



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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

MARCH 2022

4-H YOUTH DEVELOPMENT NEWSLETTER

RENEWING FARM TAGS BENEFITS 4-H

4-H has an opportunity to raise funds for Campbell County and statewide 4-H programs again this year, through the Kentucky Ag Tag Donation program.

“Kentucky 4-H has again been given a tremendous opportunity by Commissioner Quarles to raise significant funds to support 4-H,” said Melissa G. Miller, Executive Director of the Kentucky 4-H Foundation. “This funding creates life-changing opportunities for local 4-H’ers and cultivates future leaders – instilling leadership skills, citizenship, and life skills in a learn-by-doing atmosphere.”

Since 2012, Kentucky Farmers have the option to make a \$10.00 voluntary donation when they purchase or renew their license plate. Commissioner of Agriculture, Ryan Quarles, will again equally divide the amount raised among 4-H, FFA and Kentucky Proud.

With more than 184,000 farm plates bought or renewed each year in Kentucky, the Commissioner’s action can generate significant funds to support these three outstanding programs.

In 2021, Kentucky 4-H received \$243,875.89, from the Ag Tag Donations. These funds are split between the county where the funds originated and the Kentucky 4-H Foundation for state level programs. That means half of the Ag Tag donation stay in Campbell County funding programs and activities that teach



children and teens about leadership, citizenship, science and technology, communications, public speaking, agriculture, and more.

Over 290,000 youth are involved in Kentucky’s 4-H program. Kentucky ranks in top 10 in several 4-H enrollment categories nationwide. All 120 counties in Kentucky have 4-H programs and all counties will receive a

portion of the support from the Ag Tag Donation program.

In 2021 a total of \$3850.00 was donated in Campbell County and this amount was split between 4-H, FFA and KY Proud Programs. If every Campbell Countain renewing an Ag Tag were to make the voluntary \$10 donation, over \$8555.00 could be raised.

For more information about Campbell County 4-H, visit our Facebook page or visit our Campbell County Cooperative Extension Service website www.campbell.ca.uky.edu

Are you interested in serving as an adult counselor for Campbell County 4-H Camp?

Serving as an Adult Counselor gives you the opportunity to serve as a role model for campers, to enjoy a week in the outdoors, and to change lives for the better. This form is just an interest form, formal applications will be sent out at a later date. Counselors will be selected and must pass a background check.

Complete our interest survey by using the QR code or this link:
https://uky.az1.qualtrics.com/jfe/form/SV_9tyuNZLpUYh2DmS
You must be at least 18 years old to be an Adult Counselor



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Join the 4-H



FOR KIDS AGED 5-18

- **TEACH YOUR DOG HEEL, SIT, STAY, AND COME.**
- **LEARN AND PRACTICE LEADERSHIP SKILLS.**
- **TEACH YOUR DOG SOCIALIZATION SKILLS.**
- **LEARN HOW TO READ YOUR DOG'S BODY LANGUAGE.**
- **PRACTICE NEW SKILLS THROUGH FUN EXERCISES.**
- **COMPETE IN 4-H COUNTY AND STATE DOG SHOWS.**



Join our **Facebook Group...**
Campbell County 4-H Dog Club
to learn more about meetings,
dates and times.



Meetings held at the Campbell County Extension Office

3500 Alexandria Pike | Highland Heights, KY 41076

Next Meeting: March 24 – 7:00 p.m.

Phone: 859-572-2600

Contact Claire Linepensel with questions

Email: 4HMuddyPaws@gmail.com

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



GROWING TOMORROW'S LEADERS

YOUR DONATION

Give \$10 with each Ag Tag

YOUR COMMUNITY

Half of the funds for 4-H and FFA
come back to your local clubs
and chapters.

OUR LEADERS

Support statewide programs
impacting 274,000 students enrolled
in 4-H, FFA and KY Proud members.



By making a \$10 donation with your Ag Tag, you are choosing to invest directly into the future of Kentucky agriculture. Donations are divided equally between FFA, 4-H and Kentucky Proud with half going directly back to your County. Thank you for your support.



SAVE THE WATER
WASTE LESS WATER
ALWAYS PICK UP YOUR TRASH
THROW AWAY YOUR TRASH
EARTH IS IMPORTANT
RECYCLE SO WE CAN SAVE THE TURTLES
WROTE BY: ALEXIS MARTIN CRES

TAKE CARE OF THE
RIVER
EARTH
ENVIRONMENT
WROTE BY: AISLINN
LINCOLN ELEMENTARY

Pick up your trash,
Don't be bad,
Join team trees or,
Help some bees,
Being nice to Earth
Will lead to excellence,
Not littering is good
For everyone.
Wrote By: Mason Drury St. Thomas



ENVIRONMENT IS IMPORTANT
ALWAYS PICK UP TRASH
RECYCLE, REUSE, REDUCE
THINK OF WAYS YOU CAN HELP
HELP THE EARTH
WROTE BY: ARABELLA BERTSCH CRES

Look at the sky
People must try
To stop all your glupping and mumping
The smoke fills the air
As the swamy swan drop
Do you care?
You un-truffle the truffula trees
That many creatures really need
Stop your chopping, do we really ne a thneed?
We need fresh air
So nature can truly flair
The fish do agree
Wrote By: Reese Feltner CRES



LET'S PICK UP SOME TRASH
THE WORLD DOESN'T NEED A BIGGER RASH
LETS PLANT A TREE
FOR THE BEE'S
WROTE BY: JOCELYN B. CRES



Clean the land
For better food
Clean the air
For better breathing
Clean the water
For better living.

Wrote By: Eli CRES

I start by picking up litter. I don't know why people litter. Don't litter please it is bitter. Recycling is what I am doing. Recycling stands for-

Recycle
Environment
Clean
Yard
Community
Littering is bitter
Earth



4th Grade
messages on how
we can protect our
environment!

Wrote By: Jazzy CRES 4th

The earth is our Friend
Lets give it a hand
Don't pollute
Take care of a root
Wrote By: Josslyn
Lincoln Elementary

ROSES ARE RED
VIOLETS ARE BLUE
CLEAN UP THE EARTH
IF YOU WANT TO
WROTE BY: AYL A B.
LINCOLN ELEMENTARY

I COULD GET THE ANIMALS FOOD
I WILL NOT BE SO RUDE
STOP POLLUTION, PICK UP TRASH
PLANT TREES IN A DASH
WILL NOT HARM OR HURT THE NATURE
I WILL NOT LET ANYONE CUT DOWNS TREES
NO HARM, I WILL SAY PLEASE!
WROTE BY: PAPI LINCOLN ELEMENTARY

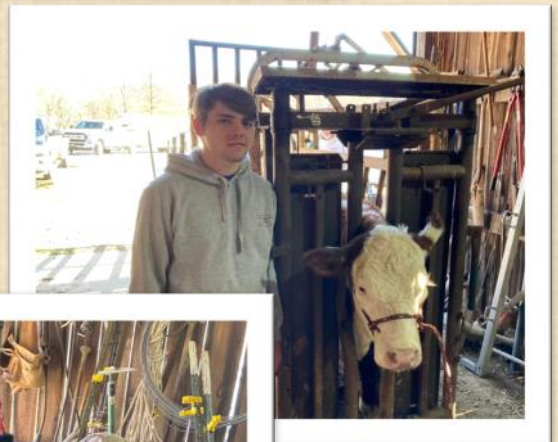
Roses are red
The grass is green
Will you please
Keep the environment clean.
Wrote By: Gatlin Lincoln Elem

4-H/FFA Livestock Club



The 4-H/FFA Market Beef Projects have started for 2022. Good luck everyone!

Have FUN and LEARN lots.



4-H Spring Break Day Camp



College of Agriculture,
Food and Environment



Home for Spring Break? Come spend the morning with 4-H! Make crafts, play games and meet new friends!

WHO: YOUTH 9-15 YEARS OLD
WHEN: 4/6/22 FROM 10AM-12PM
WHERE: CAMPBELL COUNTY EXTENSION OFFICE
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076
OR VIA ZOOM IF PARTICIPATING VIRTUALLY

Register Online Campbell.ca.uky.edu or
By Phone (859) 572-2600
Registration will open on March 1st and close on March 31st
You can register for In Person or Virtual Participation

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

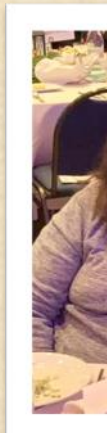
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LEXINGTON, KY 40546



Disabilities
accommodated
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2022 Kentucky 4-H Volunteer Forum. "Dream It, Believe It, Achieve It."
Campbell County was well represented with 40 delegates. Special
congratulations to our award winners!





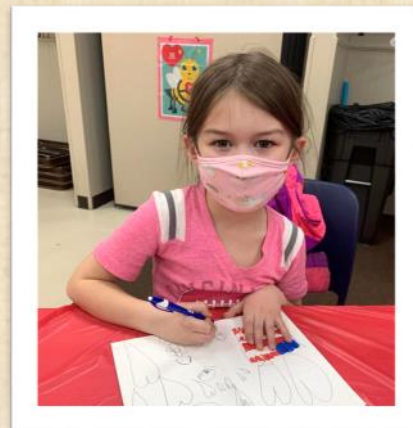
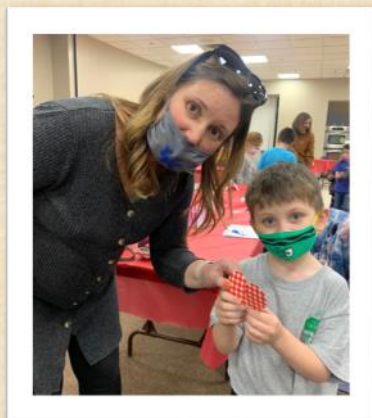
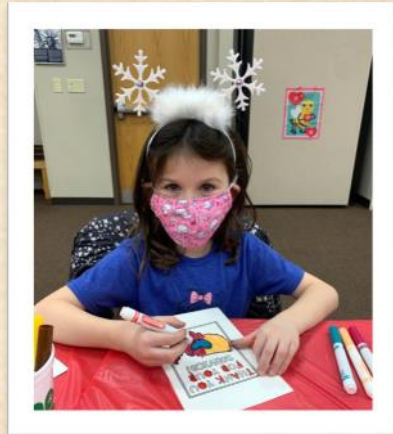
**KENTUCKY 4-H HALL OF FAME
HIGHEST PERFORMING COUNTIES**

11 th tie	Cumberland	20
11 th tie	Muhlenberg	20
9 th tie	Clark	22
9 th tie	Boone	22
8 th	Kenton	23
7 th	Hart	29
6 th	Henderson	32
5 th	Pendleton	35
4 th	Campbell	43



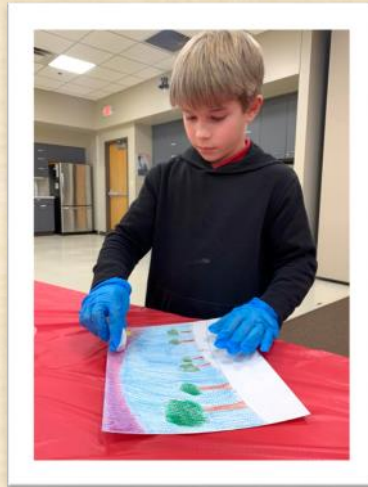
4-H CLOVERBUDS

4-H Cloverbuds had a great meeting with the help of Campbell County Homemakers making cards for the military. Thank you Campbell County Homemakers for providing cards for the youth to decorate and sending them to spread kindness.





PREPARE FOR FAIR





4-H Nature Club



4-H Nature Club had fun making nesting wreaths at our meeting.

Each wreath was made from items that birds have used to make their nest.





**YOUTH LIVESTOCK
SHOW CLINIC**

**STRIVE FOR
THE DRIVE 2022**

**ALL ARE WELCOME
& IT'S FREE!**

**Saturday,
March 26**

Register on-site OR
Pre-Register by March 22nd with:

Evan Davis
(502)782-4108
evan.davis@ky.gov

Derrickson Agriculture Center
25 MSU Drive
Morehead, KY
8:30am-2:00pm

Please provide your name
& how many people will attend.

CATTLE * SHEEP * SWINE * GOATS

PRESENTED BY



*One of a kind
learning experience
conducted by
professionals
in the business.*

Schedule

8:30 AM - 9:30 AM

Check-in & Breakfast

9:30 AM

Welcome

9:45 AM

Break-Out Sessions

Noon

Lunch

12:45 PM - 1:30 PM

Break-Out Sessions

1:30 PM

Questions & Answers/Wrap-Up

**PARTICIPANTS
CAN EARN
3 CREDIT HOURS
FOR LIVESTOCK
EDUCATIONAL
TRAINING**

Presenters

Cattle

Brent Tolle

Swine

Warren Beeler

Goats

Cameron Earlywine & Lyndsey Garrett

Sheep

Doug Ashcraft & Mason Miracle

**THIS EVENT WILL
FOCUS ON
SHOWMANSHIP**



CAMPBELL COUNTY

FARMERS MARKET

2022

UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Large variety of home grown produce, breads, honey and other KY Proud commodities. For more information, call 859-572-2600.



Highland Heights*— Tuesdays

Senior Citizens Activity Center

3504 Alexandria Pike

May 17 thru October 25

3:00 p.m. to 6:00 p.m.

Fort Thomas— Wednesdays**

Mess Hall in Tower Park

801 Cochran Avenue

March 23 thru December 14

3:00 p.m. to 6:00 p.m.

*Hours extend to 7:00 p.m. June-September
(Senior shopping begins at 2:45 p.m.)*

Alexandria*— Fridays

Southern Lanes Sports Center

7634 Alexandria Pike

May 20 thru October 28

3:00 p.m. to 6:00 p.m.

Newport*— Saturdays

Next to Pepper Pod Restaurant

709 Monmouth Street

May 21 thru October 29

9:00 a.m. to 12 noon

* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program

** Accepts SNAP only
Supplemental Nutrition Assistance Program



Campbell County
Farmer's Market

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

4-H CLOVERBUDS:

SPRING BREAK DAY CAMP

JOIN 4-H CLOVERBUDS OVER SPRING BREAK WITH FUN HANDS ON ACTIVITIES AND GAMES.

YOU CAN CHOOSE TO PARTICIPATE IN-PERSON OR VIRTUALLY. PLEASE BE SURE TO REGISTER FOR THE CORRECT CLASS AND REGISTER EACH CHILD PARTICIPATING.

FOR YOUTH GRADES K-3

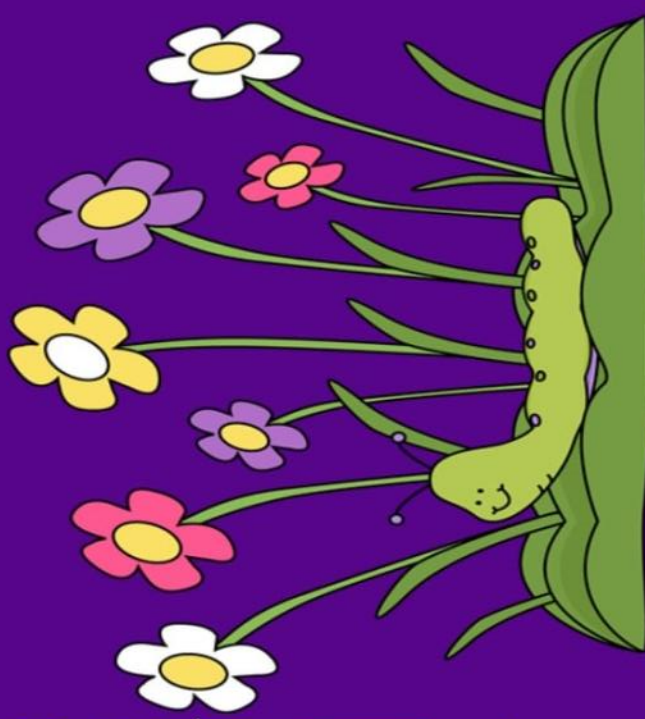
REGISTRATION OPENS ON MARCH 1ST AND CLOSES ON MARCH 31ST

APRIL 4th FROM 10AM-12PM

YOU CAN REGISTER BY PHONE: (859) 572-2600 OR

ONLINE AT: CAMPBELL.CA.UKY.EDU

WHEN REGISTERING ONLINE CREATE AN ACCOUNT FOR EACH CHILD AND INCLUDE A VALID EMAIL ADDRESS.



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4-H CLUB REPORTS



Grants Lick Elementary

On February 24, **Mr. Himebaughs 4th Grade Blues** held their monthly meeting at Grants Lick Elementary. After our club president, **Lily** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Memphis** and **Nash** helped lead the pledges. There were 19 members present at the meeting. The topic for this month's meeting was Tips for a good speech. One thing we learned during this months meeting was we learned that some words are easily misread.

Submitted by Logan

On February 24, **Mrs. Rust's Reading Wildcats** held their monthly meeting at Grants Lick Elementary. After our club president, **Bailee** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Carter** and **Annabelle** helped lead the pledges. There were 19 members present at the meeting. The topic for this month's meeting was Tips for a good speech. One thing we learned during this months meeting was how to give a good speech.

Submitted by Natalie

On February 24, **Mr. Wirths 4-H UK Class** held their monthly meeting at Grants Lick Elementary. After our club president, **Leah** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Jillian** and **Cadence** helped lead the pledges. There were 17 members present at the meeting. The topic for this month's meeting was Speeches. One thing we learned during this months meeting was we learned tips for giving a great speech.

Submitted by Savanah

Crossroads Elementary

On February 22, **4-H Corgis** held their monthly meeting at Crossroads Elementary. There were 14 members present at the meeting. The topic for this month's meeting was speeches. One thing we learned during this months meeting was how to deliver a great speech.

Submitted by Isabella

On February 22, **Ms. Arthurs 4-H 4th Grade Elephants** held their monthly meeting at Crossroads Elementary. There were 14 members present at the meeting. The topic for this month's meeting was speeches. One thing we learned during this months meeting was how to deliver a great speech.

Submitted by Bentley

On February 22, **Ms. Leffingwell 4-H Cats** held their monthly

meeting at Crossroads Elementary. There were 19 members present at the meeting. The topic for this month's meeting was public speaking. One thing we learned during this months meeting how to write a speech.

Submitted by Zoey

St. Thomas Elementary

The meeting of the **4-H Tomcats** was called to order on January 4th by president **Ben** at St. Thomas. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Jaxson** and **Brayden** led the pledges. The topic of our lesson was snap circuits and we learned how electric flows.

Submitted by Leo

The meeting of the **4-H Tomcats** was called to order on February 15th by president **Ben** at St. Thomas. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Mason** and **Will** led the pledges. The topic of our lesson was the Lorax. We learned how to protect the environment.

Submitted by Leo

Lincoln Elementary

The meeting of the **Green Devil 4-H Club** was called to order on February 16th by president **Gatlin** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Collin** and **Eric** led the pledges. The topic of our lesson was snap circuits and we learned how to use circuit boards.

Submitted by Gatlin

The meeting of the **Lincoln Elementary 4D 4-H Club** was called to order on February 16th by president **Papi** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Haylei** and **Lorenzo** led the pledges. The topic of our lesson was snap circuits and we learned about snap circuits and the different kinds.

Submitted by Peyton

The meeting of the **Green Devils** was called to order on February 16th by president **Harli** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Carlyn** and **Carson** led the pledges. The topic of our lesson was snap circuits and we learned that if you turn on your light, it is an open circuit and if it is off it is closed.

Submitted by Josslyn

The meeting of the **Green Devils** was called to order on February 23rd by president **Gatlin** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Leiyah** and **Brandon** led the pledges. The topic of our lesson was the Lorax and we learned about the environment and life forms, pollution, point source pollution and non-point source pollution.

Submitted by Gyanna

The meeting of the **Lincoln Elementary 4D 4-H Club** was called to order on February 23rd by president **Papi** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Meadow** and **Brooklyn** led the pledges. The topic of our lesson was the Lorax and we learned about pollution and non point pollution.

Submitted by Peyton

The meeting of the **Green Devils** was called to order on February 23rd by president **Gracelyn** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Dima** and **Leah** led the pledges. The topic of our lesson was the Lorax, and we learned about how we need to stop pollution because it is bad and it needs to stop.

Submitted by Josslyn

Campbell Ridge Elementary

The meeting of the **Lee's Lucky Bees** was called to order on February 22nd by president **Dustin** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Addi** and **Andrew** led the pledges. The topic of our lesson was the Lorax. We learned about how the Once-ler destroyed the trees just so he could make money and clothes.

Submitted by Alexis

The meeting of the **Camp Clover 4-H Club** was called to order on February 22nd by president **Sophia** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Tenly** and **Gavin** led the pledges. The topic of our lesson was the Lorax. We learned about the kind of life forms, we learned about point source pollution and non-point source pollution.

Submitted by Darcy

The meeting of the **Mr. Chuckies 4-H Club** was called to order on February 22nd by president **Branson** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Rebekah** and **Lucas** led the pledges. The topic of our lesson was the Lorax. We learned about point source pollution and non-point source pollution.

Submitted by Brayden

The meeting of the **4-H Coffee Clovers Club** was called to order on February 22nd by president **Rielynn** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Emma** and **Reese** led the pledges. The topic of our lesson was the Lorax. We learned about the environment.

Submitted by Jolene



Kellsey Agnew

kellsey.agnew@uky.edu

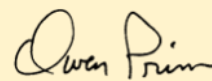
*Campbell County Extension Agent for
4-H Youth Development*



Sherri Farley

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Owen Prim

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*Campbell County Extension Agent for
4-H Youth Development*

Katrina Harney

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*Campbell County Extension Assistants for
4-H Youth Development*



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service
 4-H Youth Development

Campbell County 4-H Teen Leadership

-Engage in the community
 through service
 learning projects.

-Build connections with peers
 through team building exercises.

-Explore leadership
 opportunities.

Who: Campbell County Residents 6th-12th Grade

When: Mondays 5:30 PM-7:00 PM

~~Jan. 10th~~ ~~Feb. 7th~~ Mar. 14th

Apr. 11th May 9th

**Where: Campbell County Extension Office
 3500 Alexandria Pk Highland Heights**

Please contact Kelsey Agnew with any questions.

Contact by email at kelsey.agnew@uky.edu or
 by phone at (859) 572-2600.

To register a teen for this event please call the above
 number, register online or email kelsey.agnew@uky.edu

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YOUTH HEALTH BULLETIN



MARCH 2022

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

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3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC:

LEARN ABOUT OTHER CULTURES THROUGH FOOD

Have you ever considered how the food we eat is part of our culture? Our favorite foods make us think of warm feelings and family members. Like grandma's _____. When we move or travel to a new place, a homecooked meal can comfort us and keep us in touch with our roots. During National Nutrition Month® this March, we can start to have an interest for other cultures' food traditions with family and friends.

Cooking and eating together feeds our bodies but also our hearts. Have you ever tried a new cuisine or explored foods from other places? You can start by sharing your own family food traditions with friends. Or taking part in your friends' family traditions to



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LEXINGTON, KY 40546



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Be open to new ideas, new foods, and have fun learning about different cultures through meals with friends or family.

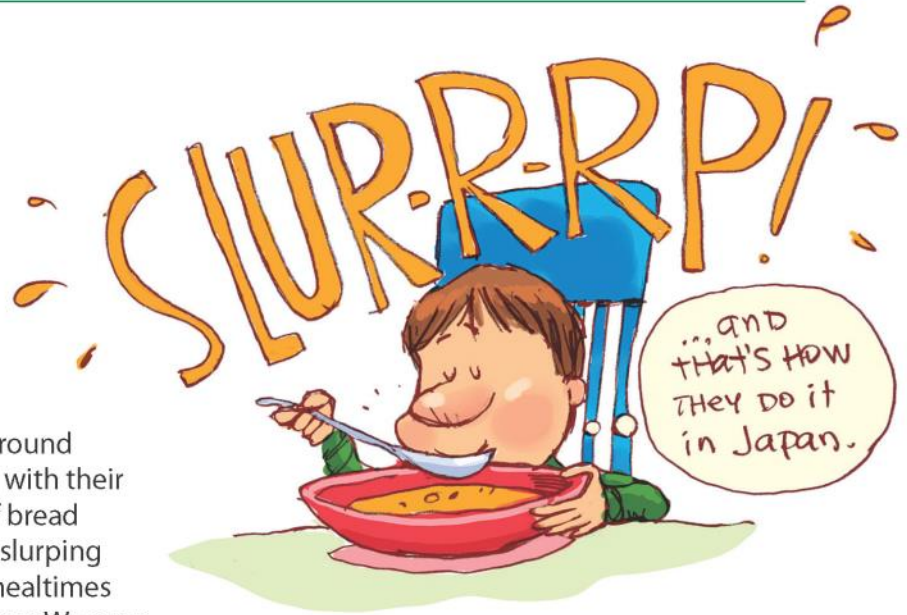
→ Continued from page 1

show how much you care for and respect them. Family recipes are passed down from one generation to the next, and can be a way to show your cultural identity. Sharing those family recipes can be a source of pride and a simple way to celebrate one's culture with others.

Food traditions are very different around the world. In Ethiopia, people eat food with their right hand only, usually with a piece of bread called injera. In Japan, it is OK to make slurping sounds when eating soup. In France, mealtimes are long and can last longer than an hour. We even connect foods to different countries. For example, when we have pizza or pasta, we think of Italy.

The way some people eat is because of religious beliefs. Around the world, during the month of Ramadan, Muslims don't eat during daylight hours. They break their fasts by sharing meals with family and friends each night. Orthodox Jews and some conservative Jews follow a kosher diet, discussed in Jewish scripture. Many followers of Buddhism and Hinduism are vegetarian and don't eat meat.

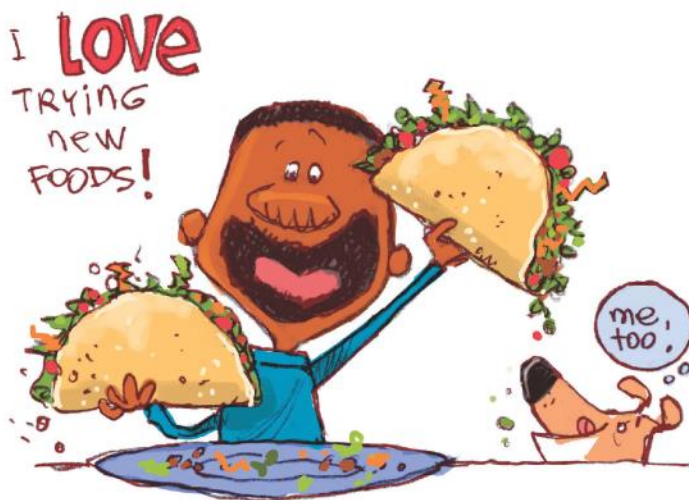
Some families in the United States also eat these ways because they moved here from different



countries. Food is how they have continued their traditions. So be open to new ideas, new foods, and have fun learning about different cultures through meals with friends or family. Try a new recipe from a different country or tradition this week. And remember, it is important when talking about other cultures to be respectful of differences and people who do things another way.

RESOURCES:

- Food - Food And Culture - Family, People, and Families - JRank Articles <https://family.jrank.org/pages/639/Food-Food-Culture.html#ixzz7YhyaChO>
- <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3631/FCS3631.pdf>



Can you unscramble these words?

OLWRD: _____

OODF: _____

TAIRTSINO: _____

TRULEUSC: _____

ANSWERS: WORLD, FOOD, TRADITIONS, CULTURES

YOUTH
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

