

**4-H YOUTH DEVELOPMENT NEWSLETTER**

## Campbell County Welcomes New 4-H Assistant



Hi, my name is Kelli Hendricks. I am the new 4-H Youth Development Program Assistant here at Campbell County. I am from Robertson County, Kentucky and went to Morehead State University where I graduated with a bachelor's degree in animal science. I love working with livestock and being involved on my family's beef cattle farm and flower gardening. Some of my favorite

activities in 4-H growing up were Livestock club, Sewing Club, and Land Judging Club. I am excited to be working in 4-H and helping to inspire 4-Hers to being more involved and taking the opportunities this amazing organization has to offer. I look forward to working with the 4-H Youth, volunteers, and the community. Feel free to stop by the office and say hello! Or send me an email. [kelli.hendricks@uky.edu](mailto:kelli.hendricks@uky.edu)

### Congratulations to everyone who participated in the Kentucky State Fair 4-H T-shirt design contest!

Entries were submitted by Max Swafford, Evelyn Swafford, Chloe Cooper and Emory Polatka. Emory's design (below) won for Campbell County and was entered in the State competition and WON! There were over 12,500 votes in the competition. Emory and her family will be recognized at the Commodity Breakfast in Louisville on August 15th.

**Congratulations Emory!**



**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.

### AUGUST

- Aug. 6 4-H Paper Quilling—5pm
- Aug. 8 4-H Photography Club—5pm
- Aug. 9 4-H Cloverbuds Summer Project Day
- Aug. 15-25 Kentucky State Fair
- Aug. 20 4-H Entomology Club—5pm

### 2024 Alexandria Fair Schedule of 4-H Events & Activities

- Aug. 27 Enter 4-H Exhibits & Record Books  
*Exhibit Hall—2-7 PM*
- Aug. 28 Exhibit Hall Judged and Displayed  
*9 AM*
- Aug. 28 Alexandria Fair Parade  
*6:30 PM*
- Aug. 29 4-H Poultry and Rabbit Shows  
*6:00 PM—Livestock Barn*
- Aug. 30 4-H/FFA Beef Show  
*6:30 PM—Livestock Barn*
- Aug. 31 4-H/FFA Swine Show—9 AM  
4-H/FFA Goat Show—11 AM  
4-H/FFA Sheep Show—12 Noon  
4-H/FFA Livestock Sale—6 PM  
*Livestock Barn*
- Sept. 1 Awards Program  
*5:30 PM—Livestock Barn*
- Sept. 2 4-H Day at the Fair—11-2 PM  
4-H Horse Show—*Main Show Arena*
- Sept. 3 4-H Exhibits released and picked up  
*2-6 PM*



# Fall Break Felting

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

Register online:  
[campbell.ca.uky.edu](http://campbell.ca.uky.edu)  
or by phone:  
(859) 572-2600

**October 18**  
**1:00-3:00**



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  
Educational programs of Kentucky Cooperative Extension serve all people regardless 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



- |          |         |         |
|----------|---------|---------|
| Sept. 18 | Dec. 18 | Mar. 19 |
| Oct. 23  | Jan. 15 | Apr. 16 |
| Nov. 6   | Feb. 19 |         |



**5:30pm-6:30pm**  
Environmental Education Center  
(near AJ Jolly Park)  
Ages 5-15

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

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  
Educational programs of Kentucky Cooperative Extension serve all people regardless 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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

# After School Art

## September 9, 16, 23, 30

### 4:00pm - 5:00pm

Campbell County Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076  
Register online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu) or by phone (859) 572-2600

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  
Educational programs of Kentucky Cooperative Extension serve all people regardless 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



# Plan a trip to the Kentucky State Fair...

**KENTUCKY STATE FAIR 120**

*120 Years 120 Counties*

**AUG. 15-25, 2024**

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 4-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.

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



## Campbell County youth exhibiting at the 2024 Kentucky State Fair!

### Cloverville

Elin Alwell  
Nora Asher  
Lilly Bowling  
Cheyenne Brinkman  
Paisley Brinkman  
Linus Butsch  
Chloe Cooper  
Ryder Cooper  
Stella Daniel  
Peyton Darlington  
Talley Downs  
Trey Downs  
Kaylie Dunhoft  
Makenzie Dunhoft  
Charlie Frey  
Graham Gilbert  
Seamus Gilbert  
Sabrina Gogzheyen  
Anabel Krift  
Malena Nichols  
Dezmond Polatka  
Emory Polatka  
Leah Redden  
Austin Ruprich  
Blake Ruprich  
Brianna Shields  
Sophia Weghorn

### Rabbits

Lilly Teegarden

### Poultry

Brianna Shields

### Livestock Shows

Talley Downs  
Trey Downs  
Jaedyn Gebelt  
Jillian Schultz  
Merideth Schultz  
Mitch Webster

### Country Ham

Catherine Deaton  
Talley Downs  
Kaylie Dunhoft  
Makenzie Dunhoft  
Alexis Ferguson  
Joanna Joering  
Katelyn Joering  
Devon Painter  
Jillian Schultz  
Brianna Shields  
Franceska Shurley  
Nadia Shurley  
Bailey Smith  
Evelyn Swafford  
Max Swafford

### Horse Show

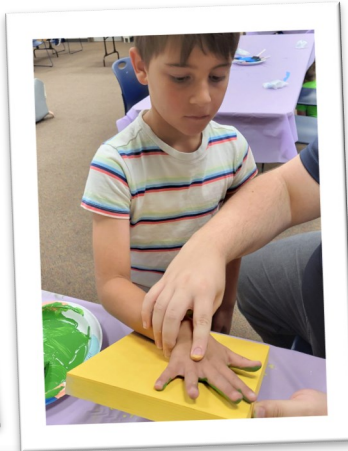
Catherine Deaton  
Rylee Eilerman  
Maddy Green  
Blakely Milburn  
Abbie Myers  
Franceska Shurley  
Nadia Shurley  
Emmie Sheets  
Lilly Teegarden  
Emma Wade

# CL<sup>VER</sup>BUDS

This summer our youngest 4-Hers have met each month to complete projects. In June the Cloverbuds experimented with water and art to create two wonderful projects, in July they used their handprints to create projects and in August they will be learning about plants! Be sure to stop by the Alexandria Fair Exhibit Hall to see their projects on display.



**Information about the new program year, starting in October, will be available soon!**







# 4-H Camp 2024



This was our 2nd largest county camp attendance on record!

399 campers and 73 counselors attended North Central 4-H Camp, July 22-26.

Everyone enjoyed making new friends, learning more about the outdoors, and, of course, *Sally Down the Alley!*

Visit 4-H Facebook to see pictures from our awesome time at 4-H Camp 2024!

<https://www.facebook.com/CampbellCounty4H/>

**399 Campers!**



**73 Counselors!**



# KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025

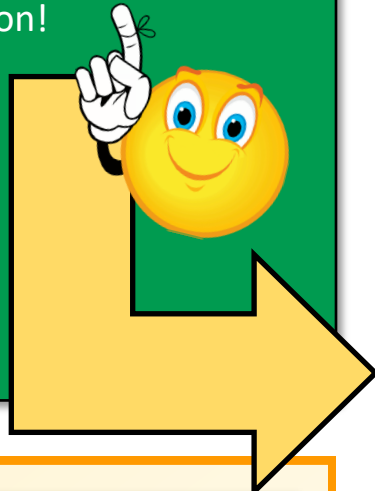


**HOW OLD WILL YOU BE ON JANUARY 1, 2025? THAT IS YOUR 4-H AGE!**

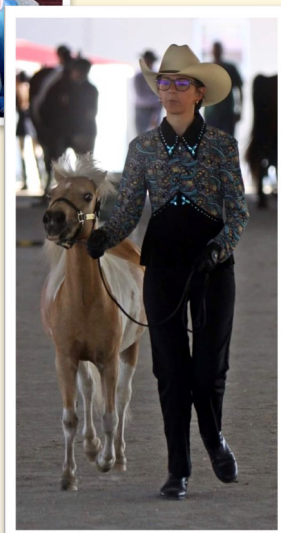
## 2024-25 4-H Enrollment Form

The 4-H Enrollment form is in the center of this newsletter. Remove the center section and complete the form and return it to the office or give to your 4-H representative soon!

*The new 4-H Year Starts September 1st. You can download and complete this form available on our website.*



**Campbell County 4-H Saddle Up Horse Club members attend the Southern Regional 4-H Horse Championships in Perry Georgia.**





**4-H Participant Information/Enrollment Form**

Should this information change during the program year, it is the responsibility of the parent/guardian(s) to notify the Extension Personnel in writing.

**I. Re-Enrollment**

If re-enrolling, please complete section I. Re-Enrollment, then review sections II through IX and verify review by signing and dating.

<b>Name:</b>		<b>School Name:</b>		<b>County:</b>	
<b>Grade:</b>					

**II. Family Information**

This is the primary information we will use to communicate with your 4-H member.

<b>Family Name:</b>		<b>Family Email:</b>	
<b>Family Phone:</b>		<b>Family Address:</b>	

**III. Member Information**

<b>First Name:</b>		<b>Last Name:</b>	
<b>Preferred Name (optional):</b>		<b>Birthdate:</b>	
<b>Sex:</b>	<input type="checkbox"/> M <input type="checkbox"/> F	<b>Residence:</b>	<input type="checkbox"/> Farm <input type="checkbox"/> Town <10,000 or Rural Non-Farm <input type="checkbox"/> Town/City/Suburb 10,000-50,000 <input type="checkbox"/> City/Suburb >50,000 <input type="checkbox"/> City-Central >50,000
<b>Hispanic/Latino:</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Race:</b>	<input type="checkbox"/> American Indian <input type="checkbox"/> Asian <input type="checkbox"/> Black <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Prefer not to say <input type="checkbox"/> Not Listed:

**IV. Parent/Guardian 1 Information**

<b>Last Name:</b>		<b>First Name:</b>	
<b>Phone:</b>		<b>May we release personal information to this person?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No

**V. Parent/Guardian 2 Information**

<b>Last Name:</b>		<b>First Name:</b>	
<b>Phone:</b>		<b>May we release personal information to this person?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No

**VI. Other Emergency Contact**

<b>Name:</b>		<b>Relationship:</b>	
<b>Phone:</b>		<b>May we release personal information to this person?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No

**VII. Pick Up Information**

In addition to the parent/guardian(s) and emergency contacts listed, please list the names of up to two additional people authorized to pick up the above referenced child. These individuals will not be contacted in case of an emergency, the parent/guardian(s) or emergency contact information will only be used. If an individual who is not listed on this form is permitted to pick up your child/children, the parent/guardian(s) will need to provide written permission (letter or email) to Extension personnel or approved volunteer responsible for the event/activity.

<b>Name of First Person:</b>		<b>Relationship to 4-H Member:</b>	
<b>Phone:</b>			
<b>Name of Second Person:</b>		<b>Relationship to 4-H Member:</b>	
<b>Phone:</b>			

**VIII. Military Service (if none, skip this section)**

<b>Relationship to Member serving:</b>		<b>Branch of service</b>	
<b>Service Status:</b>	<input type="checkbox"/> Active Duty <input type="checkbox"/> National Guard <input type="checkbox"/> Reserves <input type="checkbox"/> Other:		



**IX. Health History**

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "Yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions allow Extension personnel and approved volunteers to best support your young person and will be kept confidential.

**Allergies**

1.Serious Allergy to Insects	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.Serious Allergy to Dairy	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.Serious Allergy to Gluten	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.Serious Allergy to Nuts	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.Other Allergy(Please explain)	<input type="checkbox"/> Yes <input type="checkbox"/> No

Please explain any "yes" responses, including medications for any allergies:

The following over the counter medications may be administered to my child without contacting me:

Acetaminophen:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Antacid:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Antihistamine Pill:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Decongestant:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dramamine:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hydrocortisone Cream:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Ibuprofen (Advil)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Polysporin (topical antibiotic)	<input type="checkbox"/> Yes <input type="checkbox"/> No		

**Conditions**

1.Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	6.Fainting	<input type="checkbox"/> Yes <input type="checkbox"/> No	11.Wear Glasses/Contacts?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.Bronchitis	<input type="checkbox"/> Yes <input type="checkbox"/> No	7.Headaches	<input type="checkbox"/> Yes <input type="checkbox"/> No	Please explain any "yes" responses, including medications taken for any conditions:	
3.Convulsions	<input type="checkbox"/> Yes <input type="checkbox"/> No	8.Heart Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4.Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No	9.Hypoglycemia	<input type="checkbox"/> Yes <input type="checkbox"/> No		
5.Ear Infection	<input type="checkbox"/> Yes <input type="checkbox"/> No	10.Other Conditions	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Please explain any restrictions (dietary, physical, etc)

Social, emotional, and/or behavioral health information:

**X. REVIEW CONFIRMATION SIGNATURE**

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

**XI. SURVEY & EVALUATION RELEASE**

I hereby establish my willingness to participate as an adult (i.e., 4-H leader, other volunteer, parent/ guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child's eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

Yes  No I am willing to participate or give permission for my child to participate in any program evaluation.  (Initials)

**XII. PERMISSION TO PARTICIPATE**

I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction, or expertise can completely eliminate them. I assume responsibility for all risks, known and unknown, involving my child's participation in 4-H programs and I voluntarily authorize my child's participation in reliance upon my own judgment and knowledge of my child's experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims or causes of action of any kind or nature arising from or related in any way to my child's participation in 4-H program.  (Initials)

**XII. PUBLICITY RELEASE**

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign, and/or distribute still pictures, video, and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content

PARENT/GUARDIAN \_\_\_\_\_  NO, I DO NOT PERMIT



## 4-H Youth Development Code of Conduct Form

All 4-H members and family/friends/caretakers associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. Safety of all involved in 4-H programs is top priority, the following guidelines are designed to ensure all involved understand their role in participating in a safe and educational environment for all.

### WHILE ENROLLED AS A 4-H MEMBER:

- To be a member in good standing it is expected that the 4-H participant attends planned sessions, workshops, field trips, and meetings associated with their enrollment. To be eligible for cumulative events in 4-H, members must complete at least six hours of education in the core program area they are participating in under the expectations laid out by the 4-H program.
- Dress codes will be specific to individual events/programs/activities.
- The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician, with proper paperwork and accommodations made) are prohibited.
- Possession of firearms not for educational use is prohibited.
- Setting of fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Physical violence is not tolerated.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops, or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex, or are in any other way distracting, are prohibited.
- Additional expectations may be required based on the activity/program/event the 4-H member is participating in.

### WHILE ATTENDING OVERNIGHT 4-H EXPERIENCES THE FOLLOWING WILL ALSO APPLY:

- All participants must follow the agenda and expectations that are set forth by the program planners. Chaperones/adult volunteers will actively monitor all participants.
- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event. Chaperones/adult volunteers will actively monitor all participants.
- No member or volunteer may leave the event/activity/program without the permission of the event planner or adult in charge. An adult shall accompany a 4-H member at any time they leave the grounds. Adults shall notify another adult before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Individuals may only be in their assigned sleeping area. Lounges or common areas may be used only for working committees and social activities.

Any violations of this Code of Conduct shall be reported promptly to the chaperone for the individual and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-Hers and family/friends/caretakers associated with the 4-H participant may result in penalty including, but not limited to, the following:

- Sent home from the activity or event at their own expense.
- Barred from participation from future 4-H events.
- Assessed the cost of damages for destruction of property.

I, \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules.  
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member: \_\_\_\_\_ County: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



**Must be enrolled in project by June 1, 2025** to be eligible to show at the Alexandria and/or State Fair.  
Livestock enrollment due by animal tagging date(s); 6 hours of education required before animal tagging date(s). Horse enrollment requires 6 hours of education by April 15.

### Project Books Available at 4-H Office for:

- **Aerospace (Model Airplanes)**
- **Animal Science:**
  - Beef Cattle*
  - Country Ham*
  - Dog*
  - Goat*
  - Horse*
  - Poultry*
  - Rabbits*
  - Sheep*
  - Hog*
- **Arts & Crafts**
- **Bicycle Safety**
- **Cake Decorating**
- **Cut Flowers**
- **Citizenship**
- **Dog Poster**
- **Electric**
- **Entomology / Honey**
- **Foods**
- **Food Preservation**
- **Forestry**
- **Garden**
- **General**
- **Home Environment**
  - Exploring Your Home*
  - Living with Others*
  - Where I Live*
  - In My Home*
- **Horticulture**
- **Kentucky 4-H Trends**
  - Cake Decorating*
  - Cup cakes*
  - Clover Photography*
  - Recording History*
  - Upcycling Projects*
- **Needlework**
  - Crochet*
  - Embroidery*
  - Knitting*
  - Lacework-Tatting*
  - Quilting*
- **Photography**
  - Natural Resources*
  - Agriculture*
  - Leadership*
  - Family & Consumer Sciences*
  - Science, Engineering, Technology*
  - Health*
  - Communication/Expressive Arts*
  - Horticulture*
- **Record Books (Junior & Senior)**
  - Project*
  - Secretary*
- **Sewing**
  - **Junior level (ages 9-13)**
    - Lets Learn to Sew (beginner)*
    - Lets Get to the Bottom (beginner)*
    - Top It Off (beginner)*
    - Stretch Your Knit Skills (beginner)*
    - Moving on Up (intermediate)*
    - Put It All Together (intermediate)*
    - Up Cycle It! (intermediate)*
  - **Senior level (ages 14-18)**
    - Lets Be Casual*
    - Dress It Up*
    - Match It Up*
    - Creative Expressions*
    - Leisure Time (advanced skills)*
    - Formal Affair ( advanced skills)*
    - Tailor Made (advanced skills)*
    - Up Cycle It! (advanced skills)*
- **Wood Science**



### 4-H Clubs Available:

If you would like more information about these clubs, or how to join, please call the Campbell County Extension Office at (859) 572-2600

- **4-H Cloverbuds (K-3rd grade)**
- **4-H Prepare for Fair (4th-8th grade)**
- **4-H Foods Club (11-16 years)**
- **4-H Teen Leadership (7th-12th grade)**
- **4-H Dog Club (5-18 years)**
- **4-H Photography Club (9-14 years)**
- **4-H Shooting Sports (9-18 years)**
- **4-H Horse Club (9-18 years)**
- **4-H Horse Judging (9-18 years)**
- **4-H Livestock Club (9-18 years)**
- **4-H Livestock Judging (9-18 years)**
- **4-H Nature Club (5-15 years)**
- **4-H Poultry/Rabbit Club (9-18 years)**
- **4-H Entomology Club (9-18 years)**
- **4-H School Break Day Camps (Fall, Winter, Spring & Summer)**

After choosing your project(s), contact the 4-H Office for the Project Book(s) and Fair Exhibit Requirements.

Completed project books are required with the exhibit for entry at the Alexandria Fair.





# YOUTH

# HEALTH BULLETIN



## AUGUST 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 Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859.572.2600  
campbell.ca.uky.edu

### THIS MONTH'S TOPIC

## KEEP MOVING!



**W**hen summer break ends and you go back to school, you probably spend more time sitting and less time moving. During the summer, you had more time to swim, play outside, and take trips to the park or gym.

But just because school is back does not mean you should stop moving! In fact, the more time you spend moving outside of school, the more you will be able to pay attention and do well when you are in class. You may have to try harder to be active, but it is worth it!

### Here are some ideas for staying active once school starts:

- Start your day with slow stretches, or a quick warm-up.
- If you can, walk or ride your bike to school or the bus stop.
- If you get recess or a break during the day, use that time to move!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



➔ **Continued from the previous page**

- Sign up for a sport or club after school that gets you moving. It can be fun to try something new. Or ask a friend to join you for an activity that you enjoy.
- Make a habit of taking a walk or bike ride with your family after dinner.
- Have a nightly dance party at home.
- Chores can keep you moving too! Volunteer to help rake leaves, vacuum, or walk the dog.

**If you want to try something new, here are some sports and activities you can try:**

- Pickleball
- Ice skating
- Archery
- Martial arts
- Ultimate Frisbee
- Rock climbing



- Yoga
- Gymnastics
- Golf

Keep your screen time in check, too. It can be easy to spend the whole evening after school in front of the TV, playing video games, or on a tablet or phone. Try to keep the time you spend on all devices to less than 2 hours each day. That includes time at school. Talk to your parent or caregiver about when you would like to watch your favorite show, play a game, or use an app. Then set a limit on how much time you spend. Also, decide how you will know when that time is up. Using screens right before bed can make it harder to fall asleep. So, leave screen time out of your bedtime routine. End your day with something that makes you feel calm and relaxed, like reading, listening to music, praying, or thinking about the best part of your day.

**REFERENCE:** <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-back-to-school.pdf>

**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)







# Paper Mache Mask Program

Glue-covered hands, wet newspaper, paint, glitter... all the makings of a couple fun afternoons making paper mache masks!

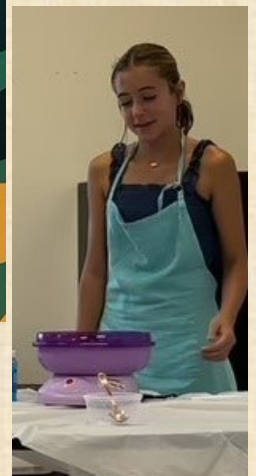


Visit Campbell County 4-H on Facebook to see more photos from this event...



# 4-H Speech & Demonstration Contest Winners

Campbell County 4-H is so proud of these 4-H'ers!  
Not only did they win their category at the county 4-H Speech & Demonstration Contest they also won at the area level to advance to the State 4-H Communications Event!



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





# 4-H Saddle Up Club

The Saddle Up Club had a beautiful day for their 2nd 4-H Horse Show. Special thanks and congratulations to all of our youth participants and dedicated volunteers!



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

## 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 21

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



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](https://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: [glny.butsch@uky.edu](mailto:glny.butsch@uky.edu) Program open to Campbell County youth ages 9-18.



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all disabilities 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 spiritual or religious. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating.



Individuals with disabilities are encouraged to contact us with prior notification.





# 4-H Entomology Club

During Pollinator Week, the Entomology Club had a perfectly timed meeting to learn about the Lepidoptera order, moths and butterflies. Our beautiful garden was a terrific place for an insect scavenger hunt!



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



## 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](https://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](mailto:simon.boschert99@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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.



## 4-H Embroidery Series

Learn several stitches to create a simple design!

All supplies provided.

*\*Must attend all 6 sessions. Some hand sewing experience is helpful\**

- September 24th
- October 22nd
- November 19th
- December 17th
- January 21st
- March 18th

All classes are from 4:30-6:30pm  
For Campbell County Youth ages 9-18

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

To register, call 859-572-2600 or visit <https://campbell.ca.uky.edu/>  
Registration Deadline: September 6th

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

Educational programs of Kentucky Cooperative Extension serve all people regardless 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.



# Volunteers Wanted!

## Alexandria Fair 4-H Drink Booth

Contact Sherri ([sfarley@uky.edu](mailto:sfarley@uky.edu)) at the 4-H office to volunteer to sell pop & water during the fair.

This is a fundraiser for the 4-H Council.

Money raised helps 4-H'ers throughout the year!

Date(s): Thursday, 8/29 thru Monday, 9/2

Time(s): Varies depending on day (2-hour shifts).

**Wear a 4-H Shirt!**

**Let us know your size if you need a shirt!**

If a 4-H youth (age 9-14) wants to volunteer, a parent or adult volunteer needs to be with them in the booth at all times.



*Kellsey Agnew*

**Kellsey Agnew**

[kellsey.agnew@uky.edu](mailto:kellsey.agnew@uky.edu)

Campbell County Extension Agent  
4-H Youth Development

*Sherri Farley*

**Sherri Farley**

[sfarley@uky.edu](mailto:sfarley@uky.edu)

Campbell County Extension Agent  
4-H Youth Development

*Owen Prim*

**Owen Prim**

[oprims@uky.edu](mailto:oprims@uky.edu)

Campbell County Extension Agent  
4-H Youth Development



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

**Simon Boschert**

[simon.boschert99@uky.edu](mailto:simon.boschert99@uky.edu)

**Ginny Butsch**

[ginny.butsch@uky.edu](mailto:ginny.butsch@uky.edu)

**Kelli Hendricks**

[kelli.hendricks@uky.edu](mailto:kelli.hendricks@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.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- 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.