

4-H YOUTH DEVELOPMENT NEWSLETTER

Congratulations Class of 2024 Graduates!



4-H Scholarships announced so far:

4-H Council Scholarships: Catherine Deaton, Nadia Shurley, Christina Gogzheyan & Trey Downs

- RC Durr Foundation 4-H
 Scholarships: Catherine Deaton, Christina Gogzheyan & Trey
 Downs
- 4-H/FFA Livestock Club Scholarship: Trey Downs

Kentucky State Fair Selection Day - July 17

Wednesday, July 17 is the day to bring your completed 4-H projects to the Cooperative Extension Service Office to be considered for entry at the 2024 state fair. We have a special Kentucky State Fair 4-H Booklet available here at the office with all of the 4-H Cloverville Classes and entry information listed. Contact the office for your copy today! Entries will be taken on July 17 from 8 am to 4 pm. Judging will be done on July 18 and entries will be released on July 19 after 3 pm. If you have questions, contact Owen at the 4-H Office.

July 10th is the State Fair deadline for all 4-H and FFA Livestock, Rabbits & Poultry to be entered!



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.

JUNE-JULY

	<u></u>
June 2-7	4-H Horse Camp at Alexandria Fairgrounds
June 4 & 5	4-H Tree Camp - 9am-4pm at EEC
June 5	Cloverbuds - 10am or 2pm
June 5 & 6	State 4-H Horse Contests - Lexington
June 6,13, 20 & 27	Paint & Popsicles
June 11-14	4-H Teen Conference
June 12	4-H Forestry at EEC
June 13	4-H Dog Club
June 15	4-H Horse Show at Saddle Club
June 19	Extension Office Closed
June 20	4-H Photography Club - 5pm-6pm
June 20	4-H Horse Online Eligibility Deadline
June 23	4-H Horse Show at Saddle Club
July 4	Extension Office Closed
July 8	Cloverbuds - 10am or 2pm
July 10	Entry deadline for all KY State Fair 4-H/FFA Livestock, Poultry and Rabbits
July 11	4-H Photography Club - 5pm-6pm
July 12	4-H Horse Show (Contest only) at Saddle Club
July 13	4-H Horse Show at Alexandria Fairgrounds
July 15	State 4-H Horse Show Entry Deadline
July 15, 16, 18 & 19	4-H Summer Science Club - 10am-2pm
July 17	State Fair Selection Day Entries

4-H Entomology Club

At Entomology Club, we learned how to eat like insects! Then we walked down to the pond to investigate this month's featured insect order, Odonata (dragonflies and damselflies). The best part was seeing the kids share their collections so far, they are working hard!



facebookVisit Campbell County 4-H on FacebookImage: Image: Image





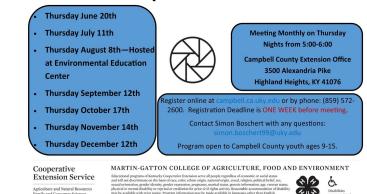
Cooperative Extension Service # 4-H Youth Development

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.







YOUTH HEALTH BULLETIN

JUNE 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 https://campbell.ca.uky.edu

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THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION

Chool is out, and the sun is up in the sky! You may have lots of plans for how you want to spend your summer break, or not many plans at all. Whether you are planning a big trip, staying busy with camps, or have plenty of time to relax at home, spend some time outside this summer.

HEALTH BULLETIN

THIS MONTH'S TOPIC: G TEETH HEALTHY

YOUTH

Maybe you like to Splash at the pool, Unwind on a hammock, Make forts in your backyard, or Mow the lawn for your family. Perhaps you Enjoy a picnic in the shade or **R**ide your bike with friends. There are so many ways to step outside and into nature!

Your body needs to move for at least one hour each day. Moving helps your bones and muscles grow and helps your whole body feel its best. We were made to move, and being active is easy outside! When you run, jump, climb, swing, and play, you are helping your muscles and bones get stronger and more stable. Is there a skill that you can't quite do just yet? Maybe a handstand or shooting a 3-point shot in basketball? The more you use your muscles and practice those skills, the better you'll get.

Your brain also benefits when you spend time outside in nature. Whether you are climbing a

Continued on the next page

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.

Lexington, KY 40506

Whether you are climbing a tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier.

Continued from the previous page

tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier. If you have a bad day, or feel sad or upset, try spending some time outside: playing, reading, or just resting on the ground.

When you go outside, it is also important to protect yourself from too much sun. Remember things like:

- Sunscreen
- A hat
- Protective clothes or swimwear
- Sunglasses

You may even want to keep these things by the door in your home, in a basket or bag. That will make them easy to reach and to remember. This summer, step outside into nature, and get ready to have a good time!

REFERENCE:

https://www.healthychildren.org/ English/family-life/power-of-play/ Pages/playing-outside-whyits-important-for-kids.aspx



There are SO many things to do outside when it is warm and sunny! Try to think of one activity to do outside that starts with each letter below:

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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)



Plan a trip to the Kentucky State Fair...

The Kentucky State Fair runs August 15-25, 2024 at the Kentucky Fair and Exposition Center in Louisville, Kentucky. Gates open at 7 a.m. each day. The Kentucky State Fair is a tradition for generations of families across the Commonwealth and beyond.

The State Fair offers lots of educational and entertaining exhibits, fun filled attractions, top of the line concerts, a World's Championship Horse Show, rides and my favorite- the fair food. There are also plenty of other activities all designed to create memories for friends and families. All of the concerts are free with paid gate admission.

The Kentucky State Fair hosts 4-H projects from across the state in "Cloverville." Cloverville is the village-like area where all non-livestock 4-H Exhibits are displayed during the fair. Cloverville consists of 18 divisions where 4-H'ers can showcase their projects.

In order to exhibit a 4-H project, 4-H'ers must first qualify on the county level. Kentucky 4-H believes that all youth should have opportunities for positive youth development in four guiding concepts: mastery, belonging, independence and generosity. The Kentucky State Fair 4-H events demonstrate a 4-H'ers level of mastery in project work through completion of displayed items. Cloverville is located in the South Wing of the Kentucky Fair and Exposition Center and will be a part of the fair's AgLAND Exhibit. AgLAND will include more than an acre of agriculture exhibits which will highlight Kentucky's farm and field heritage, including the future of farming and agribusiness through H and FFA exhibits. AgLAND is brought to you by Kentucky's Farm Families and the Kentucky Department of Agriculture.

So why not plan a trip to this year's Kentucky State Fair? The Kentucky Fair and Exposition Center is one of the 10 largest facilities of its kind in the US. It features 1.3 million square feet of contiguous exhibit space and includes about 30 acres that are under roof and air conditioned. You can visit the website to see the daily schedule and maps. There is also an App and it has Twitter, Facebook and Instagram accounts for the most recent updates.

Discount 4-H tickets for the 2024 KY State Fair are available at the 4-H Office for \$4.00 each. The deadline to order the tickets is July 19th. Contact Owen Prim to place your order.



4-H Upcycle Challenge

Brianna Shields, one of our own Campbell County 4-H'ers, entered the Goodwill Meets 4-H: Upcycle Challenge this year, she embellished a plain white shirt with an embroidered beaded heart as her project.



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

4-H / FFA Livestock Club

The 4-H Poultry & Rabbit Club practiced answering questions from a judge, the **4-H Country Ham Project members** worked hams and the Livestock Club members weighed their animals, got health certificates and got their animals used to being away from home. Special thanks to club leaders Jessica Shields, Caitlin Linepensel, Leslie Deaton, Jason Schultz, Kelly Downs, Gary Downs and Kate Painter, DVM.!



Visit Campbell County 4-H on Facebook facebook to see more photos from this event... 🙆 💟 😂 😯 😒 🗲

4-H Prepare for Fair (

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.

REGISTRATION OPENS JANUARY 3RD REGISTER AT HTTPS://CAMPBELL.CA.UKY.EDU/ OR 859-572-2600 REGISTERING FOR THE JANUARY MEETING REGISTERS FOR ALL MEETINGS



Martin-Gatton

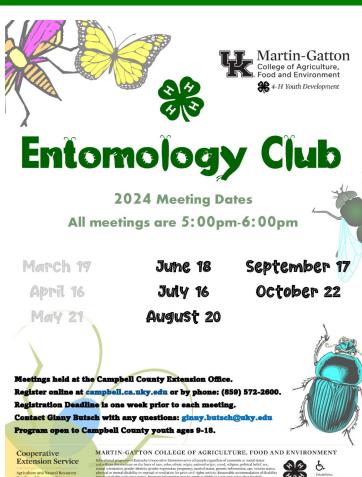
Meeting Dates

JUNE 26* JULY 17* AUGUST 21

onthly participation is REQUIRED. MEETS FROM 2PM-4PM

QUESTIONS? EMAIL KELLSEY.AGNEW@UKY.EDU OR CALL 859-572-2600

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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.

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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4-H Reality Store

St. Catherine of Siena 7th & 8th graders got a dose of reality at the 4-H Reality Store! Thanks to the school staff for supporting 4-H with this program (especially Mrs. West!)! And thanks to all the volunteers who helped out you all were wonderful!

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



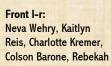
4-H Cloverbuds Celebration

To celebrate the end of the Cloverbud program year and to honor our **3rd grade Cloverbud** graduates, our Cloverbud members and their families gathered for a family night to remember! Thank you to all the Cloverbud families for supporting the Campbell County 4-H Program, we "Donut" what we'd do without your support! Be sure to be on the lookout for upcoming Cloverbud programming.









Redden. Back I-r: Carolyn Wrigglesworth, Hannah Ashmore, Ellie

Kemplin, River Maynard.

Cloverbud Graduates







Happy Birthday to all our May Birthday Cloverbuds!





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

4-H Prepare for Fair

4-H Prepare for Fair group working hard on their Home Environment denim projects. More pictures will come later when they complete their individual projects!







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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 14 thru October 28 3:00 p.m. to 6:00 p.m.

Fort Thomas** — Wednesdays

Mess Hall in Tower Park 801 Cochran Avenue April 10 thru December 18 (no market on 11/27/2024) 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 17 thru October 25 3:00 p.m. to 6:00 p.m.

Newport*— Saturdays

Next to Pepper Pod Restaurant 709 Monmouth Street May 18 thru October 26 9:00 a.m. to 12 noon

- * Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
- ** Accepts WIC, SNAP, Senior Farmer's Market Nutrition Program and Kentucky Double Dollars

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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Martin-Gatton College of Agriculture,

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ALL DIVISION HORSE SHOW

Hosted By: Campbell County 4-H Saddle Up Club

9:00 a.m JUNE 15th, Judge: TBD

4-H State & Club Rules Apply (see back for rules)

Location: Northern KY Saddle Club, 7087 4 Mile Road, Melbourne KY 41059

Entry fee \$10.00 per class plus \$3.00 gate fee for each horse registered unless otherwise noted.

Registration opens at 8am. Will not accept entries for Contest any later than 8:30am. ***All classes will be shown in the Main Arena*** Current negative Coggins, health certificate and proof of flu/rhino vaccine are required to show. 1. Pee Wee Poles 8 and under 28. English Showmanship 9-13 2. Walk Trot Poles 18 & Under** 29. English Showmanship 14-18 3. Poles 9-13 30. Pee Wee Wst/Eng showmanship 8 & under 4. Poles 14-18 31. Contest Only Showmanship 5. Pee Wee Barrels 8 and under 32. Walk Trot Showmanship 9-18** 6 Walk Trot Barrels 18 & Under ** 33. Western Showmanship 9-13 7. Barrels 9-13 34. Western Showmanship 14-18 8. Barrels 14-18 35. Hunter Under Saddle 9-13 9. Pee Wee Flags 8 and under 36. Hunter Under Saddle 14-18 10. Walk Trot Flags 18 & Under** 37. Hunt Seat Equitation 9-13 11. Flags 9-13 38. Hunt Seat Equitation 14-18 12. Flags 14-18 **39. 6 MINUTE SCHOOLING BREAK** 13. Pee Wee Stake Race 8 and under 40. Crossrails Walk-Trot 9-18** 14. Walk Trot Stake Race 18 & Under** 41. Crossrails W/T/C 9-18*** 15. Stake Race 9-13 42. Equitation over fences 9-18 2ft*** 16. Stake Race 14-18 43. Equitation over fences 9-18 2ft 6in*** 44. Wst/Eng Pee Wee Walk-Trot 8 & Under Class 17 will not begin before 10:30 45. Walk-Trot Wst/Eng Pleasure 9-18** Registration closes at 10am for classes 17-52 46. Ranch Rail Work Only 9-18 17. Pee Wee Mini Showmanship 8 & Under 47. Ranch Equitation 9-18 18. Miniature Showmanship 9-13 48. Western Pleasure 9-13 19. Miniature Showmanship 14-18 49. Western Pleasure 14-18 20. Miniature Hunter 9-13 50. Walk-Trot Horsemanship 9-18** (Wst/Eng) 21. Miniature Hunter 14-18 51. Western Horsemanship 9-13 22. Miniature Jumpers 34" and below 52. Western Horsemanship 14-18 23. Miniature Jumpers above 34" 24. Pee Wee Mini Halter Obstacle 8 and Under 25. Miniature Halter Obstacle 9-13 26. Miniature Halter Obstacle 14-18 20 min lunch break will be added the day of show 27. Miniature Pleasure Driving 9-18

***Participant can only show in one English Equitation Over Fences **See Walk Trot rules on reverse side Show Management has the right to combine classes for any class that has less than 3 participants Classes may be split be age if necessary

ALL DIVISION HORSE SHOW

Hosted By: Campbell County 4-H Saddle Up Club

9:00 a.m JUNE 23rd, Judge: TBD

4-H State & Club Rules Apply (see back for rules)

Location: Northern KY Saddle Club, 7087 4 Mile Road, Melbourne KY 41059

Entry fee \$10.00 per class plus \$3.00 gate fee for each horse registered unless otherwise noted.

Registration opens at 8am. Will not accept entries for Contest any later than 8:30am.

All classes will be shown in the Main Arena

Current negative Coggins, health certificate and proof of flu/rhino vaccine are required to show.

1. Pee Wee Poles 8 and under	24. Pee Wee Mini Halter Obstacle 8 and Under
2. Walk Trot Poles 18 & Under**	25. Miniature Halter Obstacle 9-13
3. Poles 9-13	25a. \$100 Open Miniature Halter Obstacle
4. Poles 14-18	26. Miniature Halter Obstacle 14-18
4a. Alexandria Fair Poles (Saddle Up Club Members only)	27. Miniature Pleasure Driving 9-18
5. Pee Wee Barrels 8 and under	28. English Showmanship 9-13
6. Walk Trot Barrels 18 & Under **	29. English Showmanship 14-18
7. Barrels 9-13	30. Pee Wee Wst/Eng showmanship 8 & under
8. Barrels 14-18	31. Contest Only Showmanship
8a. Alexandria Fair Barrels (Saddle Up Club Members only)	32. Walk Trot Showmanship 9-18**
9. Pee Wee Flags 8 and under	33. Western Showmanship 9-13
10. Walk Trot Flags 18 & Under**	34. Western Showmanship 14-18
11. Flags 9-13	35. Hunter Under Saddle 9-13
12. Flags 14-18	36. Hunter Under Saddle 14-18
12a. Alexandria Fair Flags (Saddle Up Club Members only)	37. Hunt Seat Equitation 9-13
13. Pee Wee Stake Race 8 and under	38. Hunt Seat Equitation 14-18
14. Walk Trot Stake Race 18 & Under**	39. 6 MINUTE SCHOOLING BREAK
15. Stake Race 9-13	40. Crossrails Walk-Trot 9-18**
16. Stake Race 14-18	41. Crossrails W/T/C 9-18***
	42. Equitation over fences 9-18 2ft***
Class 17 will not begin before 10:30	43. Equitation over fences 9-18 2ft 6in***
Registration closes at 10am for classes 17-52	44. Wst/Eng Pee Wee Walk-Trot 8 & Under
	45. Walk-Trot Wst/Eng Pleasure 9-18**
17. Pee Wee Mini Showmanship 8 & Under	46. Ranch Rail Work Only 9-18
18. Miniature Showmanship 9-13	47. Ranch Equitation 9-18

- Miniature Showmanship 9-13
- 19. Miniature Showmanship 14-18
- 19a. \$100 Open Miniature Showmanship
- 20. Miniature Hunter 9-13
- 21. Miniature Hunter 14-18
- 21a. \$100 Open Miniature Hunter
- 22. Miniature Jumpers 34" and below
- 23. Miniature Jumpers above 34" and below

- 49. Western Pleasure 14-18
- 50. Walk-Trot Horsemanship 9-18** (Wst/Eng)
- 51. Western Horsemanship 9-13

48. Western Pleasure 9-13

52. Western Horsemanship 14-18

20 minute lunch break added day of show

***Participant can only show in one English Equitation Over Fences **See walk trot rules on reverse side Show Management has the right to combine classes for any class that has less than 3 participants All Payback classes must have six entries to receive full payback

Contest Show July 12th @ 6:00 pm

Hosted by: Campbell County 4-H Saddle Up Club

4-H State & Club Rules Apply (see back for rules)

Location: Northern Ky Saddle Club

7087 4 Mile Road, Melbourne KY 41059

Entry Fee is \$10.00 per class plus a \$3.00 gate fee per horse registered unless otherwise noted.

Registration will open at 5:00 pm. Will not accept entries after 5:30 pm.

Current Negative Coggins, health certificate and proof of flu/rhino vaccine are required to show

- 1. Pee Wee Poles 8 & under
- 2. Walk-Trot Poles 18 & Under**
- 3. Poles 9-13
- 4. Poles 14-18
- 5. \$100 Open Poles
- 6. Pee Wee Barrels 8 & Under
- 7. Walk-Trot Barrels 18 & Under **
- 8. Barrels 9-13
- 9. Barrels 14-18
- 10. \$100 Open Barrels
- 11. Pee Wee Flags 8 & under
- 12. Walk-Trot Flags 18 & Under**
- 13. Flags 9-13
- 14. Flags 14-18
- 15. \$50 Open Flags
- 16. Pee Wee Stakes 8 & under
- 17. Walk-Trot Stakes 18 & Under**
- 18. Stakes 9-13
- 19. Stakes 14-18
- 20. \$50 Open Stakes
- 21. Down and Back 9-18

**See Walk Trot Rules on reverse side

Show Management has the right to combine classes that have less then three participants All Payback classes must have six entries to receive full payback

ALL DIVISION HORSE SHOW / NO CONTEST

Hosted By: Campbell County 4-H Saddle Up Club

9:00 a.m July 13th, Judge: TBD

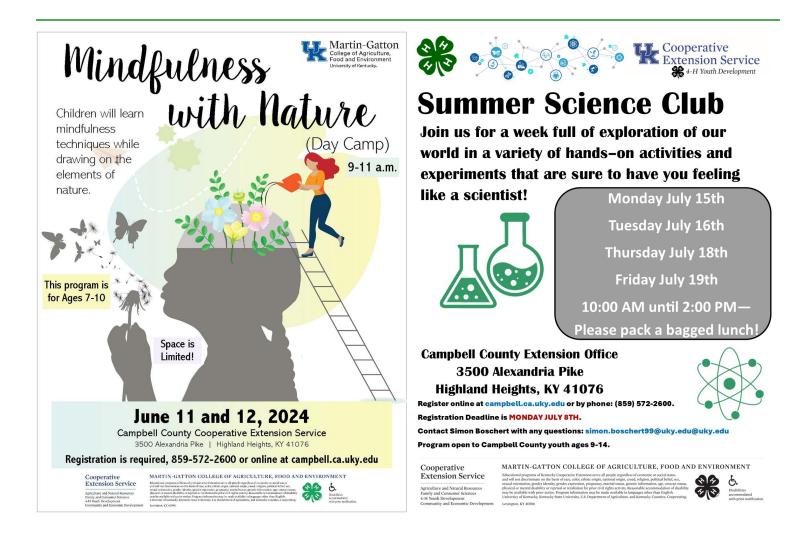
4-H State & Club Rules Apply (see back for rules)

Location: Alexandria Fairgrounds, 100 Fairground Rd, Alexandria KY 41001

Entry fee \$10.00 per class plus \$3.00 gate fee for each horse registered unless otherwise noted.

Registration opens at 8am, Registration will close @ 8:30 for classes 1-9				
Entries will close ten classes prior for all other classes				
Current negative Coggins, health certificate and proof of flu/rhino vaccine are required to show.				
1 Pee Wee Wst/Eng showmanship 8 & under	6 MINUTE SCHOOLING BREAK			
2 Walk Trot Showmanship 9-18**	27 Crossrails Walk-Trot 9-18**			
3 \$100 Open Walk Trot Showmanship	28 Crossrails W/T/C 9-18***			
4 Western Showmanship 9-13	29 Equitation over fences 9-18 2ft***			
5 Western Showmanship 14-18	30 Equitation over fences 9-18 2ft 6in***			
6 \$100 Western Showmanship	31 Wst/Eng Pee Wee Walk-Trot 8 & Under			
7 English Showmanship 9-13	32 Walk-Trot Wst/Eng Pleasure 9-18**			
8 English Showmanship 14-18	33 Ranch Rail Work Only 9-18			
9 \$100 Open English Halter	34 \$100 Open Walk Trot Wst/Eng Pleasure			
10 Pee Wee Mini Showmanship 8 & Under	35 Western Pleasure 9-13			
11 Miniature Showmanship 9-13	36 Western Pleasure 14-18			
12 Miniature Showmanship 14-18	37 \$100 Open Western Pleasure			
13 Miniature Hunter 9-13	38 Gaited Trail Pleasure (walk/favorite gait)			
14 Miniature Hunter 14-18	39 Ranch Equitation 9-18			
15 Miniature Jumpers 34" and below	40 Walk-Trot Horsemanship 9-18** (Wst/Eng)			
16 Miniature Jumpers above 34" and below	41 Gaited Country Pleasure (walk/favorite gait)			
17 Pee Wee Mini Halter Obstacle 8 and Under	42 \$100 Walk Trot Horsemanship			
18 Miniature Halter Obstacle 9-13	43 Western Horsemanship 9-13			
19 Miniature Halter Obstacle 14-18	44 Western Horsemanship 14-18			
20 Miniature Pleasure Driving 9-18***	45 \$100 Open Western Horsemanship			
21 Hunter Under Saddle 9-13				
22 Hunter Under Saddle 14-18				
23 \$100 Open Hunter Under Saddle				
24 Hunt Seat Equitation 9-13				
25 Hunt Seat Equitation 14-18	20 min lunch break will be added the day of show			
26 \$100 Open Hunt Seat Equitation				

***Participant can only show in one English Equitation Over Fences **See Walk Trot rules on reverse side Show Management has the right to combine classes for any class that has less than 3 participants All Payback classes must have six entries to receive added payback



Lellsey agnie

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Campbell County Extension Assistants, 4-H Youth Development

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Ginny Butsch ginny.butsch@uky.edu The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

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-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.