st** at the Gun Club beginning at 8 a.m. (parents & 4-H'ers are needed to help). Sign up for Remind—Text 81010 with @k422cg in the message!
- 4-H'ers ranging from 9-19 years based on their age on Jan. 1st are eligible!



## 4-H Clubs & Activities

### 4-H Teen Council...

The 4-H Teen Council is a special leadership council for teens that meets once a month during the school year at the Extension Office. Any 8th - 12th grader is invited to participate. The Area 4-H Teen Council is wrapping up the year with a rewards trip to Holiday World on May 27-28. Teens may also apply for the 4-H Teen Conference on UK's campus on June 10-13. Applications are due May 2nd. The 4-H Reality Store is May 9th, Teen Council members who want to work a booth need to sign up! Also camp teen counselor applications are due by May 23rd for qualified teens. Interviews will be held mid-late June for new counselors.



Good times at 4-H Teen Conference with this amazing group of 4-H teen leaders! Teen Conference is held on UK's campus in June!

### A Night of the Arts

The Todd County 4-H Performing Arts Troupe has been practicing all spring to perform a set list of songs at the Night of the Arts on **May 5th at the high school auditorium starting at 5:30 p.m.** The public is invited to come out on May 5th to hear and watch these talented vocalists along with dancers! Also, youth who signed up to sing in the program, plan to stay after school to rehearse. The Todd County Central Choir will also be performing. It's a night you don't want to miss!



  
**Western Region Horse Camp**



HORSEMANSHIP, SHOWMANSHIP, HIPPOLOGY,  
HORSE BOWL, & GAMES ON HORSEBACK

- May 10, 2025
- \$20/youth
- 9am-3pm
- Todd Co. Extension Office Arena
- Bring your own lunch

\*Contact your county 4-H agent for registration information\*

COOPERATIVE EXTENSION SERVICE  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
UNIVERSITY OF KENTUCKY

### Horse Day Camp - May 10th

Any youth ranging in age from 9-18 years, is welcome to sign up for the Western Region Horse Camp coming to the Todd County Extension Arena on Saturday, May 10th. Forms and \$20 fee is due by May 2nd to the 4-H office. This camp is for kids with a horse as well as kids who love horses, but don't own their own horse. The horseless program that day will consist of fun educational games, quiz bowl and some hands on learning with a live horse! (It's possible that the horseless kids may get to ride as well!



## 4-H Goat & Sheep Show

Come out to the Todd County Extension Office on **Thursday, July 31st at 5:00 p.m. at the Extension Arena** to watch the 4-H Goat & Sheep Show! The Todd County Fair will also feature an antique tractor show, a "Kid's" Pedal Tractor Pull, coordinated by the Todd County Chamber, fabulous food trucks, and 4-H projects on display in the Extension Office.



## Enter Your 4-H Work in the Fair!

*Don't forget that you can exhibit 4-H projects in the county 4-H fair this year! The 4-H fair is set for July 29, 30, & 31. You can bring your projects to the Extension Office on Tuesday, July 29th to place on exhibit and receive premium money for your hard work. The 4-H Fair will accept any entries that fall into the State Fair 4-H categories. These projects must be work that you have completed during the 2024-2025 4-H school year. You can enter art work, wood work, foods, sewing projects, folk art, leather crafts, geology collections, insect collections and much more. If you have questions about project specifications, please review the fair catalog on Kentucky 4-H's webpage. The Kentucky State Fair is August 14th—24th this year. 4-H will send the winning projects from county to the state fair. Check out the fair catalog at [www.ca.uky.edu/agcollege/4h/projects\\_events/events/statefair](http://www.ca.uky.edu/agcollege/4h/projects_events/events/statefair).*

## Congratulations to our 4-H County Talk Meet Champions

**Great job to our fabulous county 4-H Talk Meet Champions:**

9 year—Armstead Mattingly

10 year—Ella McCuiston

### Demonstration Champs

Dayton Powell

Delany Powell

Millie Johnson

Jonah Maudlin

Kayla Russell

Ava Mayes & Millie Dossett

Kayla Sidebottom

Maci Stuard

Emma Jolly

Eliza Jones



The county champs move on to the Area 4-H Talk Meet on Thursday, May 8th in Hopkinsville. Todd County 4-H is so proud of all of these amazing speakers who won their class or category at the County 4-H Talk Meet. Good luck at area!

Sincerely,

Lee Ann McCuiston

County Extension Agent for 4-H Youth Development



# May 4-H Events

- May 1** 4-H Shooting Sports Kick Off "Safety" Meeting - 5:30 - 7:30 p.m.  
(rain location - Todd County Extension Office Meeting Room)
- May 5** Area 4-H Teen Holiday World Trip Due
- May 5** A Night of the Arts - TCCHS - 5:30 p.m.
- May 8** TCCHS Senior Night - 4-H Seniors Awarded Cords
- May 8** Area 4-H Communications Event- Murray State Bldg. Hopkinsville 6 p.m.
- May 8** 4-H Shooting Sports -5:30 p.m.
- May 9** 4-H Reality Store—TCMS
- May 10** Western Region 4-H Horse Day Camp - Todd County arena
- May 15** 4-H Shooting Sports -5:30 p.m.
- May 16** Early Release—Last day of school!
- May 22** 4-H Shooting Sports—5:30 p.m.
- May 23** 4-H Camp Pre-Registration Forms Due along with \$50 deposit!
- May 27-28** 4-H Area Teen Holiday World Trip
- May 29** 4-H Shooting Sports - 5:30 p.m.
- June 6** 4-H Aerospace Camp—Madisonville
- June 10-13** 4-H Teen Conference on UK's Campus
- June 20-22** 4-H Cloverbud Camp (forms due May 14 for this camp—Parent must attend with their camper.)

## Summer Health Tips for Kids! What are the effects of sugary drinks?

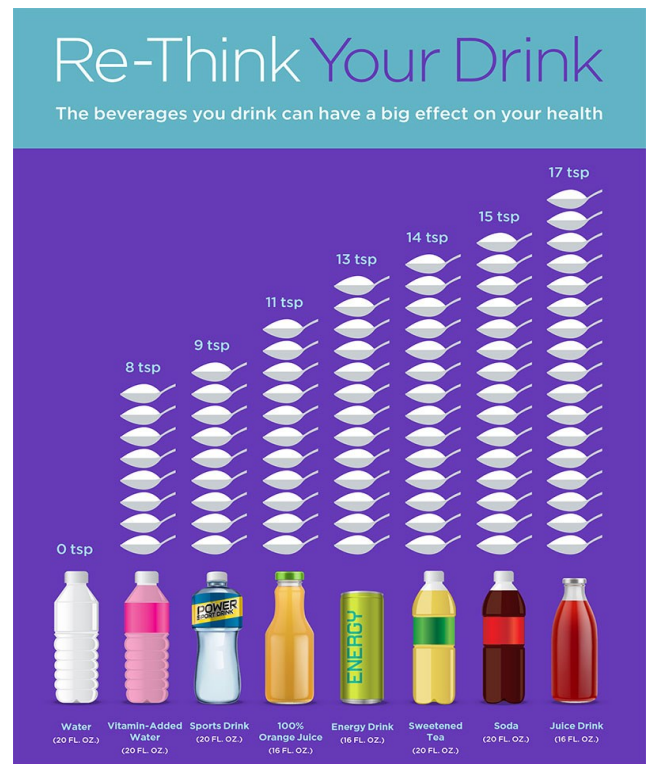
The amount of sugar in sweetened beverages easily adds up. Drinking one soda a day equals 55 pounds of sugar per year. Consuming too much sugar can lead to health problems such as:

**Unhealthy weight gain and obesity:** Can lead to heart disease, liver problems, diabetes and bone problems

**Heart disease:** Damages blood vessels which can lead to a heart attack

**Tooth decay:** Growth of bacteria in your mouth that destroys tooth enamel and leads to cavities

"Since sugar does not add nutrients to our bodies, they are a source of empty calories, which can lead to weight gain, and increase risk of health complications for our children," Kim explains.



Recommended daily added sugar limit for kids: 6 tsp

\*Sugar measurements are approximate and vary by product.

children'shealth<sup>®</sup>



# 4-H Camp Pre-Registration Form #1



Cooperative  
Extension Service

Monday, July 14<sup>th</sup> – Friday, July 18, 2025, West Kentucky 4-H Camp, Dawson Springs,

**This form is due along with a \$50.00 down payment by May 23, 2025, to reserve a spot for camp!**

*(Please list the preferred name you want displayed on your nametag for camp)*

Name \_\_\_\_\_

\_\_\_\_ **Sibling discount requested: (must live in same household)**

- May not receive \$50 discount per sibling if receiving financial assistance. (Sibling discount does not apply for Teen Counselors)

**List all siblings attending camp: (first & last name(s))**

Mailing Address \_\_\_\_\_  
(P.O. Box Number if available or street/road address) (City) (Zip Code)

Birth date \_\_\_\_\_ Age \_\_\_\_\_ Race \_\_\_\_\_  
(month, day and year)

Current Grade \_\_\_\_\_ (Grade completed as of May 2025) School \_\_\_\_\_  
(School completed as of May 2025)

T-shirt size ☐ Gender ID ( ) Male or ( ) Female  
(youth M, youth L or adult XS-4x available)

Have you attended 4-H Camp before? ( ) Yes ( ) No How many years? \_\_\_\_\_

Parent/Guardian \_\_\_\_\_  
(Print first and last name(s))

Phone: \_\_\_\_\_  
(Home/Cell) (Work) (camper cell)

Parent Signature \_\_\_\_\_ Email: \_\_\_\_\_

Return this form by **May 23, 2025** along with **\$50 downpayment** to the Todd County Extension Service (the full camp fee is \$340, so the remaining \$290 is due no later than June 24, 2025) (if applying for a scholarship, \$50 is due by May 23).

Forms and fees may be mailed to: 240 Pond River Road Elkton, KY 42220  
Or delivered to the 4-H Office (Extension Office at 240 Pond River Road, Elkton)

**Checks made payable to: Todd County 4-H**  
**Camp deposit of \$50.00 is due along with this form by May 23<sup>rd</sup> for all campers.**

*Scholarship recipients will be notified after May 23<sup>rd</sup>, the amount funded. At which time, the remainder of the camp fees not funded will be due by June 24<sup>th</sup>.*

**A packet of additional 4-H camp forms and full information will be available upon receipt of this form. Additional packet is due June 24<sup>th</sup>. Call the 4-H office at (270) 265-5659 for additional information.**

Cooperative  
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Agriculture and Natural Resources  
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Community and Economic Development

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Disabilities  
accommodated  
with prior notification.







# 4-H Camp Scholarship Form

This form is optional – it is only for those requesting financial assistance.  
The new sibling discount may not be awarded if financial assistance is received.  
A \$50.00 deposit and a 4-H camp registration form must be turned in with each scholarship application.

Camper's Name \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Mailing Address \_\_\_\_\_  
Street or Road Address or Post Office Box Number (if that is where you receive mail)

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Grade (May of 2024) \_\_\_\_\_ School \_\_\_\_\_  
(Grade completed as of May 2025) (School completed as of May 2024)

Have you attended summer 4-H camp? \_\_\_\_\_ Yes \_\_\_\_\_ No If yes, number of years \_\_\_\_\_

Have you received a 4-H camp scholarship before? \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, how many years \_\_\_\_\_

List the 4-H clubs, projects, camps or activities you have participated in:

## Financial Information: (to be completed by parent/guardian)

Monthly household income (include alimony, child support, social security – include all money received by any persons living in the home) \$ \_\_\_\_\_/month

Number of siblings attending 4-H camp this summer \_\_\_\_\_  
(may not receive sibling discount if awarded financial assistance)

Number of children living in home \_\_\_\_\_ Number of adults living in home \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

Do you receive food stamps? \_\_\_\_\_ Yes \_\_\_\_\_ No

Do you qualify for free or reduced lunch? \_\_\_\_\_ Yes \_\_\_\_\_ No

Include any additional information that you would like the camp scholarship committee to consider when determining your scholarship eligibility:

The 4-H camp scholarship applications will be reviewed by the 4-H volunteer scholarship committee. Campers receiving partial scholarships will be notified at least three weeks prior to 4-H camp. There will be no full scholarships awarded. The \$50.00 deposit will be applied to the \$290.00 camp fee. The deposit is refundable if the child does not attend 4-H camp. By signing below, I do hereby certify that the information contained herein is correct.

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

**Mail or deliver by May 22<sup>nd</sup> to:** **Todd County Extension Service/4-H Office**  
**240 Pond River Road Elkton, KY 42220**  
**or to: your school's Family Resource Center or Youth Services Center**  
(Recipients will be notified after May 22<sup>nd</sup>)

