

4-H HAPPENINGS

February 2024



“My name is Molly Coleman and I am the senior secretary on the 4-H Teen Council. I'm in 9th grade and I've been on the council for 3 years now. It's been such an amazing experience. It's given me so many amazing opportunities and memories. I've gotten to experience traveling with my friends to conferences, making new friends, participating in service projects and so much more. Teen Council is the most inspiring and important experience that I've had the honor to be a part of.”



**Any Questions?
Contact us!**

Shannon Farrell
4-H Youth &
Development Agent
859-234-5510
shannon.farrell@uky.edu



Holly Laytart
4-H Program
Assistant
859-234-5510
holly.laytart@uky.edu



Speaking with a Purpose

Ages 9-18 who would like to learn, practice, and have fun with skills that help in speaking and presenting should sign up for this 1 hour hands-on workshop! This 4-H Communications workshop is scheduled for February 12th from 3:30-4:30 PM at the Extension Office. Click below to sign up.

<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-47334974-4hspeaking>



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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Disabilities
accommodated
with prior notification.

Community Corner

Spanish Resources



MCTC



LIBRARY



CHAMBER OF COMMERCE



HC EXTENSION



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

IT'S LEAP YEAR

THE HARRISON COUNTY EXTENSION OFFICE IS JOINING THE MOVEMENT TO SHOW EXTRA

KINDNESS

February 25-March 1

Want to add to this list? Any Extension group can participate. Call the Extension Office and tell us your group kindness project!



MONDAY, FEBRUARY 26
*4-H SOCIAL MEDIA CLUB

TUESDAY, FEBRUARY 27
*CARE BAG PROJECT

WEDNESDAY, FEBRUARY 28
*DISCOUNTED BASKET WEAVING

THURSDAY, FEBRUARY 29
*LOVE THE EARTH THURSDAY SEED BALL GIVE AWAY

FRIDAY, MARCH 1ST
*DISCOUNTED BASKET WEAVING
*LAUGH & LEARN KINDESS MONSTERS
*JUNIOR HOMEMAKER SERVICE PROJECT





Harrison County Conservation District
Local Cost Share Application
103 Rodgers Park Drive
Cynthiana, KY 41031
859-234-5876 ext. 3

Backyard Conservation Program

The purpose of this program is to help Cynthiana/Harrison County homeowners promote the wise use of our soil and water resources. Rain barrels are an effective way to manage storm-water runoff and reduce the amount of pollutants that end up in our waterways; as well as reduce the demand on municipal water supplies because the water they store can be used for watering flowers, gardens and lawns, even in times of drought. Compost Bins are a great way to decrease the amount of yard trimmings and food waste going into landfills. Compost is a soil conditioner made up of decomposed organic material; it improves the soil's physical condition and fertility, and as a result improves aeration, root penetration, and water infiltration. Other conservation items may qualify for cost share such as: raised garden beds, bee hives, rain gardens, pollinator gardens, etc.

Eligibility

- 50/50 Cost Share Rate not to exceed \$200.00 (reimbursed 50% of expenses, up to \$200)
- One application per household

Requirements

- Application must be approved before starting project
- Project must be completed and receipts turned in by June 7, 2024
- Items may be purchased or constructed independently.
- Notify district when project is completed for a checkout, prior to reimbursement
- Submit receipts for payment request

Applications accepted until April 5, 2024; to be returned to the conservation district office at 103 Rodgers Park Dr. (USDA Service Center), Call Kayleigh Evans at 859-298-5932 or email at Kayleigh.evans@ky.nacdnet.net for any questions.

Applicant Information, all areas required.

Name (Please Print): _____ Phone#: _____

Address: _____ City/Zip: _____

Email: _____

Planned Conservation Project Request: _____

I agree to the terms outlined above:

Applicant Signature

Date

Conservation District Signature

Date Received

App #

For Office Use Only

Amount Spent: \$ _____ Eligible Reimbursement (50% /\$200): \$ _____

Check # _____ Received by: _____ Date: _____

COOPERATIVE EXTENSION



4-H Communications Contest



Wednesday, March 27 at 5:30 PM
Maysville Community and
Technical College, Cynthiaana

SPEECH CATEGORIES

- 9 year old
- 10 year old
- 11 year old
- 12 year old
- 13 year old
- 14 year old
- 15 year old
- 16 year old
- 17 year old
- 18 year old

DEMONSTRATION CATEGORIES (Junior: ages 9-13 and Senior: ages 14-18)

- WINNERS OF THE DEMONSTRATION AND MOCK INTERVIEW CONTEST WILL ADVANCE TO AREA CONTEST ON THURSDAY, APRIL 11TH**
- WINNERS OF THE DEMONSTRATION AND MOCK INTERVIEW CONTEST WILL ADVANCE TO AREA CONTEST ON TUESDAY, APRIL 30**
- Agriculture
- Animal Science
- Visual Arts
- Performing Arts
- Clothing and Textiles
- Family and Consumer Sciences Foods
- Health
- Team Demonstration Natural Resources
- Shooting Sports
- Science, Engineering, and Technology Digital Media Presentation

MOCK JOB INTERVIEW CATEGORIES

- 14-15 Year old
- 16-18 Year old

CLOVERBUD CATEGORIES (ages 6-8)

Speech or Demonstration (county level only)

Must pre-register by March 15th. Email shannon.farrell@uky.edu or call the Extension Office at 859-234-5510 with 4-Her name, date of birth, email, phone number, and category(ies) to register.

Cooperative Extension Service
Department of Rural Development
University of Kentucky
Farming and Consumer Sciences
4-H Youth Development
Community and Economic Development

Extension Department of Family, Consumer, & Human Services
Department of Health, Behavior, & Society
Department of Horticulture
Department of Plant & Soil Sciences
Department of Public Health and Community Medicine
Department of Veterinary Medicine
Department of Food Science and Technology
Department of Agricultural and Forestry Center, Lexington, KY 40546

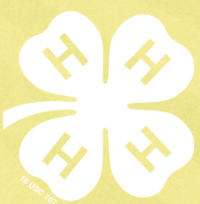
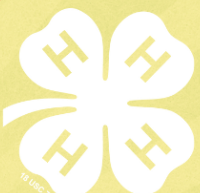


Camp Counselors: click here to sign up to receive the application directly to your email!!:
<https://www.signupgenius.com/go/90E0B4DACAF2BA4F49-47335923-4hcamp>



COUNSELOR SIGN UPS
(AGES 16-ADULT)
FEBRUARY 1 -15.
CAMPER SIGN UPS
(AGES 9-15)
MARCH 1 -15.

APPLICATIONS AVAILABLE AT THE EXTENSION OFFICE DURING ABOVE DATE



HEALTH BULLETIN



FEBRUARY 2024

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

Harrison County
Extension Office
668 New Lair Road
Cynthiana, KY
41031

THIS MONTH'S TOPIC LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

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Accessibility and Prior Modification

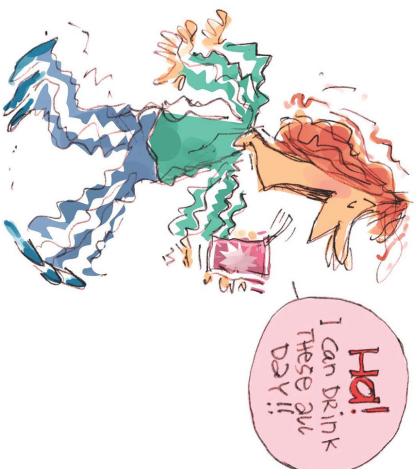
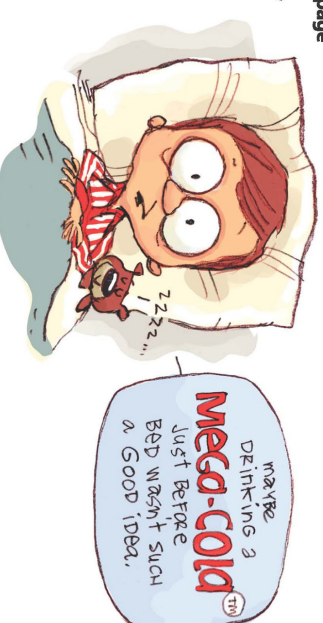
Kids should mostly drink water throughout the day and milk with meals.

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People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:
<https://kidshealth.org/en/kids/caffeine.html>

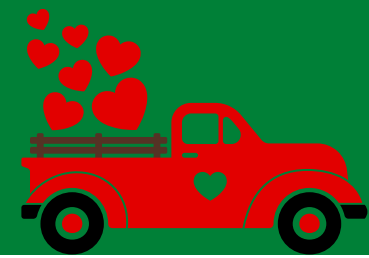
ADULT HEALTH BULLETIN

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Mansour
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Chris Ware (© University of Kentucky School of Human Environmental Sciences)



4-H Club Meetings

FEBRUARY 2024



SUN	MON	TUE	WED	THU	FRI	SAT
				1 4-H Horse Club 3:30 - 4:30 pm	2	3 4-H Knitting 10-12
4	5 4-H Entrepreneurs 3:30 - 4:30pm	6 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	7 4-H Teen Council 3:30 - 4:30 pm 4-H Livestock Judging 3:30 - 4:30 pm	8 4-H Dog Club 6 - 7 pm	9 4-H Embroidery 3:30- 4:30 pm	10 4-H Knitting 10-12
11	12 4-H Workshop: Speaking with a Purpose 3:30 - 4:30 pm 4-H Cooking Club 3:30 - 4:30pm *grades 6-12 4-H Poultry Club 5:00-7:00pm	13 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors Beekeeping 5 - 8 PM	14 4-H Livestock Judging 3:30 - 4:30 pm	15 4-H Rabbit Club 5 - 7 pm 4-H Horticulture Club 3:30 - 4:30 pm OAC Field trip	16 4-H Art Club 3:30- 5:30 pm	17 4-H Knitting 10-12 State Livestock Skillathon Contest, Good Luck!
18	19	20 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	21 Cloverbud 3:30 - 4:30 pm 4-H Livestock Judging 3:30 - 4:30 pm	22	23 Clubs that require Registering *The Friday before the meeting*	24 4-H Knitting 10-12 Livestock Club Field Trip
25	26 4-H Social Media Club 3:30 - 5:00pm 4-H Cooking Club 3:30 - 4:30pm *grades 3-5	27 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	28 4-H Livestock Judging 3:30 - 4:30 pm	29 **Cloverbud Cooking & **Beginning & Advanced Cooking Registration: Call the office 859-234-5510 Speaking with a Purpose **SIGN UP VIA QR CODE ON FIRST PAGE OF NEWSLETTER**		