

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

MARCH 2023

4-H YOUTH DEVELOPMENT NEWSLETTER



4-H Livestock Club

The 4H/FFA Livestock Club met on February 20, 2023, for education taught by Agriculture Agent Michelle Simon. The members learned from the inside out, getting hands on experience with the anatomy of cattle and pigs. As they discussed how the different organs function and how they each play an important role in the body, the members were able to see and touch the organs. Members also had the opportunity to practiced tagging cattle ears.

Animal validations procedures were discussed. This year participants will need to order their own tags and submit their animal DNA to the state by specific deadlines. See https://afs.ca.uky.edu/4h-youth/validations for more information.

The next meeting will be March 20, 2023. All members must have 6 hours of education before animal validation of their species or country ham speeches. Another education opportunity is available at the March meeting, where Southern States will be presenting on animal nutrition.

Talley Downs, club reporter



What's **Happening** in 4-H

:00 am

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.

MARCH

Mar. 2	Saddle-Up Club Meeting—6:00 pm
Mar. 6	4-H Camp Forms Return Starts—8:

Mar. 7 4-H Embroidery Series	6:30 pm
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Mar. 23 Dog Club-6:30 pm

Mar. 27 4-H Sewing Group

Mar. 30 4-H Speech Finals









INSPIRE COUNTY'S FUTURE LEADERS

Ag Tag \$10 Donation Benefits 4-H

In 2022, Campbell County raised \$3370.00 through the Ag Tag Voluntary Donation program. That's money that goes directly to Kentucky 4-H, Kentucky FFA and Kentucky Proud to support our agriculture community (and its future) here locally and across the Commonwealth.

Agriculture is vital to the livelihood of every Kentuckian and it is through programs like Kentucky 4-H and Kentucky FFA that we continue to instill these values in youth. Each

simple \$10 donation made when renewing an Ag Tag culminates to have a major impact on the youth of Campbell County.

Kentucky 4-H is one of the most important and influential youth programs in our state and our county. Across Kentucky over 138,600 youth ages 9 to 19 learn about leadership, citizenship and life skills in "learn-bydoing" experiences such as communications and public speaking, through agriculture projects like livestock judging, science projects with robotics, 4-H Camp, Teen Conference, and many other 4-H programs and activities.

Here in Campbell County, over 3,000 youth belong to 4-H and are active in programs and activities such as 4-H Camp, 4-H Horse Camp, Horse and Livestock Clubs, Community Service Project Clubs, Baking Clubs, Prepare for Fair Club, Cloverbuds and the Alexandria Fair.

As we look to March for 2023 Ag Tag renewals, we ask that you remember to make your voluntary donations on each farm license plate you renew. If every Countian renewing an Ag Tag were to make the voluntary \$10 donation, \$8,000.00 could be raised! Think of the impact that could have on your community and its future leaders!

Please help us in growing leaders, strengthening the agriculture community and funding opportunities for Campbell County youth this March through Ag Tag voluntary donations!







The Campbell
County 4-H Dog
Club met on
February 23rd.
They worked on
the basic
commands of sit
and stay.

4-H Dog Club







4-H CLUB REPORTS

Saint Thomas School

On February 9, 2023, Mrs. Holtz's 4-H Smurfs held their monthly meeting at St. Thomas School. Camelia called the meeting to order, we said the pledge of allegiance and the 4-H Pledge. Emma Jo and Charlie led the pledges. There were 17 members present at the meeting. The topic of our lesson was soils. One thing we did during this month's meeting was we learned about soil. Our next meeting will be held in March.

Submitted by Gia

Crossroads Elementary School

Make up date for January Meetings

On February 16, 2023, Ms. Arthur's 4th grade Todd Dogs held their monthly meeting at Crossroads Elementary. Laiba called the meeting to order, we said the pledge of allegiance and the 4-H Pledge. Erich and Adilie led the pledges. There were 22 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was how to build soil layers out of legos. Our next meeting will be held in March.

Submitted by Stanton

On February 16, 2023, Mrs. Bragg's 4-H Queens Corgis held their monthly meeting at Crossroads Elementary. After our club president Audery called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Hunter and Cameron helped lead the pledges. There were 23 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was how to build soil layers out of legos. Our next meeting will be held in March.

Submitted by Bransen

On February 16, 2023, Ms. Leffingwell's 4-H Awesome Class held their monthly meeting at Crossroads Elementary. After our club president Joslynn called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Jeremaih and Cerenity helped lead the pledges. There were 17 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was how to build soil layers out of legos. Our next meeting will be held in March.

Submitted by Kinsley

On November 22, 2022, **Mrs. Hungate's 4-H Cacti** held their monthly meeting at Crossroads Elementary. After our club president **Nora** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Emma** and **Aden**

helped lead the pledges. There were 19 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was how to build soil layers out of legos. Our next meeting will be held in March. Submitted by Jacob

Campbell Ridge Elementary School

On February 2, 2023, Mrs. Evan's 4-H Nuggies held their monthly meeting at Campbell Ridge Elementary. After our club president Finlay called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Lucky and Lida helped lead the pledges. There were 27 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was we learned all the layers of soil. Our next meeting will be held in March. Submitted by Logan Atkinson

On February 2, 2023, Mrs. Wachter's 4-H Campers held their monthly meeting at Campbell Ridge Elementary. After our club president Zoe called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Keenan and Leelynd helped lead the pledges. There were 29 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was how to build soil layers out of legos. Our next meeting will be held in March.

Submitted by Oliver

On February 2, 2023, Mrs. Lee's 4-H Bee's held their monthly meeting at Campbell Ridge Elementary. After our club president Kamden called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Owen and William helped lead the pledges. There were 27 members present at the meeting. The topic for this months meeting was soils. One thing we did during the meeting was how to build soil layers out of legos. Our next meeting will be held in March. Submitted by Austin

Cline Elementary School December 16, 2022 Meetings:

The meeting of the **Lab Rats 4-H Club** was called to order by **President Bella** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Rebecca** and **Brady** led the pledges. The topic of our lesson was Communications and we learned about Public Speaking and Impromptu speaking. *Submitted by Callie*

The meeting of the **Mathematics 4-H Club** was called to order by **President Reagan** at Cline Elementary. After our



monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Lannix** led the pledges. The topic of our lesson was Communications and we learned about Impromptu speaking.

Submitted by Reagan

The meeting of the **Dawgs 4-H Club** was called to order by **President Quinn** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Josie** and **Zori** led the pledges. The topic of our lesson was Communications and we learned about Impromptu speeches. *Submitted by Parker*

Cline Elementary School January 26 2023 Meetings:

The meeting of the **Lab Rats 4-H Club** was called to order by **President Bella** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Charlie** and **Drake** led the

pledges. The topic of our lesson was Communications and we learned how speeches are going to be judged. Submitted by Callie

The meeting of the **Mathematics 4-H Club** was called to order by **President Giana**at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Addison** and **Jayen** led the pledges. The topic of our lesson was Communications and we learned saying a speech for an audience. *Submitted by Malaya*

The meeting of the **Dawgs 4-H Club** was called to order by **President Quinn** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Kyle** and **BrookInn** led the pledges. The topic of our lesson was Communications and we learned how our speech will be judged. *Submitted by Parker*

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4-H Cloverbuds Club

At the February Cloverbuds meeting participants decorated jars and filled them with random acts of kindness tasks. They also made a fun snack to enjoy while they worked.

Cloverbuds is open to youth in kindergarten- 3rd grade, registration is now open for our March meeting if you are interested in joining!







4-H CLUB REPORTS



Crossroads Elementary School

On February 28, 2023, Ms. Arthur's 4th grade Todd Dogs held their monthly meeting at Crossroads Elementary. Laiba called the meeting to order, we said the pledge of allegiance and the 4-H Pledge. Peter and Aqliayah led the pledges. There were 23 members present at the meeting. The topic for this months meeting was speeches. One thing we did during this months meeting was write a speech about someone. Our next meeting will be held in March. Submitted by Stanton

On February 16, 2023, Mrs. Bragg's 4-H Queens Corgis held their monthly meeting at Crossroads Elementary. After our club president Audery called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Hunter and Cameron helped lead the pledges. There were 23 members present at the meeting. We said the pledges. The topic for this months meeting was speeches. One thing we did during this months meeting was write a speech about someone. Our next meeting will be held in March.

Submitted by Bransen

On February 16, 2023, Ms. Leffingwell's 4-H Awesome Class held their monthly meeting at Crossroads Elementary. After our club president Joslynn called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Crystal and Zander helped lead the pledges. There were 23 members present at the meeting. The topic for this months meeting was speeches. One thing we did during the meeting was how to present our speeches to our partners. Our next meeting will be held in March. Submitted by Kinsley

On November 22, 2022, Mrs. Hungate's 4-H Cacti held their monthly meeting at Crossroads Elementary. After our club president Nora called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. Case and Jacob helped lead the pledges. There were 20 members present at the meeting. The topic for this months meeting was speeches. One thing we did during the meeting was to give a 4-H speech. Our next meeting will be held in March. Submitted by Emma

Southgate School

The meeting of the Shrek and the Second Toes 4-H Club was called to order on 03/1/2023 by President Priscilla at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H Pledge. Michaela and Grace led the pledges. The topic of our lesson

was the water journey, and we learned that water drops take different paths, and we got to do an activity where we pretended to be a water drop and travel to different places. Our next meeting is scheduled for 4/19/2023 Reporter Xavi, 6th Grade

The meeting of the Things 4-H Club was called to order on 3/1/2023 by President Ian at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H Pledge. Cali and Jacob led the pledges. The topic of our lesson was pollution and we read the Lorax and learned about point source pollution and non-point source pollution. Our next meeting is scheduled for 4/19/2023.

Reporter Parker, 5th Grade

The meeting of the Liable Lions 4-H Club was called to order on 3/1/2023 by President Sheila at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H Pledge. Tay and Aliyah led the pledges. The topic of our lesson was weathering and erosion and we learned that three processes that work together to change earths land is weathering, erosion, and deposition. Our next meeting is scheduled for 4/19/2023. *Reporter Jaidyn, 8th grade*

The meeting of the Devious Dinos 4-H Club was called to order on 3/1/2023 by President Jamarion at Southgate. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H Pledge. Desirae and Brianna led the pledges. The topic of our lesson was fossils and we learned that the Kentucky state fossil is the brachiopod. Our next meeting is scheduled for 4/19/2023. *Reporter Eva, 7th grade*





YOUTH

HEALTH BULLETIN



MARCH 2023

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:

ALL ABOUT ALLERGIES

ave you ever started sneezing when you were outside or in the woods? Do you know someone who starts to itch if they are around a certain animal, like cats or dogs? These reactions could be a sign of an allergy.

An allergy is your body's reaction to certain plants, animals, foods, insect bites, or other things. Your immune system — the way your

body works to keep your insides healthy and germ free — protects you from diseases by fighting germs like bacteria and viruses. Sometimes, our body's immune system overreacts and tries to fight normal things like grass, pet hair, or certain foods. The sneezing, itching, and other reactions you get

Continued on the next page

LEXINGTON, KY 40546







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Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor.

Continued from the previous page

with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

Different people can be allergic to different things, but some things that a lot of people are allergic to are:

- Dust mites: tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- Latex: stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing





up, or diarrhea. Rarely, allergens can cause breathing problems like wheezing or asthma.

Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

REFERENCE:

https://kidshealth.org/en/kids/allergies.html



Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

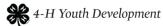
Cartoon illustrations by:

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





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



4-H Entomology Club

Learn about the fascinating world of Arthropods and create an insect collection box to submit as a fair entry!

Students are required to attend:

- an introductory meeting
- at least two insect collection meetings (held in local parks May-July)
- a final meeting on July17, 5:00-7:00 pm

Collection boxes and materials will be provided.

Introduction to Entomology Meeting:

Thursday, April 6, 5:00-7:00pm <u>OR</u> Monday, April 10, 5:00-7:00pm

We will learn about the Entomology record book and requirements, walk the grounds to observe insects and practice handling and pinning insects.

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 April 1.

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

Program open to Campbell County youth ages 9-18.

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

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4-H Nature Club

The Nature Club was a HOOT! We learned about nocturnal animals, went on a sunset hike, and called owls. The expressions on their faces when we heard a Great Horned Owl call back... Next month we are learning about insects-you can register starting on March 1!





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



4-H Horse

It was a full house at the February Saddle Up Club and Cloverbud meeting.









4-H Day Camp—Recycled Paper Bead Jewelry

We had a fun morning on Presidents' Day with 4-H making beads and jewelry out of old magazines and newspaper!





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



4-H Embroidery Series

For youth ages 9-18 at the **Campbell County Cooperative Extension Office** 3500 Alexandria Pike Highland Heights, KY 41076



6:30-8:00pm March 7 April 4 May 9 Embroidering on fabric is fun, but it's also fun to stitch on wood, paper, felt, and more! Sign up for this series and be ready to stitch away!

Registration is required and space is limited, so register soon!

Register at https://campbell.ca.uky.edu or 859-572-2600 Registration closes February 24

There will be no charge, and all materials will be provided Questions? Contact 4-H Agent Sherri Farley at sfarley@uky.edu



4-H Scholarships

Attention graduating seniors. Applications are now available for the

Campbell County 4-H Council and the

> 4-H/FFA Livestock **Scholarships**



- campbell.ca.uky.edu/events
- By Phone-(859) 572-2600
- When registering online create an account for each child.
- Registration is only needed for the February meeting; however, you are required to attend ALL meetings.

April 27th August 24th

May 25th

For more information, or to ask questions please call 572-2600 or email kellsey.agnew@uky.edu





4-H/FFA Livestock Club (Indeed)





Next Meeting! March 20, 2023

Education at 6:30pm, Meeting at 7:30pm

at the Campbell County Cooperative Extension Office

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
 Cain life skills and
- Gain life skills such as decision making and communication

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: optim@uky edu

Shelby Wright

Campbell County High School FFA Advisor

909 Campbell Crossing Alexandria, KY 41001

Phone- (859) 635-4161 Email: Shelby.clifford@campbell





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!

Campbell County Extension Office 3500 Alexandria Pike Highland Heights, KY 41076 MAY 30, 4:30-6:30 JUNE 7, 1:00-3:00 JUNE 13, 4:30-6:30

June 21, 1:00-3:00

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: ginny.butsch@uky.edu

Program open to Campbell County youth ages 9-15.

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

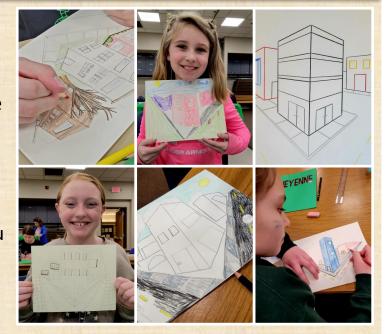
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4-H Prepare for Fair Club

On Thursday, February 23rd Prepare for Fair met for the first time. Participants learned about perspective when it came to drawing and put their newly learned skills to work drawing their very own two-point perspective drawings. Each month members will complete projects to enter in the Alexandria Fair, when you visit the fair this year be sure to be on the lookout for these incredible drawings!





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4-H Food Series!

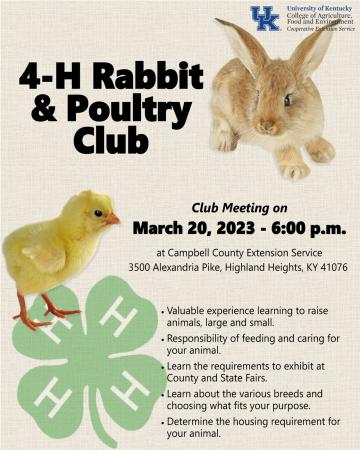
Campbell County 4-Her's have just wrapped up an exciting 4-H Food Series. The youth learned basic kitchen safety, practiced following a recipe, and learned about knife safety and beginner knife cuts. Participants also practiced measuring wet versus dry ingredients and learned to separate the egg yolk from the egg white.

4-Her's made homemade cornbread and chili, spaghetti sauce, blueberry pound cake, and snickerdoodle cupcakes. If you are interested in participating in 4-H Food programming in the future, be sure to check the 4-H newsletter and the Campbell County 4-H Facebook page in early fall for new and exciting classes!











University of Kentucky
College of Agriculture,
Food and Environmen
Cooperative Extension Servic

2022-2023 Meeting Dates

(3rd Wednesday of Each Month)

📀 Sept. 21

◆ Dec. 21

• Mar. 15

<u> • Oct. 19</u>

Jan. 18

• Apr. 19

Nov. 16

📀 Feb. 15

5:30pm-6:30pm

Ages 5-15, come learn about nature and explore the outdoors with 4-H at the Campbell County Environmental Center:

1261 Race Track Road Alexandria, KY 41001

Each participant must register each month.

Register online at campbell.ca.uky.edu or by phone: (859) 572-2600. Contact Ginny Butsch with any questions: ginny.butsch@uky.edu



Kellsey agnew

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4-H Youth Development

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YOUTH, AGE 9-18

ENTOMOLOGY CLUB INTRO MEETING

We will learn about the Entomology record book and requirements, walk the grounds to observe insects and practice handling and pinning insects.

*ALTERNATIVE **MEETING DATE** APRIL 6, FROM 5-7 PM*

REGISTRATION OPEN NOW, CLOSES APRIL 1ST

REGISTRATION OPENS MARCH 1ST

ALL ABOUT KENTUCK

Let's celebrate our great state by creating Kentucky crafts, playing games, and enjoying some Kentucky snacks!

REGISTRATION OPENS MARCH 1ST

*REFRIGERATOR **AVAILABLE**

YOUTH, AGE 9-15

Registration Info

Register for one or all of the Spring Break events-

- online at- campbell.ca.uky.edu/events
- By Phone-(859) 572-2600

For more information, or to ask questions please call 572-2600.

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Developme Educational programs of Kentucky Cooperative Extension serve all people regardles 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, or physical or mental disability. University of Kentucky Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

