

# 4-H HAPPENINGS

March 2024



“Hello, my name is Clayton Laytart, and I'm your 2023-2024 Teen Council Vice President. I preside by the president, and if I had to say anything about 4-H, it would be to expect the unexpected. So many opportunities will open for you when you least expect it and never be afraid to take those opportunities.”



## 4-H Camp

4-H Camp signups are here! Applications are accepted **March 1 - March 15th** at the Harrison County Extension Office (spots fill up fast)! Cost is **\$225**. Scholarships are available! Applications may be picked up at the Extension Office or at the school front office - but must be turned into the Harrison County Extension Office. (Counselors - especially males - are still needed!)

**Any Questions?  
Contact us!**

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**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.

# 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.

Inspire a farmer to give back!  
The \$10

Ag Tag voluntary donations directly support 4-H, FFA and Kentucky Proud. A portion of the funds will come directly back to Harrison County



## 4-H PROJECT WORKSHOP

Monday, March 4th from  
3:30-4:30.

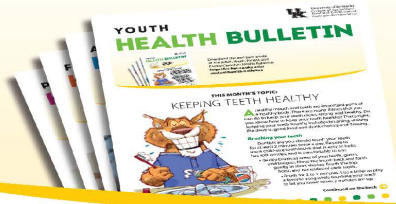
Ages 9-18 years old

Explore your home with this bulletin board project workshop! Participants will create a 12x12 inch bulletin board that will be fair ready and personalized to your style! Either **click or scan** the QR Code below:

<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-47033350-4hbulletin>



# YOUTH HEALTH BULLETIN



**MARCH 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

## PROTECT YOUR BRAIN: WEAR A HELMET!



**H**elmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because

**Continued on the next page** →



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# Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

## → Continued from the previous page

you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

### REFERENCE:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>



## ADULT HEALTH BULLETIN

### Written by:

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# 10th annual **STRIVE FOR THE DRIVE**



**FREE YOUTH LIVESTOCK SHOW CLINIC**

**SATURDAY, MARCH 30<sup>TH</sup>**  
**DERRICKSON AGRICULTURE CENTER**  
**25 MSU DRIVE, MOREHEAD, KY**  
**9:30 AM - 2:00 PM**

## **GUEST PRESENTERS**

Warren Beeler - **Animal Husbandry**

Dr. Flint Harrelson - **Nutrition**

Dr. Beth Johnson - **Animal Health**



Warren Beeler



Dr. Flint Harrelson

**Participants can earn 3  
Credit Hours for Livestock  
Educational Training**

## **SCHEDULE**

8:30 AM - 9:30 AM	Check-In & Breakfast
9:30 AM	Welcome
9:45 AM	Breakout Sessions
Noon	Lunch
12:45 PM - 1:30 PM	Breakout Sessions
1:30 PM	Q & A and Wrap - Up

Register on-site OR  
Pre-Register  
by March 15  
with:



Evan Davis  
evan.davis@ky.gov

Find out more about **Hinton Mills' new line of show feed**. Science-based nutrition - made fresh with locally grown ingredients.





# 4-H Club Meetings

## MARCH 2024



SUN

MON

TUE

WED

THU

FRI

SAT

31

Clubs that require Registering  
\*The Friday before the meeting\*

\*\*Cloverbud Cooking & \*\*Beginning & Advanced Cooking  
Registration:  
Call the office 859-234-5510

1

Jr. Homemakers  
3:30- 5 pm

2

4-H Knitting  
10-12

3

4 4-H Bulletin  
Board workshop  
[https://www.signupgenius.com/go/30E0B4DAC\\_A72BA4F49-48077033-4bulletin#/  
4bulletin#](https://www.signupgenius.com/go/30E0B4DAC_A72BA4F49-48077033-4bulletin#/)

5

6 4-H Teen Council  
3:30 - 4:30 pm  
4-H Livestock  
Judging  
3:30 - 4:30 pm

7

4-H Horse Club  
3:30 - 4:30 pm

8

4-H  
Embroidery  
3:30- 5 pm

9

4-H Knitting  
10-12

10

11 4-H Advanced  
Cooking Club  
3:30 - 4:30pm  
\*Grades 6 - 12  
4-H Poultry Club  
5:00-7:00pm

12

Beekeeping  
5-8 PM

13

4-H Livestock  
Judging  
3:30 - 4:30 pm

14

4-H Dog Club  
6 - 7 pm

15

4-H Art Club  
3:30- 5:30 pm  
**\*must sign up link  
will be sent out via  
text\***

16

4-H Knitting  
10-12

17

18 4-H Cloverbud  
Cooking Club  
3:30 - 4:30pm

19

20 Cloverbud  
3:30 - 4:30 pm  
4-H Livestock Judging  
3:30 - 4:30 pm  
4-H Horticulture Club  
3:30 - 4:30 PM  
4-H Photography  
@Boyd's Station Gallery  
4- 5 PM

21

4-H Rabbit  
Club  
5 - 7 pm

22

23

4-H Knitting  
10-12

24

25 4-H Social Media  
Club  
3:30 - 5:00pm

26

27 4-H Livestock Judging  
3:30 - 4:30 pm  
4-H Livestock Club  
4:30 - 5:30 PM  
4-H Photography  
@Boyd's Station Gallery  
4- 5 PM

28

**COMMUNICATIONS  
CONTEST MCTC on  
March 27th register  
by emailing  
shannon.farrell@uky  
.edu by March 15th**

29

30

4-H Knitting  
10-12

