

# Campbell County 4-H

AMPLIFY KENTUCKY 4-H



# HAPPENINGS

4-H YOUTH DEVELOPMENT NEWSLETTER

FEBRUARY 2025

## 2025 Campbell County 4-H Camp! - July 21-25



- Camp forms will be available online or in the office starting **Monday, March 17th**.
- Camp forms & camp fee will be **accepted starting Monday, March 24 at 8 am!**  
*Reminder: No more than 5 camp forms per person will be accepted.*
- **Camp registration fills up quickly**, we recommend turning in your forms **in-person at our office on March 24th**.
- Office hours are 8-4:30pm.
- 2025 Dates: July 21-25
- **Cost: \$163.00** — Check or Cash only.



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 2025

- Feb. 3 4-H Teen Leadership — 5:30pm
- Feb. 3 4-H After School Art — 4:00pm  
*Environmental Education Center*
- Feb. 5 4-H Lego Club — 5:00pm
- Feb. 6 4-H Saddle-Up Club Meeting  
*Community Service Project 5:00pm*  
*Education 6:00pm — Meeting 7:00pm*
- Feb. 10 4-H After School Art — 4:00pm  
*Environmental Education Center*
- Feb. 12 4-H Board Games — 5:00pm
- Feb. 13 4-H Dog Club Meeting — 7:00pm
- Feb. 17 4-H / FFA Livestock Club Meeting  
*Education 6:30pm — Meeting 7:30pm*
- Feb. 17 Rabbit & Poultry Club Meeting  
*Education 6:00pm*
- Feb. 17 4-H After School Art — 4:00pm  
*Environmental Education Center*
- Feb. 19 4-H Nature Club — 5:30pm  
*Environmental Education Center*
- Feb. 24 4-H Cloverbuds — 4:30 or 6:00pm
- Feb. 24 4-H After School Art — 4:00pm  
*Environmental Education Center*
- Feb. 27 4-H Dog Club Meeting — 7:00pm

# 4-H LEGO CLUB



Join us monthly for our 4-H Lego Club! Take part in a variety of building challenges each meeting and hone your engineering skills!



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.  
Registration Deadline is 9 AM the morning of the Club 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

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# Nature Club



## 2024-2025 Meeting Dates

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



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.

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# 4-H STITCH & STRING PROJECTS

MARCH 25 - APRIL 1 - APRIL 8  
APRIL 15 - APRIL 29 - MAY 6  
All sessions will be held from 4-5pm

Sew, embroider, weave, wrap, and tie your way to fun room décor and gifts!  
Sign up for one or all sessions.  
All supplies are provided!

\*Must be an enrolled 4-H member (age 9-19) to attend. Scan QR code to enroll in 4-H.

LOCATION: CAMPBELL COUNTY EXTENSION OFFICE  
3500 Alexandria Pike | Highland Heights, KY 41076

Space is limited, so sign up soon! Registration is required. Call 859-572-2600 or visit [campbell.ca.uky.edu](http://campbell.ca.uky.edu) to register

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# 4-H Board Game Club

Come meet up with other 4-H youth and experience everything that the board game world has to offer! Work on your communication skills, strategy, and problem solving all while taking part in a group and playing fun games!

November 13th  
January 8th  
December 11th  
February 12th

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.  
Registration Deadline is 9 AM the morning of the event.  
Contact Simon Boschert with any questions: [simon.boschert99@uky.edu](mailto:simon.boschert99@uky.edu)  
Program open to Campbell County youth ages 9-15.

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# Congratulations to Outstanding Extension Volunteers for 2024



At the Campbell County Extension Council meeting on 1-28-25, the outstanding volunteers for 2024 were announced. Those recognized were (left to right): Front row: Debbie Hyson- Family & Consumer Sciences, Inna Pylaeva- 4-H, Standing: Ron Haigis- Horticulture, Charles Krift, Jr.- Agriculture, and John Hoffert- Natural Resources. A big thank you and congratulations to all of our volunteers!



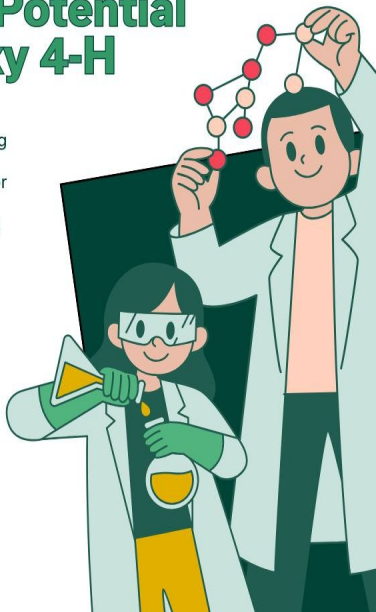
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## Unlock Your STEM Passion and Potential with Kentucky 4-H

Whether piloting drones, coding computers or building rockets, young people across Kentucky are finding dynamic ways to put their passion for STEM to work, with help from Kentucky 4-H's Science, Engineering and Technology (SET) program.

4-H youth involved can gain essential skills for adult life, including:

- Critical thinking and problem-solving
- Technical skills with new technologies
- Teamwork experience
- Leadership abilities
- Exposure to high-demand STEM careers



Source: Torey Earle, Extension Specialist  
An Equal Opportunity Organization.



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# 4-H Prepare for Fair Club



## Create award-winning projects to enter into the State Fair & Alexandria Fair!

-MEETING WILL BE WEDNESDAYS AT THE CAMPBELL COUNTY EXTENSION OFFICE FROM 9AM-12PM.

-MUST ATTEND 6 OF THE 8 MEETINGS.

-TO JOIN THE CLUB, YOUTH MUST HAVE BEEN 9 ON JANUARY 1, 2025 UP TO AGE 16.

**Meeting Dates**

JUNE 4TH*	JULY 2ND
JUNE 11TH	JULY 16TH
JUNE 18TH	JULY 30TH
JUNE 25TH	AUGUST 6TH*

\*First & Last Meeting Required

**REGISTRATION OPENS MAY 1ST**  
REGISTER AT [HTTPS://CAMPBELL.CA.UKY.EDU/](https://campbell.ca.uky.edu/)  
OR 859-572-2600  
PLEASE ANSWER ALL REGISTRATION QUESTIONS.

QUESTIONS? EMAIL  
[KELLSEY.AGNEW@UKY.EDU](mailto:kellsey.agnew@uky.edu)  
OR CALL 859-572-2600

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4-H Youth Development  
Community and Economic Development

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Member of a system of land-grant universities comprising the University of Kentucky and 10 other states. Established in 1862, the College provides leadership in research, education, and extension. It is a member of the Association of Agricultural Colleges and Universities. The University of Kentucky is an Equal Opportunity Institution. The University of Kentucky is an Equal Opportunity Institution. The University of Kentucky is an Equal Opportunity Institution.

# 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!

**CALLING**  
**ALL 4-H'ERS!**

Are you interested in doing a demonstration or a speech for the 4-H communications project?  
Email Sherri at [sfarley@uky.edu](mailto:sfarley@uky.edu) SOON to find out more information.

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Disabilities accommodated with prior notification.

**Kentucky 4-H:  
Helping Youth Serve Others**

Serving others teaches 4-H'ers about the challenges and issues their community faces and gives them a chance to make a positive impact. As a national organization, service is something we feel very strongly about. In fact, 4-H'ers commit their hands to larger service as part of the official 4-H pledge said at every club meeting.

**TWO TYPES OF 4-H SERVICE**  
**Service Learning and Community Service**

Source: Chuck Stamper  
An Equal Opportunity Organization.

# 4-H Country Ham Project



It was a cold MLK Day, Campbell County 4-H members joined fellow Kentucky 4-H Country Ham Project Members in putting hams into cure. In addition we had two hours of education for Livestock, Horse, Poultry & Rabbit Club Members. Thanks to all of the presenters and volunteers that helped make this day a huge success!



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

# 4-H Livestock Club



Livestock Club members participated in more education hours today. Thanks to the Woodyard Family for hosting and Pat & Patrick McCord for presenting!



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



## CAMPBELL COUNTY CLOVERBUDS



EXCITING, MEMORABLE, HANDS ON, LEARNING EXPERIENCES!

Youth in Grades KINDERGARTEN-3RD

Meets Monthly ON THE 4TH MONDAY OF THE MONTH

Registration Opens ON THE 4TH TUESDAY OF THE MONTH

### Activities

- ✓ Communications & Expressive Arts
- ✓ Science Engineering & Technology
- ✓ Family & Consumer Sciences
- ✓ Health & Wellbeing
- ✓ Natural Resources
- ✓ Leadership
- ✓ Agriculture

### Monthly Registration Required

Online <https://campbell.ca.uky.edu/>  
Phone (859) 572-2600

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## EMPOWER YOUTH TO BE DIGITALLY RESPONSIBLE

Social media is popular but poses risks. Parents should know the platforms their children use, set clear expectations for safe use, encourage kindness, and discourage cyberbullying.

Remember, social media posts are permanent and can have lasting effects. Set a good example by practicing healthy social media habits.



Source: Rachel Guidugli  
An Equal Opportunity Organization.



# 4-H Printmaking Program

4-H Printmaking was last night! We learned how to use brayers, lino cutters, bench hooks, and printmaking ink. Special shout out to our amazing volunteer, Madison! It's so valuable to have another set of hands when kids are using sharp tools and ink!

Want to try printmaking or continue building your skills? Save the date for our next printmaking session in May: <https://ukycampbell.pacecommunity.net/.../ViewEventProfil...>



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

## 4-H TEEN LEADERSHIP



- ENGAGE IN THE COMMUNITY THROUGH SERVICE LEARNING PROJECTS.

- BUILD CONNECTIONS WITH PEERS THROUGH TEAM BUILDING EXERCISES.

- EXPLORE LEADERSHIP OPPORTUNITIES.

**Open To:**  
YOUTH  
IN GRADES  
7TH-12TH

**4-H Teen Leadership will meet the first Monday of the month at the Campbell County Extension office.**

\*Mar. & Apr. Meeting- Second Monday

**5:30-7:00**

To register for the 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)



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## 4-H Poultry & Rabbit Projects



**Club Meeting on  
February 17, 2025  
6:00 p.m.**

at the Campbell County Extension Office  
3500 Alexandria Pike  
Highland Heights, KY 41075  
859-572-2600



- Valuable experience learning to raise animals, large and small.
- Responsibility of feeding and caring for your animal.
- Learn the requirements to exhibit at County and State Fairs.
- Learn about the various breeds and choosing what fits your purpose.
- Determine the housing requirement for your animal.



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# DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



Want to win a young Cow or Heifer?

Applicants must be an active member of 4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 7



Dustin Worthington  
1982-2000



Awards Program - April 4th @  
Mercer Co. Extension Office

Applications are available online  
<https://bit.ly/25ilovecows> or visit the Dustin  
Worthington "I Love Cows" Website for more information:  
[www.dustinworthingtonmemorial.org](http://www.dustinworthingtonmemorial.org)

Anyone who has an interest in the cattle industry, 4-H or FFA is  
asked to contribute to the fund.

Contributions to the Memorial Fund please mail to:  
Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead  
Road, Harrodsburg, Kentucky 40330



Questions please contact  
Dena Worthington  
859-612-7260



## 4-H/FFA Livestock Club

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



Next Meeting!

February 17, 2025  
Education at 6:30 - Meeting at 7:30pm  
at the Campbell County Extension Office



### Membership requirements:

- 4-H age 9-18 as of January 1, 2025
- 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
- Gain life skills such as decision making and communication skills

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

Grace Jones  
Campbell County High School  
FFA Advisor  
909 Campbell Crossing  
Alexandria, KY 41001  
Phone- (859) 635-4161  
Email: [grace.woodyard@campbell.kyschools.us](mailto:grace.woodyard@campbell.kyschools.us)



Cooperative  
Extension Service

## Kentucky 4-H Mission



Kentucky 4-H provides education  
and life skill development  
opportunities for youth to grow into  
confident, capable, and contributing  
members of their communities.

[4-h.ca.uky.edu](http://4-h.ca.uky.edu)

An Equal Opportunity Organization.

New members welcome to  
attend this meeting to learn  
more about the club.

Join the 4-H



For kids aged 8-18

- Teach your dog heel, sit, stay, and come.
- Learn and practice leadership skills.
- Teach your dog socialization skills.
- Learn how to read your dog's body language.
- Practice new skills through fun exercises.
- Compete in 4-H county and state dog shows.



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

Meetings: February 13 & 27, 2025 - 7:00 p.m.

Meeting held at the Campbell County Extension Office  
Horticulture Meeting Room

3500 Alexandria Pike | Highland Heights, KY 41076

Call: 859-572-2600 with questions or for more information

Club Leader: Caitlin Linepense

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Disabilities  
accommodated  
with prior notification.



# 4-H Cloverbuds

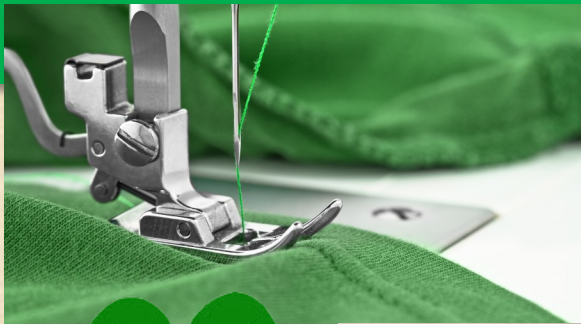
At our January Cloverbud meeting, participants created a one-of-kind collaborative art mural to share with their community. We had meaningful conversations about kindness, collaboration, and community. Next time you are in the office be sure to check out their work!

We'd love your K-3rd grader to join us next month. Details and registration can be found here: <https://campbell.ca.uky.edu/4h-youth-development>



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

# 4-H Advanced Sewing



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



# YOUTH

# HEALTH BULLETIN



## FEBRUARY 2025

Campbell County  
Cooperative Extension  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

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

### THIS MONTH'S TOPIC

## GIVE YOURSELF A LITTLE LOVE



**I**n February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

Continued on the next page →

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→ Continued from the previous page

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

**What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.**

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**Write a positive affirmation.**

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There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

**REFERENCE:**

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

**YOUTH  
HEALTH BULLETIN**

**Written by:** Courtney Luecking, PhD, MPH, RDN  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:** Chris Ware (© University of Kentucky School of Human Environmental Sciences)





# 4-H CLUB REPORTS



## Grant's Lick Elementary—DECEMBER

On December 12th, 2024 we had our monthly meeting of the Grant's Lick **4-H Super Speakers**. After president **Rebekah** called the meeting to order, **Stella** led the Pledge of Allegiance and **Kenzley** led the 4-H pledges.

Secretary **Leland** reported that there were 23 members present. Vice President **Avery** introduced the topic of our lesson which was "The Body of a Public Speech."

**Ainsleigh** moved to adjourn the meeting, **Clayton** seconded the motion. We learned that the body of your speech is where the most information is found. Our next meeting will be January 16th. **Lily**, Reporter

On December 12th, 2024 we had our monthly meeting of the Grant's Lick **4-H Speech Explorers**. After President **Paislee** called the meeting to order, **Nora** led the Pledge of Allegiance and **Ansley** led the 4-H pledges. Secretary **Alex** reported that there were 22 members present. Vice President **Ginny** introduced the topic of our lesson which was "The Body of a Public Speech." **Liam** moved to adjourn the meeting, **Korbin** seconded the motion. We learned what to include in the middle of our speech. Our next meeting will be January 16th. **Vincent**, Reporter

## Grant's Lick Elementary—JANUARY

On January 17, 2025 we had our monthly meeting of the Grant's Lick **4-H Super Speakers**. After President **Rebekah** called the meeting to order, **Ellie** led the Pledge of Allegiance and **Jake** led the 4-H pledges. Secretary **Leland** reported that there were 26 members present. Vice President **Avery** introduced the topic of our lesson which was "The Conclusion of a Public Speech." **Paisley** moved to adjourn the meeting, **Rivan** seconded the motion. We learned that the conclusion of a speech should make people think or take action. Our next meeting will be February 13th. **Lily**, Reporter

On January 17, 2025 we had our monthly meeting of the Grant's Lick **4-H Speech Explorers**. After President **Paislee** called the meeting to order, **Presley** led the Pledge of Allegiance and **Abigail** led the 4-H pledges. Secretary **Alex** reported that there were 23 members present. Vice President **Ginny** introduced the topic of our lesson which was "The Conclusion of a Public Speech." **Korbin** moved to adjourn the meeting, **Chance** seconded the motion. We learned that conclusions are important because they can make people take action. Our next meeting will be February 13th. **Vincent**, Reporter

## 4-H Saddle Up Club



The Campbell County Saddle Up Club met on January 2nd at the Alexandria fairgrounds. We welcomed three new members into our club. We also discussed a community service activity that we will be doing next month. We also discussed important dates coming up. **Maddy Green**, club reporter

## Cline Elementary

The meeting of the **Panther Paws 4-H Club** was called to order on December 12th by President **Ava** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Emma** and **Addy** led the pledges. The topic of our lesson was Communications and we learned about impromptu speaking and writing a speech. Speakers are usually nervous when they get up for their speech. **Miles**, Reporter

The meeting of the **Cool Panther 4-H Club** was called to order on December 12th by President **Savannah** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Avery** and **Matt** led the pledges. The topic of our lesson was Communications and we learned about public speaking to stay facing your audience, not to put your hands in your pockets and to speak so everyone can hear. Also the word filler class was paying attention to the person who is speaking and not a lot of side conversations. **Callie**, Reporter

The meeting of the **Shining Stars 4-H Club** was called to order on December 12th by President **Sam** at Cline Elementary. After our monthly meeting was called to order, we said the Pledge of Allegiance and the 4-H Pledge. **Galveston** and **Lily** led the pledges. The topic of our lesson was Communications and we learned about impromptu speeches. We learned to keep feet apart, face people, listening, no hands in pockets and don't fidget with clothes. **Melody**, Reporter





# 4-H CLUB REPORTS



## Crossroads Elementary

On January 16, 2025, **Mrs. Hicks 4-H Chipmunks Club**. Held their monthly meeting at Crossroads Elementary. After our club president, **Mia** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Cohen** and **Josie** helped lead the pledges. There were 19 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 all the places you find water. Our next meeting will be held in February. **Arizona**, Reporter.

On January 16, 2025, **Mrs. Moores 4-H Alani Club**. Held their monthly meeting at Crossroads Elementary. After our club president, **Ella** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Lucas** and **Skylar** helped lead the pledges. There were 18 members present at the meeting. The topic for this month's meeting was incredible water journey. One thing we did during this month's meeting was learn travel like water droplets do. Our next meeting will be held in February. **Emma**, Reporter.

On January 16, 2025, **Mrs. Hungate's 4-H Slay Squirrels Club**. Held their monthly meeting at Crossroads Elementary. After our club president, **Emma** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Ethan** and **Jada** helped lead the pledges. There were 16 members present at the meeting. The topic for this month's meeting was water. One thing we did during this month's meeting was learn about life as a water droplet and make a bracelet. Our next meeting will be held in February. **Addy**, Reporter.

On January 16, 2025, **Mrs. Leffingwell's 4-H Cats Club**. Held their monthly meeting at Crossroads Elementary. After our club president, **Jazlyn** called the meeting to order, we said the Pledge of Allegiance and the 4-H pledge. **Graham** and **Zion** helped lead the pledges. There were 21 members present at the meeting. The topic for this month's meeting was the water journey. One thing we did during this month's meeting was learn about water and how it moves. Our next meeting will be held in February. **Westin**, Reporter.

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