



UK Cooperative Extension Service

Campbell County
3500 Alexandria Pike
Highland Heights, KY 41076
(859) 572-2600
Fax: (859) 572-2619
www.campbell.ca.uky.edu

MAY 2024

4-H YOUTH DEVELOPMENT NEWSLETTER

Colton Rust wins 25th Annual "I Love Cows" Essay Contest



The 2024 Dustin Worthington "I Love Cows" Essay Contest awarded 12 heifers to Kentucky 4-H and FFA members on April 4, 2024 at the Mercer County Cooperative Extension Office in Harrodsburg, KY. The program was established in 2000 after the death of Dustin Worthington, a Mercer County teen who was involved in the

cattle industry. Worthington was killed along with a friend in an automobile accident on April 4, 2000. The I Love Cows Essay Contest was established to share the passion Dustin had for working with cattle. The goal is for youth to develop their heifer and to potentially start their own herd that will aid in helping pay for their education. Winners are encouraged but not required to give back to the program by donating an offspring of the heifer to keep the program going for future years.

To date, 346 animals have been awarded to 4-H and FFA youth across the state of Kentucky. This year there were 56 entries from 27 counties.

Colton Rust a Campbell County 4-H member was selected as one of the contest winners this year. His heifer was donated by Carson Schultz who was a winner in 2018.



Congratulations to the Rust and Schultz Families!



LOTS GOING ON 

What's Happening in 4-H

Programs or meetings are at the Campbell County Extension Office in Highland Heights unless noted below. For more information on these or other programs offered call the extension office at 859-572-2600.

MAY

- May 7 Sharp Shooters—6:15pm
- May 9 4-H Dog Club—6:30pm
Extension Garden
- May 13 4-H Teen Leadership—5:30-7:00pm
- May 20 4-H Rabbit & Poultry Club—6:00pm
Alexandria Fairgrounds
- May 20 4-H/FFA Livestock Club Meeting—6:30pm
Alexandria Fairgrounds
- May 21 4-H Entomology Club—5:00pm
- May 22 4-H Prepare for Fair—5:30-7:30
- May 23 4-H Dog Club—6:30pm
Extension Garden
- May 28 4-H Cloverbuds—6:00pm
- June 4 & 5 4-H Tree Camp—9am-4pm
- June 12 4-H Forestry
- June 2-7 4-H Horse Camp
- June 6,13, 20 & 27 Paint & Popsicles
- June 20 4-H Photography Club—5:00-6:00pm



2024 Piggy Bank Contest Winner!

Congratulations to Campbell County 4-H'er, Emory Polatka! Her piggy bank design was a state champion, and on display during March and April at the Capitol Rotunda in Frankfort! Emory was recognized at the awards program. Great job, Emory!



Visit Campbell County 4-H on Facebook to see more photos from this event...



4-H CLUB REPORTS



Campbell Ridge Elementary

On March 28, 2024, **Mrs. Waters 4-H Cafe Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, Addy called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Anastaisa and Mason helped lead the pledges. There were 23 members present at the meeting. The topic for this month's meeting was the egg drop. One thing we did during this months meeting was build egg catchers. Addy, reporter.

On March 28, 2024, **Mrs. Wachter's 4-H Nature Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president Dallas called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Gavin and Wyatt helped lead the pledges. There were 25 members present at the meeting. The topic for this month's meeting was the egg drop. One thing we did during this month's meeting was design an egg catcher. Duela, reporter.

On March 28, 2024, **Mrs. Evan's 4-H Gnomies Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, Vivian called the meeting to order, we said the pledge of allegiance and the 4-H pledge. Rejean and Jax helped lead the pledges. There were 26 members present at the meeting. The topic of this month's meeting was the egg drop. One thing we did during this meeting was build egg catchers to keep eggs from breaking. James, reporter.

On March 28, 2024, **Mrs. Lee's 4-H Bees Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, Harmony called the meeting to order, we said the pledge of allegiance and the 4-H pledge. Colby and Chris helped lead the pledges. There were 25 members present at the meeting. The topic of this month's meeting was the egg drop. One thing we did during this meeting was make cushions for an egg drop. Wyatt, reporter.



4-H CLUB REPORTS



Crossroads Elementary School

On April 17, 2024, **Mrs. Hungate's 4-H Crazy Kids Club** held their monthly meeting at Crossroads Elementary School. After our club president Sophia Q. called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Hayden and Emma helped lead the pledges. There were 24 members present at the meeting. The topic for this month's meeting was reading *The Lorax*. One thing we did during this meeting was write poems. This was our final meeting for this school year. Cynthia, reporter.

On April 17, 2024, **Mrs. Leffingwell's 4-H Dr. Phill's Cats Club** held their monthly meeting at Crossroads Elementary School. After our club president Aylx called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Trevor and Elin helped lead the pledges. There were 25 members present at the meeting. The topic for this month's meeting was we read *The Lorax*. One thing we did during this meeting was write poems. This was our final meeting for this school year. Avah, reporter.

On April 17, 2024, **Mrs. Hicks 4-H Elephants Club** held their monthly meeting at Crossroads Elementary School. Club president Rhiannon called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Lilly and Nate helped lead the pledges. There were 24 members present at the meeting. The topic for this month's meeting was the environment. One thing we did during this month's meeting was read *The Lorax*. This was our final meeting for this school year. Courtney, reporter



Saddle Up 4-H Club



The Saddle Up 4-H Club met on April 4 at the Alexandria Fairgrounds. The meeting started at 7 o'clock pm with an hour of

education before. Items discussed included horse camp June 2-7, UK AG Field Day on April 18 and our horse shows this summer. There will not be anymore education meetings offered, but if you need more education contact the leaders. [Horse camp forms have been posted on Facebook](#) and are available at the 4-H Office if you need one.

Submitted by Raelynn Steffen

HORSE CAMP 2024

FUN AND EDUCATIONAL CAMP WHERE KIDS AGES 9 TO 18 CAN LEARN AND CONNECT WITH THEIR HORSES

Dates: 02-07 JUNE
Camper hookups: \$60
Registration cost: \$200*

Offers:

- 24 hours of instruction time
- All meals for every day (including snack time)
- After instruction activities
- Camp craft that is a take home item
- Camp T-shirt

Divisions:

- English
- Western
- Contest
- Miniature
- Gaited

Alexandria Fairgrounds
100 Fairground Rd,
Alexandria, KY 41001

*nonmember cost

More Information cc4hsaddleupclub@gmail.com



4-H Dog Club

The Dog Club finally got to enjoy some sunshine at our club meeting.



Visit Campbell County 4-H on Facebook to see more photos from this event...



4-H Rabbit & Poultry Projects



**Club Meeting on
May 20, 2024
6:00 p.m.**

at Alexandria Fairgrounds
100 Fairground Rd, Alexandria, KY 41001

Bring one (1) animal to practice for the Fair

- Valuable experience learning to raise animals, large and small.
- Responsibility of feeding and caring for your animal.
- Learn the requirements to exhibit at County and State Fairs.
- Learn about the various breeds and choosing what fits your purpose.
- Determine the housing requirement for your animal.

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4-H TEEN LEADERSHIP



- ENGAGE IN THE COMMUNITY THROUGH SERVICE LEARNING PROJECTS.

- BUILD CONNECTIONS WITH PEERS THROUGH TEAM BUILDING EXERCISES.

- EXPLORE LEADERSHIP OPPORTUNITIES.

Open To:

ALL MIDDLE & HIGH SCHOOL STUDENTS

**4-H Teen Leadership will meet the second Monday of the month at the Campbell County Extension office.
*April Meeting-Third Monday**

To register the first meeting scan the QR code or email Kellsey Agnew at the below email address.

Questions? Contact kellsey.agnew@uky.edu



YOUTH

HEALTH BULLETIN



MAY 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>

Campbell County Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC

START SMART: WARM UP AND STRETCH!



Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page →

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How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.html>



ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

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

Saying...



is very important and means a lot!

Even in the fast-paced society that we live in today, saying thank you is still very important and means a lot. Saying thank you whether it's to a 4-H donor or sponsor, a family member or friend goes a long way to show appreciation. Saying thank you is important for a 4-H show or fair donation, for a birthday gift or a graduation gift or even a wedding gift. As we enter the time for graduations, weddings and county fairs please remember to say thank you! An easy way to say thank you is with a thank you note.

Why write a thank you note?

- to give donors, buyers, friends and family recognition for their support and kindness
- to thank them for their support of your 4-H Project, birthday or graduation or wedding
- to show that you care and are willing to go the extra mile to say thanks
- to make the donor or gift giver to feel appreciated and in return they are more likely to repeat their actions
- it doesn't take much time to sit down and write a sincere thank you note!

Clearly then, the act of expressing your appreciation through a few words in a thank you note, is an important way to show your gratitude for someone and their time.

4-H Prepare for Fair Club

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



Come create award-winning projects to enter into the State Fair & Alexandria Fair!

YOUTH IN 4TH-8TH GRADE ARE INVITED TO JOIN THE CLUB. WE MEET MONTHLY AT THE CAMPBELL COUNTY EXTENSION OFFICE FROM 5:30-7:30.

Meeting Dates

JANUARY 24	MAY 22
FEBRUARY 28	JUNE 26*
MARCH 27	JULY 17*
APRIL 24	AUGUST 12

Monthly participation is REQUIRED.
*MEETS FROM 2PM-4PM

REGISTRATION OPENS
JANUARY 3RD

REGISTER AT [HTTPS://CAMPBELL.CA.UKY.EDU/](https://campbell.ca.uky.edu/)
OR 859-572-2600
REGISTERING FOR THE JANUARY MEETING REGISTERS FOR ALL MEETINGS

QUESTIONS? EMAIL
[KELLSEY.AGNEW@UKY.EDU](mailto:kellsey.agnew@uky.edu)
OR CALL 859-572-2600

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





What is your 4-H Age?

Jan. 1st - Dec. 31, 2014, their 4-H Age is 9
Jan. 1st - Dec. 31, 2013, their 4-H Age is 10
Jan. 1st - Dec. 31, 2012, their 4-H Age is 11
Jan. 1st - Dec. 31, 2011, their 4-H Age is 12
Jan. 1st - Dec. 31, 2010, their 4-H Age is 13
Jan. 1st - Dec. 31, 2009, their 4-H Age is 14
Jan. 1st - Dec. 31, 2008, their 4-H Age is 15
Jan. 1st - Dec. 31, 2007, their 4-H Age is 16
Jan. 1st - Dec. 31, 2006, their 4-H Age is 17
Jan. 1st - Dec. 31, 2005, their 4-H Age is 18
Jan. 1st - Dec. 31, 2004, their 4-H Age is 19
and no longer eligible to be a 4-H member

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

4-H Tree Camp

 **Martin-Gatton**
College of Agriculture,
Food and Environment
 4-H Youth Development



Learn all about trees, enjoy nature, and
work on forestry fair entries!



Environmental Education Center
1261 Race Track Road
Alexandria, KY 41001

June 4 & 5
9:00am-4:00pm

Register online at campbell.ca.uky.edu or by phone: (859) 572-2600.
Contact Ginny Butsch with any questions: gabby.butsch@uky.edu
Program open to Campbell County youth ages 9-18.



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Disabilities
accommodated
with prior notification.



Let's Protect Our Environment!

4th graders from Campbell Ridge and Crossroads Elementary would like to share a message about the importance of protecting our environment.

**BIG OR SMALL, SHORT OR TALL
WE ALL CAN MAKE POLLUTION STALL**

Regan Webster
Mrs. Moore-
Crossroads Elementary

**Don't be mean and cut down trees.
Be like the Lorax and protect
them or animals will leave.**

Trevor Cobb
Ms. Leffingwell-
Crossroads Elementary

**WE NEED MORE TREES! SAVE THE BEES!
SAVE THE FLIES, CLEAR THE SKIES!
NO MORE SMOKE, THIS IS NOT A JOKE!
USE STICKS TO MAKE A S'MORE, WE DO NOT CUT DOWN TREES ANYMORE!
EARTH IS LIVING AND WILLING TO BE GIVING,
SO DON'T TAKE ALL THE FOOD BECAUSE TO THE ANIMALS THAT IS RUDE!**

Rejean Muench
Mrs. Evans-Campbell Ridge Elementary

**Recycling is something you should do.
Recycling is what everyone should do.
Recycling saves the earth.
I recycle and you should too!**

Rhianmon
Mrs. Hicks- Crossroads Elementary

**We don't salute
When you pollute
We will care
When you hurt the air
Please don't bother
The clean water**

Maya Lewis
Mrs. Lee-
Campbell Ridge Elementary

**Help us
make a
difference!**

**Roses are red, violets are blue
I Reduce, Reuse, and Recycle and you should too!
Help the world - it's the kind thing to do!**

Alivia Stocum
Mrs. Waters- Campbell Ridge Elementary

**When you look up at the sky what meets your eye?
If you were to fly, what would you see?
If I were to fly, looking down on the ground,
I wouldn't see grass, I'd see trash - loads and loads of trash.
We need to change that!**

Emma Corriveau
Mrs. Hungate- Crossroads Elementary

**THE ENVIRONMENT
IT'S SO IMPORTANT TO ME
WE ALL NEED TO CARE

STOP THE EMISSION
STOP ALL THE POLLUTION NOW
IT'S MAKING A DENT

JUST PLEASE LISTEN NOW
LISTEN NOW TO SAVE THE WORLD
COME ON WORLD, LISTEN**

**REUSE TO SAVE US
RECYCLING WILL HELP IT TOO
REDUCE OUR IMPACT!**

Charlotte Arnold
Mrs. Wachter-
Campbell Ridge Elementary





C7/C8 Area 4-H Communications Event

Congratulations to all the Campbell County 4-H'ers who competed in the C7/C8 Area 4-H Communications Event on April 20!

- 9 year old speech - Ellie Wade
- 10 year old speech - Skylar Holbrook
- 11 year old speech - Aubrey Lauer
- 12 year old speech - Macy Humphreys
- Visual Arts demonstration - Lillian Wooton
- SET demonstration - Arthur Wright
- Foods demonstration - Gia Guidugli

Campbell County 4-H is proud of all of you!

The 4-H'ers below will be moving on to compete at the State 4-H Communications Event on July 13!

- Aubrey Lauer
- Macy Humphreys
- Gia Guidugli
- Lillian Wooton



Visit Campbell County 4-H on Facebook to see more photos from this event...



4-H Cloverbuds

What an awesome month of Cloverbuds we learned about the engineering design process and used what we learned to build bridges strong enough for the billy goat to safely cross to the other side.



Visit Campbell County 4-H on Facebook to see more photos from this event...

4-H/FFA Livestock Club



Next Meeting!

May 20, 2024 at 6:30pm
at the Alexandria Fairgrounds



- Membership requirements:**
- 4-H age 9-18 as of January 1, 2023
 - Or dues paying member of the FFA
 - Must reside or go to school in Campbell County
 - Fill out enrollment forms and attend club meetings
 - Complete at least six (6) hours of education from a certified volunteer

- Projects offered include:**
- Market and breeding beef, sheep and goats, market hogs and country ham

- Project goals include:**
- Expand youth knowledge of the livestock industry
 - Learn about selection, nutrition, health and daily care, marketing and showing of livestock.
 - Learn responsibility and the value of hard work
 - Gain life skills such as decision making and communication skills

For more information contact:

Owen Prim
Campbell County Extension Agent
For 4-H Youth Development
3500 Alexandria Pike
Highland Heights, KY 41076
Phone- (859) 572-2600
Email: oprim@uky.edu

or
Kelly Armour
Campbell County High School
FFA Advisor
909 Campbell Crossing
Alexandria, KY 41001
Phone- (859) 635-4161
Email: kelly.armour@campbell.kyschools.us



Martin-Gatton College of Agriculture, Food and Environment
4-H Youth Development

Entomology Club

2024 Meeting Dates

All meetings are 5:00pm-6:00pm

March 19

June 18

September 17

April 16

July 16

October 22

May 21

August 20

Meetings held at the Campbell County Extension Office.
Register online at campbell.ca.uky.edu or by phone: (859) 572-2600.
Registration Deadline is one week prior to each meeting.
Contact Ginny Butsch with any questions: gibutsch@uky.edu
Program open to Campbell County youth ages 9-18.

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4-H

 **Martin-Gatton**
College of Agriculture,
Food and Environment

 4-H Youth Development

Forestry

Learn how to make leaf prints and leaf collections.

Participants must attend both days.

June 12 & July 10

5:00pm-7:00pm

Environmental Education Center

1261 Race Track Road

Alexandria, KY 41001

Register online at campbell.ca.uky.edu or by phone: (859) 572-2600.

Contact Ginny Butsch with any questions: gabby.butsch@uky.edu

Program open to Campbell County youth ages 9-18.

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4-H / FFA - UK Ag Field Day

On April 18 over 2300 4-H and FFA members traveled to the University of Kentucky for the UK Agriculture Field Day. The day included educational displays and competitions, exploring the UK Campus and meeting new friends. Congratulations to all of our Campbell County youth who participated. We are proud of you!



Visit Campbell County 4-H on Facebook to see more photos from this event...



PAINT & POPSICLES

WE'LL SAVOR THE FLAVOR OF SUMMER AS WE LEARN TO PAINT IN THE STYLE OF FAMOUS ARTISTS. JOIN US FOR ONE OR ALL 4!

June 6, 4:30-6:30
June 13, 1:00-3:00
June 20, 4:30-6:30
June 27, 1:00-3:00

Campbell County Extension Office
 3500 Alexandria Pike
 Highland Heights, KY 41076

Register online at campbell.ca.uky.edu (each child will need their own account)
or by phone: (859) 572-2600.
Registration Deadline is one week before each class.
Contact Ginny Butsch with any questions: gabby.butsch@uky.edu

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 Lexington, KY 40506

UK Martin-Gatton College of Agriculture, Food and Environment
 4-H Youth Development

4-H Youth Development



4-H Photography Club

Join us monthly in 2024 to learn how to capture the world through the lens of the camera!

Individuals are encouraged to bring a Cell Phone to use for this program. If no Cell Phone is brought, a digital camera will be provided.



- Thursday June 20th
- Thursday July 11th
- Thursday August 8th—Hosted at Environmental Education Center
- Thursday September 12th
- Thursday October 17th
- Thursday November 14th
- Thursday December 12th



Meeting Monthly on Thursday
Nights from 5:00-6:00

Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

Register online at campbell.ca.uky.edu or by phone: (859) 572-2600. Registration Deadline is **ONE WEEK** before meeting.

Contact Simon Boschert with any questions:

simon.boschert99@uky.edu

Program open to Campbell County youth ages 9-15.

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Martin-Gatton
College of Agriculture,
Food and Environment

 4-H Youth Development

PAPER MACHE MASKS



Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

July 8 & 11*
1:00-3:00pm

***Must attend both days**

Register online at campbell.ca.uky.edu or by phone: (859) 572-2600.

Contact Ginny Butsch with any questions: ginny.butsch@uky.edu

Program open to Campbell County youth ages 9-15.

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Kentucky 4-H Teen Conference

2024



Explore college, future career paths, and gain leadership skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE \$150

Contact Sherri at sfarley@uky.edu for details and a registration packet

Deadline to register is May 15, 2024

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