

Campbell County



HAPPENINGS



Cooperative Extension Service

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

FEBRUARY 2024

4-H YOUTH DEVELOPMENT NEWSLETTER

Cooperative Extension Service PRESENTS

# 4-H CAMP

“UNDER THE BIG TOP”

**NEW FOR 2024:**  
Only FIVE camp registration packets will be accepted per adult!

BE THE STAR OF THE SHOW

Join us for 4-H Summer Camp! July 22-26, 2024 at North Central 4-H Camp in Carlisle, KY. Open to Campbell County youth, ages 9-14. Cost is \$150, \$50 deposit due at registration. Registration packets will be available online and in the office on Monday, February 26. Turn in your completed registration packets in person on Monday, March 4, beginning at 8:00am.



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.

### FEBRUARY

- Feb. 19 Poultry & Rabbit Club—6 PM
- Feb. 19 Livestock Club—6:30-8:30 PM
- Feb. 21 4-H Nature Club—5:30 pm (at EEC)
- Feb. 22 Market Beef Validation 5-7 PM  
*Pendleton County Fairgrounds*
- Feb. 22-24 Kentucky Volunteer Forum  
*Lexington, KY*
- Feb. 26 Cloverbuds Evening Session—5:30 pm
- Feb. 28 4-H Alumni Embroidery—4:00 pm
- Feb. 28 4-H Prepare for Fair—5:30 pm
- Mar. 1-3 Kentucky Beef Expo  
*State Fairgrounds, Louisville*

## Hello Campbell County!

My name is **Simon Boschert**, and I'm the newest **Extension Assistant for 4-H Youth Development** in



the county. You may have already met me, but if you haven't, here are some things you can use to get to know me! I grew up in Campbell County and was heavily involved with 4-H from a young age with the rest of my family. I participated in a variety of clubs, day camps, and leadership activities but my favorite out of all of them was always the Summer 4-H Camp, something that I have volunteered at as an Adult Counselor to this day. I also have a Bachelor's Degree in Elementary Education from Northern Kentucky University. In my free time I love to travel the world and explore the outdoors or play a variety of board games and tabletop games with my friends. I'm looking forward to working with all the programs we offer here at Extension. Feel free to contact me at any time by stopping into the office, or email me at [simon.boschert99@uky.edu](mailto:simon.boschert99@uky.edu)

# ELEVATING LEADERS

## YOUR DONATION YOUR COMMUNITY ELEVATES KY LEADERS

GIVE \$10 WITH EACH AG TAG AND  
GROW KENTUCKY YOUTH

HALF OF THE FUNDS FOR 4-H AND FFA COME  
BACK TO YOUR LOCAL CLUBS AND CHAPTERS  
IN YOUR COUNTY.

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.



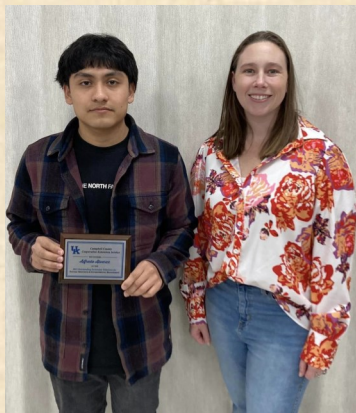


# Campbell County Extension Council

Congratulations to all of the volunteers recognized at the January 29th meeting of the Campbell County Extension Council! Those recognized were Jessica Shields- 4-H, Alfredo Alvarez- Natural Resources, Jennifer Duval- FCS, Harold Dawn- Agriculture, Don Spaulding- Horticulture and Ft. Thomas Farmers Market- Community Development.



Jessica Shields - 4-H



Alfredo Alvarez - Natural Resources



Don Spaulding - Horticulture

Jennifer Duval—Family & Consumer Sciences (no photo available)



Family of Harold Dawn - Agriculture



Ft. Thomas Farmers Market - Community Development



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



# 4-H Printmaking Class

Printmaking class was SNOW much fun! We made winter designs for holiday cards to mail out to friends and family!



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



# 4-H Saddle Up Club

The Saddle Up 4-H Club members learned about the horse skeletal system during education at the February monthly meeting .



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

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**Northern Kentucky Beekeepers Association presents:**

# **Beekeeping 101 School**

**With Jim Coss of The Honey and Bee  
Connection!**



**Saturday, Feb. 24, 2024  
9am - 3pm, Free Admission**



**Boone County Extension Enrichment Center  
1824 Patrick Dr. Burlington, KY 41005**

**REGISTRATION: 859-586-6101 or [boone.ca.uky.edu](http://boone.ca.uky.edu)**

**Beekeeping basics for beginners**

**How to get started**

**All equipment available for purchase on  
site!**

**Door prizes and raffle**

**Coffee and snacks provided**

**Pack your own lunch**





# 4-H Animal Science Education Day

We had a successful 4-H Animal Science Education Day despite the cold weather. Thanks to all the volunteers and guest speakers who helped make it possible!!



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



# 4-H Rabbit & Poultry Club

Do you know what Cage Free Eggs Means? How about Pasture Raised or Free Range? The Rabbit & Poultry Club had a fun night learning about eggs. To top off the evening we made omelets and enjoyed eating them.



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



# 4-H Cloverbuds



In January the Cloverbuds had a pajama party and practiced their public speaking skills by teaching us about their favorite stuffed animals.



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

	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



## 4-H TEEN LEADERSHIP

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

- ENGAGE IN THE COMMUNITY THROUGH SERVICE LEARNING PROJECTS.
- BUILD CONNECTIONS WITH PEERS THROUGH TEAM BUILDING EXERCISES.
- EXPLORE LEADERSHIP OPPORTUNITIES.

Open To: ALL MIDDLE & HIGH SCHOOL STUDENTS

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

To register the first meeting scan the QR code or email Kellsey Agnew at the below email address. Questions? Contact [kellsey.agnew@uky.edu](mailto:kellsey.agnew@uky.edu)



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



# Save the date: 4-H Horse Camp - June 2-7, 2024!



## 4-H Sewing Series

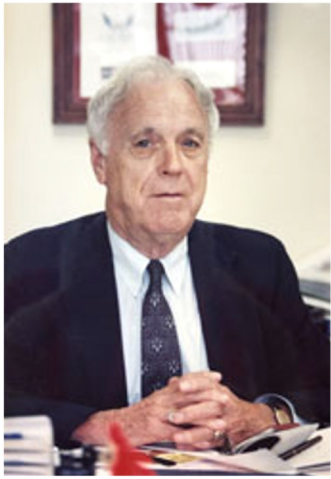
The 4-H Sewing Series was a huge hit for these creative 4-H'ers who worked hard to make some amazing projects! Thanks to the sewing leader, Stacey and her helper, Inna, for their hard work, patience, and dedication to the 4-H program!



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



# R.C. Durr 4-H Scholarships



The R.C. Durr Foundation will again award five \$3,000 scholarships to graduating seniors who will be attending college this fall. The list of schools has been expanded from only the University of Kentucky to include Northern KY University, Morehead State University, Thomas More University, Eastern KY University, Western KY University, Gateway Community and Technical College, Maysville Technical and Community College and Jefferson Community and Technical College.

Additionally, each scholarship is now \$3,000 per year with the scholarship automatically renewing for the student's sophomore year if the student maintains at least a 2.0 grade point average which would increase the total scholarship value to \$6,000.

Contact Owen Prim at the 4-H office for scholarship guidelines and application information. **The deadline to apply is March 15, 2024.**



**UK** 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](http://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: [gabby.butsch@uky.edu](mailto:gabby.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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties, Cooperating.



*Kellsey Agnew*

**Kellsey Agnew**  
kellsey.agnew@uky.edu  
Campbell County Extension Agent  
4-H Youth Development

*Sherri Farley*

**Sherri Farley**  
sfarley@uky.edu  
Campbell County Extension Agent  
4-H Youth Development

*Owen Prim*

**Owen Prim**  
oprim@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)

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June 11 - 14, 2024

# SAVE THE *date*

## Kentucky 4-H Teen Conference

**Location:** University of Kentucky, Lexington, KY

**Registration Information Coming Soon!**

*Got any gently used, clean denim you want to get rid of? Sherri is looking for some for an upcoming 4-H project! Email her at [sfarley@uky.edu](mailto:sfarley@uky.edu) to arrange a pick up location or it can be dropped off at the Extension office in Highland Heights, M-F, 8-4:30pm. Thanks in advance!*





# 4-H Piggy Bank Design Contest

Great job to all the 4-H'ers who entered a bank in the Kentucky Saves 2024 Piggy Bank Design Contest!

Desmond Polatka – Cow, Langston Polatka – Dinosaur, Jovie Polatka – Ocean, Emory Polatka – Burger, Brianna Shields – Pig

The banks were judged, and Emory was our county winner AND she also won the Area contest! Her bank will now go on to the state competition. We'll know more in February about those results! Congratulations to everyone and good luck to Emory!



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



# 4-H Nature Club

At last month's Nature Club meeting, we learned about fossils! Did you know Kentucky has a state fossil? It's the brachiopod!



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



# 4-H CLUB REPORTS

## Grants Lick Elementary School

On December 14, 2023, **Mr. Himebaugh's 4-H Club** had our monthly meeting at Grant's Lick Elementary.

President **Ellie** called the meeting to order. **Carson** led the Pledge of Allegiance and **Aubree** led the 4-H pledge. Secretary **KC** reported that there were 17 members present. Vice President **Harper** introduced the topic of our lesson which was the body of a public speech. We learned that the body of a speech should have at least three main points. Our next meeting will be on January 11. **Sophia**, reporter

On December 14, 2023, **Ms. Augustus' 4-H Speech Club** had our monthly meeting at Grant's Lick Elementary.

President **Sierra** called the meeting to order. **Kinley** led the Pledge of Allegiance and **Grant** led the 4-H pledge. Secretary **Jerrod** reported that there were 18 members present. Vice President **Wyatt** introduced the topic of our lesson which was the body of a public speech. We learned that a speech is like a hamburger and the body of a speech is the burger. **Riley** moved to adjourn the meeting and **Lydia** seconded the motion. Our next meeting will be on January 11. **Easton**, reporter

On December 14, 2023, **Ms. Rust's Public Speaking Club** had our monthly meeting at Grant's Lick Elementary. President **Jeffrey** called the meeting to order. **John** led the Pledge of Allegiance and **Tailor** led the 4-H pledge. Secretary **Ryan** reported that there were 21 members present. Vice President **Bailey** introduced the topic of our lesson which was the body of a public speech. We learned that the body is a part of a speech and how to write it. **Addie** moved to adjourn the meeting, **Christin** seconded the motion. Our next meeting will be on January 11. **Maurya**, reporter

On January 11, 2024, **Mr. Himebaugh's 4-H Club** had our monthly meeting at Grant's Lick Elementary. President **Ellie** called the meeting to order. **James** led the Pledge of Allegiance and **McKenzie** led the 4-H pledge. Secretary **KC** reported that there were 17 members present. Vice President **Harper** introduced the topic of our lesson which was the conclusion of a public speech. We learned that conclusions should make people think or act. Our next meeting will be on February 8. **Sophia**, reporter

On January 11, 2024, **Ms. Augustus' 4-H Speech Club** had our monthly meeting at Grant's Lick Elementary. President **Sierra** called the meeting to order. **Aiden** led the Pledge of Allegiance and **Rylee** led the 4-H pledge. Secretary **Jerrod** reported that there were 18 members

present. Vice President **Wyatt** introduced the topic of our lesson which was the conclusion of a public speech. We learned how to end a speech with a conclusion. **Riley** moved to adjourn the meeting and **Anna** seconded the motion. Our next meeting will be on February 8. **Easton**, reporter

On January 11, 2024, **Ms. Rust's Public Speaking Club** had our monthly meeting at Grant's Lick Elementary. President **Jeffrey** called the meeting to order. **Savannah** led the Pledge of Allegiance and **Addie** led the 4-H pledge. Secretary **Ryan** reported that there were 20 members present. Vice President **Bailey** introduced the topic of our lesson which was the conclusion of a public speech. We learned that a conclusion is the end of a speech. **Addie** moved to adjourn the meeting, **Jordin** seconded the motion. Our next meeting will be on February 8. **Maurya**, reporter

## St. Thomas School

On January 18, 2024, **Mrs. Holtz 4-H Bean Chilangs Club** had our monthly meeting at St. Thomas School. President **Izzy** called the meeting to order. **Myles** and **Jonas** led the Pledges. There were 10 members present at the meeting. The topic of our lesson was soil. One thing we did during this month's meeting was we used legos to build soil layers. Our next meeting will be held on February 15. **Eli**, reporter

## Crossroads Elementary School

On January 17, 2024, **Mrs. Hungate's 4-H Crazy Kids Club** held their monthly meeting at Crossroads Elementary School. After our club president **Sophia Q.** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Karter** and **Piper** helped lead the pledges. There were 22 members present at the meeting. The topic for this month's meeting was soil. One thing we did during this meeting was build different layers of soil with legos. Our next meeting will be held in February. **Cynthia**, reporter.

On January 17, 2024, **Mrs. Moore's 4-H Dino Nuggets Club** held their monthly meeting at Crossroads Elementary School. Club president **Gavin** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Regan** and **Riley** helped lead the pledges. There were 24 members present at the meeting. The topic for this month's meeting was soil. One thing we did during this month's meeting was learn about soil layers. Our next meeting will be held in February. **Logan**, reporter



## Crossroads Elementary School

On January 17, 2024, **Mrs. Leffingwell's 4-H Dr. Phill's Cats Club** held their monthly meeting at Crossroads Elementary School. Club president **Alyx** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Kinsley** and **Brantley** helped lead the pledges. There were 21 members present at the meeting. The topic for this month's meeting was soil. One thing we did during this month's meeting was learn about soil layers and built the layers out of legos. Our next meeting will be held in February. **Avah**, reporter

On January 17, 2024, **Mrs. Hicks 4-H Elephants Club** held their monthly meeting at Crossroads Elementary School. Club president **Rhiannon** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Lily** and **Natalie** helped lead the pledges. There were 26 members present at the meeting. The topic for this month's meeting was soil. One thing we did during this month's meeting was learn about soil layers. Our next meeting will be held in February. **Latifai**, reporter

## Cline Elementary

On December 15, 2023, **Mrs. Boone's Pride Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Lena** called the meeting to order, we said the Pledge to the American and 4-H Flags. There were 29 members present at the meeting. The topic of our lesson was Communications and what famous people we would like to meet. Our next meeting will be held on January 12. **Elizabeth**, reporter

On January 12, 2024, **Mrs. Boone's Pride Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Lena** called the meeting to order, we said the Pledge to the American and 4-H Flags led by **Sabrina** and **Camile**. There were 30 members present at the meeting. The topic of our lesson was Communications and what our score was. Our next meeting will be held on February 9. **Elizabeth**, reporter

On February 9, 2024, **Mrs. Boone's Pride Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Lena** called the meeting to order, we said the Pledge to the American and the 4-H Pledge. There were 26 members present at the meeting. The topic of our lesson was how to communicate with other people. Our next meeting will be held on March 15. **Ella**, reporter

On December 15, 2023, **Mrs. Gilbert's Preserving Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Medwin** called the meeting to order, we said the Pledge to the American and 4-H Flags. There were 27 members present at the meeting. The topic of our lesson was Communications. We learned how to write a speech and present a speech. Our next meeting will be held on January 12, 2024. **Cora**, reporter

On January 12, 2024, **Mrs. Gilbert's Preserving Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Medwin** called the meeting to order, we said the Pledge to the American and 4-H Flags. There were 26 members present at the meeting. The topic of our lesson was Communications. We learned how to present a good speech. Our next meeting will be held on February 9, 2024. **Cora**, reporter

On February 9, 2024, **Mrs. Gilbert's Preserving Panthers 4-H Club** had our monthly meeting at Cline Elementary. Club President **Medwin** called the meeting to order, we said the Pledge to the American and the 4-H Pledge. There were 27 members present at the meeting. The topic of our lesson was Communications. We learned about impromptu speeches and writing one. Our next meeting will be held on March 15. **Cora**, reporter

## Campbell Ridge Elementary

On December 19, 2023, **Mrs. Waters 4-H Cafe Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Addy** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Josie** and **Karlee** helped lead the pledges. There were 24 members present at the meeting. The topic for this month's meeting was Water Cycle. One thing we did during this months meeting was travel as water droplets to different places. Our next meeting will be held in January. **Bella**, reporter.

On January 31, 2024, **Mrs. Waters 4-H Cafe Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Addy** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Mason** and **Emma** helped lead the pledges. There were 25 members present at the meeting. The topic for this month's meeting was soil. One thing we did during this months meeting was build layers of soil with Legos. Our next meeting will be held in February. **Bella**, reporter.



# 4-H CLUB REPORTS



On December 19, 2023, **Mrs. Wachter's 4-H Nature Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president **Dallas** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Riley** and **Wyatt** helped lead the pledges. There were 23 members present at the meeting. The topic for this month's meeting was Water Cycle. One thing we did during this month's meeting was we traveled as a water droplet. Our next meeting will be held in January. **Duela**, reporter.

On January 31, 2024, **Mrs. Wachter's 4-H Nature Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president **Dallas** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Riley** and **Ian** helped lead the pledges. There were 22 members present at the meeting. The topic for this month's meeting was soil. One thing we did during this month's meeting was build 5 layers of soil with Legos. Our next meeting will be held in February. **Duela**, reporter.

On December 19, 2023, **Mrs. Evan's 4-H Gnomies Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Vivian** called the meeting to order, we said the pledge of allegiance and the 4-H pledge. **Jax** and **Jack** helped lead the pledges. There were 25 members present at the meeting. The topic of this month's meeting was the water cycle. One thing we did during this meeting was shared favorite ice cream. Our next meeting will be held in January. **James**, reporter.

On January 31, 2024, **Mrs. Evan's 4-H Gnomies Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Vivian** called the meeting to order, we said the pledge of allegiance and the 4-H pledge. **Branson** and **Knox** helped lead the pledges. There were 24 members present at the meeting. The topic of this month's meeting was soil. One thing we did during this month's meeting was learn about soil layers. Our next meeting will be held in February. **James**, reporter.

On December 19, 2023, **Mrs. Lee's 4-H Bees Club** held their monthly meeting at Campbell Ridge Elementary School. After our club president, **Harmony** called the meeting to order, we said the pledge of allegiance and the 4-H pledge. **Brayden** and **Carmen** helped lead the pledges. There were 24 members present at the meeting. The topic of this month's meeting was the water cycle. One thing we did during this meeting was we did a bead activity. Our next meeting will be held in January. **Wyatt**, reporter.

## Campbell County 4-H Saddle Up Club

The Campbell County 4-H Saddle Up Club met on February 1, 2024. Business discussed included the following:

During our next meeting we will decide what horse camp shirt we will be getting. Our sponsorship money is due in April. We started a new fundraiser at Buskin, it will go all through February, order forms and money will be due next month. The horse show committee has decided that our registration is online and it will be \$10 per class and a \$3 gate fee. Our next horse show meeting will be March 7th after our regular meeting. Our horse show and camp dates have been released. Our next meeting will be March 7th at 7:00 with an hour of education before.

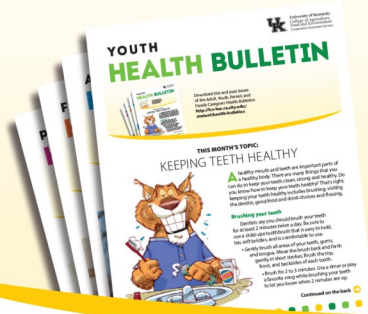


## What is your 4-H Age?

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



# YOUTH HEALTH BULLETIN



**FEBRUARY 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 41071  
859-572-2600

## THIS MONTH'S TOPIC

# LIMIT CAFFEINE



**M**aybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

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**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.

## Kids should mostly drink water throughout the day and milk with meals.

### → Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

#### REFERENCE:

<https://kidshealth.org/en/kids/caffeine.html>



ADULT  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:**

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

