

AMPLIFY  
KENTUCKY 4-H

# 4-H HAPPENINGS

May / Summer 2025

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



“ Hi! My name is Sutton Koch and I am the 2024-2025 4-H Social Ambassador. I have been in 4-H since 4th grade, and joining was one of the best decisions I have ever made! 4-H has given me innumerable opportunities for learning, leadership, public speaking, and so many more life skills. Some of the 4-H activities I am involved in are Sewing, Cooking, Social Media, Knitting, Lifeskills, Jr. Homemakers, Cloverbud, and of course Teen Council. 4-H is an amazing organization and I am so happy I get to be a part of it!! ”



## CONTACT US

*Harrison County  
Extension Office  
668 New Lair Road,  
Cynthiana, KY 41031  
859-234-5510*



Shannon Farrell  
4-H Agent  
shannon.farrell@uky.edu



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

## Life Skills 101

for youth ages 9-18

**June 26**

**Harrison County Extension Office**

**12:30-3pm**

*\*sign up by June 25<sup>th</sup> using the link or QR code\**

<https://www.signupgenius.com/go/30E0B1DACA72BA4F19-56390831-life>



 **Martin-Gatton**  
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### Topics may include:

Stages of Life  
Meal Time/Table Setting  
Time Management  
Finances  
Self Defense

### 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Webinar Event

## Living with Alpha-gal Syndrome

May 29th  
7:00 -  
8:30 p.m.



Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Join us for a watch party!

### Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

Harrison County Extension Office  
668 New Lair Road Cynthiana, KY

Registration Required  
Call 859-234-5510 to register



**Cooperative  
Extension Service**

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

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with prior notification.





# 4-H PROJECT DAYS

**Harrison County Extension Office**

**Drone Discovery**  
**June 23rd**  
**1pm- 3pm**



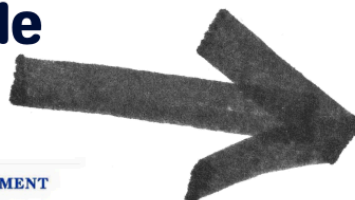
**Woodworking Kits**  
**June 24th**  
**1pm - 3pm**



**Art Masterpiece**  
**June 25th**  
**1pm - 3pm**



**Sign up for 1, 2, or all 3 here!**  
**Limited Spots Available**





- This event is free to the public. Event will begin at 6:30 p.m. and end at 8:30 p.m. In case of rain, the event will be cancelled.
- Recommended ages are 2 to 12 years, yet all ages are welcome. All children must be accompanied by an adult (over 18).
- A gift will be given to the first 100 children ages 2-12 years. (GIFTS WILL NOT BE AVAILABLE BEFORE 6:15 p.m. & will not be given to children under 2 or over 12 and are not guaranteed). Due to the heat, please do not bring your children before this time.
- "Passports" will be given out upon arrival to the event for activity completion. 50% of the activity stations must be completed to be eligible for door prizes.
- Event is sponsored by Harrison Memorial Hospital.
- For more information, call Mollie Smith at Harrison Memorial Hospital at 859.235.3510 or Lesley Roark at 859.235.3554.

Registration form may be dropped off at Harrison Memorial Hospital or mailed to  
Longest Day of Play, 1210 KY Highway 36 E, Cynthiana, KY 41031  
You may also register the day of the event.

Child's Name: _____	Age: _____
Child's Name: _____	Age: _____
Child's Name: _____	Age: _____
Child's Name: _____	Age: _____
Child's Name: _____	Age: _____
Address: _____	City: _____ State: _____ Zip: _____

Please note: Responsibility/Photo Release: In consideration of being accepted to participate in the Longest Day of Play, I assume all risks associated with this activity. Having read this release, I, for myself or anyone acting on my behalf, waive and release the City of Cynthiana, Harrison County and all participating sponsors from all claims to liabilities of any kind arising from my participation in this activity. In addition, I understand that photographs may be taken of me and/or the individuals listed above during this event and grant permission for these photographs to be used in promoting this event, either in print or on the internet.

Parent/Guardian Signature: \_\_\_\_\_



## Harrison County HEALTH FAIR

THURSDAY, MAY 29, 2025  
7:00 AM TO 11:00 AM  
HARRISON COUNTY MIDDLE SCHOOL  
(PARKING IN BACK ENTRANCE)

**FREE TESTS & SCREENINGS INCLUDE:**

- Balance Risk Assessment
- Blood Pressure
- Blood Tests for cholesterol, triglycerides, blood sugar, & thyroid-stimulating hormone
- Body Fat Analysis
- Colorectal Cancer Screening kits and education
- Diabetes Risk Screening
- Height & Weight
- Lung Cancer Screening questionnaire and education
- Pulse Oximetry
- Stroke Risk Assessment
- Vision Screening
- Cardiac Risk Assessment
- And, more

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

This event is open to everyone. It is NOT exclusive to Harrison County residents.

Lab results will be posted on the HIM/MyHealth! patient portal, or contact the Harrison Memorial Hospital Health Information Dept. to request a printed version.

**THANK YOU TO THE FOLLOWING SPONSORS:**

Harrison Memorial Hospital	UK Gill Heart & Vascular Institute Affiliate Network
Harrison County School System	UK Markey Cancer Center Affiliate Network
Harrison County Extension Office	Wedco District Health Department



# Community Corner

Spanish Resources



MCTC



LIBRARY



CHAMBER OF COMMERCE



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.

HC EXTENSION



## Honeydew Melon

**SEASON:** July-September

**NUTRITION FACTS:** Kentucky honeydew melon has a smooth, creamy white rind with a green cast. This melon is distinctive for its sweet, juicy, pale green flesh. The ripe melon is crisp and is a good source of vitamin C. Each one cup serving of honeydew melon only has about 60 calories.

**SELECTION:** Look for honeydew melons that give slightly when squeezed. Ripe melons will have a sweet, delicate scent.

**STORAGE:** Store under-ripe melons at room temperature for two to three days. Refrigerate cut melons in plastic bag for up to one week. Melons can be frozen in light syrup for future use.

Source: Kentucky Melons, UK Cooperative Extension Service

**PREPARATION:** Rinse the outside of the melon before cutting. Cut melon in half and remove seeds by scraping them out with a spoon. If you are using only part of the melon, leave the seeds in the unused piece, wrap well and refrigerate for two to three days.

### HONEYDEW MELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human

Nutrition students

July 2014

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.edu/fcs](http://www.uky.edu/fcs)

COOPERATIVE  
EXTENSION  
SERVICE

UK  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

## 2025 4-H FUN DOG SHOW



**SATURDAY, JUNE 21  
4:00PM**

Harrison County Fairgrounds  
2849 U.S. HWY 27 South  
Cynthiana, KY 41031

**ENTRIES DUE BY  
JUNE 13TH!**

REGISTER BY JUNE 13TH BY USING THE QR CODE  
OR CLICKING THE LINK. FOR ANY QUESTIONS  
CONTACT 859-234-5510



SCAN ME

## 4-H FUN DOG SHOW CLASSES



**Egg & Spoon Race:** Youth & Dog (must be on leash) will work together to be the last one with an un-cracked egg.



**Musical Sits:** when the song stops, butts must drop. Get your dog to sit the fastest, last one to sit is out.



**Fastest Recall:** (Will need a 2<sup>nd</sup> person; helpers will be available) See who has the speed to get their dogs back to them the fastest.



**Trick Contest:** Show us the best trick you and your dog can do.



**Temptation Alley:** Youth & Dog (must be on a leash) will stay focused through a path made to distract and see who can make it out the fastest.



**Agility Course:** Youth & Dog will run the course in the correct pattern and complete the obstacles in the fastest time.

# 4-H Club Meetings

## MAY/ SUMMER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. Horse Club 6-7 pm Bring horse to fairgrounds 4-H Livestock Judging 6-7 pm	2. Jr. Homemaker Club 3:30 - 5:00pm	3. 4-H Knitting 10 am-12 pm
4.	5.	6. 4-H Photography 5-6 pm Boyd's Station	7.	8. 4-H Livestock Judging 6-7 pm	9. <div>Outdoor Adventure Club Trip</div>	10. 4-H Knitting 10 am-12 pm 4-H Camp 60 <sup>th</sup> Celebration
11.	12. Poultry Club 5 - 7 pm	13. 4-H Photography 5-6 pm Boyd's Station	14. 4-H Embroidery 3:30-4:30pm 4-H Dog Club @McCauley Building Dogs ALLOWED	15. Rabbit club- 5-7 pm 4-H Livestock Judging 6-7 pm	16.	17. 4-H Knitting 10 am-12 pm
18.	19.	20. 4-H Photography 5-6 pm Boyd's Station	21. 4-H Horticulture Club 3:30-4:30 pm	22. 4-H Livestock Judging 6-7 pm	23.	24. 4-H Knitting 10 am-12 pm
25.	26.	27.	28.	29. 4-H Livestock Judging 6-7 pm	30.	31.
	4 - H	C	A	M	P	



"To Make the Best Better"

